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A case study on successful Ayurvedic management of *Katishoola*

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ABSTRACT

Katishoola (low backache) is one among the *Vatavyadhi*. It is a common musculoskeletal disorder affecting 80% of the population at some point in their lives. The common causes are sedentary life style, lack of exercise, driving in hunched position, poor standing and sitting posture, obesity etc. The allopathic system of medicine uses analgesics, NSAIDs and steroids which are not effective and has serious adverse effects. To avoid such condition, we would like to introduce combination of Short Wave Diathermy, *Rasona Kalka* and *Navsiddha Taila* for Ayurveda management of *Katishoola*.

Key words: *Katishoola*, low backache, Ayurveda management.

INTRODUCTION

It has been observed that the case of low backache is increasing day by day in orthopedic OPDs excluding accidental case. It is very common reason to visit hospital OPD. Back pain is reported more in percentage in workers doing heavy work than doing light jobs. The age group commonly affected is between 30-40 years.^[1] *Katishoola* means pain at the low back region. In Ayurveda terms *Kati*, *Trika*, *Shroni* and *Pristha* is used as a synonym with wider sense including the region where the vertebral column joins the hip bones on either side involving the lumbar, sacral and sacro-iliac joints, pain arising from any of these areas are termed as *Katishoola*.^[2] The vitiated *Vata* either alone or along with *Kapha* localizes in

Katipradesha or causes pain and stiffness at *Kati Pradesha*. This syndrome is named as *Katigraha* or *Katishoola*. From the description it has been evaluated that the *Vata* gets aggravated in *Pakvashaya* due to indulgence of unsuitable food activities, localizes in *Katipradesha* and results in pain and stiffness. It is mentioned that the main seats of *Vata* are *Pakvashaya*, *Kati* and *Sakthi*. Vitiating of *Vata* in any one of these location shows the sign and symptoms of vitiation in all other sites and results in *Katishoola*.^[3] In the management of low backache multiple drugs are used including anti-inflammatory, steroids, analgesics such drugs increase risk of GIT complications ranging from stomach pain to ulcer formation, surgical intervention may cause complications like infection, spinal fluid leakage, nerve damage, paralysis, moreover recurrence rate of illness is high.^[4] Ayurveda is playing greater role in the management of such cases the aim is to bring the vitiated *Dosha* back to the state of equilibrium. Keeping this thing into mind Ayurvedic formulation *Rasona Kalka*^[5] and *Kativasti* with *Kalpita Yoga Navasiddha Taila* along with *Swedana* by infrared lamp is taken.

CASE REPORT

A 50 year old male patient came to our hospital OPD with complaint of low back ache since 2 years, loss of

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strength in both legs since 8 months. The patient also complained of morning stiffness since 8 months. The pain was gradual in onset radiating from hip to ankle of Rt. leg, was shooting in nature and aggravated with walking. The stiffness continued for 20 min after awakening in the morning. The patient had mild leaning during walk after prolonged sitting for more than 10-30 min.

During examination on palpation of vertebral column, tenderness and rigidity was present at the lumbosacral region. The patient had pain during flexion, extension, lateral flexion and rotation of spine. SLR Test, Naffziger's Test, Genslen's Test, Coin Test, was found positive during examination. X-ray examination of L.S. spine revealed osteophyte formation and reduced intravertebral space. The patient had history of allopathic treatment for last 2 years but didn't got any relief so approached us for Ayurveda treatment.

MATERIALS AND METHODS

Navsiddha Taila

Mode of action of 1st drug: The ingredients of designed *Kalpita Taila* for local application has *Vatsleshmahar*, *Vednasthapaka*, *Shothhara*, *Nadi Baldayaka*, *Dahashamaka*, *Swedjanana*, *Balya*, *Brimhana* and *Rasayana* properties.

Rasona Kalka

Mode of action of 2nd drug: The oral medication is *Agnideepaka*, *Vata anulomana*, *Kaphhara*, *Mridu Virechaka* and *Vednasthapaka*. Patients were subjected to intermittent exposure of Infrared Rays by means of Infrared Lamp for a period of 20 minutes daily, along with *Rasona Kalka* orally in a dose of 10gm BD and *Kati Vasti* with *Navsiddha Taila* daily for 45 minutes.

Assessment Criteria

For assessing the condition of Lumbago before and after treatment, the patient's response is assessed on Subjective and Objective Parameters. With the above mentioned line of treatment patient got satisfactory relief from the symptoms of *Katishoola*.

Table 1: Showing assessment criteria's for various parameters.

| Assessment Criteria | BT | AT |
|-------------------------|----|----|
| Pain | 2 | 0 |
| Postural Defects | 3 | 0 |
| Stiffness | 1 | 0 |
| Restriction in Movement | 2 | 0 |
| Muscle Spasm and Cramps | 2 | 0 |
| Paraparesis | 3 | 0 |
| Numbness | 2 | 0 |
| Tingling Sensation | 1 | 0 |
| Anorexia | 1 | 0 |
| Indigestion | 0 | 0 |
| S.L.R. | 2 | 0 |
| Curvature of Spine | 0 | 0 |
| Tenderness | 1 | 0 |
| Flexion | 1 | 0 |
| Extension | 2 | 0 |
| Lateral Flexion | 3 | 1 |
| Rotation | 2 | 1 |

Table 2: Laboratory Investigations before and after treatment

| | | |
|---------------|----|------------|
| Hemoglobin | BT | 10.2 gm% |
| | AT | 10.2 gm% |
| Bleeding Time | BT | 1min 30sec |
| | AT | 1min30sec |
| Clotting Time | BT | 5min 00sec |
| | AT | 5min 00sec |

| | | |
|--------------|----|-----------|
| E.S.R. | BT | 10 mm |
| | AT | 10 mm |
| R.A Factor | BT | -ve |
| | AT | -ve |
| S.Uric Acid | BT | 3.2 mg/dl |
| | AT | 3 mg/dl |
| S.creatinine | BT | 0.8 mg/dl |
| | AT | 0.8 mg/dl |

DISCUSSION

The main objective is to plan out a reliable, simple and cost effective management in *Katishoola* we have decided to evaluate the efficacy of *Rasona Kalka* (orally) and *Kati Vasti* with “*Navsiddh Taila*”.

The oral medication is *Agnideepaka*, *Vataanulomana*, *Kaphhara*, *Mridu Virechaka* and *Vednasthapaka* in nature and the ingredients of designed *Kalpita Taila* for local application has *Vatsleshmahara*, *Vednasthapaka*, *Shothhara*, *Nadi Baldayaka*, *Dahashamaka*, *Swedjanana*, *Balya*, *Brimhana* and *Rasayana* properties.

We hereby also apply principle of Short Wave Diathermy by the use of Infrared Lamp. Short wave diathermy is a form of heat treatment using electromagnetic currents, which causes molecules in

deep tissues to vibrate with overheating of tissues and body organs, increased local metabolism and blood flow to them. It thereby supports absorption of chronic, inflammatory, post injury and post operative infiltrates, improves tissue elasticity and has analgesic effect.^[6]

CONCLUSION

This case study shows that *Katishoola* can be successfully managed with Ayurvedic intervention. It is supportive for further research in *Katishoola* disease.

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