



ISSN 2456-3110

Vol 8 · Issue 2

February 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Effective Ayurvedic management of Katigraha - A Case Report

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ABSTRACT

Katigraha is the commonest encountered disease. It is the condition which is characterized by stiffness, pain and impaired functioning of Lumbar spine region due to vitiation of *Vata* in *Katipradesh*. Even though this condition is not life threatening but it hampers the daily activity. *Kati* itself is one of the seats of *Vata Dosha* and the root cause of disease is aggravated by *Vata*. According to *Ayurveda*, it involves the *Dushti* of *Asthivaha Srotas*. About 80% of the industrial population and 60% of the general population suffers from low back pain due to their wrong posture. **Case Report** - A female patient of 38 year old working as a tailor came to our hospital having complaint with low back pain which radiates to left lower limb, tingling sensation in bilateral lower limb, numbness in left heel region, difficulty in walking, loss of appetite, indigestion and disturbed sleep due to pain. **Aim and objective** - To evaluate the efficacy of *Ksheerbala Tail Matra Basti* and *Murivennam Tail Katibasti* in *Katigraha* for relieving pain, stiffness and impaired functioning of Lumbar spine. **Result** - Patient got marked relief in the pain, stiffness and tingling sensation along with improvement in walking. We will discuss the details in full paper. **Conclusion** - *Katigraha* is a common disorder of present era which is *Vata Pradhan Tridoshaj Vyadhi* in *Ayurveda*. Through this study we can conclude that *Matra Basti* with *Ksheerbala Tail* and *Kati Basti* with *Murivennam Tail* are effective in reducing the symptoms of *Katigraha*.

Key words: *Katigraha, Matra Basti, Kati Basti, Ayurveda, Ksheerabala Taila, Murivennam Taila*

INTRODUCTION

The word '*Katigraha*' originated from the union of two words '*Kati*' and '*Graham*' '*Kati*' is derived from the root "*Kat in*" meaning *Sareera Avayava Vishesham*. In "*Amara Kosha*" the word meaning of "*Kati*" is "*Katau Vastra Varanau*", the part of the body which is covered with clothes. "*Graha*" means holding. It is originated from *Dhatu* "*Graha Upadane*" - one which gives support.

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Submission Date: 15/12/2022 Accepted Date: 22/01/2023

Access this article online

Quick Response Code



Website: www.jaims.in

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Thus "*Katigraha*" indicate a diseased condition of the back associated with pain and with stiff movements. In our classics it is mentioned under various terms like *Katigraha, Trika Shula, Trika Graham, Prishthagraha* and *Shronibheda*. "*Trika*" means "*Trayanam Sandhayah*," union of three parts or union of three *Avayava* in any part of human body. As per this the shoulder and neck regions can be considered as "*Trikam*:. In *Astanga Hridaya* "*Pakvashayagata Vatha*" *Lakshanas* are explained in which the word "*Trika*" is mentioned. It shows that, *Trika, Prishthta* and *Kati* are three different parts of the body. In '*Nanatmaja Vyadhis*' *Katigraha, Prista Graham* and *Sronibheda* are mentioned as separate diseases, depending on the region where pain is felt. *Katigraha* is one of the *Vatavyadhi* which is the problem of lumbar region. Even though this disease is not life threatening but it hampers the daily activity. It is described as a separate disease in the classical text *Gadanigraha* and *Acharya Sharangdhar* considered it as a *Nanatmaja Vatavyadhi*. *Kati* itself is one of the seats of *Vatadosha* and the root cause of disease is aggravated by *Vata*.^[1] *Katigraha* is

common with aging and is considered to be associated with the low back pain and disability. It is an important clinical, social and public health problem affecting the world wide population. Aging is well known risk factor of *Katigraha* as degenerative changes in the spine and disc are one of the major causes of *Katigraha*. In this disease pain and stiffness is found to be present at *Katipradesh*, therefore *Sthanik Snehana* and *Swedana* are very effective and provide quick result. *Bahya Snehana* and *Swedana* helps in reducing the pain, stiffness of the lumbar spine and increased the blood circulation. *Basti* is said to be best treatment for all *Vatik* disorders. It is highly acclaimed by *Aacharya Charak* and described as *Ardhachikitsa*. Hence an effort is made to evaluate the effect of *Ksheerbala Matra Basti* along with *Murrivennam Katibasti* in the management of *Katigraha*.

CASE REPORT

A female patient of 38 year old working as tailor with OPD no. 56700 came to our Hospital having complaint of pain lower back which was radiating to left lower limb, tingling sensation in bilateral lower limb, numbness in left heel region, difficulty in walking, loss of appetite, indigestion and sleeplessness due to pain. According to the patient she was asymptomatic 5 months ago, and suddenly developed symptoms like pain in lumbar region radiating to left leg. Pain was intolerable in nature, associated with tingling and dragging kind of sensation and restricted left hip movements, it got aggravated by prolong standing and changing posture but subsides when the patient use to lies on bed with straight legs. Patient also noticed a change in her gait. Symptoms were aggravated by cold climate, supine posture and during night hours and got relieved by warm weather. Progressively her problems aggravated. So she approached for *Ayurvedic* treatment.

Table 1: O/E - Ashtavidha Pariksha

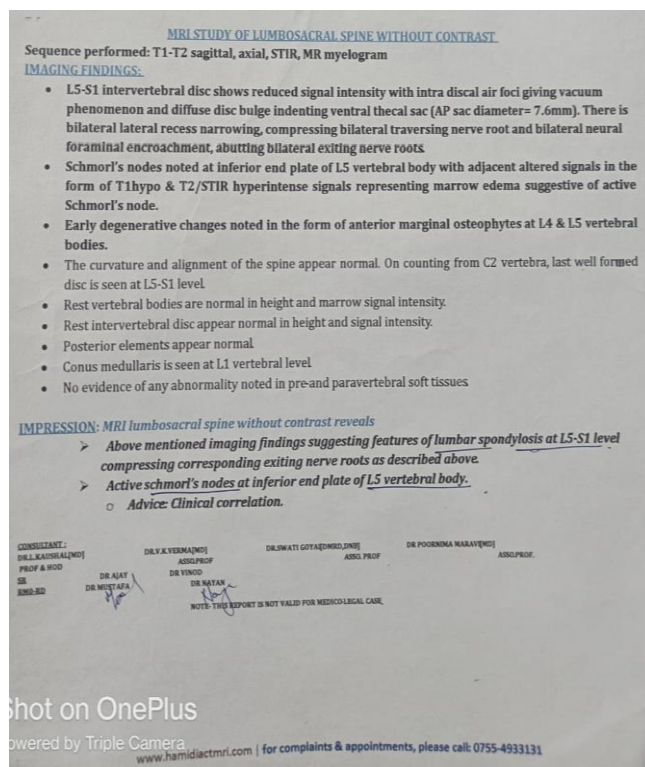
Nadi	Vataj-Pittaj
Mutra	Prakrut
Mala	Kathin

Jivha	Saam
Shabdha	Spastha
Sparsha	Samsheetoshna
Drik	Prakrut
Aakriti	Madhyam

Table 2: Samprapti Ghatak

Dosha	Vata and Kapha
Dushya	Asthi, Mamsa,
Srotas	Asthivaha, Mamsavaha Srotas
Srotodushti	Sanga
Rogamarga	Madhyama
Adhistan	Katipradesh
Udhabhavasthan	Pakwashaya
Vyaktasthan	Kati, Sphik

Investigation - MRI scan dated 15/07/22 revealed features of lumbar spondylosis at L4-L5 level.



Assessment criteria

Criteria of Assessment was based on the signs and symptoms of *Katigraha*, (Table no. 6) SLR (Straight Leg Raising) test for range of movement at hip joint, FABER’S Test, FNST, lumbar movement etc. which were assessed before treatment, after treatment and after follow up. (Table no. 5)

Table 3: Grading of subjective parameters

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

Intervention

Table 4: Medication

Procedure	Drug	Dose	Duration
<i>Deepan and Pachan</i>	<i>Chitrakadi Vati</i>	250 mg BD	After meal with warm water for 3 days
<i>Sthanik Abhyang</i>	<i>Vata Shamak Tail</i>	-	15 days
<i>Sthanik Sweden</i>	<i>Dashmool Kwath</i>	-	15 days
<i>Matra Basti</i>	<i>Ksheer Bala Tail</i>	60 ml	After meal through anal route for 15 days
<i>Kati Basti</i>	<i>Murivennam Tail</i>	-	15 days

RESULT

We found that there was a marked improvement after the treatment. Painful and restricted movements of hip are reduced. Due to *Ksheerbala Tail Matrabasti* and *Murivennam Tail Kati Basti Prayoga* it was noticed that there was marked improvement in gait.

Table 5: Assessment before and after treatment

Parameters	Before treatment		After treatment	
Gait	Antalgic		Improved	
Hip movements	Right	Normal	Right	Normal
	Left	Painful & Restricted	Left	Improved
SLR Test	45°		60°	
FNST	Positive		Improved	
FABER’S Test	Positive		Improved	
Lumbar Flexion	30°		50°	
Lumbar Extension	30°		30°	

Lumbar lateral flexion	Right	25°	Right	25°
	Left	10°	Left	20°

Table 6: Assessment of Subjective parameters

SN	Symptoms	Grading BT	Grading AT
1.	Pain	2	0
2.	Stiffness	2	0
3.	Numbness	2	1
4.	Tingling	2	1

DISCUSSION

In Ayurvedic classics we find *Vata Sthana (Kati)* and *Vatavyadhi* which refers to the *Vyadhis* caused by the vitiation of *Vata Dosha*. *Katigraha* is not mentioned as a separate disease in *Bruhatrayee* specifically. “*Katigraha* is the condition in which vitiated *Vata Dosha* gets situated in the *Katipradesh* and producing *Shoola* (Pain) and *Stambha* (Stiffness). In *Katigraha*, there will be Stiffness throughout the lower back region, pain and restricted movement. As *Acharya Sushruta* says that without vitiation of *Vata*, *Shoola* cannot be arise.^[2] And *Gada Nigraha* clearly states that *Shoola* take place due to *Stambha* which arises by *Nirama and Sama Vayu* Movement into *Kati* (Lumbar region). *Katibasti* was given as it is *Bahya Sthanik Snehana* (external local oleation) and *Swedana* (sudation) procedure which mainly acts against the *Ruksha Guna* (dryness) and *Sheeta Guna* (coldness) respectively of *Vata*.^[3] Vitiated *Vat* is corrected in its root place i.e., *Guda & Pakwashaya* by *Matra Basti*.

Ksheerbala Tail - It is prepared from *Go Ksheera* (cow milk), *Bala* (*sida cordifolia*) and *Tila Tail* (sesame oil). This oil is widely used in various *Panchakarma* therapy like *Kaval*, *Tarpan*, *Matra Basti*, *Nasya*, *Shiro Basti*, *Snehana* etc. *Bala* has been largely used in neurological as well as heart disease. It posses analgesics and inflammatory properties. *Go Dugdha* contains all properties which are necessary for the nutrition and

growth of overall body tissues. *Tila tail* as mentioned in *Caraka Samhita* is the best *Sneha*. All these three ingredients are good enough to pacify all *Vata* related disorders.

Murivennam Tail - The oil is used to heal the wound. It not only heals ulcers but is also effective in providing strength to the muscles, ligaments, bones and joints. It is extensively used in pain like tennis elbow, shoulder dislocation, back pain, spondylitis pain, stiffness, slip disc, acute soft tissue injury, sports injury and arthritis. According to *Ayurved* we can used this concoction in *Aamvata*, *Vrana Ropana*, *Abhighata*, *Kustha*, *Vedana*, *Sandhi Shool*, *Katipradesh Shool*, *Mamsa Gata Vata*.

CONCLUSION

The result shows that the *Ksheerbala Tail Matra Basti* and *Murivennam Tail Kati Basti* were found very effective in relieving the sign and symptoms in *Katigraha* with increased functional activities. However, further work should be done on large samples to draw the final conclusion.

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How to cite this article: Govind Kumar Prajapati, Sakshi Gupta, Mahima Pandey, Rita Singh. Effective Ayurvedic management of Katigraha - A Case Report. J Ayurveda Integr Med Sci 2023;02:171-174.

Source of Support: Nil, **Conflict of Interest:** None declared.