

**EFFECT OF PANCHKARMA AND PANCHATIKTA GHRUT GUGGUL  
IN KATIGAT VATA W.S.R. TO LUMBAR SPONDYLOSIS – A CASE  
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Kayachikitsa, TAMV, Pune.**ABSTRACT**

Low back pain has become one of the most common ailments in today's world, affecting both men and women equally. The primary causes of this condition include our hectic lifestyles, increased stress levels, and poor dietary habits. A large portion of the global population experiences this pain due to the physically demanding nature of their work, often neglecting the issue until it becomes a chronic condition that may lead to permanent, untreatable deformities. The causative factors of low back pain, such as improper diet, mental stress, and unhealthy daily routines, closely resemble the causes of Vata Vyadhi as described in Ayurveda. Therefore, the management of this condition aligns with the treatments recommended for disorders caused by aggravated Vata. The primary symptoms of Katigat Vata include radiating pain to the leg, stiffness, and tingling sensation which need

specific therapeutic approaches to address effectively. In modern science it can be correlated with Lumbar Spondylosis is a degenerative disorder of Vertebral column, and describes the anterior displacement of a vertebra Or the vertebral column in relation to the vertebrae below. It occurs most Often in the lumbar spine and produces symptoms such as Low back pain, Painful Lumbar movement, Stiffness in lumbar region, Tingling numbness And weakness in Lower limb. In our treatment regimen externally Kati kati Basti and internally Panchtikta Ghrut Guggul and Matra Basti with Ksheera Bala Tail were given. During this procedure different parameters are assessed before and after treatment there is significant relief in previous complaints.

**KEYWORDS:** Katigat vata, Lumbor spondylosis, kati Basti, Matra Basti, Panchatikta Ghrut Guggul.

## INTRODUCTION

Vata one among the tripod of human living being is said to be superior most in all aspects; for every action or movement, strongest in its ability to produce diseases and worst mortality. The description about is Katigat Vata is not available as a separate disease entity in any Ayurvedic text. It is mentioned as one of the Vatavyadhi in Charak Samhita (Eighty Nanatmaja Vatavyadhi).<sup>[1]</sup> Spondylolisthesis describes the anterior displacement of a vertebra or the vertebral column in relation to the vertebrae below. It occurs most often in the lumbar spine and produces symptoms such as pain in the low back, thighs, and legs which radiates into the buttocks, muscle spasms, leg pain or weakness, tight hamstring muscles, and irregular gait can be seen this condition can be correlated with katigat vata.<sup>[2]</sup>

Allopathy has Analgesics, Anti inflammatory agents, Corticosteroids, Muscle relaxants, Calcium and Vitamin D supplements, Lumbar Belt, Traction, and Physiotherapy to offer. But, these drugs have obvious side effects which limits their use for long period. Further, progressive worsening of symptoms may result in Lumbar Canal Stenosis, which needs surgical intervention like Hemi facetectomy, Laminectomy or Disc excision etc. With due risk.<sup>[3]</sup> This opens an opportunity to try Ayurvedic medicine that has Analgesic, Anti inflammatory, Muscle relaxant action without any side effects along with 'Dhatuposhan' capacity; so treatment for longer duration benefits more and more Ayurvedic texts suggest that Asthigat Vata is best treated by Panchkarma upakrama, with siddha (medicated) Ksheer-siddha Ghrita using drugs having Tikta rasa such as Panchtikta. Further, texts advocate that vitiated Vata which is located in 'Kati' region i.e. around Lumbar region, should be treated by 'Basti karma therapy' and Sthanik Snehan Swedan with drugs having Vata & Kapha pacifying properties There are many Ayurvedic herbs which are useful in Katishool, externally and internally, out of these panchatikta ghrut guggul acts as best Vataghna, Shoolaghna, Rasayan combination that acts in both types of Katigata Vata viz. Dhatukshayajanya and Margavarodhajanya.<sup>[4]</sup>

## AIM OF THE STUDY

To study the efficacy of 'Panchtikta Ghrit Guggulu and Matra Basti with ksheer Bala Tail internally and Murivennam Oil Kati Basti (Locally), in the management of 'Katigat Vata' w.s.r. to Lumbar Spondylosis.

## OBJECTIVE OF STUDY

- To assess the efficacy of 'Panchtikta Ghrit Guggulu'- internally, in relieving symptoms of patients suffering from 'Katigat Vata'.
- To propose possible mechanism of action of the drug.

## MATERIAL AND METHOD

Through review of ayurvedic text and modern literature for lumbar spondylosis was done particular case presented here was discussed here.

### Drugs Review

#### 1) Panchatikta Ghrit Guggul

'Panchtikta Ghrit Guggulu' is combination of total 31 ingredients. Out of which, Panchtikta i.e. Nimba, Amruta, Patol, Kantakari and Vasa are in large quantity along with Goghrita and Guggulu. Rest of 24 drugs are in lesser quantity, still have remarkable role in action of 'Panchtikta Ghrit Guggulu'.<sup>[5]</sup>

#### 2) Kati Basti

The procedure of applying heat to the lumbar region by retaining warm oil within a specially formed frame on this area is known as Katibasti. It is indicated in painful conditions of lower back region. The procedure was done with Murivenam tail for 30 minutes for duration 14 days.

#### 3) Matra Basti

Matra Basti with Ksheer Bala Tail is type of Anuvasana Basti. It promotes strength, without calling for any strict regimen of diet, and also cause easy elimination of Mala and Mutra. It performs the function of Brimhana and cures Vata Vyadhi.<sup>[6]</sup>

**3) Swedan-** Due to Swedan karma i.e. local fomentation, the vitiated Doshas gets liquefied & come to nearest Koshta i.e. passage or cavity, from where it can be easily removed.

## CASE REPORT

A female patient of 34 year old working as tailor came to our Hospital having complaint of pain lower back which was radiating to left lower limb, tingling sensation in bilateral lower limb, numbness in left leg, difficulty in walking, indigestion and sleeplessness due to pain. For these complaints she was taking modern medicine for many years but had no relief after that she came in Tarachand Ayurvedic Hospital for better management.

**Histroy of Past Illness**

No any Significant Illness was found.

**Personal History**

Addiction - No  
 Diet - 2 time/day  
 Appetite - Poor  
 Micturition - Normal.  
 Bowel - 1 time/day  
 Sleep - 6 hrs in night (Intermittant)  
 Height - 5'4"  
 Weight - 56 kg

**On Examination**

General condition - Moderate,  
 Afebrile Pulse rate - 76/min  
 Respiratory rate - 16/min  
 Blood pressure - 130/80 mmHg

**Assessment Criteria**

Criteria of Assessment was based on the signs and symptoms of Katigat vata, SLR (Straight Leg Raising) test for range of movement at hip joint, Gait of the patient etc. which were assessed before treatment, after treatment.

**1) Pain****Table No. 1.**

Parameters	Gradation
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

**2) Table No.2**

Parameters	Gradation
No Stiffness	0
Stiffness for 5-10 minutes	1
Daily for 10-30 minutes	2
Daily for 30-60 minutes/ more than 1hrs	3

**3) Numbness Table No.3**

Parameters	Gradation
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

**4) Tingling Table No.4**

Parameters	Gradation
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

**Treatment Protocol Table No.5.**

Sr. No.	Treatment	Drug	Duration
1	Internally	Panchatikta Ghrut Guggul 2 Tab BD	30 days
		Matra Basti – Ksheerbala tail	14 days
2	Eternally	Kati Basti – Murivennam tail	14 days
		Nadiswedan	14 days

**Investigations:- X Ray LS Spine**

Lateral view shows minimal narrowing of the disc space between L5-S1 suggestive of lumbar spondylosis.

**MRI LS Spine**

Diffuse bulge of L3-L4, L4-L5 & L5-S1, causing lateral and bilateral foraminal narrowing. Minimal retrolisthesis of L3 over L4 is seen.

Pt was hemodynamically stable.

**OBSERVATION AND RESULT**

We found that there was a marked improvement after the treatment. Painful and restricted movements of hip are reduced. Due to Panchatikta Ghrut Guggul, Ksheerbala Tail Matrabasti and Murivennam Tail Kati Basti Prayoga it was noticed that there was marked improvement in gait.

**Assessment before and after treatment Table No.6**

Parameters	Before Treatment	After Treatment
1 Gait	Antalgic	Improved
2 Hip Movement	Right – Normal Left -Painful And Restricted	Right -Normal Left- Improved
3 SLR	45	60

**Table No. 7: Assessment of Subjective Criteria.**

Sr. No.	Grading B/T	Grading A/T
Pain	3	1
Stiffness	3	0
Numbness	2	1
Tingling	2	0

## DISCUSSION

In Ayurvedic classics we find Vata Sthana (Kati) and Vatavyadhi which refers to the Vyadhis caused by the vitiation of Vata Dosha. Katigatvat is the condition in which vitiated Vata Dosha gets situated in the Katipradesh and producing Shoola (Pain) and Stambha (Stiffness). In katigat Vata, there will be Stiffness throughout the lower back region, pain and restricted movement.

As Acharya Sushruta says that without vitiation of Vata, Shoola cannot be arise.<sup>[2]</sup> And Gada Nigraha clearly states that Shoola take place due to Stambha which arises by Nirama and Sama Vayu Movement into Kati (Lumbar region).<sup>[7]</sup> Katibasti was given as it is Bahya Sthanik Snehana (external local oleation) and Swedana (sudation) procedure which mainly acts against the Ruksha Guna (dryness) and Sheeta Guna (coldness) respectively of Vata. Vata is corrected in its root place i.e., Guda & Pakwashaya by Matra Basti.<sup>[8]</sup>

### Probable Mechanism of Action of Therapy Action of ‘Panchtikta Ghrit Guggulu’

The formulation includes Tikta drugs known for their adaptogenic properties, which make it effective in balancing Vata and acting as a Rasayana (rejuvenator) that strengthens both Jatharagni and Dhatwagni, the metabolic fires responsible for digestion and tissue metabolism. These drugs help to digest abnormal Kapha and Kleda (excess moisture), leading to the removal of blockages (Srotorodha) in the body channels. This process promotes the proper movement of Vata (Vatanulomana) through the purification of the channels and deepens the metabolic activity (Dhatwagni deepan). Although Tikta Rasa (bitter taste) generally aggravates Vata, certain Tikta drugs like Guduchi, Patol, Haritaki, and Bhallataka exhibit Rasayana properties that enhance tissue formation and quality (Dhatu Poshan and Prasadana). Moreover, many ingredients belong to the ‘Shoolaprashamana Gana,’ a group of pain-relieving herbs as classified by Charaka. Guggulu, one of the key components, supports the action of other drugs by reaching the minute channels (Sookshma Srotogamitva), increasing their potency (Yogavahi), and providing various healing properties such as relieving pain and inflammation (Shoolaghna, Shothaghna), nourishing bones (Asthiposhak), and enhancing vitality (Vrishya). The formulation also benefits from the inclusion of special ingredients like Maricha and Vacha,

which have Pramathi action, helping to clear blockages (Mala) in the channels that prevent proper nutrient flow to the tissues. This assists in Vatanulomana and Dhatu nourishment. The addition of Kshara (alkaline substances) promotes Vatanulomana and alleviates pain (Shool).

Furthermore, Goghrita (cow ghee) serves as a potent Sneha (unctuous) substance with its unique properties, including being Vata-pittashamak (pacifying Vata and Pitta), Sookshma Srotogami (reaching deep channels), and Yogavahi. Goghrita's special quality of Sanskaranuvartan enhances the actions of other drugs mixed with it, and its nature can be modified through specific processing, making it highly versatile. The inclusion of Goghrita in the formulation also helps counter the dryness (Roukshya) caused by the predominance of Tikta Rasabhuyishtha (bitter-tasting) drugs. combination of all Tikta Rasabhuyishtha drugs.

Thus, 'Panchtikta Ghrit Guggulu' proved one of the best Vataghna, Shoolaghna, Rasayan combination that acts in both types of Katigata Vata.

### **Matra Basti With Ksheerbala Tail**

Basti is said in Ayurveda as half of the whole treatment schedule. It is said to control almost all the diseases and Doshas. It is very acute on its onset of action.

Matra Basti is given with Ksheera Bala oil, it contains Bala (*Sida cordifolia*) Tail (Sesamum indicum) and milk, used as Pana Abhyanga and Basti in vata vyadhi. Godugdha contains all the elements necessary for the growth and nutrition of bones, nerves, muscles and other tissues of human. Bala is abundantly mentioned in Ayurveda and has been largely used in neurological as well as in musculoskeletal disease and reported to have analgesic and anti-inflammatory activity. Taila nourishes and strengthens all Dhatu and corrects Dhatukshaya and thus alleviates Vata.

### **Kati Basti with Murivennam Tail**

The oil is used to heal the wound. It not only heals ulcers but is also effective in providing strength to the muscles, ligaments, bones and joints. It is extensively used in pain like tennis elbow, shoulder dislocation, back pain, spondylitis pain, stiffness, slip disc, acute soft tissue injury, sports injury and arthritis.

### **CONCLUSION**

The result shows that the Panchatikta Ghrit Guggul And Ksheerbala Tail Matra Basti internally Murivennam Tail Kati Basti were found very effective in relieving the sign and

symptoms in Katigat Vata with increased functional activities. However, further work should be done on large samples to draw the final conclusion.

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