

## Effect of Marma Chikitsa in the Pain Management of Lumbar Spondylosis - A Single Case Study

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Lumbar Spondylosis, a commonly occurring degenerative condition, results in persistent lower back pain and has a substantial impact on one's quality of life. This research investigates the ancient healing practices of Marma Chikitsa to assess their effectiveness in relieving the pain associated with lumbar spondylosis (Katigrah). Marma Chikitsa, deeply rooted in Ayurveda and traditional Indian medicine, revolves around vital energy points known as "Marma Points" to restore harmony and well-being. Our study conducts the therapeutic outcomes of Marma Chikitsa, employing stringent clinical evaluations, pain assessment tools, and measures of life quality. The primary objective of this research is to uncover the nuanced effectiveness of Marma Chikitsa in Katigrah. The results of this study offer promise not only within the Ayurvedic medicinal framework but also provide valuable insights into the fusion of ancient wisdom with contemporary healthcare practices. In the end, this provides the way for a more comprehensive and patient-centered method of treating pain and symptoms of lumbar spondylosis. Modern medical science only provides symptomatic treatment and has limitations that result in surgical intervention with side effects or short-term pain relief. In order to solve these issues, an Ayurvedic management strategy must be used.

**Keywords:** Lumbar Spondylosis, Katigrah, Ayurveda, Marma Chikitsa, Marma Points, Pain Management

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## Introduction

Lumbar Spondylosis is osteoarthritic spine disease that occurs in later life and primarily involves the lumbosacral spine. Patients often complain of pain centered in the spine that is increased by motion and associated with stiffness and limitation of motion, loss of intervertebral disc height, reduces the vertical dimensions of the intervertebral foramen causing the descending pedicle to compress the nerve root exiting at the level.[1,3] Lumbar Spondylosis refers to degenerative disc disease. About 80% of the industrial population and 60% of the general population suffers from low back pain due to their wrong posture.[2]

*Katigraha* is an age related and work-related painful condition, sometimes many patients are unable to do their normal routine work. Low back pain is a common clinical presentation in musculoskeletal disorders due to spinal pathology.

*Katigraha* has been described as a separate disease by *Gadanigraha*. It has been classified as *Prishtagraha* under *Vata Nanatmaja Vyadhi* in the Charaka Samhita. *Shosha*, *Stambha*, and *Shula* predominant *Vyadhis* make up *Katigraha*. According to Acharya Susruta pain cannot exist without *Vata* vitiation. *Gadanigraha* indicates unequivocally that pain is caused by stiffness brought on by the migration of *Sama* or *Nirama Vayu* into *Kati*; this suggests the presence of *Dhatu Kshayatmaka* and *Marga Avarodhaka* types of *Samprapti*. [4]

*Marma* is the junction of the *Mamsa*, *Sira*, *Snayu*, *Asthi*, and *Sandhi*. It is a region of the body that is covered in muscles, veins, ligaments, bones, and joints. These points are known as vital points because they are the location of *Prana* (vital Force) and are controlled by consciousness. Mild pressure or massage can be used to stimulate *Marma Sthana*, and this mild stimulation helps in relief of pain associate with *Katigraha*. [5,6]

Modern management of Lumbar spondylosis includes conservative treatments with analgesics, NSAIDs, local anesthesia, glucocorticoids, muscle relaxants, calcium & Vit. D supplements, lumbar belt and physiotherapy, however these medications have evident adverse effects because they are used to treat other conditions. Their extended option is surgery, which is the final and most expensive option, and may have complications.

As a result, the current situation calls for the adoption of Ayurvedic treatment and *Marma Chikitsa* can be seen as a better option.

## Case Report

Name of patient - XYZ;

Age - 26 Years

Sex - Female

Occupation - Software developer (Computer Work), Long time Sitting type of job.

OPD Reg No. 20230062656

Date - 27-06-2024

Came to PTKLS Hospital OPD in *kaya chikitsa* department with the following complaints -

1. Severe pain at low back (*Katishool*)
2. Stiffness at low back (*Graha*)
3. Difficult during walking
4. Difficulty in prolonged sitting. No other associate complaints.

### History of presenting complaint:

Patient was apparently normal before one month gradually he developed above symptoms due to hectic life style with long sitting time and for better management he came to PTKLS Hospital, Bhopal.

**History of past illness:** No relevant Past history

**Treatment history:** Allopathic Analgesics

### Diagnosis and Assessment Criteria

Lumbar spondylosis was diagnosed on the basis of following parameters. Also, these parameters were assessed before and after the treatment.

**1. Pain at low back (*Katishoola*)** - was assessed by grading of pain by using Visual Analog Scale (VAS).

**Table 1: Grading of VAS**

SN	Pain	Grade
1..	VAS range in between 0-2	0
2.	VAS range in between 2-4	1
3.	VAS ranges in between 4-6	2
4.	VAS ranges in between 6-8	3
5.	VAS ranges in between 8-10	4

On the date of examination, the patient was in distressing, miserable pain with a **VAS Score of 5**.

**2. Stiffness at low back (*Katigraha*)** - was assessed by following scale

**Table 2: Grading of Stiffness**

SN	Stiffness	Grade
1.	No stiffness	0
2.	Stiffness, no medication	1
3.	Stiffness, relieved by external application	2
4.	Stiffness, relived by oral medication	3
5.	Stiffness not responded by medicine	4

On the date of examination, the patient was in **grade 3**.

**3. Clinical examination:** Difficulty in Straight Leg Rising (SLR) i.e., anterior flexion was assessed before & after treatment. Clinical examination revealed tenderness in lumbar region. SLR test was positive 60 degrees at left & 50 degrees at right.

**4. FNST:** Positive (Lt. Leg)

#### Treatment protocol

*Marma Chikitsa* was administered for 15 days. Following Marma points were stimulated -

1. *Bruhati*
2. *Parshwasandhi*
3. *Katika taruna*
4. *Kukundar*
5. *Nitambha*

Each *Marma* was stimulated for 0.8 sec over 15-18 times.

This treatment was given for 15 days.

## Observations and Results

**Table 3: Observations during treatment**

Results of the treatment were observed on the basis of following parameters as follows.

Parameter	Observation		Improvement %
	BT	AT	
VAS Score (Pain)	5	1	80%
Stiffness grade	3	1	66%
SLR	RT- 50 Degree LT- 60 Degree B/L - 60 Degree	RT - 80 Degree LT- 90 Degree B/L - 80 Degree	

Observations during treatment are mentioned in table 3. As *Marma Chikitsa* given to the patient after that symptomatic assessment of patient was carried out after 15 days,

Shown an excellent outcome almost 70-75% relief was seen and quality of life of patient was improved.

## Discussion

In the present case of lumbar spondylosis, the patient was affected more with *Katigraha* might be because he has to do more prolonged seating type of work (Occupation - software developer). Prolonged sitting posture exerts pressure over low back and provides favorable condition for lodging (*Sthana Samsharaya*) of already vitiated *Vata Dosh*.

Above mentioned *Marmas* stimulated with outmost care and gentle manipulation yields in good results without causing any aggravation of *Doshas*. The *Vata* which is vitiated gets *Shamana* and returns to its *Prakrtavastha* thereby reducing the pain and stiffness.

## Conclusion

The incidence of *Katigraha* is being increasing from generation to generation irrespective of age, gender etc. so in such cases there will be requirement of an economical, non-invasive or minimally invasive procedures like *Marma Chikitsa*. In this case study it is clearly seen that *Marma Chikitsa* can be effective in acute management of pain in *Katigraha*.

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