

AYURVEDIC MANAGEMENT OF KATIGRAHA – A CASE STUDY

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ABSTRACT

Katigraha is an important clinical, social, economic and public health problem affecting the population worldwide. Ayurveda has mentioned panchakarma therapies for the treatment of katigraha. It is the condition which is characterized by stiffness, pain in low back region and impaired functioning of lumbar spine region due to vitiation of vata in katipradesh. It is a disorder with many possible causes, taking place in many groups of the people. In our ancient texts katishoola and katistabdhata have been described in various clinical conditions. The common causes are sedentary life style, lack of exercise, driving in hunched position, poor standing and sitting posture, obesity etc. Management was done in this case with abhyanga, swedana, kati Basti and kala Basti plan along with internal medications.

KEYWORDS: Katigraha, Katibasti, Lowback pain, Trayodasang guggul, katishoola.

INTRODUCTION

Katishoola is one among the vatavyadhi, katishoola means pain at the lower back region. Katigraha is one such condition in which the vitiated vata is localizing in the kati pradesha and produces stiffness and pain there. In ayurveda terms Kati, trika, shroni and pristha is used as a synonym with wider sense including the region where the vertebral column joints the hip bones on either side involving the lumbar, sacral and sacro- iliac joints, pain arising from any

of these areas are termed as katishoola. In ayurvedic context katigraha is mentioned with symptoms such as pain and restricted movement in katipradesha. When shudha and sama vata enters to kati pradesha it produces symptoms like Ruja and sthabdhata in katipradesha and this condition is called as katigraha. About 80% of population in India suffering from lowback pain due to several stressful factors seen in their professional or social life and also due to wrong postural habits. Therefore vatavyadhi samanya chikitsa i.e Abhayang, swedana basti etc mentioned in ayurveda classics was selected for the present case. So this case report is planned to evaluate the collective effects of samanya chikitsa indicated for vata vyadhi. Thus katigraha is a condition of the lower back region which is associated with pain and stiffness and painful movement.

CASE REPORT

A female patient of 26 year old come to our hospital having complaint with pain in lower back region radiate to bilateral lower limb (rt>>lt), which increased during activities. Difficulty in sitting and standing, tingling sensation in bilateral lower limb, headache, loss of appetite, morning stiffness present more than 1 hr. Since 2 year.

During examination on tenderness and rigidity was present at the lumbosacral region. SLR test was found positive during examination. X-ray of L-S spine revealed osteophyte formation and reduced intravertebral space.

The patient had history of allopathic treatment for last 2 year but did not got any relief so approached us for ayurveda treatment.

HISTORY OF PAST ILLNESS – No history of DM, HTN, or any major illness.

Family history – No family history.

Personal History - Ahara – only vegetarian diet,

Vihar – diwaswapna

Nidra - samyaka

Mala Pravriti – Samyaka

Mutra Pravriti- Samyaka

Vyasan – Tea – two times a day.

General examination vitals

Pulse rate – 78/min

Blood pressure – 120/80 mmHg

Temperature – 97.5F

Respiratory rate – 18 / mint

ON EXAMINATION

Weight – 56 kg

Hight – 5 fit 5 inch

Tenderness - present in lumbosacral region.

SLR test - positive

Femoral stretch test – Negative

CLINICAL FINDING

Subjective finding- Patient had severe pain in the low back region which restricted his movements.

Objective Finding

X-RAY REPORT – X-ray of L-S Spine revealed osteophyte formation and reduced intravertebral space.

BLOOD REPORT

Hb – 8.5 gm%

CRP – 2.18 mg/ dl

Vitamin D – 38.2 ng/ml

S. Calcium – 8.1mg

HLAB27 – NEGATIVE

THERAPEUTIC INTERVENTION

After taking proper history patient was admitted to female general ward with registration no. 202330, treatment plan was planned accordingly katibasti along with kalabasti plan Niruha basti and Anuvasan basti was given 16 days. Including internal medicine.

Treatment

| Panchakarma procedure | Method of preparation | Method of administration | Duration |
|-------------------------|-----------------------|--------------------------|----------|
| Sarvang abhyanga Swedan | Kottamchukadi oil | | 30 days |
| Kati basti | Nirgundi oil | | 30 days |

| | | | |
|----------------|------------------------|-------------------------------------|---|
| Niruha basti | Dashmoola kwath dravya | Given with basti yantra before meal | 6 basti alternate in kala basti schedule |
| Anuvasan basti | Sahacharadi oil | Given with basti yantra after meal | 10 basti alternative in kala basti schedule |

| S.NO | DRUGS | DOSE | DURATION |
|------|--------------------|-----------|----------|
| 1. | Cap palsineuron | 2bd | 3 months |
| 2. | Cap rhumayog gold | 1bd | 2 months |
| 3. | Trayodasang guggul | 2 tds | 6 months |
| 4. | Panchkola churna | 5 gm (HS) | 2 months |

Follow up and outcomes

| Lumber examination | B/T (BEFORE TREATMENT) | A/T (AFTER TREATMENT) |
|-----------------------------|------------------------|-----------------------|
| SLR | Positive | Negative |
| Lumber flexion | ++ | + |
| Lumber Extension | ++ | + |
| Stabdhatta (Stiffness) | +++ | + |
| Sparshasahyata (Tenderness) | ++++ | ++ |

DISCUSSION

Vata and kapha are the two main factors involved in the pathogenesis of katigraha. Here the pain and stiffness at low back are the symptoms present in this disease. Due to vata aggravating factors in an individual vata gets vitiated and aggravated at its main lodging place. Hence the drugs were administered accordingly. Trayodashang guggul- Is the combination of 13 herbs including guggul possessed in ghee. The contents of trayodashang guggul are mainly guru, snigdha-gunatamaka, Madhur vipaka and ushna viryatmaka in properties which corrects vitiated vata dosha and directly take part in samprapti vighatan of katigraha. Rhumayog gold a safe and effective ayurvedic anti-inflammatory drug for the treatment of arthritis and other Musculo-skeletal disorders. Relieves joint pain and inflammation fast with minimal gastric irritation. Panchkola churna stimulate the agni by its Tikshna guna and ushna virya effectively in combating the early stage of katishoola. Palsineuron is an ancient remedy for neuromuscular disease CNS and PNS it regulate in blood supply in affected area, overcome anorexia and stimulate cerebneural activity it also promotes causing of damaged nerve and blood vessels.

Kala bastiplan Anuvasana- Sahacharadi oil- nourished the asthi dhatu, tail and ghrita are respectively vatapitta ahara, there by arresting the degeneration of bones. Niruha basti-

dashmoola kwatha according to chakradutta it indicated in vataja shopha, again bhavprakasha mention brihat panchmoola acts on kapha vataja, laghupanchmoola acts on vata pittaja vyadhi and both panchmoola (dashmoola) acts on tridosaja vyadhi. Here the case was katishoola, responsible for aggravation of vatadosha by srotoavroadha and dhatukshaya. Srotoavroadha caused by kapha obstruction in srotas is cleared by swedana and dashmoola kwath Dravya. Katibasti- as the name implies, it is the process in which oil is retained in the low back region. It is a procedure which helps to decrease low back pain, alleviates numbness due to nerve compression and strengthens back muscles which maintain normal curvature of the spine the bone tissue.

CONCLUSION

Katigraha is a common disorder of present era which is vat Pradhan Tridoshaja vyadhi in ayurveda, from this study we can conclude that the symptoms of patient increased due to his day to day activities and over straining. Hence we advised him to have proper rest.

It is concluded that this therapy is effective in katigraha. These medicine and panchakarma therapy can be utilized in treating patient who are suffering from katigraha to reduce both the sign and symptoms successfully and with great effectiveness.

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