

AYURVEDIC MANAGEMENT OF *KATIGRAHA* W.S.R. LUMBAR  
SPONDYLOLISTHESIS: A CASE STUDYDr. Neha<sup>1</sup> and Dr. Prashant Baghel\*<sup>2</sup><sup>1</sup>Assistant Professor, Shalya Tantra Department, Doon Institute of Medical Sciences, Dehradun, Uttarakhand.<sup>2</sup>Assistant Professor, Kriya Sharira Department, Doon Institute of Medical Sciences, Dehradun, Uttarakhand.

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**ABSTRACT**

Lumbar spondylolisthesis is a deformity of lumbosacral region by gradual forward slipping of lumbar spine on the sacrum. Low back pain affects 70-80% of adults and L5 is responsible for about 10% of all the back pain conditions. Most patients with back pain do not benefit from surgery and these surgical procedures provide short term outcomes. The present article deals with a case diagnosed as Grade II Lumbar spondylolisthesis of L5 over S1 and he was advised for the surgery. The case was considered as *Katigraha* in Ayurvedic diagnosis. He was treated with *Anushalya karma- Agni karma* and Cupping therapy along with two oral medications- *Trayodashang guggulu* and *Maharasnadi Kwatha*. Various assessments were done before and after the treatment. The patient got significant improvement in his condition. Cupping therapy and *Agni karma* played a pivotal role in the management of *Katigraha*.

**KEYWORDS:** Lumbar spondylolisthesis, *Katigraha*, *Agni karma*, Cupping therapy.**INTRODUCTION**

Lumbar spondylolisthesis is a deformity of lumbosacral region by gradual forward slipping of lumbar spine on the sacrum.<sup>[1]</sup> Males are more affected than females by this condition. Low back pain affects 70-80% of adults and L5 is responsible for about 10% of all the back pain conditions.<sup>[2]</sup> Patient faces difficulties in normal day to day work. In lumbar spondylolisthesis, pain is felt at lumbar region, radiating to buttock and back of thigh. In modern medicine the line of treatment are steroids, NSAIDs, physiotherapy. But this treatment has many side-effects with its own limitations. According to Ayurveda, it is closely related with *Katigraha*. *Acharya Charaka* has illustrated *Katigraha* in 80 *Nanatmaja Vikara* of *Vata Dosha*. One previous study correlated lumbar spondylolisthesis with *Kativata*.<sup>[3]</sup> *Katigraha* is illustrated separately in Ayurvedic classical text "*Gada Nigraha*". *Katigraha* is a *Vata vyadhi* showing features like *Shosha* (degeneration), *Stambha*(stiffness), and *Shula*(pain). The pain is produced due to *Sama Vata* (with *Ama dosha*) or *Niraama Vata*(without *Ama dosha*). Its movement in *Kati pradesha* produces *Shoola* and *Stambha*. According to Ayurvedic literature, vertebral column is made up of *Asthi dhatu*. This *Asthi dhatu* has *Ashrya-Ashrayi Sambhandha* with *Vata dosha*. So, line of treatment is to alleviate vitiated *Vata dosha* with various procedures like *Agni karma*, *Raktamokshana* and *Vata shamaka* oral medicine.

**CASE STUDY**

A male patient of 34 years age came to *Shalya tantra* OPD with OPD no. 15753 in Doon institute of medical sciences (DIMS), Dehradun, Uttarakhand. He had complaints of lumbar pain radiating to back of right leg, tingling sensation over right leg, numbness right foot, and difficulty in walking for 1 year. The nature of pain was aching, increasing with movements and decreasing with rest. He was also unable to bend and stand for a long time. He had taken allopathic treatment from various hospitals during this period. But there was no relief from the treatment. So, he was advised for the surgery. Finally he came to this hospital for *Ayurvedic* management.

**Past history-** The patient had history of minor road traffic accident 1 year before and he fell down in supine position having injury over his back. Since then, he is suffering from the above complaints.

No past history of any other medical illness found.  
No family member had similar problem.

**General examination**

Vitals  
BP- 130/80 mm Hg  
Pulse- 76/min  
Temperature-98.4 F

**Systemic Examination**

Respiratory system

Chest clear, Air entry bilaterally equal.  
CVS- S<sub>1</sub>-S<sub>2</sub> normal, no any abnormal sound heard.

CNS- fully conscious, well oriented.

### Local examination

1. **Pain**- as per visual analogue scale VAS – 8
2. **Numbness**- Right leg – present Left leg- absent
3. **Tests:**

	Tests	Right leg	Left leg
1.	Straight leg raising test (SLRT)	30 degrees, painful	70 Degrees, painless
2.	Lasique test	Positive	Negative
3.	Pump handle (PH)	Positive	Negative
4.	SIST	Negative	Negative

### 4. Reflexes

S. no.	Joint	Right leg	Left leg
1.	Knee	+	++
2.	Ankle	+	+
3.	Plantar	Plantar flexion of toe	Plantar flexion of toe

### Investigations

- HB- 12.4 gm %
- Urine examination- routine and microscopic- normal
- BSL random – 104mg/dl
- ESR- 8 mm/1st hour
- X-ray LS spine- ullman's sign present, osteophytes noted.
- MRI of Lumbo-sacral spine- shows changes grade - II spondylolisthesis of L5 over S1.

Marginal osteophytes involving lumbar spine noted.

and *Maharasnadi Kwatha* 30 ml twice a day for 1 month. Then *Anushalya karma Agnikarma* was carried on the patient every Wednesday for 4 weeks. Consequently, cupping therapy was also done on the patient every Saturday for 4 weeks.

### Diagnosis

Lumbar spondylolisthesis was diagnosed on the basis of above findings. Oswestry Disability index and Roland-morris questionnaire was also used. Oswestry Disability Index is considered as 'Gold standard' of low back functional disability. This is composed of 10 questions. Each question is rated on 6 point scale measuring activities like personal care, sleep, social life etc.<sup>[4]</sup> The Roland-Morris low back pain and disability questionnaire contains 24 statements and patient should mark the sentences which describes to him on that particular day of measurement.<sup>[5]</sup> These two assessments were made before and after treatment. The patient was diagnosed as *Saama Katigraha* according to *Ayurveda*.

### Treatment

The patient was treated primarily with *Shamana aushadhi* (conservative treatment). The treatment initially started with *Trayodashanga Guggulu* 500 mg

### Drugs

Sr. No.	Drug	Dose	Duration
1	<i>Maharasnadi kwatha</i>	30 ml twice a day	30 days
2	<i>Trayodashanga guggulu</i>	500 mg twice a day	30 days

### Procedures

Sr.no.	Procedures done	Duration	Interval
1.	Cupping therapy	4 settings	7 days interval
2.	<i>Agnikarma</i>	4 settings	7 days interval

**Follow up and out come**

During the treatment of 30 days, the patient got relief from the symptoms. And overall relief from symptoms occurred.

S. No.	Complaints		Before treatment	After treatment
1.	Pain as per visual analogue scale (VAS)		9	2
2.	SLRT	Right leg Left leg	40 degrees 90 degrees	70 degrees 90 degrees
3.	Lasiqae	Right leg Left leg	Present Absent	Absent Absent
4.	Pump handle (PH)	Right leg Left leg	Present Absent	Absent Absent
5.	SIST	Right leg Left leg	Absent Absent	Absent Absent
6.	Numbness	Right leg Left leg	Severe Absent	Reduced Absent
7.	Reflexes	Right leg	+	++
	Knee	Left leg	++	++
	Ankle	Right leg Left leg	+	+
8.	Oswerty disability index		40	11
9.	Roland- Morris low back pain and disability questionnaire		21	4

**DISCUSSION**

Lumbar spondylolisthesis is a major health risk. But it is important to note that in *Ayurvedic* prospective it is *Vata roga*. Vitiating of *Vata* occurs by two ways- *Dhatu-kshaya janya*(degenerative) and *Aavarana-janya*(Stagnation). Where there is stagnation, there will be pain. If stagnation is removed, pain will itself be reduced. So, cupping therapy and *Agni karma* were selected. According to *Acharya Susruta*, the most vitiated *Dosha* comes out first during *Raktamokshana*.<sup>[6]</sup> The suction applied by cupping sucks out and breaks the congestion, *Aavarana* (stagnation). In present case, the vitiated *Vata Dosha* along with *Rakta Dhatu* was let out by pricking. Thus, it restores the free blood flow to the local area. Basically, it not only removes *Aavarana* but also alleviate *Vata* and *Kapha dosha*. *Agni* possesses *Tikshna*, *Ushana*, *Ashukari* and *Sukshma Gunas*, which are opposite to *Vata Dosha*. Physical heat from hot *Rajat Shalaka* is transferred as therapeutic heat to *Twakdhatu* which acts in three ways.<sup>[7]</sup> First, it removes *Sroto-Avarodha* due to its *Ushna-tikshna Gunas*. Secondly it increases *Ras-Rakta Samvahan* (blood circulation) to the affected site which flushes away the pain producing substances. Third, the therapeutic heat increases the *Dhatvagni* which digest the *Ama Dosha* from the affected site. *Maharasnadi kwatha* is a polyherbal formulation prepared from 26 different plants having properties of *Sholahara*(analgesic) and *Shothanashana*(anti-inflammatory).<sup>[8]</sup> *Trayodashang guggulu* is the combination of 13 herbs including *Guggulu* possessed in ghee. The contents of *Trayoshanga guggulu* are mainly *Guru*, *Snighda Gunatamaka*, *Madhura vipaki* and *Ushna viryatmaka* in properties which corrects vitiated *Vata dosha* and directly take part in *Samprapti vighatana* of *Kati-graha*.<sup>[9]</sup>

**CONCLUSION**

This case study specially emphasises cupping therapy and *Agni karma* along with *Shamana* medicine in the management of *Kati-graha* (lumbar spondylolisthesis) along with its associated symptoms. This single case study has been done within a short span of time. So, further study including large sample size and longer duration will be required to establish the role of *Agnikarma* and cupping therapy in lumbar spondylolisthesis.

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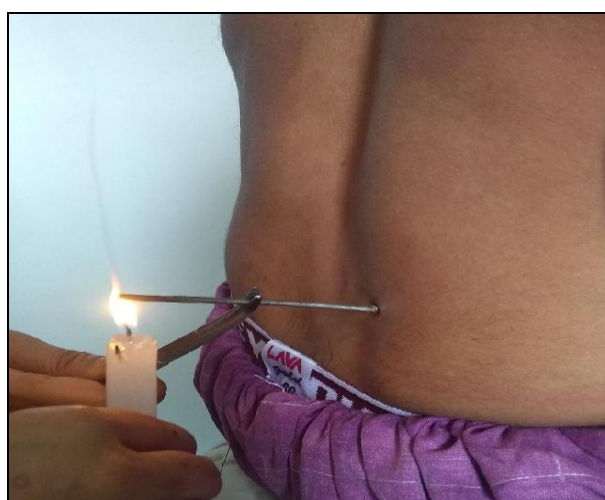


Figure 1: Agnikarma with Rajat Shalaka.



**Figure 2: Cupping Therapy.**

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