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

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## 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*.<sup>[1]</sup> 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*.<sup>[2]</sup> *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

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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**

Nadi	Vataj-Pittaj
Mutra	Prakrut
Mala	Samyak pravritti
Jivha	Saam
Shabdha	Spastha
Sparsha	Samsheetoshna
Drik	Prakrut
Akriti	Madhyam

**Table 2: Samprapti Ghatak**

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

#### 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.

**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
	Sometime 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
Deepan and Pachan	Chitrakadi Vati	250 mg BD	After meal with warm water for 3 days
Sthanik Abhyang	Vata Shamak Tail	-	15 days
Sthanik Sweden	Dashmool Kwath	-	15 days

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**

Parameters	Before treatment	After treatment		
Gait	Antalgic	Improved		
Hip movements	Right	Painful & Restricted	Right	Improved
	Left	Normal	Left	Normal
SLR test	45	60		
FNST	Positive	Improved		
FABER'S Test	Positive	Improved		
Lumbar Flexion	30	50		
Lumbar Extension	20	30		

## 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

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 *Katipradesha* 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.<sup>[3]</sup> 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 Sthanik 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*.

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