

## A REVIEW ON AYURVEDIC MANAGEMENT IN *KATIGATA VATA* (LUMBAR SPONDYLOSIS) WITH PRESENT MODERN TECHNIQUES

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### ABSTRACT

*Katigatvata* is a *Vatvyadhi*, *Vatvyadhi* has been described in classical text *Charak Samhita*.<sup>[1]</sup> It has been correlated in present study with Lumbar Spondylosis due to similarity in clinical manifestation and pathogenesis. Lumbar Spondylosis is a common age related degenerative condition in the area of lumbar spine with gradual formation of bony overgrowth (osteophytes) predominantly those at anterior, lateral and less commonly posterior aspects of the superior and inferior margins of vertebral bodies.<sup>[2]</sup> Low Back Pain affects approximately 60-85% of adults during some point in their lives. Lumbar Spondylosis is responsible for about 10% of all the back pain conditions means that Lumbar Spondylosis affects 7% of population.<sup>[3]</sup>

As of 2005, lower backpain ranks as number one cause of disability in individuals under the age of 45 years. There is no satisfactory treatment for lumbar spondylosis in modern medicine. In medicine, analgesic drug is used which gives temporarily relief. Surgical treatment has lots of side effect, it will be dangerous to patient's life and also patient may cause paralysis after surgery.<sup>[4]</sup> In *Ayurveda Acharya Sushruta* said that *Agnikarma* and *viddhakarma* is better than any other treatment in Ayurveda.<sup>[5]</sup>

### INTRODUCTION

Due to changes in life style, stressful busy life and continuous sitting workload, lack of exercise and improper diet. In 21st century low back pain due to lumbar spondylosis (*Katigatavata*) is being common. Day to day life and work is affected by lumbar Spondylosis

(*Katigatvata*). Surgical Procedures like spinal decompression nerve root decompression & spinal Fusion are mostly providing short term outcomes, yielding conflicting results & benefits are questionable in degenerative changes to spine, But Ayurveda has blessed us with multiple, effective and harmless medication, *viddhagnikarma* is one of them. *Viddhagnikarma* is combined procedure of *viddha karma* and *Agnikarma* it involves the treatments with needle and fire. This treatment is also self-sufficing and doesn't need any other internal medicine to support.

Also Alleviation of severe complaints can be seen in Long Run due to Administration *Majja Basti*, *Panchtikta Basti* & *Kati Basti*.

### Definition of Lumbar Spondylosis

**Definition:** Lumbar Spondylosis is a common age-related degenerative condition in the area of lumbar spine with gradual formation of bony overgrowth (osteophytes) predominantly those at anterior, lateral and less commonly posterior aspects of the superior and inferior margins of vertebral bodies.<sup>[6]</sup>

### Anatomy of Lumbar Spine<sup>[7]</sup>

Lumbar spine consists of five lumbar vertebrae, there are elastic intervertebral disc between each vertebra that allow the vertebrae to move while also acting as springs & shock absorbers. Bony processes keep the lumbar vertebrae in close contact with each other. Their contact surfaces have cartilaginous layer allowing them to function as joint. The nerve roots extend through nerve root canals located between the lumbar vertebrae. Additionally, the vertebrae are held together by a powerful system of Ligaments. Muscles attached to various points on spinal column provide stabilization of torso as well conscious movements.

### Causes of Lumbar Spondylosis<sup>[8]</sup>

1. **Age:** Spondylosis is an aging phenomenon, with the increasing age bones & ligaments in the spine wear & tear occurs, leading to bone spurs (Osteoarthritis).
2. **Genetics:** It is a risk factor, as many people in same in a family have Spondylosis due to strong genetic pre-disposition.
3. **Spinal Injury:** It is a risk factor, as injuries cause intervertebral discs to herniate.
4. **Lifestyle:** Spondylosis is seen in more often in people who have sedentary lifestyle with lack of exercise.

5. **Occupation:** It is more seen in people having a job that requires repetitive or weight – bearing movements that involve the spine.
6. **Secondary Causes:** Psoriatic Arthritis, Mental health condition like Anxiety or depression, Obesity.

### General Features<sup>[9]</sup>

Most people with age related spondylosis don not experience any symptoms. Some people have symptoms for a while but then go away. Sometimes a sudden movement can trigger symptoms.

### Severe symptoms include

1. **Pain:** In Lumbar spondylosis pain is often felt in the Axial spine, the location of these degenerative changes is not surprising as nociceptive pain generators were identified in facet joints, inter-vertebral discs, nerve root dura & myofascial structures.
2. **Neurologic Claudication:** It includes lower back pain, numbness when standing & walking, these symptoms improve in sitting & supine positioning.
3. **Ataxia:** Due to poor co-ordination there is loss of balance & difficulty in walking.
4. **Sensory Loss:** The voluntary control of Bladder & bowel is lost.
5. **Weakness:** Always Weakness is felt in the hands or legs, due to muscle spasm.
6. **Stiffness:** Lower back stiffness is a common complaint in patient of Lumbar spondylosis, as patient finds difficulty while bending & grinding or popping feeling is felt while moving the spine.

### Examination of Spine

#### 1. Inspection

1. Attitude & deformity are seen
2. Position of head, shoulder, scapula
3. Gait
4. Swellings, Sinus, Skin
5. Spine (Kyphosis, Lumbar Lordosis, Scoliosis is looked out for)

#### 2. Palpation

1. It has to be done in standing & supine position
2. Skin Temperature
3. Vertebral Tenderness- Localized or General

4. Paraspinal spasm & muscle tenderness
5. Feel for Peripheral pulses
6. Palpate groin & abdomen for abscesses

### 3. Neurological Examination

Various tests are performed to carry out neurological testing of power.

1. SLRT
2. Crossed SLR: Severe root irritation is indicated when straight raising of the leg on the affected side produces pain on the affected side.
3. Bowstring test: It is sciatic stretch test
4. Schober's test: Assesses the amount of Lumbar Flexion

### Complications

1. Spinal Stenosis
2. Scoliosis
3. Prolapsed Intervertebral Disc
4. Cauda Equina Syndrome
5. Chronic Debility

### Modern Management of Lumbar Spondylosis<sup>[10]</sup>

1. Medicinal Treatment
2. Surgical Treatment
3. Pain Alleviating Techniques

#### 1. Medicinal Treatment

1. Non steroid anti-inflammatory drugs (NSAIDS), such as ibuprofen are given for pain relief.
2. Muscle relaxants plays an important role to reduce spasms.
3. Topical creams may be applied at the site of pain for relief.
4. Steroid medications either in pills or as injections, that combines steroids & anesthetic medication.

#### 2. Surgical Treatment

Surgery is advised in patients if pinched nerves result in serious numbness, weakness, or loss of bowel or bladder control & if the damage is likely to get worse without surgery.

1. Facetectomy
2. Foraminotomy
3. Laminectomy
4. Laminotomy
5. Corpectomy (or Vertebrectomy)

### 3. Pain Alleviating Techniques

1. Keeping Physical Active: Low impact exercise such as swimming or walking, can help with maintaining flexibility & strengthening the muscles that support the spine.
2. Improving Posture: Slouching, for example can make the pain worse.
3. Physiotherapy: A physiotherapist may suggest specific exercises or massage.
4. Back Support: Patients are advised to choose a chair or mattress that supports their back better.
5. Rest during periods of Inflammation: When symptoms are troublesome, try resting for a while.
6. Acupuncture
7. Chiropractic treatment
8. Ultrasound treatment.
9. Electrical stimulation

### **Ayurvedic Management of Lumbar Spondylosis<sup>[11]</sup>**

1. *Yogaraj Guggulu, Maha yogaraj Guggulu, Trayodashang guggulu, Simhanada Guggulu, Vatari Guggulu, Dhanvantara Vati*-Relieves pain & Inflammation
2. *Gandha Taila, Kseerbala, Guggulu Tikataka Ghrita*-Hydrates & rejuvenates the disc & joints.
3. *Lakshadi Guggulu, Kukkuntandatwak bhasma, pravala & mukta pishti*-Strengthens the bone.
4. *Narayana Taila, Murivenna Karpuradi taila, Dhanvantara taila*-Used for *Abhyanga* which improves Blood circulation, Strengthens the muscles & Alleviates the vitiated Vata Dosha.
5. *Ashwagandharishtha & Balarishtha* to strengthen nerve roots.
6. *Dasha Moola & Lasuna Ksheer paka* –Rejuvenates the disc, vertebra & joints.

### External Treatment of Lumbar Spondylosis in *Ayurveda*

Being a holistic method of treatment, *Ayurveda* also offers non-medicinal treatments for Lumbar Spondylosis.

1. **Abhyanga:** Full body & localized massage it tones up the muscles & improves blood circulation.
2. **Swedana:** Fomentation by *Patra Pinda sweda*, *Bashpa Sweda*, *Nadi Sweda*, *Churna Pinda Sweda*. Sudation reduces pain & stiffness in Ligaments, Muscle spasm.
3. **Kati Vasti:** Retention of Oil & Decoction enemas.
4. **Upanaha Lepa:** Local Application of Medicated paste or poultice, to relieve pain, stiffness & numbness. It Retains warmth around the affected area & sustains good circulation of Blood.
5. **Viddh Karma:** With the help of Needle No-26, *Suchivedh* procedure is done at the point of extreme tenderness with results in instant Pain & stiffness relief.<sup>[12]</sup>
6. **Agnikarma:** Indirect method of *Agnikarma* is done with the help of *Panchdhatu shalaka* on the Both lateral sides of Lumbar Spine.<sup>[13]</sup>
7. **Viddhagnikarma:** A technique where needle no 26 is used for *viddha karma* and with the help of specially designed electric cautery machine.

### CONCLUSION

Low Back pain due to Lumbar spondylosis is a very common problem in the modern world affecting day to day life. In the modern medicine there are medications such like Steroids, Surgery which has its own limitations & complications, In Such a scenario treatment module explained in *Ayurveda* for *Katigata vata* shows Considerable relief in reducing severe symptoms of patient & has tremendous power in Spine Management & can enlighten its path, such that it can prove beneficial for mankind.

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