

## A role of *ayurvedic chikitsa* in the management of *Katigraha* w.s.r. to Lumbar Spondylosis- A case study.

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### Abstract :-

*Katigraha* is the most common type of problem the present world is facing. The typical site of pain is the lower lumbar region which expressed as 'Lumbar Spondylosis'. Lumbar Spondylosis cover's degenerative disc disease and osteoarthritic changes in the lumbar spine. Current case study is carried out at L.K. Ayurvedic Hospital, Yawatmal to evaluate the efficiency of *ayurvedic* treatment. A 66 years old female with K/C/O HTN & Lumbar Spondylosis. Patient had severe discomfort in lower back on turning lateral side and difficulty in bending forward with this difficulty in routine work. So she had taken *ayurvedic* treatment for 1 month which includes *Shaman* and *Shodhan chikitsa*. The response to the treatment was recorded and therapeutic effect were evaluated through symptomatic relief. Clinical symptoms were significantly reduced

and grade of bending forward reduced from 4 to 2.

**Keywords:-** *Kati, Shroni, Trika*, Low back, Lumbar Spondylosis

### Introduction:-

*Kati, Shroni, Trika* are synonymously used in *Ayurvedic* classics which usually refers to lumbar region<sup>[1]</sup>. Lumbar Spondylosis may be correlated with *Katigraha* on the basis of clients features of the disease. *Katigraha* as an independent disease entity for the first time has been described in *Gadnigraha* in *Vatavyadhi* chapter<sup>[1]</sup> with the same description made available in *Bhavprakash*<sup>[2]</sup>. *Vata dosha* with or without *Ama dosha* settles in the *Katipradesh* (Lumbar region ) causes pain and stiffness at this region.

Lumbar Spondylosis is very common found health problem amongst both rural

and urban population. It is described the discs vertebral bodies and associated joints of the Lumbar vertebrae. Lumbar Spondylosis does not have symptoms initially but when symptoms do appear they can present as pain ranging from mild to severe<sup>[3]</sup>.

The word '*Katigraha*' is originated from the union of two words '*Kati*' and '*Graham*'. '*Kati*' is derived from '*Sareera Avayva Visheshha*'<sup>[4]</sup>. In "*Amara Kosha*" the word meaning of '*Kati*' is "*katau Vatravarunam*", which means the part of the body which is covered with clothes<sup>[5]</sup>. '*Graha*' means Holding. It is originated from dhatu "*Graha Upadane*" one which give support. Hence *Katigraha* Indicate a diseased condition of the back associated with pain and stiffness<sup>[11][12]</sup>.

**Method – Case Study:-** A 66 years female came to O.P.D. of *Kaychikitsa* department of L.K. *Ayurved Hospital*, *Yawatmal* with chief complaints of

1. *Katishoola* (Low back pain) – 6 Months
2. *Sakashtha Chankraman* (Difficulty in walking) – 6 Months
3. *Katistambha* (Stiffness of Lumbar region) – 6 Months
4. *Anidra* (Insomnia) – 6 Months
5. Difficulty in bending forward – 6 Months

Patient having above complaints from since last 6 months.

**Past History of Illness:-** Patient is K/C/O Hypertension since 1 ½ year.

No/H/O – DM/ T.B./ Thyroid.

No/H/O – No any major illness.

**History of present illness :-** The patient with K/C/O HTN was apparently normal 6 months before but 6 months ago she had history of fall on the surface at home, from these she having complaints of low back pain for which she started allopathic medicine like painkiller, steroids etc. but latter on these drugs produces adverse effect on her like indigestion, bloating etc. and with these drugs she get symptomatic relief for some days. Her symptoms worsened as she stopped taking medicine. So she come to *Kaychikitsa O.P.D. L.K. Ayurvedic Hospital, Yawatmal*.

#### **Rugnaparikshan :-**

- *Nadi* :- 78/min
- *Mal* :- *Samyak*
- *Mutra* :- *Samyak*
- *Jivha* :- *Alpasam*
- *Shabda* :- *Prakrut*
- *Sparsha* :- *Samshitoshna*
- *Prakruthi* :- *Vat-Kaphaj*
- *Nidra* :- *Anidra*
- B.P. :- 140/90 mm of Hg
- Temp. :- Afebrile

#### **Laboratory and X-ray Examination :-**

- 1) Blood Routine :- Normal
- 2) X-ray:- X-ray shows degeneration at T 12 – L 1 vertebrae.

#### **Samprapti Ghataks of Katigraha :-**

- *Dosha* :-  
1. *Vata* (*Apan, Vyan – Vrudhi*)  
2. *Kapha* (*Sleshak, Awalambak-Kshay*)
- *Dhatu* :-  
*Rasa, Asthi.*  
*Updhatu – Kandara, Snayu.*
- *Udbhavsthan* :- *Pakwashay*

- *Vyaktisthan :- Katipradrsh*
- *Strotas :- Rasavah, Asthivah*
- *Strodushti :- Sanga*
- *Rogmarga :- Madhayam Maraga(Marmasthisandhigat Marga)*

### Material and Methods :-

**Method :-** 1) A case study

2) Centre :- P.G. Department of *Kaychikitsa* L.K. *Ayurvedic* Hospital, Yawatmal affiliated to D.M.M. *Ayurved* College, Yawatmal.

### Material :- (Shaman Chikitsa)<sup>[6]</sup>

Dravya	Dose	Duration	Anupan
1) <i>Punarnawa Guggul</i>	500mg	Twice a day	Lukewarm water
2) <i>Praval Panchamrut</i>	250mg	Twice a day	Lukewarm water
3) <i>Vat Vidhawans Ras</i>	250mg	Twice a day	Lukewarm water
4) <i>Dashmul Rasna Punarnava Ashwagandha</i>	1 gm Churna each	Twice a day	Lukewarm water
5) <i>Swadishtya Virechan Churna</i>	3gm	Once a day	Lukewarm water
6) <i>Dashmool Kwatha</i>	30ml	Twice a day	Lukewarm water
7) Tab.Amlokind- AT	50mg+5mg	Once a day	Normal water
8) Satvik Oil Rhumark Oil	Local Application		

### Shodhan Chikitsa :-

1) *Sthanik Snehan* and *Swedan* for 6 days was given.

2) *Matrabasti* and *Katibasti* with *Sahachradi Tailam* and *Saindhawadi Tailam* for 6 days was given.

### Evaluation of Clinical Symptoms :-

Symptoms	Before Treatment	After Treatment
1) <i>Katishool</i> (Low back Pain)	Grade 4	Grade 1
2) <i>Sakashthaa</i> Chankraman (Difficulty in walking)	Grade 3	Grade 0
3) <i>Katistambha</i> (Stiffness of Lumbar region)	Grade 4	Grade 2
4) Difficulty in bending forward	Grade 4	Grade 2
5) <i>Anidra</i> (Insomnia)	Grade 3	Grade 0

- Grade 0 – No pain,
- Grade 1 – Occasional pain,
- Grade 2- Intermittent pain,

- Grade 3 – Frequent pain,
- Grade 4 – Continuous pain.

## Discussion:-<sup>[7][8][9]</sup>

- Response to the treatment was recorded and therapeutic effect were evaluated by symptomatic relief of the patient. It was observed that the patient clinical symptoms were reduced gradually during the treatment period.
- According to the *Ayurveda Shoola* (Pain) occurs due to visitation of *Vata dosha*. *Vata dosha* is vitiated by *Strotasb Awarodhata*(Obstruction of channels), So the aim of the treatment is to pacify vitiated *vata*.
- In these disease pain and stiffness is found to be present at lumbar region, therefore local *Snehan & Swedan* are claimed to be very effective and provide quick results. *Kati basti* is type of *Snigdha Swedan* which comes in direct contact of painful region. *Basti* is said to be the best treatment for *Katigraha*, with this *Matrabasti* is used for *Anuloman* of *Vata dosha* and *Vata shaman*.
- Internal ayurvedic medicine Like *Punarnawa Guggul* which content drugs like *Guggul*, *Ginger goot*, *Nishoth*, *Punarnwa*, *Amalki*, *Pippali*, *Marich* etc. which has anti- inflammatory and anti-arthritic properties.
- *Vat Vidhwans Ras* contents ras dravya like *Shuddha Parada*, *Shuddha Gandhaka*, *Naga Bhasma*, *Vanga Bhasma*, *Loha Bhasma* etc. which reduce joint pain.
- *Prawal Panchamrut Ras* contents dravya like *Shankh Bhasma*,

*Shukti Bhasma*, *Mukta Bhasma*, *Prawal Bhasma* etc. which is rich source of calcium helps in degeneration which is associated with *Katigraha* (Lumbar Spondylosis).

- *Satvik Oil* and *Rhumark Oil* helps in nourishment of joints which involves in *Katigraha* (Lumbar Spondylosis).

## Probable Mode of Action :-

All *Chikitsa* i.e. *Shodhan* and *Shaman* which are given in these patient are *Vata Shamak* which helps to reduce pain and stiffness related with *Katigraha* (Lumbar Spondylosis). Calcium rich medicine like *Prawal Panchamrut Ras* helps to overcome the degeneration associated with *Katigraha* (Lumbar Spondylosis).

## Conclusion :-

Is concluded that this treatment completely or partially relieves symptoms in *Katigraha* (Lumbar Spondylosis). These medicine can be utilised in treating patients who are suffering from *Katigraha* to reduce both sign and symptoms successfully with greater effectiveness. It is proposed that the therapy may be accepted as a treatment method of *Katigraha* (Lumbar Spondylosis).

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