

Kati Basti

The procedure of applying heat to the sacral or lumbar region by retaining warm medicated oil with in a specially formed frame on this area is popularly known by the name Kati basti.

Basti generally refers to the administration of the medicine through the rectal route by using the specially designed an instrument. But the kati basti does not involve any such producre rather this is a localized form of and procedure.

As warm oil is used to apply heat, this is considered as a variety of snigdha sveda

INDICATION

Kati basti is indicated in painful conditions of low back region.

The procedure svedana itself is beneficial in relieving the pain; in addition to this the medicated oil that gets absorbed from the skin has unique therapeutic effects.

This procedure is proved to be effective in diseases like, lumbar spondylosis, spondylo lysthesis, disc prolapse, ankylosing spondilitis, rheumatoid arthritis, sacroileitic and lumbosacral strain.

Formulation for use

- Vishagarbha oil
- Bala oil
- Mahamasha oil
- Dhanvantar oil
- Karpasasthydi oil
- Dhatura oil
- Nirgundi oil

REQUIREMENTS

- Black gram powder 500 grams

- Medicated oil
- Facility to heat the oil
- Towel

PROCEDURE

- A frame of black gram paste is made around the sacral region.
- Warm medicated oil is poured into this frame.
- This warm oil heats the sacral region inducing perspiration this is followed by massage and fomentation to this part of the body.

PREPARATION OF THE BLACK GRAM PASTE

500 grams of black gram paste is taken in a wide mouthed vessel and is added with an equal amount of warm water. This mixture is then beaten well to form a thick paste.

PREPARATION OF THE PATIENT

Kati basti may be performed at any time of the day. But it is ideal to carry out the procedure in the morning hours.

After evacuating the bowel and bladder as well as brushing the teeth the client is subjected to kati basti. The therapist initially chants the svastivachana hymn or prayer.

The client is then asked to lie down on his abdomen.

The low back region is exposed.

MAKING A FRAME

The black gram paste is rolled to mould it into an elongated rounded mass.

The free ends of the elongated mass of paste are joined to form a ring of approximately five inches in diameter.

This is then placed on the clients back on the affected part.

The gap between the skin and the paste is sealed by pressing the black gram paste against the skin. Sealing is done at both inside and outside surface of the ring.

In this way a frame is prepared and its height should be approximately 1.5 inches.

POURING OIL

Oil is heated up to 50 degree centigrade. This oil is poured into the frame.

The upper level of the oil should be approximately 1 inch above the skin.

Therapist should confirm that the heat in the oil is tolerable.

CHANGING THE OIL

The oil poured in the beginning gets cooled as time passes. When it gets cooled, the oil is taken out from the frame with the help of a spoon.

Alternatively, one can soak a piece of cotton cloth in the oil to remove and add the oil.

Fresh warm oil is then poured into the frame.

The cooled oil that is taken out is now kept in the water bath for heating, and will be reused later during the procedure of kati basti.

In this way as the oil in the frame cools down, it should be replaced by the warm one.

REMOVING THE OIL AND FRAME

This procedure of heating the low back with warm oil is continued for about half an hour.

And then the oil and the frame are removed.

MASSAGE

The therapist standing beside the client now performs the massage on the back.

Therapist should place his both the palms on the sacral region with the thumbs approximated at the middle on the spine, and the other fingers spread covering the buttocks on either sides.

Then he slides his palm upwards applying firm pressure. This is repeated for some time.

And then the massage is continued by moving the palms in circular fashion on the sacral and lumbar region.

SVEDANA

After the massage the low back region is subjected to fomentation.

For this the cotton towel is soaked in boiling water.

The water in the towel is squeezed out heat is then applied to the back by waving, touching and pressing the warm towel on the back.

This procedure is continued for about 5 minutes. This completes the procedure of kati basti.

OBSERVATION

The therapist should closely observe the client for the symptoms indicative of proper effect of svedana. If the client develops any symptoms indicative of deficient svedana or excessive svedana it should be treated accordingly.

AFTER PROCEDURE

After the kati basti the client is asked to take rest for about 15 minutes in supine position.

Then he may be allowed to take hot water bath.

The use of toilet soap to clean the oil should be discouraged; instead, Bengal gram powder may be used for this purpose.