

AYURVEDIC MANAGEMENT OF KATIGATVATA W.S.R. TO LUMBAR SPONDYLOSIS: A CASE STUDY**Dr. Aarti Manjhi¹, Dr. Ratnesh Kumar Shukla*² and Dr. Vivek Sharma³**

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ABSTRACT

Lumbar spondylosis is one among the degenerative disc ailment. A recent study showed that the incidence of degenerative disc changes increased in middle aged population. Change in lifestyle pattern and faulty regimen are the main cause of degenerative changes. Chronic Lumbar spondylosis defined as symptoms persisting beyond 3 months affects an estimated 15-45% of the population. In *Ayurveda* we can relate Lumbar spondylosis with *Katigatvata* because of their symptoms align closely with each other according to pathogenesis. Symptoms of *Katigatvata* are *Shoshana* of *Asthidhatu*, *Dushana* of *vata*, *Rooksha guna* of *vata* increases, *Avarana* of *Shleshmaka kapha* and its *shoshana* by *Pravridhha vata*. Thus, the clinical aspects of *vata vyadhi* can be implemented in the disease, Lumbar spondylosis. **Objective:-** To assess *Ayurvedic* management in *Katigatvata* w.s.r to Lumbar spondylosis. **Material and Methods:-** A 65 year male patient visited our hospital with chief complaint of lower back pain radiates to bilateral limb and numbness in lower limbs since 4 years. We diagnosed him as a case of

Katigatvata according to symptoms. We plan *Saman Chikitsa* along with *sthanik Chikitsa* in the form of *Kati basti* and *Sarvang patrapinda swedan* as the part of treatment regimen.

Result:- Patient has significant relief in chief Complaints and able to walk properly.

Conclusion:- It was found that *Shaman Chikitsa* along with *sthanik Chikitsa* in the form of *Kati basti*, *Sarvang patrapinda Swedan* is effective in the management of *Katigatvata* (Lumbar Spondylosis).

KEYWORDS: Lumbar Spondylosis, *Katigatvata*, *Ayurveda*, Management.

INTRODUCTION

Lumbar spondylosis is one among the degenerative disc ailment. A recent study showed that the incidence of degenerative disc changes increased in middle aged population. Change in lifestyle pattern and faulty regimen are the main cause of degenerative changes. Chronic Lumbar spondylosis defined as symptoms persisting beyond 3 months affects an estimated 15-45% of the population. In Ayurveda we can relate Lumbar spondylosis with *Katigatvata* because of their symptoms align closely with each other according to pathogenesis. Symptoms of *Katigatvata* are *Shoshana* of *Asthidhatu*, *Dushana* of *vata*, *Rooksha* guna of *vata* increases, *Avarana* of *Shleshmaka kapha* and its *shoshana* by *Pravridha vata*. Thus, the clinical aspects of *vata vyadhi* can be implemented in the disease, Lumbar spondylosis. Low back pain is one of the most common clinical presentations of musculoskeletal disorders, affecting approximately 60.85% of adults at some point in their lives. Among these cases, around 10% are attributed to Lumbar Spondylosis (LS), a degenerative condition that impacts the discs, vertebral bodies, and associated joints of the lumbar spine. Lumbar spondylosis is often characterized by back pain radiating to one or both lower limbs, making it difficult for patients to carry out routine activities.^[1,2]

While aging is a primary risk factor for lumbar spondylosis, this condition is increasingly being observed in younger and middle-aged populations due to factors such as sedentary lifestyles and poor dietary habits. The point prevalence of lumbar spondylosis is estimated to be between 17–30%, with a one-month prevalence of 19–43%, lifetime prevalence of 60–80%, and an annual incidence rate of approximately 5%. Constant pain associated with this condition often compels patients to seek medical treatment.

Erroneous dietary habits and irregular lifestyles are contributing to early degenerative changes, which further exacerbate the condition. Current management of lumbar spondylosis in modern medicine is often limited to conservative and surgical approaches. These include the use of analgesics, anticonvulsant drugs, steroids, and muscle relaxants, which provide temporary symptomatic relief but are often associated with hazardous side effects. Therefore, there is a growing need to explore alternative approaches, such as those offered by *Ayurveda*. *Ayurveda* provides a holistic framework for understanding, preventing, and treating lumbar spondylosis. Its treatment approach emphasizes addressing the root cause of the condition and restoring balance within the body. *Ayurvedic* therapies, including herbal medications,

Panchakarma procedures, and lifestyle modifications, aim to provide long-lasting relief and prevent recurrence. However, there is a need for further scientific validation to integrate *Ayurvedic* practices into mainstream healthcare effectively.

MATERIALS AND METHODS

This study is a review focusing on the management of lumbar spondylosis through *Ayurveda*. The methodology involved a comprehensive analysis of relevant literature from classical *Ayurvedic* texts such as *Brihatrayi*, *Laghutrayi*, *Gadanighraha*, *Yogaratanakara*, and *Bhavaprakasha*.

CASE STUDY

A 65 year male patient visited our hospital with chief complaint of lower back pain radiates to bilateral limb and numbness in lower limbs since 4 years. He cannot walk properly and pain increases in sitting and squatting position. He takes conservative management for this and for further treatment he came to our hospitals OPD. We diagnosed him as a case of *Katigatvata* according to symptoms.

ASSESSMENT

Assessment of Results on the basis of

1. Subjective parameters
2. Objective parameters

Subjective Parameters

1. *Ruka*
2. *Toda*
3. *Stambha*
4. *Spandan*

Table 1: Grading of Symptoms.^[3]

Symptoms	Severity	Score
<i>Ruka</i>	No pain	0
	Occasional pain	1
	Mild pain	2
	Moderate pain	3
	Severe pain	4
<i>Toda</i> (pricking sensation)	None	0
	Occasional	1
	Mild	2

	Moderate	3
	Severe	4
<i>Stambha</i> (stiffness)	No stiffness	0
	Sometimes (5-10 minute)	1
	Daily (10-30 minute)	2
	Daily (30-60 Minute)	3
	Daily more than 1 hr	4
<i>Spandana</i> (Twitching)	None	0
	Sometimes (5-10 minute)	1
	Daily (10-30 minute)	2
	Daily (30-60 Minute)	3
	Daily more than 1 hr	4

Treatment plan

• For local application
1. <i>Abhyanga - Mahanarayana tail</i>
2. <i>Swedana - Patrapinda Swedana</i>
3. <i>Kati Basti – sahachar Tail</i>
• <i>Shamanoushadha</i>
1. <i>Rasnadi Guggul 2 BD</i>
2. <i>Maha Rasnadi Kwath 20ml (BD)</i>
3. <i>Powder</i>
• <i>Ashwagandha -3gm</i>
• <i>Maha vatavidhwanshaka Rasa-125mg</i>
• <i>Ekangveer Rasa -125mg</i>
4. <i>Agnitundi Vati 2BD</i>

Evaluation After Treatment

Variable	Before Treatment	After Treatment
<i>Ruka</i>	3	1
<i>Toda</i>	2	1
<i>Stambha</i>	3	1
<i>Spandana</i>	3	1

Objective Parameters

Reflex	BT	AT
Knee Jerk	+	++
Ankle Jerk	+	++
Straight Leg Raising Test	40°	70°
Lasegue Test	Positive	Positive

DISCUSSION

Lumbar spondylosis involves degenerative changes in the intervertebral disks, vertebral bodies, and associated joints, leading to narrowing of disk spaces. This increases stress on nerve pathways, resulting in symptoms such as low back pain, stiffness, and discomfort that worsens with movement but improves with rest. In *Ayurveda*, lumbar spondylosis can be

correlated with *Katigraha*, which is classified as a *Vataja Nanatmaja Vatavyadhi*. According to *Aacharya Charaka*, the continuous indulgence in causative factors (*Nidana Sevana*) aggravates *Vata Dosha*, accumulating in the microchannels (*Rikta Srotas*) and leading to localized pathologies.^[4]

The lumbar region (*Katipradesha*) comprises joints (*Sandhi*), ligaments (*Snaayu*), and muscles (*Peshi*), all contributing to joint stability. Ligaments bind the joints, limiting excessive motion, while muscle alignment maintains joint position. When *Vata* is imbalanced, it disrupts these structures, impairing their functions. The dryness (*Ruksha Guna*) and roughness (*Khara Guna*) of aggravated *Vata* reduce the fluid content in tissues (*Rasa and Rakta*), including the lubricating *Shleshaka Kapha*. This leads to joint instability, stiffness (*Stabdhata*), and pain (*Katishoola*). Additionally, toxic buildup (*Ama*) can worsen these symptoms by contributing to stiffness. The pathology also extends to *Asthi Dhatu* (bone tissue) when vitiated *Vata* flows out of its natural site and lodges in bone-related microchannels (*Asthivaha Srotas*). This leads to degeneration (*Asthishosha*), joint pain (*Sandhishula*), and stiffness (*Hanti Sandhi*). Classical *Ayurvedic* texts, such as those by *Sushruta* and *Gadanigrahakara*, describe this as *Vatavyadhi*, with the vitiated *Vata* and depleted *Shleshaka Kapha* as central to the disease mechanism.^[5,6,7,8]

To manage *Katigraha*, *Ayurvedic* principles of *Vatavyadhi* treatment are applied. These include a combination of dietary measures (*Vata Shamaka Ahara*), external oiling (*Snehana*), fomentation (*Swedana*), mild cleansing procedures (*Mrudu Samshodhana*), and local therapies such as medicated enemas (*Basti*). These interventions aim to pacify *Vata*, restore tissue health, and alleviate symptoms.^[9] In both *Ayurvedic* and modern logic, early diagnosis and intervention are critical for managing lumbar spondylosis effectively. While *Ayurveda* focuses on addressing the root cause through holistic methods, modern medicine provides advanced diagnostic tools and therapies, demonstrating the potential for an integrated approach to treating this condition.

Rasna Guggulu is a herbal formulation containing ingredients such as *Rasna*, *Giloy*, *Devdaru*, *Erand*, and *Shunthi*. It is known for its medicinal properties, including detoxification, carminative effects, anti-inflammatory action, analgesic effects, and anti-arthritic and antispasmodic benefits.^[10]

Maharasnadi Kwatha, a polyherbal preparation derived from 26 medicinal plants, is often used to alleviate symptoms in lumbar disc conditions. It is effective in reducing pain, decreasing inflammation, and providing antipyretic and anti-arthritic effects.^[11]

Ashwagandha is a well-documented *Ayurvedic* herb recognized as a regenerative tonic (*Rasayana*). It exhibits a wide range of pharmacological actions, including anti-stress, neuroprotective, antitumor, anti-arthritic, analgesic, and anti-inflammatory properties.^[12]

In *Rasaratna Samucchaya*, the formulation **Vatavidhvansaka Rasa** incorporates key ingredients like *Vatsanabha*, *Haritala*, and *Gandhaka*, which enhance digestive fire due to their pungent properties. Ingredients like *Makshika Bhasma* and *Kamsya Bhasma* are effective in balancing *Vata* and *Kapha doshas*. Supporting ingredients such as *Eranda Taila* and *Dasamoola* aid in promoting *Vata* regulation, while *Panchakola*, *Chitraka*, and *Varanadi Gana* enhance digestion and provide relief from *Kapha* and *Vata*-related imbalances. This formulation addresses conditions like abdominal distension (*Adhmanam*), indigestion (*Anaham*), and respiratory disorders (*Swasa* and *Kasa*) by improving digestion and facilitating *Vata* regulation. Additionally, *Vatavidhvansaka Rasa* strengthens bones and joints while offering significant anti-inflammatory and analgesic effects.^[13]

Ekang Veer Rasa is a traditional *Ayurvedic* medicine used to manage conditions associated with *Vata dosha*, such as paralysis, sciatica, and facial paralysis. It includes key ingredients like *Chitrak*, *Amla*, *Bhringaraja*, *Dhatura*, *Kushta*, *Black Pepper*, *Pippali*, *Ginger*, *Trikatu*, *Triphala*, *Vang Bhasma*, *Abhrak Bhasma*, *Lauh Bhasma*, *Shuddha Gandhak*, *Ras Sindoor*, *Tamra Bhasma*, and *Naga Bhasma*.^[14]

Agnitundi Vati, as its name suggests (*Agni* refers to digestive fire), enhances digestive function by promoting digestion at both the gastrointestinal and cellular levels. It addresses issues like abdominal distension (*Adhmana*), colic pain (*Shula*), and other conditions linked to *Vata* imbalance. Due to its composition, including *Kuchla*, it is also considered effective in managing spinal disorders.^[15,16]

Narayana Taila, a potent herbal oil used as *patrapinda swedana*, is rich in *Vatashamaka* (*Vata*-pacifying) herbs such as *Patala*, *Ashwagandha*, *Agnimantha*, and *Atibala*. When applied locally, it demonstrates anti-inflammatory and analgesic properties, making it effective for pain management.^[17]

Kati Basti is a type of *Bahirparimarjana (Sthanik) Chikitsa* (external therapeutic procedure) in which the benefits of both *Snehana* (oleation) and *Swedana* (sudation) are achieved simultaneously. This therapy is particularly effective in managing *Vatavyadhi* (disorders related to *Vata dosha*), as *Snehana* and *Swedana* are considered the primary treatments for such conditions. During the procedure, warm medicated oil is retained over the lower back for about 30 minutes, with its temperature consistently maintained throughout. This retention enhances the therapeutic effects by promoting proper *Snehana* and *Swedana*, while also aiding the absorption of the medicated oil. Heat is a significant factor influencing drug absorption, which further contributes to symptom relief. As a result, *Kati Basti* is effective in alleviating symptoms such as pain (*Shoola*), stiffness (*Stambhata*), and discomfort during extension (*Prasarana*) and flexion (*Akunchana*) movements.^[18]

CONCLUSION

In light of the discussed *Ayurvedic* formulations and their therapeutic properties, it is evident that *Ayurveda* offers a holistic approach to managing lumbar spondylosis. Formulations like *Rasnadi Guggulu* and *Maharasnadi Kwatha* provide anti-inflammatory, analgesic, and anti-arthritic benefits, effectively addressing pain and inflammation. *Rasayana* herbs like *Ashwagandha* enhance tissue regeneration and strengthen musculoskeletal structures, while *Vatavidhvasaka Rasa* and *Agnitundi Vati* improve agni, regulate *Vata dosha*, and support overall metabolic balance. Additionally, external therapies such as *Narayana Taila* application as *Patrapinda swedana* offer localized relief through their anti-inflammatory and analgesic actions. The total percentage relief across all variables is 63.64%.

Together, these remedies not only alleviate symptoms but also target the root causes of lumbar spondylosis by improving joint health, balancing *doshas*, and enhancing overall vitality. This integrative approach underscores the efficacy of *Ayurveda* in managing degenerative spinal conditions and improving quality of life for patients.

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