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Effect of *Katibasti* in Lumbar Spondylosis: A Case Study

Shikha Pandey^{1*} and Kartikey²

^{1,2}Department of Panchkarma, Main campus Harrawala, Uttarakhand Ayurved University, UK, India

ABSTRACT

Lumbar spondylosis is a common spinal which is very much prevalent these days. Though degeneration of lumbar vertebrae is mostly seen in elderly people but its prevalence is increasing in early or middle age also. In the present case study, a diagnosed case of lumbar spondylosis has been included for its *Ayurvedic* management. Chief complains were pain and stiffness over the back region since past one year and pain radiating towards the left leg. Effect of *katibasti* on lumbar spondylosis has been evaluated. Different parameters have been assessed during and after the treatment schedule. There is a complete relief in the parameters like pain & stiffness whereas the parameters like pain radiating in legs & restricted movements have also shown significant improvement.

KEYWORDS

Lumbar Spondylosis, Katibasti



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INTRODUCTION

Due to today's sedentary life style we hardly get time to invest on our health and posses many diseases due to faulty posture or strenuous activities. One of such diseases is lumbar spondylosis. Low back pain affects 60-85% of people at some point of age and 10% reason behind that pain is lumbar spondylosis¹.

It is diagnosed by knowing patient's history, physical examination, and imaging studies. It is managed with physiotherapy, non-steroidal anti-inflammatory drug (NSAID) medications, and surgical laminectomy in the conventional system of medicine²⁻³. In *Ayurveda*, it has clinical resemblance with *Katigraha* that is mentioned in *ayurvedic* classics under *Nanatmaja Vatavyadhi*. *Katigraha* is very symbolic for restricted movement of the pelvic girdle. As *kati* (lumbar spine) is one of the major seats for *vata*, the *vata* gets vitiated at its own seat⁴

MATERIALS AND METHODS

Case study

A 32 years old male, teacher by profession, came to my OPD with chief complains of pain, stiffness and restricted movements since one year. Pain was radiating towards the left leg. He also had tingling sensation over the back region and calf, especially after walking and taking

rest and after standing or sitting for a long duration.

X-ray studies of his lumbo-sacral region, in which osteophytes were seen in L4-L5 region with reduced gap between the vertebrae was done. He was diagnosed as a case of lumbar spondylosis and was advised to take analgesics and antiinflammatory medicine regularly for some initial time period, followed by their occasional use (when needed). He had also undergone physiotherapy session for about 1 month which resulted into mild relief in pain and tingling sensation. Other investigations like Haemogram, ESR, L.F.T, K.F.T, Lipid profile, Thyroid profile etc. were within normal limits.

On examination, patient had pain in back region. Stretch test was positive, neck pain got increased with forward and backward movement of shoulder but relieves on abduction. After thorough examination, a diagnosis of *katigraha* vis-à-vis lumbar spondylosis has been established and patient was advised for *katibasti*.

Treatment plan – A schedule of 7 days *katibasti* was planned and then procedure was repeated after 7 days gap.

Kati basti:

katibasti is a distinctively developed *ayurvedic* procedure which is done



primarily to pacify aggravated *doshas* in the *kati* region, especially in chronic cases.

Following materials were required in this case study –

- *Masha* (black gram) flour – 500 grams
- *Mahanarayana taila* – 250ml
- Spoon- 1
- Small piece of sponge

Procedure for katibasti –

Purva karma: Paste of *Masha* (Black gram flour) was prepared and patient was asked to lie down in prone position on the *droni*. After this, wall of the prepared paste was made like a ring around affected area and was sealed completely.

Pradhan karma: Luke warm *Mahanarayana* oil was poured in the circular ring with the help of sponge piece. Precaution was taken to maintain oil temperature as tolerated by patient and also for leakage of oil. The oil was replaced with warm oil at regular interval.

Pacshchatkarma: After doing this procedure for 30 minutes, oil was drained out and ring was taken off. After this, a gentle massage is done over the back region.

Assessment parameters

- Pain
- Stiffness
- Pain radiating in legs
- Restricted movement

Table 1 Grading of the symptoms

S.No.	Symptom	Grading
1.	Pain	0- absent 1-mild pain 2-moderate pain 3- severe pain
2.	Stiffness	0- absent 1-mild 2-moderate 3-sever
3.	Radiation of pain	0-absent 1-mild and bearable radiation of pain 2-radiation of pain with tingling sensation 3-sever pain with tingling sensation
4.	Restricted movement	0-not present 1-occasionally 2-partially restricted movement 3-completely restricted movement

OBSERVATIONS AND RESULTS

Response of the treatment was recorded (table-2) and it observed that there was significant relief in the symptoms of the patient, however x-ray findings were constant.

Table 2 Effect of therapy on the symptoms

S. No.	Symptoms	Before treatment	After treatment
1.	Pain	3	1
2.	Stiffness	2	0
3.	Radiation of the pain	2	1
4	Restricted movements	2	0

DISCUSSION

In *Ayurveda*, the main etiological factor responsible for *katigraha* is considered as vitiated *vata* and restricted movements are due to dominance of *kaphadosha*. In the present case study prime focus was to alleviate *vata* and *kaphadosha*.



Mahanarayana oil used for *katibasti* which has been indicated in different types of *vatavyadhi*⁵ and it also provide strength to the local soft tissues and muscles of the back region and helps in elimination of vata- kaphadosha and clears obstruction in the channels. It soothes the nerve and blood supply of the back region. *Katibasti* nourishes the joints of the lumbar region. In this study, the patient was having back pain radiating towards left leg in which he got significant relief . Complete relief in the stiffness and restricted movements was observed. Others parameters like pain in arms and vertigo has also shown a significant improvement.

CONCLUSION

In the end it can be concluded that *katibasti* is an effective treatment that provide relief in symptoms and helps to improve lifestyle of the patient suffering from lumbar spondylosis as modern medicine has many side effects on the body and physiotherapy provides relief for short term, *katibasti* is safe and best intervention.



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