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## A SINGLE CASE STUDY OF KATIGATA VATA MANAGEMENT IN AYURVEDA

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### ABSTRACT

The *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*. It occurs most often in the lumbar spine and produces symptoms such as pain in low back, stiffness, irregular gait can be seen. In *Katigata vata* vitiated *vata* saturated in *kati pradesha* leads above mentioned symptoms and this condition can be correlated with *asthigata vata*. *Ayurvedic* texts suggest that *Asthigata vata* is treated by *Panchkarma upakrama*, by *Basti karma* therapy and *sthanik snehan swedan* with drugs having *vata & kapha* pacifying properties [1]. The prevalence rate of back pain in world is underscored by 50% of working adults, in one survey, approximately 1% of the population is chronically disabled because of back pain. The ratio on gender in male and female is 1:5. A 69 year old male patient was enrolled at Parul Institute of Ayurved college and hospital's IPD with the registration number 233872. He lives in pune in Maharashtra. For the previous 5 years, the patients' main complaints were *Adhaha Katishoola* (low Back pain), *Kathinya* (Stiffness), *Gaman kathinya* (difficulty in walking). *Sthanik Abhyanga* with kottamchukadi taila and oral medications Rasayan churna, Manjishthadi ghanvati, Kaishor guggulu had demonstrated a noteworthy improvement and response in this case of *katigata vata*. *Basti chikitsa* is mainly useful in disorders related to *Vata Doshas* [2]. *Matrabasti* is a type of *Sneha Basti* which can be given in all seasons without any strict regimen of diet. It has *Brumhana*

and *vata shamaka* in nature. In *Viddha karma* treatment when we insert the hollow fine needle into the painful site, first *Aavruta vata dosha* comes out (*Vatanulomana*) with its *Laghu* and *Chal* guna (properties) from that painful site and patient gets pain relief immediately. When the needle pierced in painful part, with *Vatanulomana*, and little quantity of blood also comes out.

**Keywords: Katigraha, Viddha karma, Matra basti**

## INTRODUCTON-

The *Katigat vata* is not available as a separate disease entity in any Ayurvedic text. It is mentioned as one of the *Vatavyadhi* in *Charak Samhita*. It occurs most often in the lumbar spine and produces symptoms such as pain in low back, thighs, legs, which radiates into the buttocks, muscles and irregular gait can be seen. Ayurvedic texts suggest that *Asthigat vata* is treated by *Panchkarma upakrama*, text advocates that vitiated vata which is located in '*Kati*' region, around lumbar region, should be treated by Basti karma therapy and sthanik snehan swedan with drugs having *vata & kapha* pacifying properties [3].

The three tastes sweet, sour and salty are the best to pacify vata.

"*Katigata vata*" is one of the commonest diseases in 3<sup>rd</sup> and 4<sup>th</sup> decade of Life and its one of the most expensive benign medical complications causing restricted movements thus hampering daily chores of life. *Katishoola* is not directly mentioned in *brihatraya* but references indicate to treat it as an individual pathology. Diseases similar in ayurvedic texts to *katishoola* are *katiruja* = *katisandhisphuranam*, *katigraha*, *trikshool*.

*Katigraha* is mainly due to *pakvashayagata vata*.

*Amla rasa* specifically mentioned in pacifying the provoked vata. that's the reason it's called *vatanoolomaka* [4].

When it is diagnosed clinically symptoms include Back pain, stiffness, Difficulty In walking, seating and sometimes lying. The patient in the current investigation was identified as *Katishoola* (Back pain). As a result, the patient received *Sthanik abhyanga*, *swedan*, *Deepan*, *pachan* medications and *Physiotherapy*.

*Acharya Sushrut* said that pain is the cardinal symptom of vitiated *Vata Dosha*. Pain does not arise in the absence of *Vata* and *Dushit Rakta* [5]. In *Viddha* treatment when we insert the hollow fine needle into the painful site, first *Aavruta vata dosha* comes out (*Vatanulomana*) with its *Laghu* and *Chal* guna (properties) from that painful site and patient gets pain relief immediately. When the needle pierced in painful part, with *Vatanulomana*, and little quantity of blood also comes out. // Which gives the effects of *Raktamokshana* (bloodletting therapy).

*Viddha* treatment is like acupuncture treatment. In acupuncture, fine needles were inserted into specific exterior body locations (acupoints) and manipulated to relieve pain. Sushruta Acharya also advised some specific points for *Siravedha* (*Viddha*) and also at the site of pain. The procedure is simple, economical and can be done in OPD level, and gives up to 50% instant pain relief to most of the patients in just one sitting. In this case study, patient felt almost 70% relief in her symptoms in just one sitting and upto 90% relief after the complete treatment [6]. he was called after 3 months for the feedback and follow up and he gave a video review where he mentioned he feels 90% better and can do her day-to-day activities comfortably.

#### **CASE PRESENTATION-**

A 69 year old male patient was enrolled at Parul Institute of Ayurved college and hospital's IPD with the registration number 233872. He lives in pune in Maharashtra.

For the previous 5 years, the patients main complaints were *Adhaha Katishoola* (low Back pain), *Kathinya* (Stiffness), *Gaman kathinya* (difficulty in walking).

#### **HISTORY OF PRESENT ILLNESS-**

The patient was generally well 5 years ago then one day he fell in his home and had trauma in his back. than he gradually developed symptoms *Adhaha Katishoola* (low Back pain), *Kathinya* (Stiffness), *Gaman kathinya* (difficulty in walking),

difficulty in standing, seating. the patient received a clinical diagnosis of Back pain. he received therapy from many allopathic facilities, but they did not see much improvement than before 3 months the symptoms were deteriorated so he was hospitalized for treatment at our institute.

#### **PAST HISTORY AND FAMILY HISTORY-**

The patient used Painkillers, antacids, Anti-inflammatory, Anti-drugs and injections. His family's past showed that no such complaint had ever made. However, he used to practice common *vatakar nidana* as *vega vidharana*, *asatmya bhojana*, *gramya ahara* (fast food).

#### **GENERAL AND SYSTEMIC EXAMINATIONS-**

The patient appeared to be of medium build, standing 5 feet 9 inch tall and weighing 60 kilograms. upon examination vital signs, including temperature, urine output, pulse rate and respiratory rate, were normal limit the patients' blood pressure was 120/90 mm/hg. normal appetite, reduced sleep, normal bowel movement, the frequency of micturition was normal, no anomalies in the respiratory, central nervous or cardiovascular systems were found. No pain and tenderness in GI tract system.

In locomotor system tests coin prick test and SLR (straight leg raise) test were done. The results were coin prick test was positive and SLR test was both leg negative.

**INVESTIGATION-**

The haematological report showed that the following values were within normal ranges: CBC-Hemoglobin-12.7 g/dl, ESR-22 mm/hr.

According to serological analysis, RBS-184 mg/dl, LFT, RFT were all normal. R/E and M/E urine revealed normal.

**TREATMENT-**

PROCEDURE	DOSE	TIME DURATION
Sthanik abhyanga with kottamchukadi taila		10 days
Matra Basti with Ashwagandha Taila	60 ml	After food anal route for 9 days.

**SHAMANA CHIKITSA**

MEDICINE	DURATION	DOSAGE
Rasayan churna	1 tsp BD Before food	100 mg
Manjisthadi ghanvati	2 BD After food	
Kaishor guggulu	2 TDS After food	

**METHOD OF ADMINISTRATION OF MATRA BASTI-**

(1) Purva Karma--The patient was instructed to come with the taking Light diet. After that patient subjected to local Abhyanga and Mrudu Sweden over abdomen, thighs and lumber [7].

(2) Pradhan Karma-After that Purva Karma Patient was advice to lie down on left lateral position on Basti table with left leg straight and right leg flex.

Taila applied over the anus in small quantity. 60 ml of Koshna taila taken in syringe and rubber catheter smeared with oil after that catheter was administered into the anus to the 4cm.

After that patient asked to take deep breath.

(3) Pashyat Karma-After administration of Basti lie on supine position. After 10-15 minutes patient was

Advice to get up from the table and take rest on bed.

**VIDDHA KARMA-**

The placement of needles may cause the release of neurotransmitters as endorphins, Pain killers that may inhibit pain pathways. Stimulation of large sensory fibers from Peripheral tactile receptors depress the transmission of pain signals either from the same area of body or even from areas sometimes located in many segments.

After Viddha karma treatment patient feel laghavta at the site of pain which leads to easy movements of that painful body part. This treatment can be done in saam and nirama Avastha [8].

**RESULT AND OBSERVATIONS-**

**WOMAC Scale-**

	Before treatment	After treatment
Walking	3	1
Rest	0	0
Stairs climbing	2	1
Bending	3	2
Ascending stairs	2	1
Descending stairs	1	0
Lying on flat surface	2	1
Lifting weights	3	2
Wearing socks in and out	2	1
Getting in and out toilet	3	2

After a complete examination and taking a proper history on the patients initial visit to the outpatient department. The patient was admitted to Inner patient department (IPD) for a period of ten days, accompanied by the treatment schedule. After receiving therapies for 15 days, the patient was feeling good, than the patient was discharge on short period of 1 day due to some work. The patient was then instructed to take just oral medication along with appropriate anupana and pathya and after a follow up was instructed [9].

After take rest in 1 day patient come again in hospital for further treatment. He then received sthanik abhyanga for 10 days than he feel around 70% relieved than previous condition.

**DISCUSSION-**

The Katigat vata it occurs most often in the lumber spine and produces symptoms such as pain in low back, thighs, legs, which radiates into the buttocks, muscles and irregular gait can be seen. vitiated vata which is located in 'Kati' region, around lumber region, should be treated by Basti

karma therapy and sthanik snehan sweden with drugs having vata & kapha pacifying properties.

It is evident from the clinical symptoms that the patient was predominately vata dosha thus he benefited greatly from abhyanga with kottamchukadi taila which possess quality of vata hara, ama dosha hara, ushna, guru, vyavayi gunas.

Rasayan churna is used in back pain, arthritis, scitica and have properties of antioxidant, anti-viral and anti-inflammatory actions [10].

Manjishthadi ghanvati have properties of vata hara, blood purifier, immunomodular, anti-inflammatory actions and it is used in oedema of feet, numbness and lipid metabolism.

Kaishor guggulu have properties of analgesic, anti-bacterial, anti-inflammatory, anti-microbial, painkiller, toxin remover and it is used in gouty arthritis, back pain, swelling.

The patient was improving wonderfully every day while taking all of these meds and also followed the pathways which were

indicated after received treatment for 2 months he have 70% improvement than previous condition. The patient's overall improvement indicated that the treatment was successful.

*Viddha* treatment is like acupuncture treatment. In acupuncture, fine needles were inserted into specific exterior body locations (acupoints) and manipulated to relieve pain. *Basti chikitsa* is mainly useful in disorders related to *Vata Doshas*.

*Ashwagandha* is one of the *Madhura skanda dravya*.it is mentioned in *Bhaishajya Ratnavali that Ashwagandha taila is tila taila which is ushna tikshna madhur rasa, Madhur vipaka, Brumhana, Vikasi, Twak prasdhak. Ashwagandha* is having katu and tikta rasa whereas Katu rasa is mentioned as vatakapha shamak and tikta rasa is mentioned as pittakapha shamak.it have *Shothahara and Vednasthapan* properties [11].

### CONCLUSION-

The treatment prescribed in this case, *Sthanik Abhyanga* with kottamchukadi taila and oral medications *Rasayan churna, Manjishthadi ghanvati, Kaishor guggulu* had demonstrated a noteworthy improvement and response in this case of katigata vata.

Symptoms have moderately improved, indicating the need for long-term care to address this illness. We now have successful and efficient Ayurvedic treatment for

Katigata Vata roga that also cures its consequences thanks to this study. Thus, it is evident that Back pain can be effectively treated with *Katigata vata* through its Ayurvedic management including *viddha karma* which is very effective in *katigata vata chikitsa*, lumber spondylosis. From the outcomes, we conclude that *Matrabasti* with *Madhur Dravya (Ashwagandha taila)* effective in reducing symptoms of katigata vata.

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