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**AN AYURVEDIC PERSPECTIVE ON CONSERVATIVE MANAGEMENT OF
ACUTE PROLAPSED INTERVERTEBRAL DISC: A CASE STUDY**

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ABSTRACT

Katigraha, a prevalent condition, manifests as stiffness, pain, and diminished functionality in the lumbar spine region. This condition is primarily attributed to the exacerbation of Vata in the Katipradesh region. Although Katigraha is not life-threatening, it significantly impedes daily activities. The Kati region serves as a pivotal locus for Vata Dosha, and its vitiation is the primary etiology of this disorder. As elucidated by Ayurveda, this condition involves the impairment of Asthivaha Srotas. Notably, approximately 80% of the industrial population and 60% of the general population are affected by low back pain due to poor posture.

Case Report: A 38-year-old female patient, working as a Labour, presented to our hospital with complaints of low back pain radiating to the left lower limb, tingling sensations in both lower limbs, numbness in the left heel, difficulty walking, loss of appetite, indigestion, and disturbed sleep due to pain.

Result: The patient experienced significant relief from pain, stiffness, and tingling sensations, along with improved walking ability.

Conclusion: Katigraha is a prevalent disorder in contemporary society, classified as a Vata Pradhan Tridoshaj Vyadhi in Ayurveda. This study concludes that Kshara basti & Matra basti and Kati Basti are effective in alleviating the symptoms of Katigraha.

Keywords: Katigraha, Ksharabasti, Katibasti

INTRODUCTION

Approximately 80% of people in India suffer from low back pain as a result of incorrect posture [1]. Acharya Shodhala defines the term "katigraha" as a state in which Ashraya is taken in the Kati pradesha, resulting in Ruja or Shula, Graham or Stambha in the vicinity, and vitiated Vata either Shuddha or with Ama or Kapha. According to Acharya Sharangadhara, it is known as "katisthambhena vedana vishesha," a condition unique to Kati Pradesh that is characterized by pain and stiffness [1].

In Sharangadhar Samhita describes katigraha as a vataja nanantmaja illness. and by Shodala in Gadanigraha that vata becomes vitiated in the lumbar area of kati Pradesha and causes symptoms like shula and graha, which can eventually result in pangu (disable) [2].

One of the Vata vyadhis that affects the lumbar region is katigraha. Even though there is no risk to life, this illness makes daily tasks difficult. According to Acharya Shangdhar, it is a Nanatmaja Vatavyadhi, and the traditional work Gadanigraha describes it as a distinct ailment. One of Vatadosha's seats is Kati, and Vata

exacerbates the underlying cause of illness [3].

PREVELANCE

Musculoskeletal disorders that affect 65–85% of the population globally. Lumbar prolapsed intervertebral disc (PIVD) or herniation among LBP patients is one of the most prevalent musculoskeletal disorders, affecting approximately 10% of the population [4].

Case history

A 38 yrs. old female patient registered no 24003575 came to speciality OPD 3 of KAHER's Shri BMK Ayurveda hospital and presented with complaints of katischoola since 6 months associated with daurbalya in adho shaaka region later developed chimchimayana in adho shaaka region. These symptoms were progressive in nature gradually leading to difficulty in walking from last 4 months. On taking detailed history, it was found that the cause of these complaints is accidentally fall in the house. And the complaints were start from that incidence. For that she has taken some allopathy medicine and got temporary relief. Then she was done MRI for her complaints. So, she was diagnosed as intervertebral disc prolapse.

Table 1: Personal history

Bowel	Clear (once a day)
Appetite	Good
Micturition	Clear (3-4times/day)
Sleep	Disturbed

Table 2: Dashavidha pareeksha

Prakruti	Vata pittaja
Vikruti	vataja
Sara	Madhyama
Samhana	Madhyama
Pramana	Madhyama
Satmya	Madhyama
Satva	Madhyama
Ahara shakti	Madhyama
Vyayama shakti	Avara
Vaya	Madhyama

Table 3: Ashtavidha pareeksha

Naadi	86bpm vata- pittaja
Mutra	Prakruta
Mala	Prakruta
Jihva	Alipta
Shabda	Prakruta
Sparsha	Prakruta
Druk	Prakruta
Aakruti	Prakruta

Spine examination

Normal lumbar lordosis is seen.

Inspection: Normal Curvature of the

No visible deformity

Lumbar Spine

Table 4: Palpation

Palpation	Lumbar spine
Spinous process: tenderness	Present
Paraspinal tissue: tenderness	Present

Table 5: Range of motion

Lumbar Spine	Range of motion
Flexion	Painful
Extension	Painful
Right lateral flexion	Normal
Left lateral flexion	Normal
Right Rotation	Normal rotation with slight pain
Left Rotation	Normal rotation with slight pain

Investigations

Serum creatinine was 1 mg/dl, uric acid was 3.1 mg/dl, calcium was 9.67 mg/dl, hemoglobin was 11.3%, white blood count was 6700 cells/cu mm, and ESR was 120 mm in one hour.

MRI Findings

The MRI (T2-weighted, coronal view) of the lumbosacral spine (dated 15.06.2024) shows desiccation and sacralization of the L5 vertebral body. L4-L5 demonstrates a mild diffuse central and bilateral paracentral posterior disc bulge, indenting the anterior thecal sac without significant neurological compression, along with a right paracentral

disc extrusion. The spinal canal diameter at L4-L5 is 14.0 mm, with no central canal or foraminal narrowing in the rest of the lumbar spine. The conus medullaris, cauda equina, ligamentum flavum, and facet joints

appear normal. Both SI joints show subchondral fat marrow signals with articular irregularity, and the right SI joint shows subtle subchondral oedema. Pre- and paravertebral soft tissues are unremarkable.

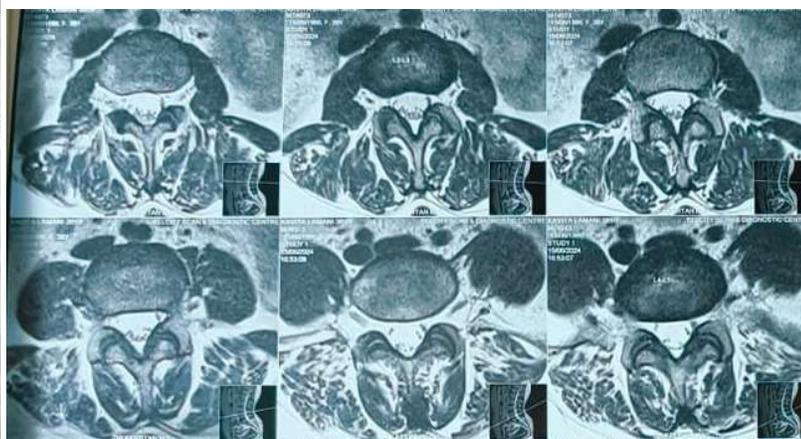


Table 6: Assessment before and after treatment

Parameters	Before treatment	After treatment
Gait	Antalgic	Improved
SLR Test	50 degree	70 degree
Faber's test	Positive	Improved
Lumber flexion	30 degree	50 degree
Lumbar extension	30 degree	50 degree

Roga Vigyana

Nidana:

The ingestion of vatakara ahara, vihara, and vatakara nidanas such as ativyayaama,

stressful activities, etc., causes vitiation of Vatadosha, which is restricted to its own place.

Purvarupa:

For vatavyadhi, the Purvarupa was the presence of symptom was minimal. Thus, in the context of Katigraha, the Purvarupa was the periodic incidence of back pain and stiffness [5].

Roopa

The aggravated vata spreads to the katipradesha, which includes the snayu, peshi, and asthi. This can occasionally result in pain, stiffness, and restricted movement in kati Pradesha [6].

Samprapti

The vitiated vata localizes in the kati pradesha and causes stiffness and pain there, a condition known as katigraha. The vitiated

doshas settle in the affected areas of the body, particularly in the katipradesha (lower back region). Factors like excessive strain on the region, as seen in conditions of Vatakara Nidana, lead to the impairment of the channels (srotovigunata). The aggravated Vata dosha becomes localized at the site of dysfunction (kha-vaigunya), where it disrupts the dushyas (such as bones, ligaments, muscles, and marrow). As a result, mild symptoms of pain and stiffness, which are characteristic of the early stages of a Vata disorder, such as katigraha begin to manifest [7].

Table 7: Timeline Of Treatment

Sr. No.	Dates	Advised Protocol
1	26/05/24 to 28/05/24	Deepana & Pachana with Agnitundivati 1 TID Chitrakadi vati 1 TID
2	29/05/24 to 01/06/24	Snehapana followed by Tiktaka gruta
3	02/06/24 to 04/06/24	Sneha vishrama kaala
4	05/06/24	Virechana with Trivruth leha 40gms
5	06/06/24 to 14/06/24	Samsarjana krama
6	15/06/24	Patient admitted to Hospital for basti & other treatment
7	16/06/24	Erandamoola kshara basthi;
		Sarvanga Abhyanga with Ksheerabala taila f/b Bashpa sweda
		Katibasti with Murivenna taila & Mahavishagarbha taila
		Matra basti with Sahacharadi taila matra basti 50ml
8	17/06/24	Erandamoola kshara basthi;
		Sarvanga Abhyanga with Ksheerabala taila f/b Bashpa sweda
		Katibasti with Murivenna taila & Mahavishagarbha taila
		Matra basti with Sahacharadi taila matra basti 50ml
9	18/06/24	Erandamoola kshara basthi;
		Sarvanga Abhyanga with Ksheerabala taila f/b Bashpa sweda
		Katibasti with Murivenna taila & Mahavishagarbha taila
		Matra basti with Sahacharadi taila matra basti 50ml
10	19/06/24	Erandamoola kshara basthi;
		Sarvanga Abhyanga with Ksheerabala taila f/b Bashpa sweda
		Katibasti with Murivenna taila & Mahavishagarbha taila
		Matra basti with Sahacharadi taila matra basti 50ml
11	20/06/24	Erandamoola kshara basthi;
		Sarvanga Abhyanga with Ksheerabala taila f/b Bashpa sweda
		Katibasti with Murivenna taila & Mahavishagarbha taila
		Matra basti with Sahacharadi taila matra basti 50ml
12	21/06/24	Erandamoola kshara basthi;
		Sarvanga Abhyanga with Ksheerabala taila f/b Bashpa sweda

		Katibasti with Murivenna taila & Mahavishagarbha taila Matra basti with Sahacharadi taila matra basti 50ml	
13	22/06/24	Erandamoola kshara basthi; Sarvanga Abhyanga with Ksheerabala taila f/b Bashpa sweda Katibasti with Murivenna taila & Mahavishagarbha taila Matra basti with Sahacharadi taila matra basti 50ml	

MODE OF ACTION OF DRUGS:

MURIVENNA TAILA: [8]

Murivenna may help reduce inflammation, potentially by enhancing microcirculation due to the properties of its ingredients. It is applied directly to fresh wounds, fractures, and dislocations. Analyzing the individual ingredients of Murivenna reveals that most are predominantly Tikta, Katu, and Madhura Rasa, and they are also Kapha-Pitta Shamana. Various published research studies on the properties of these individual ingredients support the traditional claims of Vaidhyas regarding the effectiveness of Murivenna in various clinical conditions.

KOTTAMCHUKKADI TAILA: [9, 10]

Kottamchukkadi Taila, a renowned *Sneha Kalpana* in Kerala, balances *Vata* and *Kapha Doshas* with its *Katu-Tikta Rasa*, *Ushna Veerya*, and *Katu Vipaka*. It is effective in managing *Aamvata*, *Sandhigata Vata*, *Pakshaghata*, and *Manyastambha*, offering *Shothahara* and *Vedanasthapana* benefits. Widely used in therapies like *Abhyanga* and *Katibasti*, it nourishes *Snayu* and *Asthi Dhatu*. This formulation is safe and effective for musculoskeletal and neuromuscular disorders.

SAHACHARADI TAILA : [11, 12]

Sahacharadi Taila comprises 4 parts Tila Taila and 16 parts Kwatha made from Sahachara, Devadaru, and Nagara. Devadaru (*Cedrus deodara*) balances Kapha and Vata, and possesses properties such as pain relief, anti-inflammatory, skin disease treatment, and expectorant effects. Nagara (*Zingiber officinale*) also balances Kapha and Vata, and is beneficial for anti-inflammatory and analgesic purposes, and aids digestion. Sahachara (*Barleria prionitis*) shares similar properties, offering pain relief, anti-inflammatory benefits, skin disease treatment, wound cleaning, and healing. As described by Vagbhata, Sahacharadi Taila contains these three herbs, all with warming properties and the ability to balance Kapha and Vata. According to Acharya Charaka, Sahacharadi Taila Basti is a universal remedy and rejuvenator. It is beneficial for treating injuries, Vata depletion, Pitta disorders, and enhancing appearance, complexion, strength, muscle mass, and reproductive health.

Ksheera bala taila : [13]

Ksheerbala Taila, with its *Sheeta Guna*, reduces nerve inflammation and supports nerve regeneration. Its *Balya* and *Brimhana*

properties strengthen *Mamsa Dhatu* and prevent muscular wasting, making it effective in conditions like muscular atrophy and fibromyalgia. It nourishes *Asthi* and *Mamsa Dhatus*, enhancing muscle vitality and preventing tissue degeneration.

Tab Spiner: Spiner tablet is a potent Ayurvedic formulation combining classical preparations like Guggulu Tiktaka Kashaya, Saptavimshatika Guggulu, and Kukkutanda Twak Bhasma, along with herbs like Shallaki, Shuddha Guggulu, Haridra, Langali, and Arjuna. It offers *Shothahara* (anti-inflammatory), *Vedanasthapana* (analgesic), and *Sandhivardhaka* (joint-nourishing) properties, effectively managing conditions like Spondylitis and Rheumatoid Arthritis. Spiner strengthens *Snayu* (ligaments) and *Asthi Dhatu* (bone tissue) while supporting bone mineral density. It is particularly beneficial for *Sthoulya* (obese individuals) with arthritic conditions. This formulation promotes overall joint and connective tissue health.

Trayodashanga Guggulu [14]

Trayodashanga Guggulu, a 13-herb *Sneha Kalpana* processed in ghee, is effective in *Vatavyadhi* like *Snayugata Vata*, *Asthigata Vata*, and *Majjagata Vata*. Herbs like *Shatavari*, *Ashwagandha*, and *Guduchi* act as *Rasayana*, strengthening *Dhatus*, while *Shunthi* and *Ajamoda* enhance *Jatharagni* and address *Agnimandya*. With *Tikta* and

Madhura Rasa, *Guru-Snigdha Guna*, and *Ushna Virya*, it pacifies *Vata*, alleviates *Rukshata* and *Dhatukshaya*, and supports *Asthidhatu*. Ghee's *Yogavahi* property ensures deeper action, disintegrating *Samprapti* and relieving *Vedana*.

RASNAERANDADI KASHAYA: [15]

Rasnaerandadi Kashayam, a 13-herb formulation from *Sahasrayoga*, possesses *Shothahara* (anti-inflammatory) and *Vedanasthapana* (analgesic) properties, aiding in nerve compression and inflammation of articular cartilages and discs. It is beneficial for conditions like *Ekanga Vata*, *Swasa-Kasa*, *Kanda Roga*, *Soothika Roga*, and *Jihwa Sthambam*. Despite its lower antioxidant property, it is effective in managing *Vatarakta* and associated disorders.

Tab R G Forte:

Kerala Ayurveda RG Forte Tablet is a proprietary *Rasayana* with *Vatahara*, *Shothahara* (anti-inflammatory), and *Vedanasthapana* (pain-relieving) properties, effective in managing conditions like arthritis, rheumatism, sciatica, and gout. Key ingredients like *Guggulu*, *Eranda*, and *Pravalabhasma* aid in reducing stiffness, especially morning stiffness in *Aamavata*, while promoting healing in fractures, lumbago, and sprains. Its steroid-free composition ensures safety, without irritating the *Agni* or gastrointestinal mucosa. RG Forte is particularly effective in

Vatavyadhi, supporting joint and muscle relaxation and faster recovery.

KSHARA BASTHI (ERANDAMOOOLA KSHARA BASTHI) [16]

Basti is regarded as a primary treatment modality in Ayurveda, classified under *Yuktivyapashraya Chikitsa*. It is believed to possess *Achintya Shakti* (inconceivable power) and is described in Ayurvedic texts as being equivalent to half of all treatments (*Ardhachikitsa*). *Kshara Basti*, mentioned in *Chakradutta's Niruha Basti Adhikara* and *Vangasena*, is a specialized *Basti Chikitsa* recommended for managing *Shoola* (pain), *Vitsanga* (constipation), *Aanaha* (abdominal distension), *Mutrakruchra* (urinary disorders), *Krimi* (intestinal worms), and *Gulma* (abdominal lump). It is effective in conditions like *Udavarta* (upward wind movement) due to its *Vatanulomana* and *Krimighna* properties. The formulation is carefully filtered, heated via *Jala Snana Vidhi* (water bath), and administered as an enema. *Kshara Basti* balances *Vata* and provides relief in abdominal and digestive disorders.

Erandamoola Kshara Basti

Method of preparation of Kshara basthi:

Take 80 ml of honey and 5 gm of *Saindhava* in a mortar (*Kharala*) and churn the mixture thoroughly. Next, add 70 ml of *Dhanwantaram taila* to the mixture, add 40 grams of *Shatapushpa choorna* followed by 100 ml of prepared lukewarm *Erandamoola*

kwatha of the mentioned ingredients. Then, 100 ml of cow's urine (*Gomutra*) & *Kanji* Mix everything well and filter the preparation. Pour the *Basti* solution into a *Basti Putaka* and administer it lukewarm to the patient in the left lateral position.

DISCUSSION

Kshara Basti, a potent *Niruha Basti*, effectively balances *Vata* by employing alkaline *Kshara*, which possesses *Ushna* (hot), *Tikta* (bitter), and *Katu* (pungent) properties. Primarily, it pacifies *Apana Vata*, facilitating the elimination of *Ama* and *Vata* toxins while simultaneously enhancing *Agnivardhana* (digestive fire). The therapy reduces *Shoatha* (inflammation) and promotes tissue nourishment (*Brimhana*), particularly in *Mamsa*, *Asthi*, and *Snayu* tissues. It alleviates conditions such as *Aamavata*, *Vatakaphaja*, and *Sandhigata Vata* by improving joint and muscle function. *Kshara Basti* detoxifies the body (*Vishaghna*), restores the proper movement of *Vata*, and expedites the healing of injuries. This therapy supports optimal *Prakriti* (constitution) and *Dhatu* (tissue) function, rejuvenating the body and mind.

CONCLUSION:

Intervertebral disc prolapse (IVDP) can be caused by trauma, disc degeneration, or hereditary factors. Patients with IVDP typically experience symptoms such as back pain, stiffness, radiating leg pain, and difficulty in walking and sitting. Ayurvedic

treatment principles for Vata Vyadhi, including Snehana, Swedana, Virechana, Kati Basti, and Kshara Basti, along with oral medications, were applied in this case. The treatment, administered over 30 days, resulted in substantial relief. This suggests that Kshara Basti plays a pivotal role in managing IVDP. Further research with larger sample sizes is recommended to confirm its efficacy and specificity.

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