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RESEARCH ARTICLE

A CLINICAL STUDY ON THE EFFICACY OF KATI BASTI USING SAHACHARADI TAILA IN VATAJA GRIDHRASI W.S.R (SCIATICA)

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Abstract

Background: Gridhrasi is one of the eighty Nanatmaja Vata Vikara (Diseases only due to vitiated Vata) according to Acharya Charaka, who has also mentioned its types as Vataja and Vata Kaphaja. Acharya Sushruta has also considered it as a Vataja disorder and given its description in Vatavyadhinidana chapter. Acharya Vagbhata has also included it among eighty Vatajadisorders. Considering the cardinal symptoms which are Ruka (pain), Toda (pricking sensation), Stambha (stiffness) and Muhursapandana (twitching) in the waist, hip, back of the thigh, knee, calf region and foot respectively, it can be best correlated to sciatica. Sciatica is defined as pain along with the course of the sciatic nerve which is felt in the back of the leg running from the buttock down to the back of the thigh into the calf and foot. It is a symptom that arises due to compression or inflammation of the sciatic nerve. Kati Basti is an unparalleled treatment in painful conditions caused mainly by Vata dosha, usually in degenerative diseases. Kati Basti is used mainly to relieve from pain and stiffness associated with bone, joint and or musculoskeletal pains.

Material and method: In this study, Kati Basti was done in 10 patients selected from Panchkarma opd, gamc&h, Akhnoor, for 21 days for the management of Vataja Gridhrasi and the results were recorded after every follow up.

Results: The results observed based on the relief obtained on the subjective and objective parameters taken for consideration for this study and were found significant on all the above parameters.

Conclusion: It showed that Kati Basti with Sahacharaditaila significantly helped in reduction of the signs and symptoms of the Vataja Gridhrasi.

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Introduction:-

Kati Basti is a combination of two words- Kati and Basti.

“Kati” is described as “Sariramvatasthaneshvekam” in the Charaka Samhita⁽¹⁾, which means that it is the sthana of Vata. In the Susruta Samhita, the Pramana of kati is 18 angula⁽²⁾.

"Basti" is derived from the root “Vas,” suffixed by “Tich”pratyaya. The root "vas" can indicate the following meanings, according to Vachaspatyam⁽³⁾

• “Vas –nivase” – means to remain, to stay.

• “Vas- acchadane” – means to cover or wrap.

This is the form of giving fomentation or sudation to a localized area. The oils are heated to a tolerable temperature and then pooled over the painful area. Kati Basti is also considered as BahyaSthanikaBasti⁽⁴⁾.

Sciatica is a crippling ailment caused by sciatic nerve root pathology that makes it difficult to walk and leaves patients with pain and paresthesia in the sciatic nerve distribution. Because of its severity, it occasionally interferes with a person's everyday activities and lowers their quality of life. Typically, movement aggravates the pain. Analgesics, muscle relaxants, painkillers, anticonvulsants, and NSAID's to reduce inflammation are frequently used in modern treatment and surgical operations with an eye toward a negative outcome⁽⁵⁾.

In Ayurvedic medicine, the illness Sciatica is comparable to Gridhrasi, which is classified as a NanatmajaVatajaVikara⁽⁶⁾. The word Gridhrasi generally suggests the patient's stride, which resembles that of a vulture because of the patient's excruciating, ongoing, and radiating pain⁽⁷⁾. Ruka (pain), Toda (pricking feeling), Muhuspandana (tingling sensation), and Stambha (stiffness) in the Sphik, Kati, Uru, Janu, Jangha, and Pada are the four primary symptoms of VatajGridhrasi. In Vata-KaphajaGridhrasi, one might see Tandra (drowsiness), Gaurav (heaviness), and Aruchi (anorexia)⁽⁸⁾.

SnigdhaSwedanas like Kati Basti is typically utilized to treat low back pain and lumbosacral diseases. It improves local circulation, nourishes and bolsters muscles and nerves, and helps calm tenseness and spasms, and bring back adaptability. The intervertebral disc has degenerated in this instance, and the lubricating function of ShleshakaKapha is compromised⁽⁹⁾. This causes compression, irritation or inflammation of the GridhrasiNadi (sciatica nerve), which results in excruciating agony.

SahacharadiTaila is a classical Ayurvedic oil primarily indicated for treating Vata-related disorders affecting the muscles, joints, blood vessels, and nerves. It is prepared by infusing a base of sesame oil with a decoction of various potent herbs, prominently featuring Sahachara (Strobilanthes ciliatus). It is Vatahara (Alleviates Vata dosha), Vedanasthapana (Relieves pain), Balya (Strengthens muscles and nerves), Snigdha (Provides deep tissue nourishment), Shothahara (Reduces inflammation and swelling), Ropana (Promotes healing of tissues) and Rasayana (Rejuvenates musculoskeletal and nervous systems).

Its main ingredient are:⁽¹²⁾

1. Sahachara: Primary herb targeting nerve and muscle disorders.
2. Dashamoola: Alleviates inflammation and pain.
3. Abhiru (Shatavari) :Rejuvenates musculoskeletal and nervous system.
4. TilaTaila: Penetrative, nourishing base oil suitable for balancing Vata dosha.
5. Go kshira :Enhances the nutritive quality of the oil.
6. Paste of drugs like Sevy (Khuskhus), Nakha (Himsra), Kushtha, Hima (Chandhana), Ela, Surahva (Devdaru), Priyangu, Nalada (Jatamansi), Agaru, Lohita (Manjishtha), Sprikka, Nalika, Ambu (Hribera), Shaileya, Choraka, Mishiand Nata (Sugandhabala)

Aims and objectives:-

AIM: To evaluate the efficacy of Kati Basti using Sahacharadi taila in the management of VatajGridhrasi.

Objectives:-

1. To reduce the pain associated with VatajGridhrasi.
2. To reduce the associated symptoms of VatajGridhrasi like numbness, Stiffness, tingling sensation and weakness.
3. To reduce impact of disease on daily activities.

Materials and methods:-**Materials:-**

- 1) Masha powder (Black gram powder) – ½ kg to 1 kg.
- 2) Sahacharaditaila– 200 -500 ml

Method:-

10 patients between 25-70 years of age diagnosed with VatajaGridhrasi were selected after informed consent for the study. All the patients underwent uniform assessment that included detailed medical history, local examination and systemic examination. ECG was conducted to rule out heart failure and ischemic heart diseases. Liver function tests and kidney function tests were performed to rule out renal and hepatic dysfunction. Some basic blood tests were conducted, including tests for ESR, CBC, HIV, HbsAg and Anti HCV to look for any inflammation or infections. Kati Basti was performed in all 10 patients for 21 days with regular follow up.

Poorva karma (pre-operative procedure):

Patients were asked to evacuate urine and stools before coming to the table. A lumbosacral x-ray was obtained beforehand to specify the location for Kati Basti.

Pradhan karma (operative procedure)⁽¹⁰⁾:

Patients were asked to lie down on the table in prone position. First the lumbar region was cleaned with cotton where we apply Kati Basti. Masha dough was made into a ring shape and then fixed on the site of pain. Then lukewarm Sahacharaditaila was poured into the ring made of masha dough, placed over their lower back with the help of cotton from a distance of 4 Angula and kept for 30-45 minutes duration. The uniform temperature of the oil was maintained constantly during the treatment.

Paschat karma (post operative procedure)⁽¹⁰⁾:

After the completion of the treatment, first the oil was removed, then Mashapishti and the area was cleaned with cotton. Mridhusamvahana (oil massage) to whole body or lumbar region, buttocks and legs was given without applying pressure. After massage Nadiswedana or Rookshaswedana was given, according to the need. Patient was asked to take comfortable position and rest for another half an hour. The patients were advised not to be exposed to the air directly and to take rest in supine position on hard bed.

Inclusion criteria

1. Patients between the ages of 25-70 years were included in the study.
2. Random selection of patients irrespective of their gender, occupation, religion etc. was done from the OPD and IPD of Panchkarma Department of GAMC, Akhnoor, Jammu, J&K UT after informed consent was taken.
3. Patients suffering from VatajaGridhrasi were included only.

Exclusion criteria:

1. Patients with complete disc prolapse were excluded.
2. Patients suffering from Vata-KaphajaGridhrasi were excluded.
3. Patients with co-existing medical conditions such as heart failure, chronic liver disease, chronic renal disease, and chronic infectious diseases like tuberculosis (TB), HIV, hepatitis B, and hepatitis C were excluded from the study.
4. Patients with cardiovascular diseases like hypertension, coronary artery disease etc. were not included in the study.

Duration of complete treatment:

The Kati Basti treatment was performed for 45 mins for 21 days with 7 day procedure in two sessions and 7 days gap in between. A total of three follow ups were recorded i.e.

Day 0 = Enrollment day (F0)

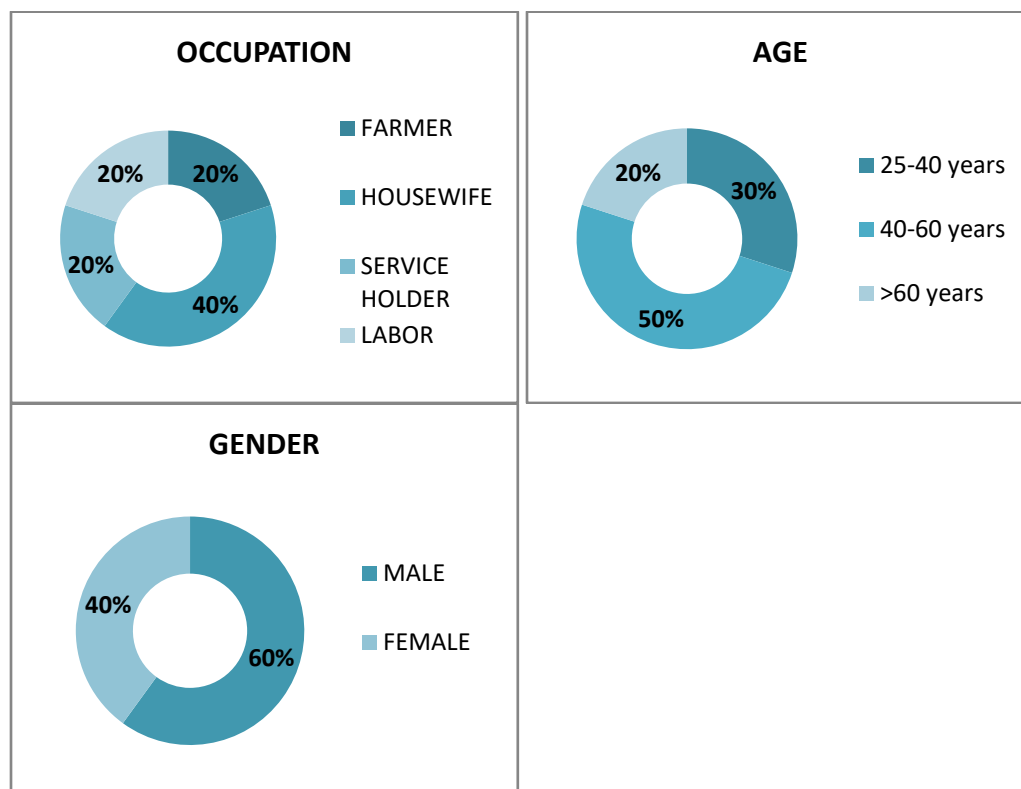
Day 7 = First follow up (F1)

Day 14 = Second follow up (F2)

Day 21 = Third follow up (F3)

Statistical data of the patients:

The clinical observations from different aspects of the treatment have been represented showing the statistical analysis according to various factors like occupation, gender and age of the patients.

**Assessment criteria:****Nature of pain:**

G0: no pain

G1: dull ache or slight discomfort

G2: sharp or throbbing pain

G3: intense, debilitating pain

Radiation of pain:

G0: no radiation

G1: radiation to thigh

G2: radiation to calf

G3: radiation to foot

Activity:

G0: no impact on activities

G1: mild discomfort while performing tasks

G2: major discomfort, may require physical therapy or some analgesics

G3: severe debility along with weakness, inability to perform any task

Associated symptoms:

G0: No associated symptoms

G1: mild tingling sensation present

G2: tingling sensation with numbness present

G3: tingling, numbness and severe weakness present

PATIENTS	FOLLOW UPS	Observation ASSESSMENT CRITERIA				IMPROVEMENT
		PAIN	RADIATION	ACTIVITY	ASSOCIATED SYMPTOMS	
Patient 1	Day 0 (F0)	G3	G3	G3	G2	N/A
	Day 7 (F1)	G2	G3	G2	G1	27.3%
	Day 14 (F2)	G2	G2	G2	G1	36.7%
	Day 21 (F3)	G1	G1	G1	G0	72.7%
Patient 2	Day 0 (F0)	G2	G2	G2	G1	N/A
	Day 7 (F1)	G1	G2	G1	G1	28.6%
	Day 14 (F2)	G1	G1	G1	G1	42.8%
	Day 21 (F3)	G1	G0	G0	G0	85.7%
Patient 3	Day 0 (F0)	G3	G2	G3	G3	N/A
	Day 7 (F1)	G2	G2	G2	G2	27.3%
	Day 14 (F2)	G2	G1	G1	G2	45.4%
	Day 21 (F3)	G1	G1	G0	G1	72.7%
Patient 4	Day 0 (F0)					
	Day 7 (F1)	G2	G1	G1	G2	N/A
	Day 14 (F2)	G2	G0	G0	G1	50%
	Day 21 (F3)	G2	G0	G0	G1	50%
		G0	G0	G0	G0	100%
Patient 5	Day 0 (F0)					
	Day 7 (F1)	G3	G3	G3	G3	N/A
	Day 14 (F2)	G2	G3	G3	G2	16.6%
	Day 21 (F3)	G2	G2	G2	G2	33.3%
		G1	G1	G2	G1	58.3%
Patient 6	Day 0 (F0)					
	Day 7 (F1)	G3	G2	G2	G1	N/A
	Day 14 (F2)	G1	G1	G1	G1	50%
	Day 21 (F3)	G1	G1	G1	G1	50%
		G1	G0	G0	G0	87.5%
Patient 7	Day 0 (F0)					
	Day 7 (F1)	G3	G2	G3	G2	N/A
	Day 14 (F2)	G3	G1	G2	G2	20%
	Day 21 (F3)	G2	G1	G1	G2	40%
		G1	G0	G1	G0	80%
Patient 8	Day 0 (F0)	G1	G1	G1	G0	N/A
	Day 7 (F1)	G0	G0	G0	G0	100%
	Day 14 (F2)	G1	G0	G0	G0	66.7%
	Day 21 (F3)	G0	G0	G0	G0	100 %
Patient 9	Day 0 (F0)	G2	G2	G2	G2	N/A

	Day 7 (F1)	G2	G2	G2	G1	12.5%
	Day 14 (F2)	G2	G1	G2	G1	25%
	Day 21 (F3)	G1	G0	G1	G0	75%
Patient 10	Day 0 (F0)	G3	G2	G2	G3	N/A
	Day 7 (F1)	G2	G1	G1	G1	50%
	Day 14 (F2)	G2	G1	G1	G1	50%
	Day 21 (F3)	G1	G1	G0	G1	70%

Calculations:-

Let G0 =0, G1=1, G2=2 and G3=3

Improvement in %age = [(Sum of Initial value (F0)– Sum of Final value) / Sum of Initial value (F0)] × 100

ResultS

Overall efficacy of Kati Basti using Sehcharaditailawas found to be 80.20%

Discussion

Mode of action depends on the selection of proper area for procedure, oil used, duration of contact of oil with area of application, amount of oil placed, duration of procedure and temperature of oil applied. Because they function at the Samprapti location, the native Snehana and Swedana are particularly effective and yield immediate effects.

Some of the potential benefits of KatiBasti include⁽¹¹⁾:

Reducing pain and inflammation:

The warm Sahacharaditaila used in Kati Basti helps to reduce pain and inflammation in the lower back by increasing blood flow to the affected area. The oil also has a soothing effect on the nerves in the lower back, which can help to reduce pain. For e.g.. Due to its Madhura and Tikta Rasa, Sahacharadi has the unique quality of GatiViseshatvam (aids in movement). Its Vatahara, Bruhana, and Shothahara qualities, as well as its analgesic and anti-inflammatory effects can help alleviate inflammatory changes in the nerve and possibly to reduce symptoms of nerve root compression.

Improving function:

Kati Basti with Sahacharaditaila helps to help improve flexibility and range of motion in the lower back, which can improve overall function and reduce disability. It helps to reduce the symptoms of VatajaGridhrasi by counteracting the Khara (roughness), Ruksha (dryness) Gunas of Vata, rigidity, and tightness by improving the conduction of nerves to travel uninterruptedly.

Properties of the oil used:

The use of the Kati Basti with SahacharadiTaila at L4-L5 region is more effective in controlling symptoms such as Stambha (stiffness), Gaurava (heaviness) and Tandra (tingling sensation) and also on walking distance and the magnitude of pain.

Relaxing the muscles and joints:

The Effleurage and Petrissage massage that follows the KatiBasti treatment helps the oil to penetrate deeper into the tissues, as well as to help release tension and stiffness in the muscles and joints of the lower back.

Improving circulation:

Warm oil is thought to help increase blood flow to the affected area, which can promote healing and reduce pain. Vasodilation is caused by hot fomentation which promotes the flow of blood and nourishment to the organ and finally helps the Sahacharadi oil to reach the target tissue or organ. Sweating flushes toxins from the body and relaxes the tissues resulting in an overall improvement in muscle spasms and pain. Increased peripheral circulation aids in the reduction of edema, which can aid in the reduction of inflammation, reduces pain, and aids in faster healing.

Targetsa particular area:

The retention of Sahacharaditaila on the lower back for a certain period of time is believed to help penetrate deep into the tissues, muscles, and joints and provide a therapeutic effect. The Masha dough ring has excellent binding capacity that help contain the oil and prevent it from spilling and leaking out, allowing for a concentrated treatment in the targeted area. Also it has Vatashamak, Balya, Snigdha, Sandhanakara and Mamsa Vardhaka. It is Non-toxic and Skin friendly, Unlikely to cause any irritation even during prolonged contact.

Conclusion:-

Kati Basti is a form of Snehayuktasweda, Sagni, Ekanga, Snigdha, and Samshamaniya Bahirparimarjanachikitsa. It is the combination of Snehana and Swedana, both work together in synchronous manner and help to relieve Stambha, Gaurava and Sheeta, as well as to lessen the severity of pain. Kati Basti is one such method in which rapid relief from symptomatology can be acquired from a Shamana perspective, as well as numerous medications that ease the severity of pain and improve functional ability, both of which are important in Gridhrasi. It is a Bahirparimarjanachikitsa that relieves Sthanikvata and provides Brumhana qualities in the Kati area, which is where the disease occurs (lumbosacral region). The absorption, penetration, neural stimulation, vasodilation, and anti-inflammatory activity of Kati Basti with Sahacharaditai result in a reduction of signs and symptoms of Vataja Gridhrasi.

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