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### Ayurveda management of *Katigraha* w.s.r to Lumbar Spondylosis

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#### ABSTRACT: -

Degenerative joint disorders are on the rise in Indian population. As the age advances these bones get degenerated at the joint area and cause pain and disability in these patients. Osteoarthritis of the knee joint, OA of ankle joint, hip joint, and lumbar spine are the commonest forms degeneration. In lumbar spondylosis, the joint surfaces in lumbar spine develop degenerative changes and lead to Lumbar spondylosis. There will be decrease in joint space, degeneration in bones, and sclerotic changes in joint surfaces. There will also growth of osteophytes at the sides of vertebrae. There will be chronic low back ache and restriction of movement due to pain. X ray of lumbar spine, MRI and CT scans are contributory to the diagnosis of this disease.

Ayurveda formulations are effective in the management of this disease. Ayurveda management of lumbar spondylosis include *Vyadhi Pratyhanika Aushadhi Prayoga*, *Panchakarma*, *Rasayana And Vedana Sthapaka Drugs*, *Pathyapathya Prayoga*, diet therapy, and practice of yoga therapy.

The present paper highlights the role of Ayurveda in the management of lumbar spondylosis.

**Key words :** Ayurveda, Lumbar spondylosis , *Rasayana*.



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## INTRODUCTION

Lumbar spondylosis is common after the age of 50 years in India population. Due to altered lifestyle and food habits, non-nourishing food, and stress leads to the occurrence of this disease. Hormones (Sex hormones testosterone and estrogen) variations contributes to the development of this disease. Ayurveda management has a positive role in the management of *Katigraha*. Ayurveda management includes *Vyadhi Pratyanka Aushadhis*, *Rasayana Therapy*, diet therapy, lifestyle changes, panchakarma and practice of *Yogasanas* . Even though lumbar spondylosis cases are common in Ayurvedic practice the present case was challenging as the patient came for Ayurvedic treatment as a last option and to avoid surgery, bed ridden at the time of admission and having multiple associated pathological conditions like diabetes, hypertension, osteoporosis and osteoarthritis of both knee joints.

[1][2][3]

## AIM AND OBJECTIVE

To study about Ayurveda management of *Katigraha* w.s.r. to Lumbar spondylosis.

## MATERIAL & METHODS

Relevant references from Samhita *Granthas*, *Sangraha Granthas*, journals, research monographs and publications and from personal experience from clinical practice is considered in preparing.

### *Eka moolika prayogas*<sup>[4]</sup>

1. *Guggulu* ( *Commiphora mukul* )
2. *Shallaki* ( *Boswellia serrata* )
3. *Bala* ( *Sida cordifolia* )
4. *Rasna Pluchia lanceolata* )
5. *Kupilu* ( *Strychnos nuxvomica* )
6. *Lashuna* ( *Allium sativam* )
7. *Tita taila* ( *Seasamom oil* )
8. *Gandha prasarini* ( *Paedaria foetida* )
9. *Ashwagandha* ( *Withaenia somnifera* )
10. *Masha*
11. *Shatavari* ( *Asparagus racemosus* )
12. *Godugdha* ( *Milk* )

### Formulations

1. *Yogaraja guggulu*
2. *Kaishora guggulu*
3. *Gokshuradi guggulu*
4. *Punarnavadi guggulu*
5. *Amritadi guggulu*
6. *Trayodashanga guggulu*
7. *Navaka guggulu*
8. *Punarnavadi mandoora*
9. *Balarishta*
10. *Maha rasnadi kashaya*
11. *Ashwagandharishta*
12. *Rasna saptaka kashaya*
13. *Rasna panchaka kashaya*
14. *Shuddha bala taila*
15. *Maha narayana taila*
16. *Ksheerabala taila*
17. *Rasona pinda*
18. *Gandha prasarani taila*

19. *Nirgundi taila*
20. *Pancha guna taila*
21. *Narayana taila*

### **Actions**<sup>[5][6]</sup>

1. *Dipana*
2. *Pachana*
3. *Vatahara*
4. *Mala vatanulomana*
5. *Virechana*
6. *Vedana sthapaka*
7. *Antistress*
8. *Adaptogenic*
9. *Analgesic*
10. *Anti-inflammatory*
11. *Rasayana*
12. *Immunomodulator*
13. *Calcium supplement*
14. *Balya*
15. *Brimhana*
16. *Jivaniya*
17. *Ojaskara*
18. *Sandhaniya*
19. *Poshaka*
20. *Nourishing*
21. *Vayasthapana*
22. *Anti aging*
23. *Regenerative*

### **Dipana**

*Shunthi kashaya*  
*Agnitundi vati*  
*Lashuna ksheerapaka*

### **Pachana**

*Vatahara*  
*Bala choorna*  
*Balarishta*  
*Ashwagandharishta*

### **Malavatanulomana**

*Triphala tablets*  
*Trivrit choorna*

*Pancha sakara choorna*

*Shatsakara choorna*

*Abhayadi modaka*

*Ashwakanchuki rasa*

**Virechana** - do.

**Vedana sthapaka**

*Yogaraja guggulu*

*Maha yogaraja guggulu*

*Gokshuradi guggulu*

*Shallaki tablets*

**Antistress**

*Ashwagandha choorna*

*Guduchi kashaya*

*Ashwagandharishta*

**Adaptogenic** - do.

**Analgesic** –

*Guggulu kalpas*

*Visha tinduka vati*

*Shallaki tablets*

**Antiinflammatory**

*Ksheerabala taila*

*Trayodashanga guggulu*

*Yogaraja guggulu*

**Rasayana**

*Triphala tablets*

*Balarishta*

*Ashwagandhavaleha*

*Godugdha*

*Goghrita*

**Immunomodulator**

*Godugdha*

*Amritadi kashaya*

*Guduchi kashaya*

*Bala choorna*

**Calcium suppliment**

*Pravala bhasma*

*Pravala pishti*

*Mukta bhasma*

*Mujta pishti*

*Pravala panchamrita rasa*

*Mukta panchamrita rasa*

*Kamadugha rasa*

### **Balya**

*Kooshmanda rasayana*

*Chyavana prashavaleha*

*Ashwagandha rasayana*

### **Brimhana**

*Ajamamsa rasayana*

*Mamsa rasa*

*Aja mamsa*

*Masha nirmita ahara kalpana*

### **Jivaniya**

*Ashta varga kashaya*

*Godugdha*

*Mamsa rasa*

### **Ojaskara**

*Godugdha*

*Mamsa rasa*

*Ashta varga kashaya*

### **Sandhaniya**

*Lakshadi guggulu*

*Asthi samharaka kashaya*

### **Poshaka**

*Godugdha*

*Ashta varga kashaya*

*Aja mamsa*

### **Nourishing**

*Ksheerabala taila*

*Kooshmanda rasayana*

### **Vayasthapana**

*Amalaki swarasa*

*Amalaki choorna*

*Chyavana prashavaleha*

### **Anti aging**

*Bala taila*

*Narayana taila*

*Regenerative*

*Ashwagandhavaleha*

*Goksheera*

*Goghrita*

## **DISCUSSION**

Lumbar spondylosis is a degenerative joint disorder occurring in lumbar vertebrae. Changes in the intervertebral joint space with reduced joint space, sclerotic changes and degeneration in bones and growth of osteophytes at the periphery of the joints. Pain and restricted movement are seen in these patients. X ray of lumbar spine, MRI, and CT Scan are useful in confirmatory for diagnosis. Ayurveda management is effective in lumbar spondylosis patients. Various *Guggulu Kalpas*, *Vedanahara*, *Rasayana Drugs*, anti-inflammatory drugs, hematinic, are useful in this disease. Panchakarmas like *Kati Basti*, *Matra Basti*, *Nadi Sweda*, *Kashaya Basti* And *Anuvasana Bastis* are useful. Diet therapy, *Pathyapathya Prayoga*, daily walking, and practice of *yogasanas* are indicated.<sup>[7][8][9]</sup>

## **CONCLUSION**

1. Ayurveda management in *Katigraha* (Lumbar spondylosis) is effective however prolonged treatment is necessary.
2. There are least adverse drug reactions in this treatment.
3. In some cases, petichiae, echymosis, small eruptions in skin and constipation are seen in patients receiving *Guggulu Kalpas*.

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