



KATIGRAHA- A LUMBOSACRAL DISORDER-AN INSIGHT TOWARDS ITS PANCHAKARMA MANAGEMENT

Dr. Priya.K.Pillai, Assistant Professor, Department of Panchkarma, Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan, drpriyakalluz@gmail.com

Dr. Swathi K.S., Assistant Professor, Department of Rasa Shastra And Bhaishajya Kalpana, Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan.

Dr. Shyamveer Ghuraiya, Assistant Professor, Department of Roga Nidan Evam Vikriti Vigyan, Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan.

Dr. Mayukh Sharma, Assistant Professor, Department of Dravya Guna Vigyan, Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan.

Dr.Jyoti Yadav, Assistant Professor, Department of Kriya Shareera, Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan.

Dr.Manisha Gurjar, MD Scholar, PG Department of Kaya Chikitsa, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan.

ABSTRACT- In the present era, low back ache is one among the main culprit which is seen commonly among the human's now a days, without any gender differentiation. The most common cause for this is our busy life schedule, stress and bad food habits. Almost all the part of the world's population are suffering this pain due to their strainious work schedule which will be ignored as such without any precautions, which later becomes a permanent deformity which is untreatable. As its aharaja, manasika and viharaja nidana are having similarity towards the nidana of vata vyadhi which has been specified, thus its management told is also very specific. Pain and Stiffness are the main symptoms of katigraha. Katigraha can be positively treated by various management modalities mentioned in ayurvedic classics. Vatadosha is the main causative factor which is responsible for the pathogenesis of katigraha. Panchakarma holds a very important role in the management of katigraha as it is having similar nidana of vata vyadhi, Basti can be adopted as main treatment along with other panchakarma modality as it is considered as Ardha chikitsa in Ayurveda.

KEYWORDS: Katigraha, Vata Dosha, Snehana, Swedana, Virechana, Basti.

I. INTRODUCTION

Katigraha, a lumbosacral disorder is one among the most probable cause that affects all decades but the factors varies among human beings. Lack of proper lifestyle modality and maintaining of imperfect postures for a long time are the two main reasons, which made katigraha as an epidemic type of spread among the populations. While dealing with whole world, katigraha is mainly the single largest suffering problem awaiting a solution all over the world. Katigraha one among the Vatavyadhi is produced by the vitiated Vata moved out from the Pakvashaya and got localized in the area around Kati, will occupies the Asthi Dhatu, and vitiates the Snayu and Kandara of the same. The resultant condition is presented by pain and stiffness in the Kati pradesha. It is difficult to find out an effective management for this, as it may or may not be associated with Ama. Therefore, the procedures aiming at the pacification of Vata as well as Kapha Dosha imbalances forms the proper modality for cure of Katigraha. As Vatadosha is the main responsible factor for the pathogenesis of katigraha, Ayurvedic treatment modalities plays an ineffective role to solve such worries but recurrence and duration of the treatment are the main problems that we met with such lifestyle disorders. In this situation ,panchakarma detoxification modality of treatment will plays an important role in management of katigraha ,a lumbosacral disorder.

CHIKITSA

The general treatment principle of Vata Dosha should be adopted in cases of Katigraha management after the assessment of Dushya, Prakruti, Vaya,etc of sufferers. The treatment of Katigraha includes various modalities to make same of its varied clinical entities, stages and associated complaints. The treatment also constitutes the Aahara, Vihara, Shodhana, Shamana and surgical measures. The specific Nidanans of the diseases should be identified properly and efforts must be made for its Parivarjana. Katigraha can be managed effectively with following principles of treatment.

SNEHANA:

Snehapana can be adopted in Katigraha except in conditions of Ama, AvritaVata, Ajeerna, Aruchi etc. In case of associated Ama or Kapha Dosha, Langhana and Pachana are the first line of treatment preceding Snehapana to facilitate the Niramaavasta. Both Ghruta paana and Taila paana can be effectively adopted according to the conditions after attaining Niramavastha. Bahya Snehana can be performed in the form of Snehadhara, Abhyanga, Avagaha, Parisheka, Katibasthi etc.

SWEDANA:

Katigraha is a Swedasadhya vyadhi. Among the different forms of Sweda procedures, Avagaha Sweda, Pizhichil, Naadi Sweda, Patra Pinda Sweda, Pinda Sweda, and Upanaaha Sweda may be performed efficiently in Katigraha. Swedana is also helpful in get rid of stiffness in Prushta and Kati pradasha. It can be done in whole body or locally in affected part of the body like Kati, Prushta etc.

MRIDU VIRECHANA:

The action of Virechana is concern with the whole body and is not limited to a concern part. In Vatavyadhi most of the authors mentioned Mridu Sneha Virechana. Virechana must be employed in Vata disorders that are not subsided by Snehana and Swedana. For this Virechana purpose the patient should take either Tilvaka or Satala Sidda ghritha or 'Eranda Sneha' along with milk. This will help in both Vata Anulomana as well as smooth excretion of Mala.^{1,2} Thus Sneha Virechana of Mridu nature clears obstruction in the Srotas and helps in controlling Shoola of Katigraha.

BASTI:

Basti is said to be the Pradhana Chikitsa for Vata Rogas because it immediately enters into Pakwashaya and corrects the root of vitiated Vata Dosha dwelling in other parts of the body. Further Basti Chikitsa has been glorified as 'Ardha Chikitsa' or Purna Chikitsa of Vata.³

Sushruta mentioned that the Vataja disorders either Sarvanga or Ekanga can be corrected by means of Basti karma alone. Basti has various effects on body like increase of strength, complexion, restoration and equilibrium of Dosha, Dhatu and Malas. It is useful in almost all Vata Rogas and relieves stiffness and contractures. Vangasena advised Shodhana and administration of Basti in Katigraha⁴. Vangasena in Bastikarmaadhikara has mentioned Vaitarana Basti is helpful in Katishoola, Uru Shoola, Prushta Shoola, Shotha, and other Vataja disorders.

PATHYA – APATHYA

Those Aharadi Dravyas, which are beneficial to Srotas and have no adverse effect on body and mind, are termed as Pathya⁵. Pathya is a major pillar supporting the line of treatment of any disease. Quite opposite to this the food and regimen that are otherwise is named as Apathya. Pathya and Apathya of Katigraha are not mentioned anywhere separately. Hence Pathya and Apathya of Vatavyadhi in general are considered for Katigraha also.

Pathyas: ⁶ Pathyas of Katigraha:

Ahara		
1	Rasas	Madhura-Amla-Lavana
2	Shukadhanya	Nava godhuma, Nava shali, Rakta shali, Shashtika shali.
3	Shimbi varga	Nava tila, Masha, Kulatha.
4	Shaka varga	Patola, Shigru, Vartaka, Lashuna.
5	Mamsa varga	Ushtra, Go, Varaha, Mahisha, Magura, Bheka, Nakula, Chataka, Kukkuta, Tittira, Kurma.
6	Jala varga	Ushnajala, Shrithasheetajala, Narikelajala.
7	Dugdhavarga	Go, Aja, Dadhi, Gritha, Kilata, Kurchika.
8	Mutravaga	Gomutra.

9	Madyavarga	Dhanyamla, Sura.
10	Snehavarga	Ghrita, Tila, Vasa, Majja.
11	Present day food stuffs	Orange juice, carrot, all fibrous fruits and Vegetables.
Vihara		
1	Veshtana, Trasana, Mardana, Snana, Bhushayya,	
2	Present day & activities: Physiotherapy exercise, Yogaasana's, Steam bath	

Apathya: ⁷ Apathyas of Katigraha:

Ahara		
1	Rasas	Katu, Tikta, Kashaya.
2	Shukadhanya	Truna, Kangu, Koradusha, Neevara, Syamaka.
3	Shimbi varga	Rajamasha, Nishpava, Mudga, Kalaya
4	Phalavarga	Jambu, Udumbura, Kramuka, Tinduka.
5	Mamsa varga	Sushka mamsa, Kapota, Paravata
6	Jala varga	Sheetajala.
7	Dugdhavarga	Gardabha.
8	Present day food stuffs	Fast food, cold beverages, liquor.
Vihara		
1	Manasika:	Chinta, Shoka, Bhaya.
2	Present day activities:	Long standing sitting, driving, staying in AC etc

II. DISCUSSION AND CONCLUSION:

Katigraha/ Low back ache is commonly seen in society as a prominent problem. The disease Katigraha is a Sthana vishesha Vatavyadhi. Katigraha is a disease, which is having the involvement of Kapha Dosha along with Vata. The Udbhava stana of Katigraha is Pakvashaya. Generally whenever the Doshas were aggravating in the Pakvasaya region, which is to be eliminated through Guda, and which includes Virechana and Basti. Also Katigraha is a Vata Vikara, related to Asthi sandhis and Dhaturkshaya is the resultant. So Snehana and Swedana in the form of bahya snehana and swedana also in the form of sneha Basti would be an ideal line of treatment for the cure of same along with proper pathyas and shamanaushadhis.

REFERENCES:

1. Vagbhata, Ashtangahridaya nidanasthana chapter 15 sloka 7. Varanasi: Krishnadas Academy; 1982. p.529. (Krishnadas Academic series 4).
2. Agnivesa, Charakasamhitha chikitsasthana chapter 15 sloka 45. 4th ed. Varanasi: Chaukhambha Sanskrit Sansthan; 1994. P 456. (Kasi Sanskrit series 228).
3. Bhava Mishra edited Bhava prakasha with Vidyotini English translation by Dr.Srikantha moorthy, Chapter 26, Sloka No.6. Madyama khanda, Page no.370, Tenth Edition: 2002, Second part, Pub: Chaukhambha Sanskrit Sansthan.
4. Agnivesa, Charakasamhitha chikitsasthana chapter 28 sloka 83. 4th ed. Varanasi: Chaukhambha

- Sanskrit Sansthan; 1994. p. 620 (Kasi Sanskrit series 228).
5. Vagbhata, Ashtangasangraha chikitsasthana chapter 23 sloka 4. Varanasi: Krishnadas Academy; 1982. p.530-531 (Krishnadas Academic series 4).
 6. Agnivesa, Charakasamhitha sutrasthana chapter 1 sloka 40. 4th ed. Varanasi: Chaukhambha Sanskrit Sansthan; 1994. p.8 (Kasi Sanskrit series 228).
 7. Vangasena by by Kavivar shree shaligramaji Vayshya ,edited by vydyia Sakarlal jain pg no. 574-576