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“ROLE OF DASHMOOL TAILAM KATIBASTI AND AYURVEDIC MANAGEMENT IN KATIGATVATA W.R.S TO COMPRESSION FRACTURE (D12 VERTEBRA)”

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ABSTRACT:

Compression fractures are the small breaks in the vertebrae. As bones weaken with age and osteoporosis, they are more likely to break. A compression fracture usually happens in the lower thoracic area. Back pain, patient is unable to stand or walk, tingling and numbness sensation in legs. Treatments of compression fractures include NSAIDS, back braces, and vertebroplasty. The symptoms of compression fracture can be correlated with katigatvata. Symptoms of katigatvata mentioned in the text are sandhishoola, Asthishoola, Mansakshinta, balkshaya, satat vedana, and nidranasha. The treatment plan for katigatavata includes snehan, swedana, mrudushodhan, basti, snehapana, etc. Kati basti relieves chronic backache and painful muscle spasms, stiffness, and degenerate problems.

KEY WORDS:- katigatavata, compression fracture, katibasti, dashmool tail

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INTRODUCTION

Compression fractures are the small breaks in the vertebrae. They are more common in women over 50. (After menopause). [1] As bones weaken with age and osteoporosis, they are more likely to break. Fractures in the bone cause the spine to weaken and collapse. A compression fracture usually happens in the lower thoracic area. Symptoms include: 1) patient is unable to stand or walk without pain. 2) back pain, which comes on suddenly and lasts a long time. Pain gets better on lying down. 3) decreased mobility or flexibility of the spine; patient not able to twist or bend over. 4) pinched nerves and nerve damage, which can cause tingling and numbness in the back and difficulty in walking, etc. Treatments of compression fractures include NSAIDS, back braces, and vertebroplasty. [2]

The symptoms of compression fracture can be correlated with katigatvata as per Ayurvedic text. Katigatavata is explained by Acharya Charak under Vatavyadhis. (80 types of nanatmaja vikara). [3] The symptoms of katigatvata mentioned in the text are sandhishoola, Asthishoola, Mansakshinta, balkshaya, satat vedana, and nidranasha. [4]. Kati itself is sthan of Vata Dosha.

देहे स्तोतांसि रिक्तानि पुरयित्वाऽनिलो बलि. | (च. चि28/16)

Vitiated vata dosha gets situated in the katipradesh and produces katishoola, sthambha, etc. [5]. The treatment plan for katigatavata includes snehan, swedana, mrudushodhan, basti, snehapana, etc. Bhaya snehan swedana helps to relieve vata dosha, vedana, and sthambha. Basti is considered an Ardha chikista. It is the best treatment for vata dosha.

AIM AND OBJECTIVE

To evaluate efficacy of katibast & Ayurvedic Drugs in the management of a case of Katigatavata.

MATERIAL AND METHODS

Method : single case study.

Type : prospective study, single case study

Place : PG department of kayachikista laxmanrao kalaspurkar Ayurvedic hospital, affiliated with D.M.M Ayurved college yavatmal.

Duration : one month

A Case Report :

A 56yr's old female patient came to opd of kayachikista department with complaints of : katishoola, katigraha, gamane kashtata, sthane uttishtate kashtata, kati te vaam paad shoola since 2 yrs.

Past History: No history of trauma to spine.

No H/O DM/HTN/ IHD/ COPD

History of present illness : patient was normal before 2 years. Then she gradually developed the above symptoms. She had back pain radiating to the left lower limb, tingling and numbness sensation in the left lower limb, stiffness, being unable to walk, unable to stand for more than 5 minutes, and being unable to bend forward. She had taken modern treatment but had no relief. She got admitted to our hospital for further treatment and management.

Rugna Pariksha :

Nadi-74/min(Hansgati)

Mutra-Samyak,

Mala- Malavshambha,

Jivha – saam,

shabda -sparsh-drika-prakrut,

Akruti-sthul

Nidra- Alpanidra

BP – 120/80 mmofmg, Wt- 60.8kg, pulse-74min

Local examination :

- 1) INSPECTION : a) Gait – Antalgic b) Assessment of curvature – Loss of lumbar lordosis
- 2) PALPATION : Tenderness present
- 3) PERCUSSION : Severe pain
- 4) MOVEMENT : flexion, extension of lower limbs, forward bending, standing, walking – severe painful.
- 5) SLRT : 40 °+ve Lt LL, 50°+ve Rt LL
- 6) SNDT : moderate tenderness with facial winching both side

Investigation :

X-ray LS spine (Ap&lat) : compression #D12 vertebrae with loss of disc space L5 - S1 level

MRI LS spine (Ap &lat) : compression #D12.L5 -S1canal stenosis, reduced disc space &disc bulge +

Samprapti Ghatak:

- Dosh: Vaat- kaph
- Dushya : Asthi –Majja
- Strotas :Asthi- Majjavaha
- Strotodushti : sang
- Udhabhavsthan - pakvashaya

- Adhishtan : Asthi, sandhi (kati)
- Vyadhimarga : Marmasthisandhi
- Prabhav : kashtasadhy

Diagnosis:

With above clinical presentation patient is diagnosed as Katigatavata(compression#D12).

Material :

Sthanik chikista : Katibasti with Dashmool tail. (1 month)

Abhyanatar chikista :

Sr.	Dravya	Dose	Kala	Anupana
1.	A combination of yograjuggulu, punarnavaguggulu, vatvidhvansan ras, ekangveer ras	250 mg each	Koshnajal	Vyanodane
2.	Praval panchamrut	250mg	Jala	Sakal sandhyakal
3.	A combination of Dashmoola,punarnava, Guduchi, devdara	1 gm each	Jala	Vyanodane
4.	Swadishta virechan churna	3 gm	Koshnajala	Nishakal
5.	Dashang Lepa	(LA)		
6.	Dashmool bharad kwath	30 ml	-	Sakal sandhyakal -

RESULT :

Gradings for subjective parameter : (6)

Symptoms	Parameters	Gradation
Pain	No pain	0
	Mild pain but no difficulty in walking	1
	Moderate pain and slight difficulty in walking	2
	Severe pain with severe difficulty in walking	3
Stiffness	No stiffness	0
	Some time for 5-10 minutes	1
	Daily for 10-30 minutes	2
	Daily for 30-60 minutes/more than 1hrs	3
Numbness	No numbness	0
	Occasionally once in a day for 5-10 minutes	1
	Daily once in a day for 10-30 minutes	2
	Daily for more than 30-60 minutes	3
Tingling	No tingling	0
	Occasionally once in a day for 5-10 minutes	1
	Daily once in a day for 10-30 minutes	2
	Daily for more than 30-60 minutes.	3

Symptoms	Before Treatment	After Treatment
Pain	3	1
Stiffness	2	0
Numbness	3	0
Tingling	3	0

DISCUSSION

In katigatavata, vatanashak treatment is done, i.e., snehapana, abhyangya, katibasti, mrudu shodhan, anuvasan, niruhbasti, etc.

- 1) Katibasti with dashmool tail was given to the patient. Warm medicated oil is poured over the Kati region for 45 minutes. Kati basti relieves chronic backache and painful muscle spasms, stiffness, and degenerate problems.
- 2) Orally yograjguggulu and punarnava guggulu was given.

Guggulu is considered the best vatghna dravya. Yograjguggulu is very useful in treating Asthi-majjagata vata, also indicated in katibhagna. (8)

- 3) Vatvidhvasan ras & Ekangveer ras

सर्वान्वातामयान्हन्ति सत्यं सत्यं न संशयः। (नि. र)

Both are the best vatnashak dravyas. Patients get relief from shoola, stambha, etc. It also acts as a nerve solidifier. (9)

- 4) Praval panchamrut contains sudhavarga dravyas. It is the best Asthiposhak kalpa. It helps for healing of Asthi dhatu, i.e., Asthiposhan. (10)

- 5) Swadishta virechan churn contains Ajmoda, Haritaki, Trikatu, vrudhadaru, etc. dravya, which acts as Amapachak, Shothghna, and Shulaghna.

Probable mode of action :

Katibasti is retaining of medicated warm oil over kati region for particular period of time.

नास्ति तैलात्पंरकिंचिदौषधमारूतापहम्। च.चि28/176

Tailam is the best vatghna dravya. Tail has vyavayi, ushana, Guru & singha properties. Dashmoola sidha tail increase the properties of tailam by 1000 times. This tailam acts on sukshma strotas. Dashmoola tailam is useful to clean and fortify the blood, build strong muscles & connective tissues and lubricate the joint. Kati basti increase the circulation in the region as the herbal oil gets deeply absorbed in the skin & both nourishes and strengthens the muscle and nerves. Pacifies one of the primary site of vara, relieving pain, stiffness, restoring flexibility and decrease degenerative problems.

CONCLUSION

From the present case study, it can be concluded that the results obtained after the treatment were appreciable. Katibasti is the best treatment for relieving chronic lower backache, painful muscle spasms, stiffness, and degenerative changes. It is the best indicated procedure in lumbar spondylosis, compression#, disc prolapse, sciatica, neurological disorder, etc. Our Ayurvedic kalps are also helpful in treating patients. They improve the quality of life of the patient there by relieving signs and symptoms.

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