

AN AYURVEDIC APPROCH IN THE MANAGEMENT OF KATIGAT VAAT (LOW BACK PAIN)

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ABSTRACT

Katigatvaat is one of the *vatvyadhi*. The disease is not exactly mentioned in the *samhitas* but symptoms of this disease shows exact similarities with that of textual references from *charak chikitsa sthan*.^[1]

Symptoms of *katigatvaat* shows exact similarities that with the low back pain arising due to spondylosis changes. Low back pain one of the most emerging health issue in recent days. Bad sitting postures, jurking movements during traveling, lack of exercises, bad dietary habits (junk food), age all these factors play an important role in causing structural deformities in the vertebral column. A 53yr old male patient come to the OPD of *kayachikitsa* department with the

complaint of *katishool*, *manyashool*, *vam padshool*, and the severity of pain increases with daily activities too since 1 month. Patient went through various allopathic treatment but didn't get any relief. Patient treated with *panchtikta kshir basi*, *manyabsti*, *katibasti*, *patra potali swedan*. Criteria For Assessment in this study are – WHO *katishool* gradation^[2], VAS score.^[3] Marked improvement was observed in the signs and symptoms after treatment. No any comlications was found during the treatment.

KEYWORDS: *Kati gat vaat*, low back pain, *panchtitkta kshir sarpi basti*.

INTRODUCTION

Katigatvata is mentioned as a *vatavyadhi* among eighty *nanatamja vatavyadhi* described in *Charak Samhita* (*Charak Chi.28 Chapter*) The *Katigatavata* is described as one of the

Eighty *Nanatmaja Vatavyadhi* elaborated by *Acharya Charak*.^[4] Some symptoms also mimic the two clinical entities, i.e., *Katigraha* & *Gridhrasi*, mentioned in some ancient texts.

According to ancient *Acharyas*, *Kaigata Vata* can be very well managed by *Panchakarma*, especially *Basti*, *Katibasti* (*Charak Siddhi Sthan*) *Matra Basti* (*Charak Siddhi*) *Panchatikta ksheersarpi basti*.

MATERIAL AND METHOD

CASE REPORT

A 53yr old male patient come to the OPD of *kayachikitsa* department with complaint of *katishool*, *manyashool*, *prushtashool*, *vam padshool*, since 1 month. For this patient took multiple allopathic treatments and physiotherapy, got temporary relief but didn't get satisfactory results and for further management patient came to OPD of *kayachikitsa*.

HISTORY OF PAST ILLNESS

K/C/O- HTN since 8 years.

K/C/O- DM since 6 years.

H/O- Right CVA (January 2015) (no recent complaints now)
(muscle power preserved)

S/H/O- Left eye cataract (December 2017)

H/O- Fall on floor (1 month ago)

Personal History

Name of patient -XYZ

Age - 53yr/M

Pulse Rate - 76/min

B.P. - 130/90 mm hg

RR - 18/min

Temp. - 98.2

Marital Status - Married

Occupation - Doctor

Appetite - low

Bowel - 1/Day

Bladder - 3-4/Day

Allergy - No Any

Ashtavidha (Ashtasthana) Pareeksha

1. *Nadi* (Pulse): *Samyak*(Slow)
2. *Mootram* (Urine): *Samyak Pravrutti* (Regular)
3. *Malam* (Stool): *Samyak Pravrutti* (Regular)
4. *Jiwha* (Tongue): *Upalepa* (Coated)
5. *Shabda* (Voice): *Vyakta* (Clear)
6. *Sparsha* (Touch): *Sadharan* (Regular)
7. *Drik* (Eyes): *Sadharan* (Normal)
8. *Akriti* (Built): *Madhyama* (Moderate)

Dashvidha Pareeksha

1. *Prakruti* (Constitution): *Vatakaptha*
2. *Vikruti* (Morbidities): *Dosha – Vatapradhana tridosha, Dooshya – Rasa*
3. *Satwa* (Psychic condition): *Madhya*
4. *Sara* (excellence of tissue elements): *Madhyama*
5. *Samhanana* (Compactness of organs): *Madhyama*
6. *Pramana* (Measurements of organs): *Madhyama*
7. *Satmya* (Homologation): *Sarva rasa*
8. *Ahara Shakti* (Power of intake and digestion of food): *Madhyama*
9. *Vyayama Shakti* (Power of performing exercise): *Avara*
10. *Vaya* (Age): 53yrs

SAMPRAPTI GHATAKA**a) DOSHA***Vata –vyana saman apan**Pitta – pachak**Kapha – shleshaka***b) DUSHYA***Dhatu – Rakta, Mans, Asthi, Majja**Updhatu – sira, snayu**Mala –shareera, pureesha.***c) SROTAS: all srotas****d) AMA: Saam**

e) **UDBAVASTHANA**: *amapakvashaya*

f) **SANCHARA STHANA**: *Kati, Ubhaya pad, Manya*

g) **VYAKTA STHANA**: *Kati sandhi (sleshmasthan)*

Roga marga –madhyam

Roga adishtana –Kati Manya

Vyadhi prakar – chirakari

Sapeksha nidana- Katigat Vaat

h) **DESHA**: *sadharana*

i) **BALA**: *madhyam*

j) **KAALA**: *Vasant*

k) **PRAKRITI**: *vatakap*

l) NIDANA PANCHAKA

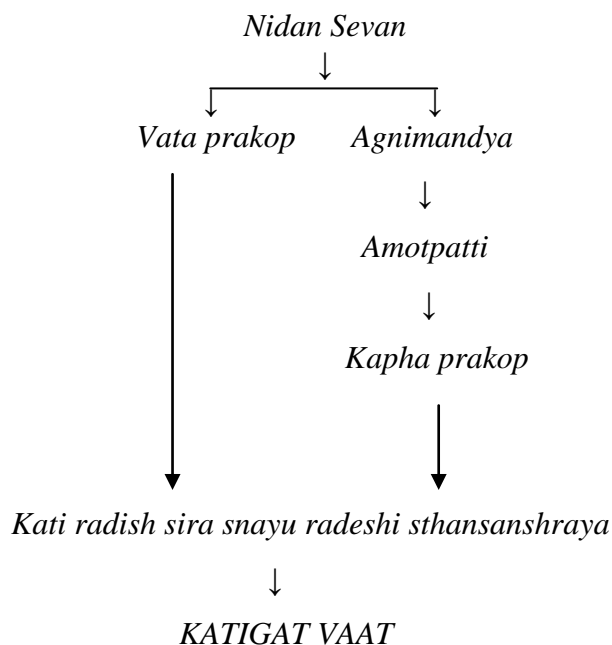
Nidana: *Atichankraman, Bad posture, Manasahar, Avyayam, Atichinta, Ativichar*

Purvroopa: *katishool, Ubhaya pad gaurav*

Roopa: *Katishool*

Upashaya: *Snehan, Swedan*

Samprapti:



SYSTEMATIC EXAMINATION

RS-AE BL Equal

CVS- S1S2 +, No Added Sound resented

CNS-Concious and Oriented

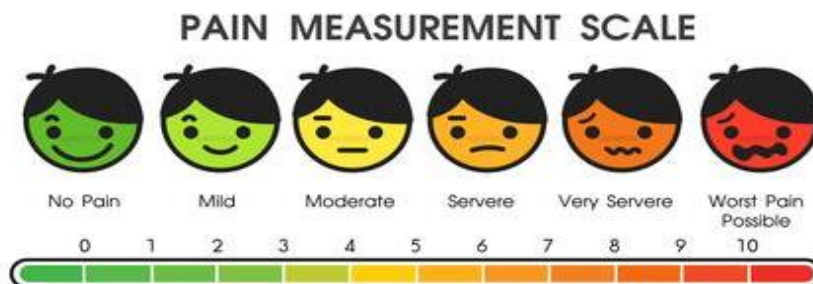
Test	RT	LT
SLRT	90	90
SNDT	+VE	+VE
PHT	+VE	+VE
LASSEQUE TEST	+VE	+VE

CRITERIA OF ASSESMENT

1. WHO KATIGATISHOOL GRADATION

1	No Backache	0
2	Occassionally	1
3	Relieves By Medicines	2
4	Depended on qainkiller	3

2. VAS SCORE



INVESTIGATIONS

Blood Investigations

(18/5/23) Bsl (R)-119	19/05/23 Bsl -f-140 -pp-194	Urine (Routein N Microscopic)
Bl. Urea-2.3	Cbc-	Proteins-Nil Sugar-Nil Crystal- Uric Acid Crystal +nt.
SGOT-14	Hb-13.4	
SGPT-25	Rbc-5.16	
D.bil-0.62	Wbc-10.76	
Sr. Cholesterol-71		

MRI LS spine with whole spine screening study reveals (23/04/2023)

Degenerative changes with desiccation of all lumbar discs. Diffuse circumferential disc bulge involving 13-14 disc causing moderate compromise of spinal canal, lateral recesses, bilateral neural foramina with moderate compression of bilateral traversing, exiting nerves. Diffuse circumferential disc bulge involving L4-L5 disc causing mild compromise of spinal canal, lateral recesses, bilateral neural foramina with mild compression of bilateral traversing,

exiting nerves. Diffuse circumferential bulges involving C4-C5, C5-C6, C6-C7 discs causing mild compromise of spinal canal, bilateral neural foramina with mild compression of bilateral exiting nerves.

IPD TREATMENT

STHANIK KARMA

1. Patrapottali Swedan	At manya kati vam paad	14 Days
2. Manyabasti with Sahachar tailam evam Balaguduchyadi tailam	At manyapradeshi	14 Days
3. Katibasti with Sahachar tailam evam Balaguduchyadi tailam	At katipradeshi	14 Days

SHODHAN CHIKITSA

BASTI	MATRA	CONTENT	DAYS
1. Panchatikta kshirbasti + Mahatiktak Grit	60ml + 20ml	Gudichi + Nimb Patol + Kirattikta + Vasa	13 Days

ON DISCHARGE: SHAMAN CHIKITSA

KALPA	MATRA	BHESHAJKAL	ANUPAN	DAYS
1. Maharasnadi Kwath ^[5]	20 ml	BID After Food	Koshna Jal	14 Days
2. Panchamrit Loha Guggul ^[6]	2-2	BID Before Food	Goghrit	14 Days
3. Palsinuron Capsules	1-1-1	TID After Food	Madhu	10 Days
4. Rasrajeshwar Ras	1-1	BID Before Food	Goghrit	7 Days
5. Erandbhrishta Haritaki	1	HS	Koshna Jal	13 Days

Only Maharasnadi Kwath, Rasrajeshwar Ras and Erandbhrishta Haritaki continued.

1ST FOLLOW UP (8/06/2023)

STHANIK KARMA

1. Sthanik Snehana	Chandan balalakshadi tailam	Kati-manyaprushta	14 Days
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SHAMAN CHIKITSA

1. Abha Guggul ^[7]	2---2	BID After food	Koshna jal	14 Days
2. Cap. Palsinuron	1-1-1	TID After Food	Madhu	14 Days
3. Balaguduchyadi Kashayam	10ml-10ml	BID After Food	Koshna Jal	14 Days
4. Erandbhrishta Haritaki	1HS		Koshna Jal	14 Days

SECOND FOLLOW UP (22/06/23)

SHAMAN CHIKITSA

1. Trayodashang Guggul ^[8]	2-2	After Food	Goghrit	14 Day
2. Panchamrut lauha guggul	2-2	After Food	Goghrit	14 Day
3. Cap Palsinuron	1-1-1	After Food	Madhu	14 Day
4. Balaguduchyadi Kashay	10ml-10ml	After Food	Koshna Jal	14 Day

5.Erandbhrishta Haritaki	1 HS		Koshna Jal	14 Day
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THIRD FOLLOW UP (07/07/23)**SHAMAN CHIKITSA**

1.Trayodashang guggul	2-2	After Food	Goghrit	14 Day
2. Asthimajjapachak vati	2-2	After Food	Goghrit	14 Day
3.Capsule Sahacharadi 21 Avarti	1-1	Before Food	Koshna Jal	14 Day
4.Maharasnadi Kashay	10ml-10ml	After Food	Koshna Jal	14 Day
5.Erandbhrishta Haritaki	1	HS	Koshna Jal	14 Day

FOURTH FOLLOW UP (21/07/23)**SHAMAN CHIKITSA**

1.Panchamrit Lauh guggul	2-2	BID	After Food	14 Day
2.Pratap Lankeshwar ^[9]	2-2	BID	After Food	14 Day
3.Cap.Ksheerbala Avarti	0-1	OD	After Food	14 Day
4.Erandbhrishta Haritaki	1	HS	After Food	14 Day

FIFTH FOLLOW UP (04/08/23)**SHAMAN CHIKITSA**

1.Trayodashang Guggul	2-2	BID	After Food	14 Day
2.Pratap Lankeshwar	2-2	BID	After Food	14 Day
3.Capsule Ksheerbalavarti	1-1	BID	After Food	14 Day
4.Erandbhrishta Haritaki	1	HS	After Food	14 Day

OBSERVATION AND RESULTS**1. Who Katigatishool Gradation**

Sr. No.	Score	
1.	Before Treatment	After Treatment
2.	4	0

2. VAS SCORE

Sr. No.	Score	
1.	Before Treatment	After Treatment
2.	8	1

DISCUSSION

Katigatvaatvayadhi is classically treated with *sthanik snehan sweadan* and *basti chikitsa*. *Stanik snehan* is done with the help of *katibasti* and *manyabasti*.

Trayodshang guggul is used in the.

Panchamrut lauha guggul is potent in *snayugat sandhi asthi majjagat vaatvyadhi chikitsa vaatvyadhi*.

Capsule *palsinuron* is combination of *Mahavaatvidhwansa ras*, *sameerpannag ras*, *sootshekhar ras* which directly helps in *majjagat vaatvyadhi*, Which reduced the symptoms like *chimchimayana*.

Maharasnadi kwath is one of the best *pachan* and *sandhimajjagat vaatvyadhi*.

Abha guggul contains *babbul*, *trifala* and *trikatu* which helps in resolving degenerative changes which ultimately helps in healing cervical and lumber spondylosis.

Erandbhrishta haritaki is used for *nitya virechana* and *vaatanulomana*,

Tb rasrajeshwar is indicated in spine disorders.

Panchatikta ksheer sarpi basti strengthens the *asthi dhatu* and ultimately do the *vaatshamana*.

CONCLUSION

On the base of the case study, it can be conclude that, combined effect of the *shodhana* like *panchatikta kshir basti* with *shaman chikitsa* like *panchatikta ghrit guggul*, *trayodashang guggul*, *cap kshirbala avarti*, *maharasnadi kashay* along with *nitya virechana* with *erandabhrishta haritaki* are found to be very much effective in the management of *katigat vata* (Low back pain).

Here with we are very eger to look forward about core Ayurvedic management including *panchakarma* and *shaman* medicines for better management of structural deformities.

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