

“A ROLE OF AYURVEDIC MANAGEMENT IN KATIGRAHA W.S.R. TO LUMBER SPONDYLOSIS- A CASE STUDY”**Dr. Vishakha Shelar¹, Dr. Subhash Jamdhade², Dr. Yogesh Duddalwar³, Dr. Pradnya Jamdhade⁴**

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D.M.M. Ayurved Mahavidyalaya, Yavatmal, Maharashtra, India**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 Spondylos is cover's 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 63 years old female with history of fall & hip bone fracture & Lumbar Spondylosis. Patient had severe pain 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 moth 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.

KEY WORDS:- Kati, Shroni, Trika, Low back**International Journal of Ayurveda & Yoga****Corresponding Details:****Dr. Vishakha Shelar**

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INTRODUCTION

Kati, Shroni, Trika are synonyms in Ayurvedic classics and usually refer to the lumbar region. Lumbar spondylosis may be correlated with Katigraha depending on the nature of the client's disease. Katigraha, an independent disease, was first described in Gadnigraha of the Vatavyadhi chapter and the same explanation is also possible in Bhavprakasha. Vata dosha with or without Ama dosha is located in Katipradesh (lumbar region) and causes pain and stiffness in this area.

Lumbar spondylosis is a very common health problem among rural and urban populations. The intervertebral discs and associated joints of the lumbar spine are described. Lumbar spondylosis may initially cause no symptoms, but when symptoms do develop, pain can range from mild to severe. The word "Katigraha" comes from the combination of two words "Kati" and "Graham". all. "Kati comes from "Sarira Avaiva Vishesh". The word "Kati" in "Amara Kosha" means "katau Vatravarunam" which means a body part covered with an object. "Graha" means "to catch." It comes from dhatu (Graha Upadane), the one who provides support. Katigraha thus refers to a painful condition in the lower back associated with pain and stiffness.

Case Study:- A 63 years female came to O.P.D. of Kaychikitsa department of L.K. AyurvedHospital, Yawatmal 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. Anidra (Insomnia) – 3 Months
5. Difficulty in bending forward – 3Months

Patient having above complaints from since last 3 months.

Past History of Illness:- Patient is No/H/O_past illness.

No/H/O – DM/ T.B./ Thyroid.

No/H/O – No any major illness.

History of present illness :- The patient was apparently normal 3 months before but 3 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 talking medicine. So she come to Kaychikitsa O.P.D. L.K. Ayurvedic Hospital, Yawatmal.

Rugnaparikshan :-

- Nadi :- 76/min
- Mal :- Samyak
- Mutra :- Samyak
- Jivha :- Alpasam
- Shabda :- Prakrut(spasta)
- Sparsha :- Samshitoshna
- Prakruti :- Vat-Kafaj
- Nidra :- Anidra
- B.P. :- 110/70 mm of Hg
- Temp. :- Afebrile

Laboratory and X-ray Examination :-

- 1) Blood Routine :- Normal
- 2) ESR:-30mm/1hr.3.blood sugar:-70.0mg/dl.4.RA test:-Negative.5.CRP test:- Positive(titer_2-4)

Samprapti Ghataks of Katigraha :-

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

MATERIALS 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)

Dravya	Dose	Duration	Anupan
1) Yograj guggul	500mg	Twice a day	Lukewarm water
2) Vat Vidhawans Ras	500mg	Twice a day	Lukewarm water
1) Dashmul Rasna	1 gm Churna each	Twice a day	Lukewarm water
4) Swadisht virechan churn	3gm	Once a day	Lukewarm water
5) Dashmul bharad Kwatha	30ml	Twice a day	Lukewarm water
6) Dashang lep	Local application	Once a day	-----
7) Satwik oil	Local application		-----

Panchakarma Chikitsa :-

- 1) Sthanik Snehan and Swedan for 6 days was given.
- 2) Katibasti with Sahachradi Tailam and Saindhawadi Tailam for 6 days was given.

Evaluation of Clinical Symptoms :-

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
5) Anidra(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

- Responses to treatment were recorded, and treatment effectiveness was evaluated through relief of the patient's symptoms. It was observed that the patient's clinical symptoms gradually decreased during the treatment period.
- According to Ayurveda, Shula (pain) is caused by the presence of Vata dosha. Vata dosha becomes distorted due to Strotasb Avarodhata (channel blockage). Therefore, the goal of treatment is to soothe the spoiled cotton wool.
- Since these diseases cause pain and stiffness in the lumbar region, the topical method of Snehan and Swedana is considered very effective and gives quick results. Kati basti is a type of snigdha swedana that involves direct contact with the painful area. Basti is said to be the best treatment for Katigraha along with Matrabasti which is used for Anulomana Vata dosha.
- Internal Ayurvedic medicines such as Punarnava Guggul, which contains drugs such as Guggul, Ginger Guggul, Nishot, Punarnva, Amalki, Pippali, Marich, etc. have anti-inflammatory and anti-arthritis properties.
- Wat Vidhwans Ras contains ras-dravyas such as Shuddha Parada, Shuddha Gandhaka, Naga Bhasma, Vanga Bhasma, Loha Bhasma, etc. Reduces joint pain.
- Satvik Oil helps in nourishment of joints which involves in Katigraha (Lumbar Spondylosis).

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). Calcium rich medicine helps to overcome the degeneration associated with Katigraha (Lumbar Spondylosis).

CONCLUSION

This treatment was concluded to provide complete or partial relief of the symptoms of kathigrahi (lumbar spondylosis). These drugs can be used in the treatment of patients suffering from Katigraha to successfully reduce both signs and symptoms with greater effectiveness. It is suggested that this treatment could be adopted as a treatment method for kathigrahi (lumbar spondylosis).

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