

AYURVEDIC MANAGEMENT OF KATIGATA VATA WITH WITH SPECIAL REFERENCE TO LUMBAR SPONDYLOSIS- A CASE STUDY

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Article Received on
19 Dec. 2018,

Revised on 09 Jan. 2019,
Accepted on 30 Jan 2019

DOI: 10.20959/wjpr20192-14221

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INTRODUCTION

Lumbar spondylosis is degeneration of lumbar spine. Lumbago is an acute low backache that increase on movement of spine. Pain starts acutely, usually while attempting to lift weight in bent posture. There is degeneration of lumbar vertebrae, and the space between two adjacent vertebrae becomes narrow, causes compression of nerve root, results in pain at lumbar region.

Lumbar spondylosis resembles the disease “Katigatavata” of Ayurveda, which is one of among 80 nanatmajavatavyadhi. The vitiated vatadosha gets localised in kati that is lumbosacral region. It

causes pain which is aggravates on bending, stiffness at low back, and difficulty in bending. This study deals a case study of young patient was suffering from early changes of lumbar spondylosis. Patient was admitted for 2weeks and he got significant relief in previous symptoms after the treatment.

CASE REPORT

Patientname:-XYZ

DOA: 26/09/2018

Sex : male

DOD: 8/10/2018

Reg. no.:- 59220

Occupation: worker

C/O -

- Pain at lumbarregion
- Morning stiffness at lumbar region
- Difficulty while bending since 2years

Past history - No K/c/o- DM/HTN/BA/IHD/epilepsy No H/O any major medical / surgical illness

No H/O Fall / trauma/addiction

Occupational H/O -Heavy weight lifting since 8 years

O/E–G.C.fair,afebrile P – 80/min.

B.P – 110/70 mm of Hg

S/E: RS – AEBE Clear

CVS–S1S2sinusrhythm CNS–conscious&oriented

P/A – soft and non tender

Local examination

SLRT–Right- 90 degree pain atback Left–70 degree pain atback Both–70 degree pain atback

Bending distance (from forehead to ground) – 86cm

Pump handle test- POSITIVE

SNDT – NEGATIVE

LOCAL TENDERNESS – L3, L4, L5, sacral region & paraspinal region

Investigation

CBC, RFT, LFT, BSL F /PP, Lipid profile -WNL

R.A factor – negative Serum calcium–8.4 mg/dl

x-ray L.S Spine :- S/o early changes of lumbar spondylosis

TREATMENT:- SHODHANA

Sarvanga snehana with tila taila and Peti swedana. Yogabasti for 8days with-Anuvasanabasti with Tiltaila (50cc) + balataila(50cc).

Niruhabasti with dashmoolkwatha 650cc+tila taila40cc+ saindhav 1gm+madhu 20cc.

Sthanik Chikitsa

Katibati with bala taila+sahcharataila(20Min)for 2 weeks Local application–Balataila.

Shaman Chikitsa

1. Kaishor guggul 250mg2-2-2
2. Sinhanada guggul250 mg2-2-2
3. Guduchi ghanavati250mg2-2-2
4. Haritakichoorna 3gm with warm water Hs

5. Maharasnadikwath 20ml bid

Assesement criteria

| | | |
|-------------|---------------|----------|
| PAIN | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |

| | | |
|------------------|---------------|----------|
| STIFFNESS | ABSENT | 0 |
| | MILD | 1 |
| | MODERATE | 2 |
| | SEVERE | 3 |

OBSERVATION

| | BEFORE TREATMENT | AFTER TREATMENT |
|------------------|--|--|
| PAIN | 3 | 1 |
| STIFFNESS | 2 | 1 |
| BENDING DISTANCE | 86cm | 56cm |
| SLRT | Rt90}painful Lt 70}painful B/L 70}painful | Rt 90} painless Lt 90} painless B/L} painless |
| PUMP HANDLE TEST | POSITIVE | NEGATIVE |

DISCUSSION

Katigatavata is one of the vatavyadhi. According to charak Acharya Basti is said to be best treatment for vatadosha. The present case deals with katigatavata i.e early changes of lumbar spondylosis. The main principles of treatment was Shodhana i.e Yogabasti, Shaman (internal medicine) and sthanikchikitsa i.e Katibasti.

- **Yogabasti:-** Administration of combination of niruhabast and anuvasanabasti regularly for 8days is known as Yogabasti. A course of yogabasti started withone Anuvasanbasti (consists of medicated sneha i.e tilataila and balataila) this s followed by 3 each niruha and anuvasanbasti alternately. Niruhabati was prepared with decoction of herbal medicine like dashmool along with medicated oil, honey, racksalt etc.
- **Katibasti:-** the procedure of applying heat to the lumbosacral region by retaining warm medicated oil within a special formed frame on this area is known as katibasti. It is a type of snigdhsveda. Katbasti is indicated in painful condition of lowback region. The procedure swedan itself is beneficial in relieving the pain, in addition to this the medicated oil that gets absorbed from the skin has a unique therapeutic effects.
- Shaman treatment was given for vatashaman and vataanulomana as well as rasayana purpose.

Thus we manage this patient with the help of aurvedic medicines and panchkarma.

CONCLUSION

In this way the patient was diagnosed in Ayurvedic term *Katigataavata* & treated accordingly with *yogabasti*, *katibasti* and shaman treatment. Patient got significant relief in pain, stiffness as well as improvement in bending and can do his routine work without any difficulty.

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