

**A CASE STUDY ON, MANAGEMENT OF KATISHOOL  
(SPONDYLOLISTHESIS) BY PANCHKARM PARTICULARLY  
VATASYA UPKRAM.**

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Article Received on  
28 Sept. 2017,

Revised on 18 Oct. 2017,  
Accepted on 08 Nov. 2017

DOI: 10.20959/wjpr201715-9671

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### ABSTRACT

Lumbar spondylosis is common disorder that hampers routine activities of people. According to ayurveda kati shoola is a disease with pain in lumbar region. Lumbar spondylolisthesis occurs when the vertebrae of the spine move out of their natural alignment. This condition usually occurs in the lumbar (lower back) Portion of the spine due to the natural compression of the spine over time.

**KEYWORDS:** Lumbar spondylolisthesis, ayurveda kati shola.

### INTRODUCTION

Kati shool is a disease which is mainly caused by vitiation of vata dosha some texts also described kati shoola as a symptom of some disorders such as kati graha, Trika graha, Prushta graha. The word spondylolisthesis comes from the —spondylos — meaning spine or vertebra & —listhesis — to slip or slide. spondylolisthesis describe the anterior displacement of vertebra or the vertebral column Relation to the vertebrae below. it occurs most often at lumber spine. Most patients are asymptomatic sometimes pain occurs in the lower back, thigh and leg. which radiates into the buttocks. Muscle spasm, leg pain, weakness and irregular gait can be seen. this condition can be correlated with Katishool.

### CASE REPORT

A 49 yr old female patient comes for consultation in panchkarma OPD of M.A. Podar Hospiatl worli Mumbai, she was examined & admitted in the IPD of institute. Upon examination it was revealed that he has a 1 yr history of progressively increasing pain in left lower back and both buttocks. Pain in the both legs specially at knee joint, she had no H/o

Trauma and her symptoms had increased gradually. Pain of both legs increase during 10 mint of walking, restricted movements of both legs.

### Past history

H/O – Hypothyroidism since 5 yrs.

N/H/O DM/HTN/PTB/Jaundice or any other major medical illness. N/H/O Trauma / fall / Accident.

### INVESTIGATION

X – Ray of Lumber Spine : 3/12/16

Grade I spondylolisthesis at L4---L5 level.

MRI of L—S spine : 20/1/16

- 1) Loss of lumbar lordosis
- 2) Mild diffused disc bulge at L5 --- S1 IVD
- 3) Diffused disc bulge C2---C6 IVD
- 4) Focal hemangioma seen in D9 vertebral body
- 5) Tiny focal haemangima seen in the right half of L5 vertebral body

### TREATMENT GIVEN

- 1) Sarvang Snehan Swedan (Peti swedan)
- 2) Karma-Basti -Total 30 Niruha basti—Dashmool + Guduchi kwath Anuvasan Basti – Til Tail + Panchtikta ghruta.
- 3) Matra basti – Total 12 Tila taila+ Panchtikta ghruta.
- 4) Panchtikta ksheer basti – Total 7 Nimba+ patola+ kantakari+guduchi+vasa siddha kwath
- 5) Janu basti & kati basti with mahanaryan taila for 30 days
- 6) Janudhara with sahachar taila +tila taila for 15 days
- 7) Dashang lepa for local application
- 8) Shalishashtika pinda sweda for 14 days.

### Oral medication

- 1) Aarogya vardhini vati 500mg BD
- 2) Chanraprabha vati 500mg BD
- 3) Sanjivani vati 500mg BD
- 4) Panchtikta ghruta guggula 500 mg BD

- 5) Gandharva haritaki churna 5mg HS
- 6) Rasayan yog 1 BD

Diet: kultha yush at night.

### Result observed

Symptoms	Before t/t	After t/t
1) Pain in lower back	Grade 4	Grade 1
2) Pain in Left buttock	Grade 3	Grade 0
3) Rt Knee joint pain	Grade 4	Grade 1
4) LF Knee joint pain	Grade 4	Grade 1
5) Degree of anterior flexion	25 Degree	90 degree

Grade	Symptom
1	No pain
2	Occasional pain
3	Intermittent pain
4	Frequent pain
5	Continuous pain

### DISCUSSION

According to ayurveda shoola (pain) occurs due to vitiation of vata dosha. Vata dosha is vitiated by srotas awarodha (Obstruction of channels) & Dhatu kshay (depletin of tissue / malnutrition). Samanya chikitsa of vatvyadhi is abhyang, swedan, basti. In kati shoola apan vata is mainly involved so the aim of the treatment is to pacify vitiated vata dosha specially apan vayu. Snehan and Swedan acts as vata shamak, increases blood circulation and relieves pain by local action. katibasti acts locally at lumbar region by both actions local oiling and fomentation. It relieves pain. shalishastik pinda sweda gives strength to muscle and relieves pain. Basti is very much effective treatment for vatavyadhi. It acts on root of vatadosha and gives promising results in relieving pain and functional disability.

### CONCLUSION

It is concluded that this treatment regimen completely or partially relieve the symptoms in kati shoola (lumbar spondylolisthesis). These medicines can be utilized in treating patients who are suffering from kati shoola to reduced both signs & symptoms successfully & with greater effectiveness. It is proposed that the therapy may be accepted as a treatment method of katischoola (lumbar spondylolisthesis) so we can give symptomatic relief, reduction in pain and improvement in quality of life to the patient of low back pain by ayurveda.