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Ayurvedic management of *Katishool* with special reference to Non Specific Low Back Pain : A Case Study

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ABSTRACT

Now a day's human are suffering from many lifestyles related disorders due to adaptation of modern lifestyle. *Katishool* or low back pain is one among them. *Kati* refers to low back region and *Shool* refers to pain, so called as Low back pain. It is not only clinical but also social, economic, and public health problem affecting general population indiscriminately. In this modern era it is most challenging problem. Majority of people are suffering from this palliative disease which has no complete remedy in any system till this advancement of time. *Ayurvedic* system of medicine is a time tested therapy and has good hold on this particular disease. *Katishool* is the most frequent work related musculoskeletal complaint and major health related cause in developing world. It is a price humans has to pay for their upright postures. It is not life threatening condition, but it causes great discomfort and restriction in social and other activities. According to one study, almost 80% of persons in modern industrial society will experience back pain at some time during their life. Specific etiology of most back pain is not clear. This is called as Non specific low back pain. Though *Katishool* or low back pain is the commonest diagnosis given to the subjects attending the clinics, the current management includes NSAIDs, local anesthesia, steroids, sedatives, etc. gives temporary relief from pain but has got severe adverse effects. In spite of recent advances, the treatment is mere symptomatic. So, need arises to search for a safer, better, cheaper treatment. Practically in *Chandrashoor* is *Ahariya Dravya*, so it is safe. Easily available in market. So, the adulteration is minimum and it is cost effective also, so fulfills every criterion. Panchakarma procedures like *Katibasti* and *Matrabasti* with *Til Tail* are also easy to do and found to be effective.

Key words: *Katishool*, *Non Specific Low Back Pain*, *Chandrashoor*, *Katibasti*, *Matrabasti*.

INTRODUCTION

Vata, one among the tripod of human living being is said to be superior most in all aspects; for every action or movement, strongest in its ability to produce diseases and worst mortality. Diseases related to *Vata* are innumerable and presentation of it is in the whole body. Even though a large number of symptoms suggest the abnormality of *Vata* the cardinal symptom

of vitiation of this *Dosha* is pain which is known as *Shoola* in Sanskrit. This pain is universally understood as a marker of the disease and it is the most common symptom that makes a person to seek the physician's advice. *Katishoola* is one such condition caused by vitiated *Vata* characterized by pain in the *Katipradesha*. Even though it is not mentioned as a separate disease in *Bruhatrayees* ample references are found in other texts like *GadaNigraha* by *Acharya Shodhala* and *Sharangadhara Samhita*. *Sharangadhara* has included it under the *Vataja Nanatmaja Vyadhis* marking its importance.^[1] In *Ayurveda* *Katishool* or low back ache is considered as a *Vatik* disorder and mainly caused by vitiated *Vat*, which is due to *Vat Prakopak Aahar* and *Vihar*.^[2] *Katishool* is not directly mentioned in *Brihatrayee* but references permit us to treat it as an individual pathology. In *Charak Samhita* though *Katishool* has been not enlisted in the 80 *Nanatmaja Vatavyadhi*, but in case of *Anukta Vikara Charak* stated that the Vitiated *Vat* reaches to which region, organ

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causes diseases such as *Shool*, *Shosh*, *Supti*, *Sankocha*, *Stambha*. These all should be considered as *Vatvikara*. Diseases similar to *Katishool* are *Katiruja*, *Kativedana*, *Katitod*, *Katistambha*, *Katigraha*, *Trikshoola* etc. When *Shuddha* or *Sam Vat* enters into *Kati*, it produces symptoms like *Shool*, *Ruja*, *Stambha*, *Toda* etc.^[3]

While in modern science, the low back pain without any specific etiology is considered as non specific low back pain. Both specific and Non Specific low back pain have more or less common treatment programme. Treatment given to these patients is mostly conservative. But the patient is reviewed at regular intervals to additional signs suggesting organic illness. The diagnosis of back pain is essentially clinical. There is no use getting X-rays done in acute pain less than 3 weeks duration as it does not affect treatment. X-rays are usually normal in Non-specific low back pain, these provide only baseline. For specific pathologies treatment of the cause should be done accordingly. But now a days most of back pains falling in Non specific category have a set programme of treatment, mostly conservative.^[4]

There are many *Ayurvedic* herbs which are useful in *Katishool*, externally and internally, out of these *Chandrashoor* is one of the *Ahariya Dravya* described by *Bhavprakash* in *Bhavprakash Nighantu* in *Mishrak Gana*. *Vat Prakop* is the main factor for *Katishool* and *Chandrashoor* pacifies *Vat* (*Vatshamak*), *Mridu Shodhana* (do purification softly), *Shoolhara* (relives pain) due to its *Guna* and *Ushna Virya* with *Vatkaphahara Dosh Karma*.^[5]

AIM AND OBJECTIVE

To estimate the efficacy of *Ahariya Dravya* (*Chandrashoor*) and *Katibasti* with *Matrabasti* in management of *Katishool* with special reference to nonspecific low back pain.

MATERIALS AND METHODS

Type of study: Single case study

Study centre: Government Ayurved hospital, Nagpur.

CASE REPORT

A Hindu married 32yr old female patient visited on 18/12/2020, OPD of department of *Swasthyarakshan* with OPD no. 7368 for chief complaint of pain in lower back region, mild stiffness in lower back, Painful movements since 15 days and constipation from 8-10 days. She already has done C.B.C., Urine examination (Routine and Microscopic) which were all appeared within normal limit. X ray imaging (lower back) showed no significant changes. She has regular and normal menstrual cycle with no any significant history and uncomplicated obstetric history (P1L1, M-3yr, FTND).

Past history

There is no any significant past history.

Family history

There is no any significant family history.

General examination

BP - 120/70mm of Hg

P - 80/min

Height - 160cm

Weight - 56kg

BMI - 21.9

Systemic examination - normal

Personal history

Bowel habits - one time/day (not satisfactory, sometimes hard stool)

Exercise - never

Day sleeping - Sometimes

Food - Mixed diet

Water intake - 2-3 lit.

Tea - 2-3 times/ day

Junk food - 2-3 times/ week

Occupation - desk work (Prolonged sitting)

Restrictions advised

1. Refrigerated, salty, spicy and deep fried oily food items and junk food.
2. Daytime sleep
3. Continuous sitting in same position.

4. Tea

Intervention

Appropriate changes were made in the dietary habit of patient. After obtaining written informed consent, she was put on *Chandrashoor Beej Churna* 3gm twice a day, one in empty stomach early in the morning and other at night with luke warm water. Firstly, it was given for 5 days. Then after seeing the positive effect on symptoms, it was continued for 1 month. Along with above treatment *Katibasti* and *Matra Basti* (60ml) with *Til Tail* was given for 15 days.

Kati Basti

The procedure of applying heat to the lumber region by retaining warm oil within a specially formed frame on this area is known as *Katibasti*. It is indicated in painful conditions of lower back region. The procedure was done with *Til Tail* for 15-20 minutes for duration of 15 days.

Matra Basti

Administration of medicated or non medicated oil or any *Sneha Dravya* through rectal route in prescribe dose (60ml) is called as *Matra Basti*. In this case study *Til Tail* was used for *Matra Basti* for 15 days.

Subjective criteria**1. Katishool (Pain): visual analogue scale**

VAS	Grade	Severity Index
0-1	0	No pain
2-4	1	Mild pain
5-7	2	Moderate pain
8-10	3	Severe pain

2. Katistambha (Stiffness)

Absent	0
Mild	2
Moderate	4

Severe	6
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3. Functional disability (Modified Oswestry Low Back Pain Disability Grading)

Score 0	Pain free full activity
Score 1	Perform independently with pain
Score 2	Perform with minimal assistance
Score 3	Perform with maximum assistance
Score 4	Unable to perform

Objective criteria**SLR:**

Ask the patient to lie down flat on supine position, ask him to raise one leg while watching the patient's face and stop when the patient complains of pain and confirm that he is complaining of back or leg pain.

- Above 60° - Grade 0
- 45-60° - Grade 1
- 30-45° - Grade 2
- 0-30° - Grade 3

Walking time: Walking time of the patient for distance of 10 m will be recorded

Distance from finger to ground in centimeters (Forward Bending): Ask the patient to bend down and measure the distance between tips of fingers of hand to the floor with the help of measuring tape.

OBSERVATIONS

Following observations were found before and after the intervention

Table 1: Before Treatment

SN	Subjective criteria	Gradation
1.	<i>Katishool</i>	5
2.	<i>Katistambha</i>	2
3.	Functional Disability	1

Table 2: After treatment

SN	Subjective criteria	Gradation
1.	Katishool	1
2.	Katistambha	1
3.	Functional Disability	0

Table 3: Objective criteria before and after the treatment.

SN	Objective criteria	Before treatment	After treatment
1.	SLR	60°	80°
2.	Walking time	21sec	18sec
3.	Distance from finger to ground in centimeters	10cm	4cm

RESULTS

Significant improvement was observed in the subjective as well as objective parameters of the patient [table 1,2,3].

DISCUSSION

Acharya Charak described each and every pain is just because of aggravated or vitiated *Vat Dosha*. To treat this condition *Vatshaman Dravya* and *Panchakarma* procedures are choice of treatment. Here in this case *Ahariya Dravya* is used for *Shaman* as well as *Panchakarma* procedures are also used to treat disease.

1) Ahariya Dravya

Mainly *Aampachak*, *Shothhara*, *Vathara Dravyas* are mainly important to treat *Katishoola*. *Chnadrashoor* is *Katu* in *Rasa* and *Vipak* and it is of *Ushna Veerya*.^[7] Also it is *Laghu*, *Ruksha*, *Teekshna* in *Guna*. It balances *Vat* and *Kapha Dosha*. So, it is *Ampachak*, *Vathara* in properties. It might have helped to overcome pain and stiffness.

2) Katibasti

It is the combination of *Snehan* and *Swedan* procedure which help to subside the aggravated *Vat Dosha*. *Til Tail* is have *Vat Kaphashamak* properties and by nature *Snehan Dravyas* help to overcome the accumulation of

Vata at the site of Lumber region and may nourish the underlying tissue.

3) Matrabasti

As per *Acharya Charak 'Bastivatharanam'* it means *Basti* is best treatment for *Vat Dosha*.^[8] In this study *Til Tail* is used for *Matra Basti*. In *Charak Samhita Chikitsasthan* it is described that, there is no medication which excels *Til Tail* in curing *Vatik* disorders because of its *Vyavayi* property i.e., which pervades the body before going through the process of digestion, hot heavy and unctuous properties.^[9]

CONCLUSION

On the basis of this single case study it can be concluded that use of *Ahariya Dravya* like *Chandrashoor* and simple *Panchakarma* procedures like *Katibasti* and *Matrabasti* are effective in the management of *Katishool* (Non Specific Low Back Pain).

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