



Chapter 19. Kativasti, Hrud vasti, Janu Vasti, Prishtha Vasti, Greeva Vasti

Kativasti is a specialized Ayurvedic procedure classified as a **Snigdhasweda** (oil-based sudation therapy) where warm medicated oil is retained in the **lower back** region for therapeutic purposes. It is primarily used to treat musculoskeletal and neurological disorders affecting the lumbar spine.

Indications

Kativasti is highly beneficial in conditions such as:

- Lumbar spondylosis
- Intervertebral Disc Prolapse (IVDP)
- Lumbar canal stenosis
- Ankylosing spondylitis (acute phase)
- Radiculopathy
- Fracture or dislocation of vertebrae
- Traumatic paraplegia

This therapy can also be adapted to other parts of the body:

- **Uro Vasti:** for the chest region
- **Greeva Vasti:** for the cervical region
- **Prishtha Vasti:** for the vertebral column

Commonly Used Medicinal Oils

The oils used in Kativasti are selected based on the patient's condition and dosha involvement. Some commonly used oils include:

- Dhanwantaram Taila
- Kottamchukkadi Taila
- Valiya Narayana Taila
- Valiya Sahacharadi Taila
- Murivenna

Manpower

- **Attendant:** 1 (to assist in preparation and application)

Materials Required

- Black gram flour (to prepare the dough for the retaining ring)
- Medicated oil (specific to the patient's condition)
- Vessel (for warming the oil)
- Spoon (for pouring oil)
- Cotton (for removing oil)
- Hot water bath (for maintaining the oil temperature)

Pre-Operative Procedure

1. Preparation of Dough:

- Mix **black gram flour** with warm water to create a **thick dough**.
- Mold the dough into a flat **slab-like structure** about 45-60 cm in length, 3 cm in thickness, and 5 cm in height.
- Alternatively, **steel or plastic rings** can be used to hold the oil.



2. Positioning the Patient:

- The patient should lie in a comfortable **prone position**, exposing the **lower back** region.
- The prepared dough ring is fixed securely over the affected area to ensure that no oil leaks out.

Procedure

1. Heating the Oil:

- Warm the selected **medicated oil** over a hot water bath and pour it slowly into the dough ring.
- Maintain the oil temperature between **40°C to 45°C** by reheating small portions of the oil as needed.

2. Duration:

- The oil is retained in the area for **30 minutes to 1 hour**, depending on the severity of the condition and the physician's recommendation.
- The temperature of the oil is continuously monitored, and a portion of the oil is replaced if it cools down.

3. Oil Removal:

- After the prescribed time, the oil is gently removed using **cotton**.

Post-Operative Procedure

1. Cleaning:

- After removing the dough ring, the affected area is cleaned with **lukewarm water** to remove any residual oil.

2. Rest:

- The patient is advised to rest for a while after the procedure.

Duration and Frequency

- The procedure is usually done for **7 days**.
- The oil can be reused for the first **3 days**, after which it should be replaced. On the **7th day**, a combination of the oils from the 3rd and 6th days can be used.

Precautions

1. Ensure that the dough ring is securely fixed to **prevent leakage** of the oil.
2. Maintain a **uniform temperature** throughout the procedure.
3. Be cautious while reheating the oil to avoid **burns**.
4. Monitor the patient for any discomfort during the procedure.

Complications and Management

1. **Leakage:** If the dough is not fixed properly, oil leakage may occur. Ensure that the dough is tightly sealed.
2. **Burns:** If the oil is too hot, it can cause burns. Always check the oil temperature before application.

Clinical Vital Data Recording

- Record **temperature, pulse rate, blood pressure, and respiratory rate** before and after each treatment session.
- **Pathological investigations** should be conducted on the first and last day of the procedure to monitor progress.
- **Radiological investigations** (such as X-rays or MRIs) may be done before and after the treatment for comparison and assessment of improvement.

Kativasti is an effective treatment for relieving pain, improving mobility, and reducing inflammation in the lower back. By using warm medicated oils, it helps in nourishing and soothing the affected tissues, promoting faster healing and recovery in various musculoskeletal and neurological conditions.

Like Kati Vasti, other local external vastis are performed. See the images below for a quick reference –



HRUD VASTI

JANU VASTI

SHIWA VASTI



KATI VASTI

Prishtha Vasti