

THE ROLE OF AYURVEDIC MANAGEMENT OF KATIGRAHA W.S.R. TO LUMBAR SPONDYLOSIS DISEASE – 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 covers degenerative disc disease and osteoarthritic changes in the lumbar spine.

Current case study is carried out at L.K. Ayurvedic Hospital, Yavatmal to evaluate the efficiency of ayurvedic treatment. A 35 years old female with 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 Panchakarma 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.

Keyword: Kati, Shroni, Trika, Low back

1. INTRODUCTION

Katigraha is a disease described in Ayurveda characterized by pain (Shoola) and stiffness (Graha/Stambha) in the lumbar (Kati) region due to the aggravation of Vata Dosha, either alone or associated with Kapha. Although Katigraha is not described as an independent disease in all classical texts, it is considered a manifestation of Vata Vyadhi involving the Kati Pradesh. [1]

In modern medicine, Lumbar Spondylosis is a degenerative disorder of the lumbar spine characterized by degeneration of intervertebral discs, osteophyte formation, facet joint arthritis, and ligament hypertrophy, leading to chronic low back pain and restricted spinal movements. Due to similarities in clinical features, Katigraha can be correlated with Lumbar Spondylosis. [2]

The word 'Katigraha' is originated from the union of two words 'Kati' and 'Graham'. 'Kati' is derived from 'Sareera Avayva Vishesha'. In "Amara Kosha" the word meaning of 'Kati' is "katau Vatravarunam", which means the part of the body which is covered with clothes. 'Graham' means holding. It is originated from dhatu "Graham Upadane" one which give support. Hence Katigraha indicate a diseased condition of the back associated with pain and stiffness. [3]

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. [4]

Kati, Shroni, Trika are synonymously used in Ayurvedic classics which usually refers to lumbar region. 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 with the same description made available in Bhavprakash. Vata dosha with or without Ama dosha settles in the Katipradesh (Lumbar region) causes pain and stiffness at this region. [5], [6]

2. MATERIAL AND METHOD:

Method - Single Case Study

Material- Ayurved literature and samhita.

3. AIM AND OBJECTIVE:

To evaluate efficacy ayurvedic Drugs in the management of a case of katigraha.

Place - PG department of kayachikitsa L.K Ayurvedic college Yavatmal, affiliated with D. M.M Ayurved college yavatmal.

Method – Case Study: - A 35 years female patient came to O.P.D. of Kaychikitsa department of L.K. Ayurved Hospital, Yavatmal with chief complaints of;

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

Patient having above complaints from since last 3 months.

History of present illness - A 35 yr old female patient having above complaints, she had taken analgesic but with those drugs she got temporary relief. So, she came to Kaychikitsa O.P.D. of L.K. Ayurvedic hospital for further treatment.

Past History – NO H/O - DM/ HTN/Thyroid or any major illness.

Surgical History - Nil

Family History - No any family history related to patient's illness.

Menstrual history -LMP - 05/05/2026, regular,painless.

Rugna Parikshan:

Ashtavidha Parikshan:

NADI-72/Min

MAL-Samyak

MUTRA - Samyak

JIVHA-Saam

SHABD Spashta

SPARSH -Samshitoshna

DRUKA- pitabha

AAKRUTI -Madhyam

GENERAL EXAMINATION

GC – Moderate

Pulse – 72/min

BP – 100/70 mm of Hg

R.R. – 18/min

Wt. – 47.65 kg

Ht – 152 cm BMI – 20.3

Samprapti Ghataks of Katigraha :-

- Dosh :- 1. Vata (Apan,Vyan – Vrudhi)
2. Kapha (Sleshak, Awalambak-Kshay)
- Dhatu :- Dhatu – Rasa, Asthi.
Updhatu – Kandara, Snayu.
- Udbhavsthan :- Pakwashay
- Vyaktisthan :- Katipradrsh
- Strotas :- Rasavah, Asthivah
- Rogmarga :- Madhayam Maraga (Marmasthisandhigat Marga)

Systemic Examination:

CVS - S1S2 Sounds audible, No murmur sound.

CNS - Consious and Oriented.

RS - AEBE, Clear

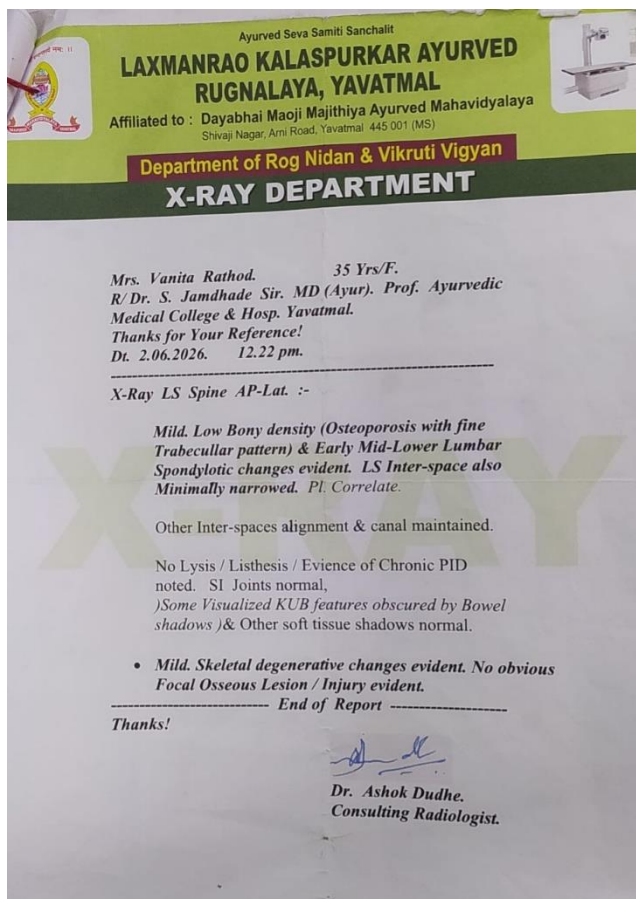
P/A - No tenderness/soft.

Investigation:

X-ray LS Spine AP-Lat. –

Mild Low bony density (Osteoporosis with fine trabecular pattern) & early mid-lower lumbar spondylotic changes evident.LS inter-space also minimally narrowed.

Mild skeletal degenerative changes evident. No obvious focal osseous lesion/injury evident.



Treatment:

Shaman Chikitsa

Dravya	Dose	Durati on	Anupa n
• Punarna wa Guggul	500mg	Twice a day	Lukewa rm water
• Triphala Guggle	500mg	Twice a day	Lukewa rm water
• Arogyava rdhini vati	250 mg	Twice a day	Lukewa rm water
• Vat Vidhawa ns Ras	250 mg	Twice a day	Lukewa rm water
• Dashmoo l Rasna Punarna va Ashwaga ndha	1 gm Churna each	Twice a day	Lukewa rm water
• Swadisht ya Virechan Churna	3gm	Once a day	Lukewa rm water
• Dashmoo l bharad Kwatha	30ml	Twice a day	Lukewa rm water
• Dashang Lepa	LA	Twice a day	
• Satvik Oil	Local Applicat ion	Twice a day	

Panchakarma Chikitsa :-

- 1) Sthanik Snehan (muriko oil) and Swedan (Nadi sweda) for 6 days was given.
- 2) Katibasti with Dashmool Dardnash Tailam for 6 days.
- 3) Matrabasti with Saindhawadi Tailam for 6 days was given.



Evaluation of Clinical Symptoms :-

Sr.no	Symptoms	Before Treatment	After Treatment
1.	Katishool (Low back Pain)	Grade 4	Grade 1
2.	Sakashthaa Chankraman (Difficulty in walking)	Grade 3	Grade 0
3.	Katistambha (Stiffness of Lumbar region)	Grade 4	Grade 2
4.	Difficulty in bending forward	Grade 4	Grade 2

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

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

4. DISCUSSION

According to the Ayurveda Shoola (Pain) occurs due to visitation of Vata dosha. Vata dosha is vitiated by Strottasb 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.

Internal ayurvedic medicine Like **Punarnawa Guggul** which content drugs like Guggul, Ginger goot,Nishoth, Punarnwa, Amalki, Pippali, Marich etc. which bas anti- inflammatory and antiarthritic properties.

Vat Vidhwans Ras contents ras dravya like Shuddha Parada, Shuddha Gandhaka, Naga Bhasma, Vanga Bhasma, Loha Bhasma etc. which reduce joint pain.

Arogyavardhani Vati - It contains abhrak bhasma, Tamra bhasma, Lohabhasma, Kutki which is pachak, bhedak reducing aam, which ultimately works form samprapti bhanga.

Swadishtya Virechan Churna- used as vaatanulomak and balance vata.

The therapeutic effects of **Dashanga Lepa** can be explained by:Anti-inflammatory activity (inhibition of inflammatory mediators) Analgesic effect, Antioxidant activity, Antimicrobial action, Reduction of local edema,Improved microcirculation and tissue healing.

Probable Mode of Action :- All medicine which are given in these patient are Vata Shamak which helps to reduce pain and stiffness related 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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