



ORIGINAL RESEARCH PAPER

General Medicine

A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF KATIGATA VATA W.S.R TO LUMBAR SPONDYLOSIS.

KEY WORDS:

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INTRODUCTION:-

In urban area about 70% of population is prone to develop disorders of vertebral column, like lumbar spondylosis, prolapsed inter-vertebral disc (PID), osteoporosis and other degenerative diseases of spine. Majority of them suffering from PID or lumbar spondylosis.

The description about is katigata vata is not available as a separate disease entity in any ayurvedic text. It is mentioned as one of the vatavyadhi in charak samhita (Eighty Nanatmaja Vatavyadhi).

In Lumbar spondylosis symptoms such as pain in the low back, thighs, and or legs, muscle spasms, irregular gait, leg pain or weakness can be seen.

This condition can be correlated with katigata vata. Some ancient texts also describe few disorders having resemblance such as kati graha, trika graha, prushta ghraha, kati vayu, trika vedana and Grudrasi.

Allopathy has anti inflammatory, analgesics, muscle relaxants, calcium and vitamin D supplements, Lumbar belt, traction, and physiotherapy to offer but these drugs have side effects which limits their use for long period.

This opens an opportunity to try Ayurvedic medicine that has analgesic, anti inflammatory, muscle relaxant action without any side effects.

AIM:-

TO study the effects of ayurvedic formulations in management of katigata vata.

OBJECTIVES:-

TO Study the mode of action of ayurvedic formulations in katigata vata.

Case report:-

A 49 yrs old female patient came in kayachikitsa opd with following complaints:-

- Katishool
- Chankraman kashtata
- Katigraha
- Prushta graha
- Manyapradeshi shool
- Ubhay paad pradeshi shool
- Amlodgaar
- Urodaaha

These all symptoms developed since 4 months.

K/C/O:- No any disease.

S/H/O :- cholecystectomy before 2yrs

No any other major illness

Habit:- no any habit

Samanya parikshan

Nadi-80/min.

- Mala-Prakruta.
- Mutra-Prakruta.
- Jivha-Saam.
- Sparsha-Anushna.
- Aakruti-Madhyam.
- Shabda-Prakruta.
- Bal-Madhyam
- Nidra-Alpa
- B.P.-130/80mmhg

INVESTIGATIONS

- HB-12.9 WBC-9.3
- RBC-4.52 PLT-4.29
- BUL-10 Sr.create-0.8
- Urine routine-WNL
- Uric acid-5.2mg/dl

Xray L.S.Spine –Lateral view shows minimal narrowing of the disc space between L5-S1 suggestive of lumbar spondylosis.

M.R.I:-Cervical – Straightening of Cervical spine, mild disc bulge at C3, C4, C5, C6. **Lumbar**-Disc bulge at L1-L2, L4-L5

Material and Method :-

METHOD:-

- 1) A case study.
- 2) Centre of study- OPD and IPD departments of seth tarachand dharmarth ayurvedic hospital, rasta peth pune.

MATERIAL:-

Table 1:- Material of case study-

Sr.no	Drugs	Dose	Duration
1)	Kalingkadi vati	500mg	Thrice a day
2)	Haritaki churna	500mg	Thrice a day with warm water
3)	Triphala guggul	250mg	Thrice a day
4)	Shankhavati	250mg	Thrice a day
5)	Dashmularishta	20ml	Thrice a day (anupan)

Including internal medicine Panchkarma therapy (externally) given to the patient.

Sarvang snehana- sahacharadi thailam + kottamchukadi thailam used Pinda swedan – (kati, prushta pradeshi) For Pinda swedan Devdar, Rason, Rasna used.

DISCUSSION:-

HETU:-

- 1) **Ahar-**
 - Ruksha, Shita, alpa, laghu, paryushit aahar sevan.
- 2) **Vihar-**
 - Atijagaran, Atishrama, Vegovidharan, Aatap sevan.
- 3) **Manas-**
 - Chinta, krodha

Samprapti ghatak:-

- 1) Dosha- Vata

- 2) Dushya- Majjadhatu, Asthidhatu.
- 3) Strotas- Majjavaha srotas, Asthivaha srotas.
- 4) Udbhavsthan- Mahasrotas.
- 5) Adhishthan- Sandhi, Asthi.
- 6) Vyaktisthan- Asthi.

Table 2- mode of action of formulations used in Chikitsa

Sr. no.	Drugs	Mode of Action
1)	Kalingkadi Vati	Useful in Rasadushtijanya vikar, Angagraha, Gauravta
2)	Haritaki churna	Vata anuloman, Dipana, Rasayan
3)	Triphala guggul	Useful in Srotorodh, it has a Antiinflammatory property, it helps to remove toxins from body which accumulate in around joints, it relieved muscle ache, stiffness & swelling
4)	Shankhvati	Pachak, Useful in hyperacidity
5)	Dashmular ishta	Analgesic, Antiinflammatory, it reduces weakness, provide strength to muscles, bones, ligaments & improve immunity. used in neurological diseases.

Table 3:- mode of action of formulations used in panch karma therapy

Sr no.	Drugs	Mode of action
1)	Sahacharadi thailam	Vata imbalance disorders, muscle and joint stiffness, In muscle cramps & Wasting, Weakness
2)	Kottamchuka di thailam	Vata disorders, Neuro muscular pain, Useful in relieve pain, Numbness, stiffness
3)	Devdar churna	Useful in neurological disorders, vata samshamana, it has a tikta, katu rasa ushna virya so it balances kapha & vata dosha
4)	Rason Kalka	Vata samshaman, it has a ushna virya it balances vata & kapha
5)	Rasna Churna	It acts as analgesics, anti inflammatory reduces joint inflammation, and improves the movement in joints. muscle relaxant.

CONCLUSION :-

The ayurvedic concept of pathogenesis (sompatti) can be explained as- vitiated, Vata diminishes shleshak kapha causing degeneration of asthi dhatu and further involving manas dhatu to produce symptoms of katigata vata like tenderness, pain, stiffness, restriction of the movements etc.

In these study the common symptoms of katigata vata were relieved with internally medicine & Panchkarma such as (Snehan, Pinda Swedan) as locally.

The study revealed that majority of the patients were having Vatakaphaj or Vatapittaj prakruti. As the disease 'katigata vata' is a 'Vatavyadhi', Vata predominance in the prakruti of the patient indicates that these people were prone to acquire Vatavyadhi.

It is concluded that this therapy is effective in katigata vata (lumbar spondylosis). These Medicines and panchkarma therapy can be utilized in treating patient who are suffering from katigata vata to reduce both the sign and symptoms successfully and with great effectiveness.

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