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Effect of *Panchkarma* and *Panchtikta Ghrita Guggulu* in *Katigraha* w.s.r. of Lumbar Spondylosis - A Case Study

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ABSTRACT

Low back pain has become a major health problem now days, about 60-80% of world population experience lower back pain at some time in their lives. *Katigraha* is one among the *Vata Nanatmaj Vyadhi* described in *Gadanigraha* and *Sharangadhar* classical text. *Acharya Shodhalya* described that it is condition characterized by pain and restricted movement of *Kati* which can be correlated with the Lumbar Spondylosis. Lumbar Spondylosis is degenerative condition affecting the Disc, Vertebrae, and associated Joints of Lumbar Spine. In Modern Science there are no effective treatments are available for this condition but in Ayurveda there is safe and effective regimen described by our *Acharyas*. In our case study diagnosed case of Lumbar Spondylosis with the complaints of lower back pain, stiffness and difficulty in walking and standing, tingling sensation since 2 month. In our treatment regimen externally *Kati Pizhichil*, *Shashtikshali Swedan*, and internally *Panchtikta Ghrita Guggulu*, *Panchtikta Ksheera Basti* and *Matra Basti* with *Ksheera Bala Tail* were given. During this procedure different parameters are assessed before and after treatment there is significant relief in previous complaints.

Key words: *Katigraha*, *Lumbar Spondylosis*, *Kati Pizhichil*, *Shashtikshali Swedan*, *Panchtikta Ksheera Basti*, *Matra Basti*.

INTRODUCTION

Katigraha is an independent disease described by *Acharya Shodhalya* in *Gadanigraha Vatavyadhi* chapter Where *Vata Dosha* with or without *Ama Dosha* settles in *Kati* and causes pain and stiffness in the *Kati Pradesh* (lumber region)^[1] and *Acharya Sharngdhar* included in types of *Vata Roga*. *Kati*, *Shroni*, and *Trika* are synonymously used in Ayurvedic classics which

usually refers to Lumbar region.^[2]

Katigraha may be correlated with Lumbar Spondylosis on the basis of clinical features of the disease. In Present era of Modernization in people follow many unwanted practices like improper sitting, posture for long time in offices, lack of physical exercise, load bearing movement during travelling and sports. All these factors create pressure and cause compressive injury to the spine, that play an important role in producing Lumbar Spondylosis.

Patient with the Lumbar Spondylosis have pain in axial spine. The location of these degenerative changes is identified within the facet joints, intervertebral discs, sacroiliac joints, nerve root, dura and myofascial structures. These changes may peak in different clinical presentations such as spinal stenosis, disc herniation, bulging of ligamentum flavum, spondylolisthesis, lumbar radiculopathy. It may include lower back pain, leg pain as well as numbness and motor weakness to lower extremities that worsen with upright stance and

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walking, and improve with sitting and supine positioning. It affect 60-85% of adult during some point in their lives.^[3] Fortunately, For the large majority of individual, symptoms are mild and transient with 90% subsiding within 6 weeks. Chronic low back pain, defined as pain symptoms persisting beyond 3 month, affect an estimated 15-45% of the population.

In Modern Science treatment of Lumber Spondylosis involves limited conservative and surgical procedures. Medicine like analgesics, NSAIDS, steroids, anticonvulsant, antidepressant drugs used for reducing pain which provide only symptomatic relief with many side effects. For permanent cure surgery is the last option. After surgery many patients do not get relief and also causes adverse effect.

Ayurveda plays an important role in such type of situations. Panchakarma therapy involve like *Kati Pizhichil* and *Shashtik Shali* are type of local *Swedan* which increases the blood flow of affected area and relax muscles as well as reduce the pain. SSPS is a type of *Brimhaniya Snehika Swedan* providing nutrition to the muscular tissues. *Panchtikta Ghrita Guggulu* is indicated in *Sandhi-Asthi-Majjagat Vata* in classical text of *Ayurveda*. It pacify mainly *Vata* and *Kaph Doshas*.^[4] *Kheera Basti* is described as the main line of treatment in *Asthi Gata Vikaras* by *Aacharya Charaka*.^[5] It pacify *Vata*, improves the general condition of the body, and act as rejuvenator of the body. *Matra Basti* is type of *Anuvasana Basti*. It promotes strength, without calling for any strict regimen of diet, and also cause easy elimination of *Mala* and *Mutra*. It performs the function of *Brimhana* and cures *Vata Vyadh*.^[6]

CASE REPORT

Name	XYZ
Age	46 Years
Sex	Female
Address	Bhopal
Occupation	House wife

Chief complains

1. Lower back pain and stiffness since 2 month
2. Swelling on left lower limb with tingling sensation
3. Difficulty in walking and longtime sitting & standing

History of present illness

According to patient she was suffering from mild lower back pain before 2 month after that lower back pain was progressively increases with stiffness, tingling sensation in left leg, difficulty in walking and unable to perform his daily living activity. For these complaints she was taking modern medicine for many years but had no relief after that she came in Pt. Khushilal Sharma Govt Ayurvedic Hospital for better management.

History of past illness

No any significant illness was found (i.e., HTN, DM)

Personal History

Addiction	No
Diet	2 time/day
Appetite	Normal
Micturition	1 time in night
Bowel	1 time/ day
Sleep	6-8 hrs in night
Height	5'4"
Weight	86 kg

On examination

General condition	Moderate, Afebrile
Pulse rate	76/min
Respiratory rate	16/min
Blood pressure	130/80 mmHg

Assessment Criteria

Following criteria was adopted-

Pain

Parameters	Gradation
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

Parameters	Gradation
No stiffness	0
Stiffness for 5-10 minutes	1
Daily for 10-30 minutes	2
Daily for 30-60 minutes/ more than 1 hrs	3

Numbness

Parameters	Gradation
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

Parameters	Gradation
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

Treatment protocol

Total treatment duration - 1 month

	Treatment	Duration	Drug
External	<i>Kati Pizhichil</i>	15 days	<i>Kottamchukadi Taila</i>
	<i>Shastik Shali Pinda Sweda</i>	15 days	-
Internal	<i>Panchtikta Ghrita Guggulu</i>	30 days	-
	<i>Panchtikta Ksheer Basti</i>	21 days	-
	<i>Matra Basti</i>	9 days	<i>Ksheera Bala oil</i>

Investigation

- HB - 11.6 gm%
- ESR - 30mm/1hr
- MRI Report - LS spine

At L5-S1 level disc desiccation with reduced intervertebral disc space is seen with symmetrical diffuse posterior disc bulge causing narrowing of bilateral neural foramina with impingement over bilateral exiting nerve roots at this level. Bilateral facet joint arthrosis is noted. Mild fatty infiltration of the paraspinal muscles noted.

At L4-L5 levels disc desiccation with reduced intervertebral disc space and symmetrical diffuse posterior disc bulge is seen causing indentation over left traversing nerve roots and narrowing of bilateral neural foramina with impingement over bilateral exiting nerve roots at this level. Bilateral facet joint arthrosis noted.

At L3-L4 level disc desiccation with reduced intervertebral disc space and diffuse asymmetrical posterior disc bulge is seen causing indentation over anterior subarachnoid space with narrowing of bilateral neural foramina with likely abutment of bilateral exiting nerve roots. Mild bilateral facet joint effusion noted at this level.

DISCUSSION

In this case line of treatment was *Kati Pizhichil* with *Kottamchukkadi Tailam*, *Shastikshali Pinda Swedan*, *Panchatikta Ksheer Basti*, *Matra Basti* with *Ksheera Bala* oil and *Panchtikta Ghrita Guggulu*. *Kottamchukkadi Tailam* is an Ayurvedic oil which is prepared by drugs like - *Kushta (Saussurea lappa)*, *Sunthi (Zingibar officinale)*, *Shigru (Moringa oleifera)*, *Adraka Moola*, *Chincha Phala (Tamarindus indica)*, *Rashon (Allium sativum)*, *Rasna (Pluchea lanceolata)*, *Tila Taila (Sisamum indicum)*, *Sarshap (Brassica campestris)*, *Vacha (Acorus calamus)*, *Devdaru (Cedrus deodar)*. *Sheeta Guna* of *Vata* is responsible for stiffness and pain in body which is neutralized by *Ushna Guna* of *Kottamchukkadi Tailam*.^[7] *SSPS* content is *Balamoola (Sida cordifolia)*, *Ashwagandha (Withania somnifera)*, *Shatawari (Asparagus racemosus)*, *Ksheera (milk)*, *Sathi Chawal*. The heat provided by bolus of *SSPS* dipped in *Bala Moola Kwath* with *Godugdha* which increased blood flow locally, relieve pain, muscle spasm, increase tendon extensibility. *Bala* absorbed locally and provided Nourishment to Muscular tissues and prevent from emaciation, atrophy and detrimental changes.^[8]

Most of the ingredients of *Panchtikta Ghrita Guggulu* have *Tikta Rasa*, *Ushna Virya*, *Madhura* and *Katu Vipaka*. *Tikta Rasa* increase *Dhatwagni* (metabolic stage), as *Dhatwa Agni* increase nutrition of *Asthi* and *Majja Dhatu* will be increased. So degeneration in *Asthi Dhatu* not occur rapidly as a result they may get stable.^[9]

Basti is said in Ayurveda as half of the whole treatment schedule. It is said to control almost all the diseases and *Doshas*. It is very acute on its onset of action, through it is typically scheduled to eliminate and pacify *Vayu*. Internally in the form of *Basti Panchtikta Ksheera* was given. It contain *Guduchi (Tinospora cordifolia)*, *Nimba (Azadirakta indica)*, *Vasa (Aghathoda vasica)*, *Kantakari (Solanum surrattense)*, *Patola (Trichosanthes dioica)*, *Ksheera (milk)*, *Goghrita (ghee)*, *Madhu (honey)* and *Saindhav (salt)*. As per the quantity of this *Basti* and use of *Ksheera* as a main ingredient, *Ksheera Basti* serves dual function, i.e., *Niruha* and

Anuvasana, hence, it act as *Shodhan* as well as *Snehana*. It relieve *Margavarodha* and produces *Brimhana* effect.^[10] *Matra Basti* is given with *Ksheera Bala* oil, it contain *Bala (Sida cordifolia)*, *Tila Tail (Sesamum indicum)* and milk, used as *Pana*, *Abhyanga* and *Basti* in *Vata Vyadhi*. *Godugdha* contain all the elements necessary for the growth and nutrition of bones, nerves, muscles and other tissues of human body. *Bala* abundantly mentioned in Ayurveda and has been largely used in neurological as well as in musculoskeletal disease and reported to have analgesic and anti-inflammatory activity. *Tila Taila* nourishes and strengthens all *Dhatu*, checks *Dhatukshaya* and thus alleviates *Vata*.^[11]

RESULT

As per objective assessment criteria, the patient sign were analyzed before & after treatment during the followed period.

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

Percentage relief

The following tables show the effect of treatment-

SN	Symptoms	% Relief
1.	Pain	66.6 %
2.	Stiffness	100 %
3.	Numbness	66.6 %
4.	Tingling Sensation	100 %

CONCLUSION

Katigraha or Lumbar Spondylois has a similar etiology and clinical presentation. *Katigraha* is a common disorder of present era. It is *Vata Pradhan Vyadhi* which is treated by *Vata Shaman* therapy like *Kati*

Pizhichil with *Kottamchukadu Taila*, *Shashatik Shali Pinda Sweda*, *Panchatikta Ksheer Basti*, *Matra Basti* with *Ksheera Bala Taila*. These all treatment which proved to be very effective in this condition. Treatment has higher significance in pacifying the symptoms of *Katigraha* and marked reduction in clinical symptoms like *Katishoola* and stiffness. All the subjective parameters showed a remarkable response to the treatment. There were no tropical and systemic adverse drug effects at the end of the study and the preparation in definitely have the potential effect of treat *Katigraha*. To know the conclusion of this treatment regimen we should perform it on large sample.

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