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Role of *Matra Basti (Sahchar Taila)* along with *Shamana* Drugs in the Management of *Katigraha* W.S.R. Lumbar Spondylosis-A Case Study

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Abstract

Lower back pain is very common in daily routine in all age groups recently with changing lifestyle and food habits. *Katigraha* is one of the *vata vyadhi*, itself it is one of the seat of *vata dosha* and the root cause of the disease is aggravated by *vata*. LS may be correlated with *Katigraha* in *Ayurveda* on the basis of clinical features of the disease where *Vata dosha* with or without *Ama Dosha* settles in *Katipradesh* (lumbar region) and cause pain and stiffness.

A patient age of 60 years came with the complaint of pain in lower back region with tingling sensation in left lower limb. Stiffness for 10-15min. Intensity of pain increase on the movement, bending downwards etc. He was diagnosed as *Katigraha* on the basis of subjective and objective parameters. And treated regimen includes *Trayodashang guggulu*, *Swara yog*, *Matra basti* with *Sahchar taila*, *Katibasti* with *vatashamak taila* along with *Adharang abhyanga swedana*. Patient got symptomatic relief.

Keywords: *Vata, dosha, katigraha, lumbar, pain*

Introduction

In our classics, there are 80 types of *Vataja Nanatmaja Vyadhis* and *Katigraha* is one among them [1]. The word *Katigraha* having pain and restricted movements or stiffness. The vitiated *Vata* gets lodged in *Kati Pradesha* and produces this condition. Hence, etiological factors of *Vata Vyadhi* enlisted in literature, *Ati Vyayama*, *Ativicheshtita*, *Dukkha Shavasana*, *Ati Adhwa*, *Shighrapatan*, [2] etc. may have a definite relation with *Katigraha*. A clear description regarding the *Samprapti*, *Lakshana* of *Kati Graha* is explained by the *Shodhala* in the *Kayachikitsa Khanda*, *Vataroga Adhikara*. He has described various formulations for *Kati Shoola* and has specifically indicated *Trayodashanga Guggulu* for *Kati Graha* [3]. Bhava Prakash has explained *Kati graha* and *Trika Shoola* as a separate disease. He has defined *Trika* as the joint between two hip bones and spinal column, has explained *Trika Shoola Lakshana*, and its management in *Madhyamakhandha* 24th chapter [4]. In *Yogaratanakar* under the heading of *Vata Vyadhi*, it has been mentioned as *Kati Sandhigata Vata*, *Kati Vata*, *Trika Shoola*. Hence, these can be considered as the synonyms of *Kati Shoola* [5].

Prevalence-The World Health Organization (WHO) estimates that 50-70% of workers develop WRMSDs. About 1.71 billion people suffer from musculoskeletal disorders globally. Among musculoskeletal illnesses, lower back pain constitutes the highest burden with a prevalence of 568 million people [6]. Low back is a common symptom. Episodes are generally short lived and self-limiting [7] Low back pain may be classified by duration as acute (pain lasting less than 6 weeks), sub-chronic (6 to 12 weeks), or chronic (more than 12 weeks) [8]. The condition may be further classified by the underlying cause as either mechanical, non-mechanical, or referred pain.

Aim and Objective

To evaluate the role of *Matra basti (sahchar taila)* along with *Shamana* drugs in the management of *Katigraha* W.S.R. Lumbar spondylosis.

Material and Methods

Selection and source of patient-For this study, patient was taken from the IPD of Pt Khushilal Sharma Govt. Ayurveda College and Institute Bhopal MP.

Case Study

A patient age of 60 years came with the complaint of pain in lower back region with tingling sensation in left lower limb with stiffness in LBR for 10-15 min. Intensity of pain increase on movement, heavy weight lifting, bending downwards.

Personal History

- Diet-Mixed diet, prefers-spicy.
- Appetite-Normal
- Bowel-Clear
- Bladder-Normal
- Sleep-Disturbed due to pain.
- Allergy and addiction-Nil.

Diagnosis: On the basis of subjective and objective criteria.

- Pain in lower back region
- Stiffness of the lumbar region.
- Restriction of movement of lumbar region.
- Tingling sensation or Numbness in one or both lower limbs.
- MRI changes

Investigation

Hb-12gm%

ESR-19 mm/hr

MRI Lumbar spine-Moderate diffuse posterior disc bulge with ligamentum flavum hypertrophy and facet arthropathy at L4-L5 and L5-S1, causing mild compression on anterior thecal sac and B/L traversing nerve roots with mild secondary canal stenosis with narrowing of both neural foramina.

Mild diffuse posterior disc bulge with right foraminal protrusion at L2-L3 level causing indentation on anterior thecal sac with mild narrowing of right neural foramina.

Assessment of Parameters

Table 2: Pain

Parameter	Criteria	BT		AT	
		Rt Leg	Lt Leg	Rt Leg	Lt Leg
Pain (VAS Scale)	(0)No pain	0	5	0	2
	(1-3)Mild pain				
	(4-6)Moderate Pain				
	(7-10)Severe Pain				

Table 3: Stiffness

	Grade	BT	AT
No stiffness	0		
Stiffness for 15minutes	1	1	0
Stiffness for more than 30 minutes	2		
Stiffness for more than 45minutes			

Table 4: SLR Test

Angle	Grade	BT	AT
>90	0		
71-90	1	2	1
51-70	2		
31-50	3		
<30	4		

Braggard’s sign test-Grade 0

Grade 0 Negative

Grade 1 Positive

Femoral nerve stretch test-Grade 0

Grade 0 Negative

Grade 1 Positive

Discussion

It is very common in day to day life. A variety of therapeutic intervention has been proposed for the treatment of symptomatic LS, including conservative treatment with NSAIDs, analgesics, steroids and physical therapy and surgical treatment. It may be correlated with *Katigraha* in Ayurveda classics, *Gadanigraha* considers *Katigraha* to be one among the *Vatavyadhis*. It clearly projects *Vata Dosha* the major factor behind the whole pathogenesis.

In *trayodasanga guggulu* the constituents like *shatavari*, *ashwagandha* and *guduchi* have rejuvenating properties that provides strength to tissues. *Shunti* and *Ajamoda* helps improving the digestive fire and *Babbul* has its action on *Asthidhatvagni*. *Ghee* with its *Yogavahi* property helps in absorbing and penetrating the drug. *Ajwain* and *Shatapushpa* does *deepana*, *pachana*, *vatanulomana*, *vedanasthapana* and *vatashamana* in the body.⁽⁹⁾ Thus, *Trayodashang Guggulu* directly impacts on the etiology of *Katigata Vata* and helps in the disintegration of the *Samprapti* and settles down the vitiated *Vata Dosha*.

Effects of *Matra Basti* are *Balya*-increase strength of body, *Sukhamshrisht-pureeshakrita*-helps in easy evacuation of bowel, *Brimhana*-nourishes the *dhatu*s, *vataroga nagata*-cures *vatavyadhi*.

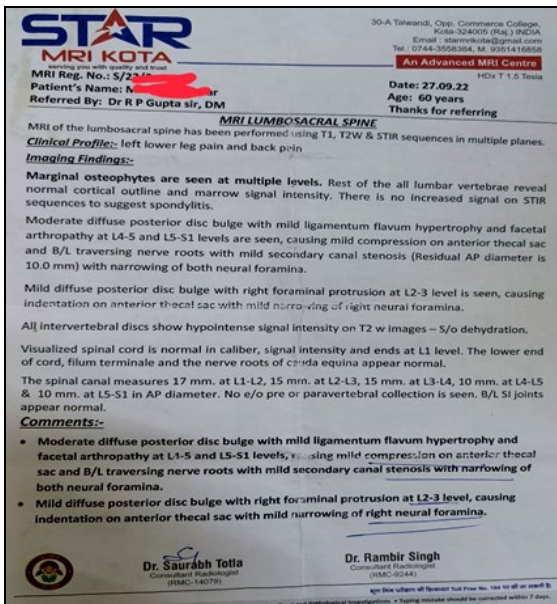


Fig 1: MRI Lumbarsacral spine

Table 1: Treatment Regimen

Shamana Drugs	Panchakarma
Trayodashang guggulu 2 tab BD	Matra basti with Sahchar taila Kati basti followed by Adhrrang abhyanga swedana
Rasraj ras 1tab BD	
Shivakshar pachana churna SOS	

Sahacharadi taila used in treatment of imbalance *vata disorders*, muscle and joint stiffness. Main content of this are *sahachara, bilva, agnimantha, shyonaka* etc. with *Guna* are *Snigdha, Tikshna, Ushna Veerya Ushna*.

Conclusion

Katigraha is a common disorder of *Vatavyadhis*. It is correlated with lumbar spondylosis. In *ayurvedic* texts, its symptoms, *samprapti* are explained by *Acharya Shodhal*. Treatment regimen includes *snigdha, ushna, brimhana, and deepan pachana dravyas*. Patient got symptomatic relief.

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