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MANAGEMENT OF KATIGRAHA (LOW BACK PAIN) WITH KOLAKULATTHADI CHOORNA PINDA SWEDA

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ABSTRACT

Katigraha is considered as the most common complaint in the present era due to changed lifestyle. It is a condition of low back region with pain and stiffness. Even though *Swedana* is one of the *Poorva Karma* of *Panchakarma* it is being used as *Pradhana Karma* for the management of different ailments because of its effectiveness. *Choorna Pinda Sweda* is one type of *Ekanga Sweda* where the drugs in the form of powder tied in a cloth and used for *Swedana Karma* in the site of pain and stiffness. Due to its effectiveness, *Choorna Pinda Sweda* can be better opted in the management of *Katigraha*.

Keywords: Katigraha, Choorna Pinda Sweda, Kolakulathadi Choorna, Pottali, Sammyak Swinna Lakshana

INTRODUCTION

Choorna Pinda Sweda is based on the principles of *Sankara Sweda*. *Sankara Sweda* is a method in which the materials (*Kolakulaththadi Choorna*) are tied in a cloth and used for *Swedana Karma*.¹ In *Snigdha Pinda Sweda*, oil (*Tila Taila*) is to be applied over *Katipradesha* and *Swedana* done by dipping warmed *Pottali* in *Dravadravya* like *Dhaanyaamla*.²

NEED OF THE STUDY

Out of all 291 conditions studied in the Global Burden of Disease 2010, Low Back Pain ranked highest in terms of years lived with disability (YLDs). It is in 6th position in terms of overall burden of disability adjusted life years (DALYs). Global prevalence of Low Back Pain was 9.4%. In the study mentioned above, it was found that disability adjusted life years (DALYs) increased from 58.2 million in 1990 to 83 million in 2010. Prevalence and burden of Low Back Pain increased with age.³

AIM AND OBJECTIVE

To study the efficacy of *Choorna Pinda Sweda* in the management of *Katigraha*.

MATERIAL AND METHODS

The *Charaka Samhita*, *Sushruta Samhita* and *Astanga Hrudaya* were referred

and reviewed for the proper understanding of concept of *Choorna Pinda Sweda* and *Katigraha*.

LITERARY REVIEW

Katigraha

Acharya Charaka has described *Katigraha* as one of the eighty *Vatajananatmaja Vikara*.⁴ *Katipradesha* is the seat of *Vata Dosha*. In *Katigraha*, *Vata* get vitiated in its *Swasthana*.⁵ According to *Samprapti*, two types of *Katigraha* *Margavarodhajanya Katigraha* and *Dhatukshayajanya Katigraha*.⁶

Kolakulaththadi Choorna

It can be prepared by pounding the raw materials collected from various plants viz.: *Kola*, *Kulattha*, *Devadaru*, *Raasna*, *Masha*, *Atasi*, *Taila Phala*, *Kushta*, *Vacha*, *Shatapushpa*, *Yava*.⁷

Choorna Pinda Sweda

The above said drugs are crushed well and boil in 16 times of *Amla Kanji* (*Dhanyaamla*) till the liquid is evaporated. Then grind the mixture into paste, divide into 2 parts and make boluses.⁸ It is having *Laghu*, *Ushna*, *Snigha Guna* and *Kapha Vatahara* properties.⁹

Requirements:

1. *Kolakulaththadi Choorna*- 800 gm¹⁰
2. Oil-25 to 50gm

3. Cotton cloth (45cmx 45cm) -4 No.s
4. Tag-4 No.s
5. Vessels (iron) -2 No.s
6. Raasnadi Choorna-5gm
7. Towel-1
8. Medicated Snaana Choorna - Q.S.¹¹

Man Power¹²

- Masseurs - 2
- Attendant – 1

Pre - Operative Procedure

The powder is to be slightly fried in the vessel to remove water content and attains a golden brown colour. It is to be divided into 4 equal parts and made into 4 *Pottali* (bolus). Patient is to be then seated on the table /Droni and Raasnaadi Choorna is to be applied over the anterior frontenella of the scalp.¹³ *Abhyanga* should be done to *Katipradesha* with *Tila Taila*.¹⁴

Operative Procedure

- The warmed *Pottali* is to be gently applied over *Katipradesha*, after confirming the suitability of its temperature by applying *Pottali* on the dorsum of his /her hand. (42°C to 45°C is ideal)
- *Kati Pradesha* is pressed and massaged with *Pottali* up to 10 to 20 minutes.
- The *Pottali* are to be used alternatively after repeatedly warming

them in order to maintain uniform temperature throughout the procedure.

- The same *Pottali* may be used for two or three days.
- *Sammyak Swinna Laakshana* must be looked for until which the therapy is to be continued.¹⁵

Post – Operative Procedure

- After the procedure, the *Thalam* is to be removed with cotton and *Raasanadi Choorna* is to be applied over the *Moorddha*.
- Patient is to be then allowed to take complete rest in a non-windy room with his/her body covered using a thick blanket for at least half an hour and take bath using warm water.^{16,17}

Indications

Grudhrasi, *Katigraha*, Rheumatologic conditions, Arthritis due to various causes including conditions like cervical sponylosis etc.¹⁸ In all kinds of *Vata Roga*, Lumbago, Neurological disorders,¹⁹ Lumbar spondylosis.²⁰

Complications and Management

- Shivering –due to uneven distribution of temperature or if body is exposed to cold breeze immediately after the procedure. In such condition, cover the body

with thick cloth, give warm liquid for drinking or give hot fomentation

- Fainting – due to increased temperature. Treat appropriately
- Rashes –apply *Madhu* and *Ghrita*²¹

Dietary Regimen

- Light food preferably liquids and semisolids.²²

DISCUSSION

It is a kind of fomentation that stimulates nerve endings, relaxes muscle and relieves pain.²³ *Swedana Karma* is indicated in *Vata* and *Vata Kaphaja Vyadhi* and *Katigraha* is *Vatakaphaja Vyadhi*. According to the *Kaarmukatha* of *Swedana*:

- *Ushna Guna* helps in relieving pain
- *Amapachana* takes place with the help of *Ushna* and *Teekshna Guna* of *Sweda* and stiffness of *Katipradesha* get relieved
- *Sthira Guna* of *Sweda* gives stability
- *Snigdha Guna* of *Sweda* induces unctuousness, softness, strength
- *Guru Guna* gives strength
- *Drava Guna* gives stickiness, moistness, softness.

- *Sookshma Guna* helps in metabolism.

Rise in temperature in superficial tissue impacts on increase in metabolic rate results in vaso-dilatation, due to that increase in supply of oxygen and nutritive materials and elimination of metabolic excreta through sweat results in muscle relaxation and increases the efficient of muscle contraction.²⁴

CONCLUSION

Katigraha can be effectively managed with *Kolakulathadi Choorna Pinda Sweda* as per classical references. Management of *Katigraha* diseases with *Choorna Pinda Sweda* kind of simple and easy to administer procedure can guide future research works for the invention of better and efficient management therapies.

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