



## Special Case Report On Katigata vata (Lumbar Spondylosis)

Authors

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### Abstract

A male patient of age 75 yrs old brought by relatives to LRP ayurvedic Hospital with having complaints of Katishoola radiating to ubhaya Pada. Asane Gamane kashthata (not able to walk) and unable to stand for long time. Since 6 months. He has taken allopathic medication temporary relief got only in pain. He has given ayurvedic and Panchkarma treatment. In this case we have got very good results by above mentioned treatment.

**Keywords:** Lumbar spondylosis, Ayurvedic treatment.

### Introduction

A male patient of age 75 yrs old brought by relatives to LRP ayurvedic Hospital with having complaints of

Katishoola radiating to ubhaya Pada. Asane Gamane kashthata (not able to walk) and unable to stand for long time. Since 6 months.

He has taken allopathic medication temporary relief got only in pain. Known case of Diabetis taking medicine. He has advised to do operation. But came to our hospital for Ayurvedic treatment. Patient was admitted in Kayachikitsa ward.

### General examination

**Pulse:** 80/ min. **Temp:** 98.8<sup>0</sup> F **B. P.** 160/90.

**R. R.** 20/ min. **Kshudha:** Prakrut **Nidra:** Alpa

**Mala:** Samyak **Mutra:** Samyak

**Dosha –** Vatapradhana Kapha. **Dushya:** Mamsa, Sira, Snayu. **Mala:** Purisha

**Srotas:** Rasa, Mamsa, Purisha and Manovaha.

**SLR:** Positive for the both legs at 30<sup>0</sup>

**Diagnosis:** Ghudhrasi.

### Investigation

MRI plain Lumbar Spine.

1. Changes of lumbar spondolosis.
2. Circumferential post. Buldge at L2 – L3, L3-L4, L4 – L5 level intending the ant. Thecal sac encroaching over, the inferior aspect of bilateral neuron foramina and imparing over contained nerve root.

### Treatment given

Sthanik snehan with Kottamchukadi taila.

Bashpa sweda with Dashmoola kwath.

Nasya with Panchendriya tail 2 drops in each nostril in the morning.

Matrabasti basti with Tikata ksheer basti 250 ml for 8 days.

In between matrabasti on 3<sup>rd</sup>, 5<sup>th</sup> and 7<sup>th</sup> day Niruha basti given Dashmoola Triphala Kwath 450 ml.

Katipicchu with Kottam chukadi taila

Shirodhara with Brahmhi taila at evening.

### Oral Treatment given

1. T. Bruhat vata chintamani 1 OD with Madhu.
2. Cap Palsyneuron 1 TDS with Jal.
3. Dashmoola kashaya 20 ml BD with Jal.
4. T. Sarpgandha vati 250 mg Bd with Jal.

For 10 days.

After 10 days of Treatment –Patient is able to walk few steps slowly. Katishoola is relieved very well.

### Advice

Continue oral medication till next panchakarma setting.

### Mode of Action

Tikta ksheer basti in indicated asthi majjavaha vyadhi.

Asthivaha strotas chikitsa contains Tikta rasatmak kshir basti with ghrut or other sneha is indicated. Tikta Ksheer basti contains kantakari, nimb, patol, guduchi, vasa all of they are tikta gunatmak & with kshirpak it also acts vatashaman karma. Tikta guna acts as alpa pachan and dhatvagni vrudhhi so for that asthi dhatvagni vrudhhi done in proper manner & good forms of asthi dhatu develops & asthi kshay stops.

### Conclusion

In this case we have got very good results by above mentioned treatment.

### References

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