

**AYURVEDIC MANAGEMENT OF KATIGATAVATA WITH SPECIAL
REFERENCE TO LOW BACKPAIN: A CASE STUDY****Prajakta R. Gokhale^{1*}, P. D. Dongare² and V. S. Boinwad³**¹PG Scholar Dept. of Kayachikitsa GAC, Nanded, Maharashtra 431601 –India.²Professor & HOD, Dept. of Kayachikitsa, GAC Nanded, Maharashtra 431601-India.³Assist. Professor, Dept. of Kayachikitsa, GAC Nanded, Maharashtra 431601- India.Article Received on
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***Corresponding Author****Dr. Prajakta R. Gokhale**PG Scholar Dept. of
Kayachikitsa GAC, Nanded,
Maharashtra 431601 –India.**• ABSTRACT**

Katigatvata is one of the vatvyadhi. The disease is not exactly mentioned in the Samhita's but symptoms of this disease shows exact similarities with that of textual references from Charakachikitsa sthan.^[1] A 43yr old female patient came to the OPD of Kayachikitsa department with the complaint of katishool, katigraha, vaam padshool, Asana uttishte kashtata, chankramnottar shoolvrudhi, since 3 months. Patient treated with panchatikta kshirsarpi basti, panchatikta sarpi basti, katibasti. According to Acharya's, Katigat vat can be very well managed by panchakarma, especially Basti, Katibasti, (Ch. Si.) matra basti panchatikta sarpi basti.^[2]

• KEYWORDS: Katigat vaata, low back pain, Panchatikta sarpi basti.**• INTRODUCTION**

Katigat vata one of the most emerging health issue in recent days. Bad sitting postures, jerking 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. Katigatvaat is one of the vatvyadhi. Now a days human are suffering from many lifestyles related disorders due to adaption of modern lifestyle.

Katigatvaata is one of among them. It is not only clinical but also social, economic & public health problem affecting general population indiscriminately. It is not life threatening condition, but it causes great discomfort and restriction in social and other activities.

Katigatvaat is one such condition caused by vitiated vata characterized by pain in the katipradesh. Even though it is not mentioned as a separate disease in Bruhatrayees references are found in other texts like Gadanigraha by Acharya Sharangdhara samhita. Acharya Sharangdhara has included it under vataja Nanatmaja Vyadhis marking its importance.^[3]

In Ayurveda katigatavaat or low back pain is considered as vatic disorder and mainly caused by vitiated vat, which is due to vat prakopak ahar and vihar.^[4]

▪ **Types of study** - Single case study

▪ **Study center** - Govt. Ayurveda Hospital, Nanded

▪ **CASE REPORT**

A 43 yr. old female patient visited on 12/02/2024, OPD of department of Kayachikitsa with opd no. 15348 for chief complaint of katishool, katigraha, vam padshool, Asana uttishte kashtata, chankramnotar shooldvrudhi (Pain in lower back region, stiffness in lower back, painful movements) For this patient took multiple allopathic treatments, got temporary relief but didn't get satisfactory results and for further management patient came to OPD of Kayachikitsa.

▪ **Past history**

H/O - Fall on floor (5-6yrs injury at left leg-blunt trauma) O/H/O - G₃P₃L₃A₀D₀ S/H/O - Hysterectomy (4 yrs. Ago)

▪ **Family history**

No significant family history found

▪ **Personal history**

- Name of patient: ABC
- Age: 43yr/F
- Diet: Mixed diet
- Tea: 2 times a Day
- Exercise: Never
- Day sleeping: Sometimes
- Water intake: 2-3 lit
- Bowel habits: One time/day

- (Not satisfactory & sometimes hard stool)
- Occupation: House wife
- Addicton: Not any
- Marital status: Married

▪ **General examination**

- Weight: 50kg
- Height: 142 cm
- BMI: 25.2
- Respiratory Rate: 20 times/min
- Blood Pressure: 130/80 mm of Hg
- Pulse Rate: 82/min (With normal Rhythm and volume)
- Temperature: 98.2⁰ F

▪ **Systemic examination**

RS: AEBE Clear

CVS: S1S2+, No Added Sound Present

CNS: Conscious and Oriented

P/A. Ex.: Soft, Non-tender

▪ **Ashtavidha pariksha**

1. Nadi: 86/min
2. Mala: 1 time/day [hard stool occ]
3. Mutra: 4-5times/day
4. Jivha: Saam
5. Shabda: Prakruta
6. Sparsha: Prakruta
7. Drik: Prakruta
8. Akriti: Madhyam

▪ **Dashavidha pariksha**

1. Prakriti: Vata kapha
2. Vikriti: vata Pradhana Tridoshaja
3. Sara: Madhyama
4. Samhanana: Madhyama

5. Pramana: Madhyama
6. Satmya: Shadarasa
7. Satwa: Madhyama
8. Ahara shakti: Madhyama
9. Vyamashakti: Avara
10. Vaya: Madyama

❖ Criteria for assesment

▪ Subjective criteria

1. Who Katigatshool gradation.^[5]

1	No backache	0
2	Occasionally	1
3	Relieves by medicine	2
4	Depended on painkiller	3

2. Katishool (Pain)-visual analogue scale.^[6]

Vas	Grade	Sevurity index
0-1	0	No pain
2-4	1	Mild pain
5-7	2	Moderate Pain
8-10	3	Severe pain

3. Katisthambha (Stiffness)

Absent	0
Mild	2
Moderate	4
Severe	6

4. Functional disability

(Modified owestry low back pain disability grading)

Score 0	Pain free full activity
Score 1	Perform independentaly with pain
Score 2	Perform with minimal assistance
Score 3	Perform with maximum assistance
Score 4	Unable to perform

• OBJECTIVE CRITERIA

Ask the patient to lie down flat on supine position, ask him to raised one leg while watching the patients face and stop when the patient complains of pain and confirm of he is complaining of back pain.

Grade 0	Above 60 ⁰
Grade 1	40 - 60 ⁰
Grade 2	30 - 45 ⁰
Grade 3	0 - 30 ⁰

▪ Investigations

13/2/24 BSL (R)-180	15/2/24 BSL-F 96 PP -115	Urine (Routine N Microscopic) Proteins-Nil Sugar - Nil
Bl. Urea -1.7	SGOT-29	CRP - 18.57
Sr.Creat-0.75	SGPT-35	Hb. - 12.7
Sr. Bill-0.16	Tag -135	WBC -12.9
T.Bill -0.85	HDL - 59	RBC - 3.67
Sr.Chol-199	LDL - 123	PLT -348

• Nidana panchaka

• Nidana

Koshna jal panarth morning

Atisevana of Amla, Lavana, Katu Aahara Dravyas

Atisevana of Ruksha and Ushna dravya

Viruddha Ahara (Ambawlele padarth i.e. idli dosa meduwada)

Shukdhanya sevan, Haritshak sevan

• Poorva roopa

Katishool, Vaam paad shool, Chakramnottar shool vrudhi.

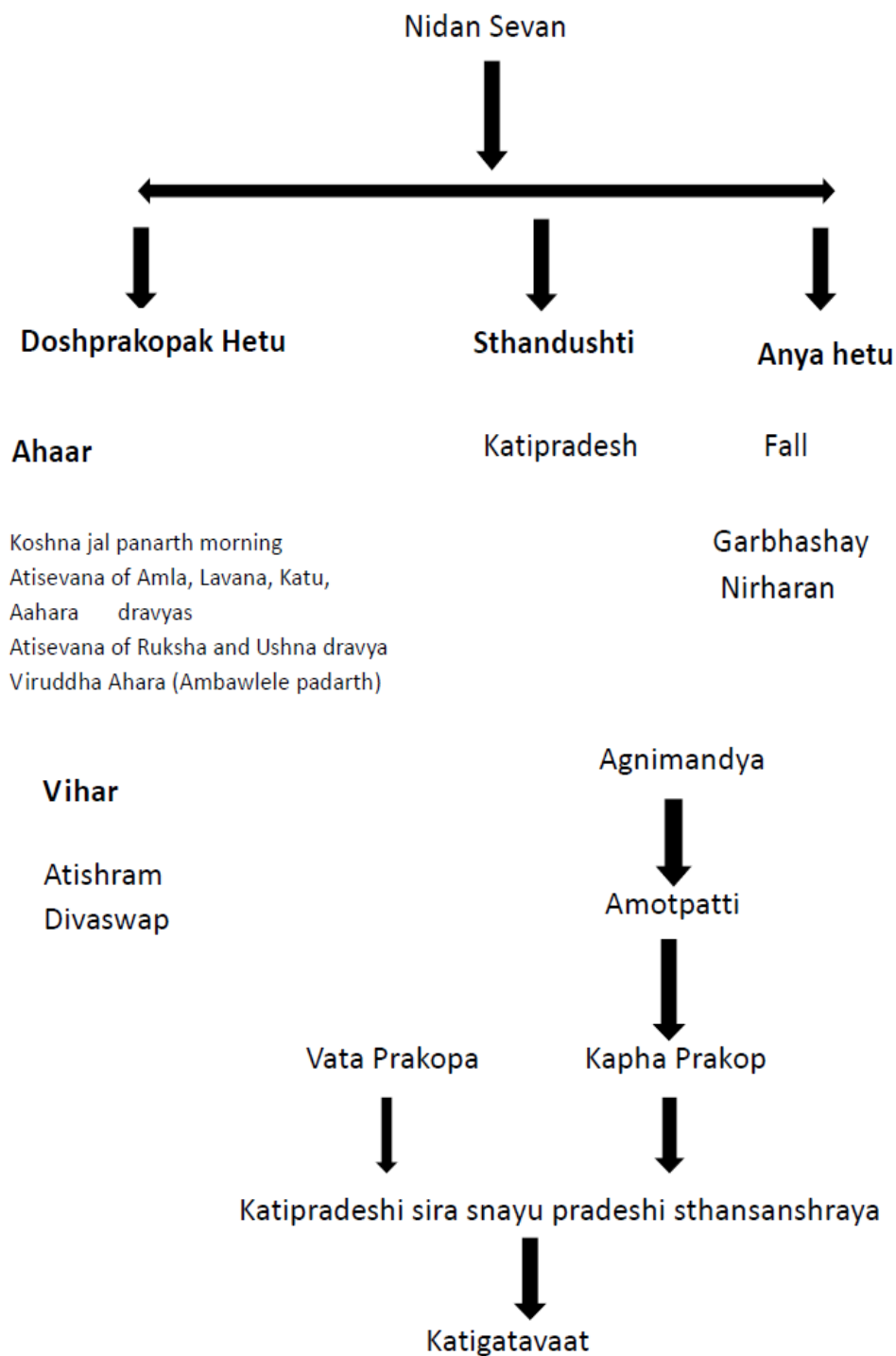
• Roopa

Katishool, vaam paad shool, chakramnottar shool vrudhi Aasan uttishte kashtata, katigraha.

• Upashaya

Snehan, Swedan

- **Samprapti**



MANAGEMENT

- **Sthanik karma**

- **Lumbar traction (10 Days)**

Lumbar traction often combined with exercise, is a physical therapy treatment that is used for low back pain or sciatica.^[7] The technique stretches a space between the vertebrae in the

lower spine, helping to relieve back pain it helps to separate the space between your vertebrae, the bones that make up spine in theory, slightly separating these bones can help take the pressure off pinched nerves to decrease pain and improve mobility.

1. Sthanik Snehan with Ashwagandha Rason sidhaa Tail (Kati to vaam paad)
2. Sthanik Nadiswed with Dashamool kwath (Kati to vaam paad)
3. Katibasti with Ashwagandha Rason sidhaa Tail.

Panchakarma chikitsa

➤ Basti karma

	Basti	Matra	Content	Days
1.	Panchatikta Ghrit Basti	60ml	Guduchi + Nimb + Vasa + kantakari + Patol + Goghrit	8Days
2.	Panchatikta kshir sarpi basti	150ml	Guduchi + Nimb + Vasa + kantakari + Patol	7Days

➤ Shaman chikitsa

1. Syp. Rasnasaptak kashay 40mlBD
2. Cap. Palsinuron 1 BD with Madhu
3. Tab. Panchatikta ghrit Guggul 2BD
4. Gandharva Haritaki churn 5gm H.S. with kosha jal

• OBSERVATION

Following observations were found before and after the intervention :

Sr. no.	Subjective criteria	Gradation	
		Before t/t	After t/t
1.	Katishool	5	1
2.	Katigraha	2	1
3.	Functional Disability	1	0

Objective criteria	1 st Day		10 th Day		15 th Day	
	Rt	Lt	Rt	Lt	Rt	Lt
SLRT	60 ⁰	45 ⁰	80 ⁰	70 ⁰	90 ⁰	90 ⁰
SNDT	-	+	-	-	-	-
PHT	-	+	-	-	-	-
Lassique test	-	+	-	-	-	-

• DISCUSSION

Rasnasaptak Kashaya is having an excellent vata-kapha shamak properties along with aampachaka and is mridu virechaka. It is useful in reducing stiffness & aids in purification of

blood & the removal of toxins from the body. Moreover its natural ingredients may also aid in relief of backache, muscle pain & muscular sprains.^[8]

Capsule Palsinuron is combination of Mahavatvidhwansa ras, Sameerpannag ras, sootshekhar ras which directly helps in majjagat vaatvyadhi. It has properties that help to improve muscle strength.

Panchatikta ghrut Guggulu have tikta rasa ushna virya, and madhura and katu vipaka. It may increase dhatwagni and poshana of all the dhatus, especially asthi and majja dhatu which controls asthi and majja kshaya (The degeneration process). Tikta rasa is predominant in Akasha Vayu Mahabhuta which helps in preservation of normal health of Asthi Dhatu Tikta rasa has got Deepan and Pachana effect that might have helped to improve general health and thus strengthens the body as well as joints.^[9]

Gandharva Haritaki churn is vatahara, Vrishya and Snigdha virechaka properties and is indicated in pain management in vatavyadhi.^[10]

Basti chikitsa is considered to be a prime treatment modality for vata dosha and is also quoted as Ardha chikitsa by Acharya Charaka.^[11] Panchatikta sarpi basti strengthens the asthi dhatu and ultimately do the vaatshamana.

Katibasti is a type of Snigdha Swedana and is mainly used for low backache and lumbosacral disorders. It increases regional circulation, nourishes and strengthens muscles and nerves and thus helps relieve pain, stiffness, spasm and restore flexibility. The local snehana and swedana are very effective and provide quick result. Ashwagandha Rason sidhaa Taila has in ashwagandha^[12] is madhur and ushna guna. Rason^[13] is snigdha guna and ushna virya vata kaphahara but overall it is tridoshghna and is very effective in the Adha kaya vatarogas. It is having specific property of Gati viseshatvam (helps to move) due to its madhura and tikta rasa. Its vatahara, bruhana and pachana properties, anti-inflammatory and analgesics action.

• CONCLUSION

On the basis of this single case study it can be concluded that use of panchakarma procedure like Panchatikta sarpi Basti and Katibasti with shaman chikitsa like Panchatikta ghrut guggul, cap. Palsineuron, Rasnasaptak kashay along with nitya anulomak with Gandharva Haritaki churnare found to be very much effective in the management of katigat vata.

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