

## A CASE HISTORY OF KATIGRAHA MANAGED WITH AYURVEDA TREATMENT

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### ABSTRACT

A 36 year old male patient of *Katigraha* came to our Ayurveda hospital complaining of low back pain, numbness and occasionally stiffness of left lateral aspect of thigh while getting up since 1 year but severe since 5 months. The symptoms increased because of over straining and also by day to day activities. Patient was treated as indoor patient for 21 days with internal medicines including *rasna saptakam kashayam*, *trayodasanga guggulu*, *dhanwantaram vasti pakam*, *sukumaram lehyam* along with *picu* and *vasti* therapy. After completion of the treatment, patient got significant results.

**Keywords:** *Katigraha*, low back pain, *vasti*, *picu*.

**INTRODUCTION:** In Ayurvedic context *Katigraha* is mentioned with symptoms such as pain and restricted movement in *kati pradesha*. Due to *nidana sevana*, *vata* gets aggravated and produces symptoms of the disease. When *shudda* and *sama vata* enters to *kati pradesha* it produces symptoms like *ruja* and *sthabdatha* in *Kati pradesha* and this condition is called as *Katigraha*<sup>1</sup>.

Low Back Pain, is a chronic condition and most common pain disorder which is characterized by dull or sharp pain in the lower back, it may also associated with stiffness etc. Pain in the lower back restricts the activity, reduces work capacity, quantity of enjoyment of everyday living and turns daily life into a misery. About 80% of population in India suffering from Low Back Pain due to several stressful factors seen in their professional or social life and also due to wrong postural habits. It affects both men and women alike and common in the age group of 25 to 50 years<sup>2</sup>.

In Ayurveda, *Katigraha* is explained as one among the 80 *Nanatmaja Vata Vikara* and also as a symptom in other *Vyadhi*<sup>3</sup>. As in *Katigraha* the *Shoola* and restricted movement are present in whole of *Kati Pradesha*, i.e. in between *Uraha* and *Nitamba* (lumbo sacral region)<sup>4</sup>, *Guru* and *Snigdha Guna* of *Sneha* (*Taila*) and *Ushna Guna* of *Parisheka Sveda* may help to pacify *Vata Dosha*. *Snehana* and *swedana* are the two treatment modalities that can be adopted for the management of *kati graha*. We can use *sukoshna tailas* over the region of *kati pradesha*.

**CASE REPORT:** A male patient of 36 years suffering with low back pain and stiffness in lower back region since 1 year consulted our Ayurvedic Hospital. Pain was dull in nature, which increased with activities. Gradually he started experiencing mild low back pain even while walking. His symptoms aggravated since 5 months. He consulted an orthopedician for the same and he suggested to take MRI of lumbar spine and

suggested basic blood test. MRI showed mild lumbar spondylosis in L4-L5 level and the blood tests were normal. He started taking few pain killers and calcium supplements for 2 weeks, which did not give him complete relief. After the course of medications again he started getting the same radiating pain. Gradually the pain worsened.

Patient was admitted in our centre on 5<sup>th</sup> July 2017 because of severe pain.

OPD number: -3314, IPD number: -44218

**JOB OF THE PATIENT:** Bus Conductor

**STUDY CENTRE:** A.L.N Rao Ayurvedic College & Hospital, Koppa.

#### **CLINICAL FINDINGS:**

##### **Subjective Findings:**

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

##### **Objective Findings:**

##### **MRI of Lumbar spine:**

- Lumbar spondylosis.
- Mild disc bulge in L4-L5 level.
- Mild degeneration in the level of L5 – S1.

##### **Blood report:**

**Hb:** 13.2gms%

**RBS:** 116mgs %

**S.URIC ACID:** 4.18mgs%

**CRP:** negative

**RA:** negative

**PLATELET COUNT:** 2.2 lakhs cells/cu mm

**ESR:** 4/10 mm

##### **URINE ROUTINE:**

##### **Physical examination**

Quantity – 18ml

Color – straw color

Appearance – Clear

#### **Microscopic Examination:**

RBC- Nil

Pus cells: 0-3

Epithelial cells: 0-2

#### **Chemical examination**

Reaction: Acidic

Albumin- Trace

Sugar - Nil

**ANA:** negative

**ASO :** negative

**MATERIALS AND METHODS:** Patient was admitted in IPD where he was treated with external treatment and oral medications for 21 days.

Oral medications:-

1. *Rasna saptakam kashayam*:-50 ml twice daily before food. (*anupanam*:- *ushna jalam*)
2. *Trayodasanga guggulu* :- 2 tab daily morning and night after food. (*anupanam*:- *ushna jalam*)
3. *Dhanwantharam vasti pakam tailam* :- 1 teaspoon with milk at night after food.
4. *Sukumaram lehyam*:- 2 teaspoon at night after food
5. *Kottam chukkadi tailam*:- external application.
6. *Murivenna + Kottamchukkadi tailam* :- for picu

*Niruha vasti*:-350 ml of *vaitarana vasti* given.

*Nadi swedana*:-Lumbar region

*Vaitarana vasti*:-<sup>5</sup>

Dravyam	Quantity
Melted jaggery ( <i>guda</i> )	24 gm(1 <i>Shukti</i> )
<i>Saindava Lavanam</i>	12 gm(1 <i>Parsha</i> )
<i>Sneham(Tila tailam)</i>	50 ml
<i>Amlika kalkam(chincha)</i>	48 gm (1 <i>Pala</i> )
<i>Gomutram</i>	192 ml(1 <i>Kudava</i> )
Total	326 ml

### Method of administration of *Vasti*:

- After *mala mootra veganivarana*, *sthanika snehana* and *swedana* of lower abdomen, waist and thighs of patient was done as pre procedure.
- Patient was asked to lie down in left lateral position and left hand kept as pillow. Patient made to rest flat over the left leg with right leg folded at knee joint.
- After lubricating the anal region and *vasti netra* with oil, *Vasti dravya* is administered.

- Vasti netra* was introduced in anus by its 1/4<sup>th</sup> part slowly, straightly parallel to the back bone. In one push *vasti dravya* is forced slowly inside. After administering *vasti dravya*, *vasti netra* is taken out slowly.
- Blood Pressure is monitored before and after the treatment.

**OBSERVATIONS:** Patient was treated with above measures from 5th July to 25th July .Patient was examined before and after treatment.

Lumbar examination	Before treatment	After treatment
SLR	+(60)	+(70)
PATRIKCS	++	+
LUMBAR FLEXION	++	+
LUMBAR EXTENSION	++	+

**DIET:** Vegetarian, less spicy less oily food throughout the therapy was followed.

**DISCUSSION:** *Kati graham* is one of most commonly seen disorder in our society, because of the stressful life style and day to day life activities. In contemporary science it can be correlated to low back pain. In Ayurvedic context it comes under one of the 80 *nanathmaja vata vikaras*. The main symptoms are pain in the back region and stiffness.

According to the patient condition we can select the *dravyas*. Here we have used *Rasna Saptaka kashayam* because it has the property of *trika-parshwa viseshatva*. *Dhanwantharam vasti pakam* has the property of *vatasamaka*. *Ushna tailas* are used for external application.

In this case we had used oral medications such as:-

1. *Rasna saptakam kashayam*:- which has *katee graha viseshatwam* and which is

*vata kaphahara ,pacanam, vataanulomanam*.<sup>6</sup>

2. *Trayodasanga guggulu*:- which has *vata hara* property.<sup>7</sup>

3. *Dhanwantharam vasti pakam*:-which has *vatasamaka*.

4. *Sukumara lehyam*:-which has *vataanulomaka* property.

5. *Vaitharana vasti*- drugs used in *vaitharana vasti* are *vata-kapha samaka* thereby reducing the symptoms. Also the *tikshna guna* of *vasti* helps to overcome *srotodushti*. *Vasti* helps in *vaatanulomana* thus correcting *apana vata*.

6. We used *ushna tailas* for external applications like *kottamchukkadi tailam* for *abhyagam* .

During study it was observed that most of the patients with similar complaints visited our OPD belongs to:

Percentage	More affected
55%	41-50 age
66%	Males ,patients having irregular bowel habits
72%	Middle socio economic class
58%	Patients having BMI from 23-27

Symptoms of *Katigraha* compared to low back pain

<i>Katigraha</i>	Low back pain
<i>Ruja</i>	Pain
<i>Sthabdatha</i>	Stiffness in back region

**CONCLUSION:** 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 limit his activities and advised him to have proper rest. Here we had used *vatakapha hara oushadas* for pacifying the symptoms of the patient.

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Declared

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