Ayurvedic management of Katigraha (Lumbar Spondylosis) - A Case Study

Ayushi Chaturvedi¹, Rita Singh², Sanjay Srivastava³

¹Post Graduate Scholar, Dept. of Rog Nidan Evum Vikriti Vigyan, Pt. Khushilal Sharma Government (Auto.) Ayurveda College & Institute, Bhopal, Madhya Pradesh, India.
²Reader, Dept. of Rog Nidan Evum Vikriti Vigyan, Pt. Khushilal Sharma Government (Auto.) Ayurveda College & Institute, Bhopal, Madhya Pradesh, India.
³Professor & HOD, Dept. of Rog Nidan Evum Vikriti Vigyan, Pt. Khushilal Sharma Government (Auto.) Ayurveda College & Institute, Bhopal, Madhya Pradesh, India.

ABSTRACT

Katigraha is one of the most prevalent illness in modern era. It is associated with the Dushti of Asthivaha Srotas, as per Ayurveda. It is a condition where vitiation of Vata in Katipradesha causes stiffness, discomfort, and decreased functioning of the lumbar spine. Because of the similarities in clinical characteristics, it can be compared with lumbar spondylosis. Approximately 80% of individuals in the industrial sector and 60% of the general public will at some point in their lives have low back pain as a result of incorrect posture. Case Report: A male patient of age 43 year working as a welder came to our hospital having complaints of low back pain which was radiating to right lower limb, tingling sensation in right lower limb with difficulty in walking. Aim and Objective: To evaluate the efficacy of Samanya Chikitsa of Vata Vyadhi i.e., Abhyanga, Swedana and Matra Basti in Katigraha. Result: By measuring symptom relief, the therapeutic impact of the treatment was assessed and the patient’s response to it was documented. We will go into more detail in the entire paper. Conclusion: This research indicates that Samanya Chikitsa of Vata Vyadhi is useful in mitigating Katigraha symptoms.

Key words: Katigraha, Matra Basti, Lumbar Spondylosis

INTRODUCTION

Despite not being life-threatening, this illness makes daily tasks more difficult. Katigraha is one of the eighty varieties of Vataja Nanatmaja Vyadhis as described by Acharya Sharangdhar.¹ The term “Kati” and “Graham” combined to create the word Katigraha which refers to a back ailment marked by pain and stiffness in the joints as Kati itself is one of the seats of Vata Dosha.² Katigraha is a condition where low back is afflicted either with Vata or Sama Vata (Vata involved with the toxins released due to altered digestion and metabolism) and present with symptoms such as pain with stiffness. Due to vitiated Dosha, the pain started in the joints of Prista Vam Asthi and Sphik Asthi. Katigraha as a distinct illness has been described in the classical text Gada Nigra.

CASE REPORT

An OPD no. 33426 male patient, 43 years old, who worked as a welder, came to our hospital complaining of lower back discomfort that was radiating to his right lower limb, tingling in that limb, trouble in walking, loss of appetite, indigestion, and insomnia brought on by pain. The patient stated that he was doing well six months prior to the onset of symptoms, which included right leg pain emerging from the lumbar region. The patient experienced excruciating pain that was...
accompanied by tingling and restricted movement in the right hip. Prolonged standing made the pain worse, but it went away when the patient lay on his back with legs straight up. The patient saw an alteration in his gait as well. Symptoms were aggravated by cold climate, supine posture and during night hours and got relieved by warm weather. Progressively his problems aggravated and he approached for Ayurvedic treatment.

Table 1: Ashtavidha Pariksha

<table>
<thead>
<tr>
<th>Nadi</th>
<th>Vata-Pittaj</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mutra</td>
<td>Prakrut</td>
</tr>
<tr>
<td>Mala</td>
<td>Samyak pravriti</td>
</tr>
<tr>
<td>Jivha</td>
<td>Saam</td>
</tr>
<tr>
<td>Shabdha</td>
<td>Spastha</td>
</tr>
<tr>
<td>Sparsha</td>
<td>Samsheetoshna</td>
</tr>
<tr>
<td>Drik</td>
<td>Prakrut</td>
</tr>
<tr>
<td>Akriti</td>
<td>Madhyam</td>
</tr>
</tbody>
</table>

Table 2: Samprapti Ghatak

<table>
<thead>
<tr>
<th>Dosha</th>
<th>Vata And Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dushya</td>
<td>Asthi, Mamsa</td>
</tr>
<tr>
<td>Srotas</td>
<td>Asthivaha, Mamsavaha Srotas</td>
</tr>
<tr>
<td>Srotodushti</td>
<td>Sanga</td>
</tr>
<tr>
<td>Rogamarg</td>
<td>Madhyama</td>
</tr>
<tr>
<td>Adhistan</td>
<td>Katripradesh</td>
</tr>
<tr>
<td>Udhabhavasthan</td>
<td>Pakwashaya</td>
</tr>
<tr>
<td>Vyaktaasthan</td>
<td>Kati, Sphik</td>
</tr>
</tbody>
</table>

Table 3: Grading of subjective parameters

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Parameters</th>
<th>Gradation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>No Pain</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Mild pain but no difficulty in walking</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Moderate pain and slight difficulty in walking</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Severe pain with severe difficulty in walking</td>
<td>3</td>
</tr>
<tr>
<td>Stiffness</td>
<td>No stiffness</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Sometime for 5-10 minutes</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Daily for 10-30 minutes</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Daily for 30-60 minutes/more than 1hrs</td>
<td>3</td>
</tr>
<tr>
<td>Numbness</td>
<td>No numbness</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Occasionally once in a day for 5-10 minutes</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Daily once in a day for 10-30 minutes</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Daily for more than 30-60 minutes</td>
<td>3</td>
</tr>
<tr>
<td>Tingling</td>
<td>No tingling</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Occasionally once in a day for 5-10 minutes</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Daily once in a day for 10-30 minutes</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Daily for more than 30-60 minutes</td>
<td>3</td>
</tr>
</tbody>
</table>

Table 4: Medication

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Drug</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deepan and Pachan</td>
<td>Chitrakadi Vati</td>
<td>250 mg BD</td>
<td>After meal with warm water for 3 days</td>
</tr>
<tr>
<td>Sthannik Abhyang</td>
<td>Vata Shamak Tail</td>
<td>-</td>
<td>15 days</td>
</tr>
<tr>
<td>Sthannik Sweden</td>
<td>Dashmool Kwath</td>
<td>-</td>
<td>15 days</td>
</tr>
</tbody>
</table>

Assessment criteria

Criteria of Assessment was based on the signs and symptoms of Katigraha, 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.
Matra Basti | Maha Narayan Oil | 60 ml | After meal through anal route for 15 days
Kati Basti | Murivennam Tail | 15 days

RESULT

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

Table 5: Assessment before and after treatment

<table>
<thead>
<tr>
<th>Parameters</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gait</td>
<td>Antalgic</td>
<td>Improved</td>
</tr>
<tr>
<td>Hip movements</td>
<td>Right Painful &amp; Restricted</td>
<td>Right Improved</td>
</tr>
<tr>
<td></td>
<td>Left Normal</td>
<td>Left Normal</td>
</tr>
<tr>
<td>SLR test</td>
<td>45</td>
<td>60</td>
</tr>
<tr>
<td>FNST</td>
<td>Positive</td>
<td>Improved</td>
</tr>
<tr>
<td>FABER’S Test</td>
<td>Positive</td>
<td>Improved</td>
</tr>
<tr>
<td>Lumbar Flexion</td>
<td>30</td>
<td>50</td>
</tr>
<tr>
<td>Lumbar Extension</td>
<td>20</td>
<td>30</td>
</tr>
</tbody>
</table>

Assessment of Subjective Parameters

<table>
<thead>
<tr>
<th>SN</th>
<th>Symptoms</th>
<th>Grading BT</th>
<th>Grading AT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pain</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>2.</td>
<td>Stiffness</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>3.</td>
<td>Numbness</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>4.</td>
<td>Tingling</td>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

DISCUSSION

One of the Vata Vyadhis mentioned in Ayurvedic literature is Katigraha. It is generated by the Prakupita Vata, which leaves the Pakwashaya and settles in the Katipradesha. In Bruhatrayee particularly, Katigraha is not addressed as a separate condition. The state of Katigraha is caused by a vitiated Vata Dosha that settles in the Katipradesh and causes Stambha (stiffness) and Shoola (pain). There is discomfort, restricted movement, and stiffness in the lower back region in Katigraha. According to Acharya Sushruta, Shoola cannot be produced in the absence of Vata vitiation.[3] According to Gada Nigraha, Nirama and Sama Vayu Movement into Kati (Lumbar region) causes Stambha, which is responsible for Shoola.

Katibasti was prescribed because it is a Bahya Sthani Snehana (external local oleation) and Swedana (Sudation) technique that primarily acts against Vata’s Ruksha Guna (dryness) and Sheeta Guna (coldness), respectively. Matra Basti rectifies vitiated vat at its source, which is Guda and Pakwashaya.

CONCLUSION

In the modern era, Katigraha is a prevalent disorder. Mahanarayan Tail Matra Basti and Murivennam Tail Kati Basti reported a significant improvement in the clinical symptoms of Katigraha. The results indicate that Katibasti and Matrabasti are useful in easing the symptoms of Katigraha.

REFERENCES

