

## A CASE STUDY: LUMBAR SPONDYLOSIS

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## ABSTRACT

*Katishoola* is the condition, which is characterized by *Shoola* (Pain) and *Stabdahta* (Stiffness), due to vitiated *Vata* which gets lodged in the *Kati Pradesha*. *Kati Shoola* is explained both as a separate disease as well as *Lakshana* in other *Vataja* disorders. The symptoms of *Kati Shoola* resemble Lumbar Spondylosis. The prevalence of Lumbar Spondylosis ranges from 38%-85%. Lumbar Spondylosis is the 1st most common musculo-skeletal disorder in the world. It is the condition resulting from degeneration of the inter vertebral discs in the lumbar region. Symptoms include pain and restricted movements of the lower back. *Ayurveda* has different specialties of treatment and among them, *Panchakarma* is the super speciality. In *Panchakarma*, through different treatment modalities, one can maintain the healthy status of body; prevent the disease occurrence and curing the diseases in natural way. Here in this article a case of Lumbar Spondylosis treated with *Kala Basti* and *Shastikashali Pinda Sweda* was explained in detail.

**Keywords:** *Katishoola*, Lumbar Spondylosis, *Kala Basti*, *Shastikashali Pinda Sweda*.

## INTRODUCTION

At present, the lifestyle is gradually shifting away from healthy living and therefore people fall victim to various diseases. Sedentary lifestyle, stress, improper posture, continuous jerky movements, long travelling, etc. put maximum pressure on the spine and the lower portion of the pelvis. *Ayurveda* is applicable in every facet of human life, with its own unique principles in understanding a disease by both preventive and curative view<sup>1</sup>. This may be the fact due to which this science has persisted for ages. Tremendous change in lifestyle has provoked numerous diseases. Work congestion, mental pressure, mechanical lifestyle etc. led to early aging process and geriatric diseases in the young and middle-aged people like degenerative diseases etc. *Kati Shoola* is one of them. *Kati Shoola* is the condition, which is characterized by *Shoola* and *Stabdahta*, due to vitiated *Vata* which gets lodged in the *Kati Pradesha*<sup>2,3,4</sup>. *Kati Shoola* is explained both as a separate disease as well as *Lakshana* in other *Vataja* disorders. *Bhavaprakasha* and *Gadani Nigraha* explained it as a separate *Vyadhi*. *Acharya Charaka* explained it in *Vataja Nanatmaja Vikaras*<sup>5</sup>. The symptoms of *Kati Shoola* resemble Lumbar Spondylosis. It is the most common problem in the orthopedic field today. Lumbar Spondylosis is the 1st commonest musculo-skeletal disorder in the world<sup>6</sup>. The prevalence of Lumbar Spondylosis ranges from 38%-85%. Lumbar osteophytes have been found to be present in about 20% of men and 22% of women aged 45-64 years and in 30% of men and 28% of women aged 55-64 years<sup>7</sup>. Lumbar Spondylosis is the condition resulting from degeneration of the inter vertebral discs in the lumbar region. Symptoms include pain and restricted movements of the lower back<sup>8</sup>. The common cause for Lumbar Spondylosis is age and other works like carrying loads and lifting weights, irregular postures, occupation etc. As people's age increases, bone strength, muscle elasticity and tonicity tend to decrease and the discs begin to lose fluid and flexibility, which thereby decreases their ability to cushion the vertebrae and results in above said symptoms. There is no such effective treatment presently available for Lumbar Spondylosis. Taking the

above clinical significance with its prevalence and incidence into consideration, a sincere effort had been made to manage this disease with the *Ayurvedic* treatment for the betterment of the patients. *Ayurveda* has different specialties of treatment and among them, *Panchakarma* is the super specialty. In *Panchakarma*, through different treatment modalities, one can maintain the healthy status of body; prevent the disease occurrence and curing the diseases in natural way. *Panchakarma* literally means five methods of purification of the body. Those are namely *Vamana*, *Virechana*, *Basti*, *Nasya* and *Raktamokshana*. Among these *Basti Karma* is the prime treatment modality in *Vata Vyadhis*<sup>9</sup>. It is considered *Ardha Chikitsa*<sup>10</sup>. *Sasthika Sali Pinda Sweda* is also very beneficial in terms of treating *Vata Vyadhis*. It is acted as *Brumhana*, *Sthanika Snehana* and *Swedana* and does *Vata Shamana*. Thus, the present study is undertaken for Lumbar Spondylosis bringing in betterment to the aches and pains of the patients. So in this case Anuvasan Basti with *Dhanwantara Taila* and *Niruha Basti* with *Panchatikta Ksheera Basti* in the form of *Kala Basti* pattern. After that *Sasthika Sali Pinda Sweda*.

**Case Report-** A 42-year-old Male patient from MAU, visited *Panchakarma* OPD of Bapu Ayurveda Medical College and Hospital, Ladanpur, Kopaganj-Mau, Uttarpradesh. on 16<sup>th</sup> February 2023, complaints of severe pain and stiffness in the low back region for 2 months.

**Presenting Complaints-** The patient was having pain in the lower Back region for last 2 months. Then the pain was aggravating during prolonged sitting, standing and forward bending. As a Businessman he didn't able to do his work properly. There is no radiation of pain and no history of trauma. He had consulted from an allopathic hospital and was advised for MRI of Lumbosacral spine (plain) in this report found that there was lumbar spondylosis with degenerative posterocentral disc protrusion at L4/L5 (Sacralized) level with thickened ligamentum flavum and facet joint arthropathy and mild degenerative retrolisthesis causing indentation over the thecal sac and narrowing of

the central and lateral canal and lower segment of bilateral neural foramina. So, he was taking allopathic medication for 3 months and got relief from pain but after 15 days pain was reoccurring So finally After that surgeon was advised for spinal surgery but he didn't agree for surgery, so visited for ayurvedic treatment in our *Panchakarma* OPD of Bapu Ayurvedic Medical College and Hospital, Ladanpur, Kopagunj - Mau for better treatment .

**History** There is no history for mechanical cause for back pain, no deformity in spine, Diabetes Mellitus, Hypertension. No history of any surgical intervention.

**Clinical Examination** He was examined through both locally and systemically. The general condition of the patient was stable. CNS, Cardiovascular system and other examinations were found to be normal. His vitals were found to be normal limits, Blood Pressure was-120/80 mmHg, Pulse rate-82/min. His body height was 5 feet and 7 inches, and his body weight was 78 kg. Local Examination of spine was normal and minor bony tenderness, no swelling no scar was found. The local temperature was normal. The range of movement was decreased due to pain.

SLR and Femoral nerve stretching test were bilaterally negative. For pathology related to sacroiliac joint, Fabers test and pump handle test was done it was also found negative. Sensation on all the dermatomes were found to be normal on both sides. Deep and superficial tendon reflexes were normal. **Management:** The patient was undergoing treatment in the department of *Panchakarma*. He was managed through procedure.

- 1) *KalaBasti-* a) *Anuvasan Basti* with *DhanwantaraTaila*-170ml  
 b) *Niruha Basti* with *PanchatiktaKsheeraBasti*-600ml

Ingredients of *Panchatikta- Kshira Basti*

*Madhu*(Honey)– 100gms.

*Saindhavalavana*(Rock salt)– 12gms.

*Guggulutiktataghrita*– 100ml.

*Panchatikta Kwath ksheera Paka*– 350ml.

*Satawaha Kalka* - 40gms.

- 2) *Sastikasali Pinda Sweda*

Procedure	Day
<i>Kala Basti</i>	15
<i>Shastikashali Pinda Sweda</i>	8

**Shaamana Ausadhi**

Cap. *Prasarani Tail*-2tab BID

*Guduchisatwa* 500mg BID

*Kukkutandatwak Bhasma*-2tab BID

*Rashnasaptaka Kashaya*-20 ml BID

**Follow up period.**

In this Duration patient was advised to avoid strengthening work, running, long time sitting etc and also *Ashtamahadosh kara Bhava*. He was doing mild exercise regularly and asked to take light food and lukewarm water to drink. Proper posture was maintained during sleeping and sitting. The patient was advised to take properly above mention *Shamana Aushadhi* for more 30 days.

After 30 days the patient was visited again. There were no symptoms of back pain. Patient came back to his normal routine, able to do Namaz very comfortably. He was driving continuously up to 150km without any pain. All medication was stopped and advised for proper diet and exercise.

**Observation**

By the end of the 15th day of treatment and 30th day follow up period, the patient found a significant reduction of pain and stiffness in the back region. Here for subjective parameter- pain and for objective parameter-range of movement of lumbar spine was taken. Before treatment, pain was 3 and after treatment it was 0. In the ROM of lumbar spine only forward flexion was decreased (50° with pain) and backward extension, left and right lateral flexion was normal

(25<sup>0</sup> without pain). The patient got complete symptomatic relief. In the follow-up period there was no pain during sitting, standing and forward bending. He was able to do her daily activities with ease.

## DISCUSSION

*Kati* signifies the region of low back and *Shoola* is defined as the severe excruciating pain produced due to piercing of *Shanku* i.e., *Keelaka* or *Kantaka*. *Kati Shoola* can be defined as a condition which is characterized by severe excruciating pain and restriction of movement in the lumbar spine. The clinical symptoms of *Kati Shoola* are pain and stiffness in lumbosacral region. These are the *PratyatmaLakshanas*. The pathology of *Kati Shoola* can be explained in two ways, *Dhatukshaya* and *Avarana*. In *Dhatukshya Janya Kati Shoola* due to old age and *Vatakara Ahara Vihara* there will be qualitative change in the joint material gradually leading to disease manifestation. The other way of *Samprapti* where in due to continuous pressure due to various factors like accumulated *Mala* the joint may get affected (due to *Avarana*) leading to disease manifestation. Spondylosis literally means stiffening or fixation of the bony building blocks of the spine (vertebrae) as the result of a disease process. Spondylosis refers to degenerative changes in the spine such as bone spurs and degenerating intervertebral discs. Spondylosis changes in the spine are frequently referred to as osteoarthritis i.e., "*Spondylosis of the Lumbar Spine*" means degenerative changes such as osteoarthritis of the vertebral bodies, degenerating intervertebral discs (degenerative disc disease) and associated joints in the low back.. Lumbosacral Spondylosis is Spondylosis which affects both the lumbar spine and the sacral spine (below the lumbar spine, in the midline between the buttocks). Multilevel Spondylosis means that these changes affect multiple vertebrae in the spine. Spondylosis causes back pain due to nerve compression. Nerve compression is caused by bulging discs and bone spurs on the facet joints, causing narrowing of the holes where the nerve roots exit the spinal canal (foraminal stenosis). Even if they are not large enough to directly pinch a nerve, bulging discs

can cause local inflammation and cause the nerves in the spine to become more sensitive, increasing pain. Also, disc herniation can push on the ligaments in the spine and cause pain. If new nerves or blood vessels are stimulated to grow from the pressure, chronic pain can result. Because of the pain, the local area of the spine may attempt to splint itself, resulting in regional tenderness, muscle spasm, and trigger points.

### Discussion on Mode of action of *Basti* -

#### **PanchatiktaKsheerabasti-**

*Panchatikta Ghrita* was used as the main content of *Ksheera Basti*. *Tikta Dravya Siddha Ksheera* and *Ghrita Basti* are specially advised in *AsthiVikara* by *Acharya Charaka*. *Panchatikta Ghrita* is dominant of *Tikta Rasa* and *Ushna Virya*. *Tikta Rasa* increases the *Dhatvagni* (metabolic stage). As *Dhatvagni* increases, nutrition of all the *Dhatu*s will be increased. As a result, *Asthi Dhatu* and *Majja Dhatu* may get stable, and *Asthi Dhatu* and *Majja Dhatu Kshaya* will be decreased. Hence, degeneration in the *Asthi Dhatu* may not occur rapidly.

It can be inferred that it slows down the degeneration processes. *Panchatikta Ghrita* is a predominant of *Prithvi*, *Akasha*, and *Vayu Mahabhuta*, which helps in the preservation of the normal health of *Asthi Dhatu*. *Ghrita* is *Vata-pittashamaka*, *Balya*, *Ag-nivardhaka*, *Madhura*, *Saumya*, *Sheeta Virya*, *Shula*, *Jwarahara*, *Vrishya*, and *Vayasthapaka* also. Thus, it pacifies *Vata*, improves the general condition of the body, and acts as a rejuvenator of the body. *Ghrita* also contains Vitamin D, which plays an important role in utilizing calcium and phosphorous in blood and bone building.

*Kshera* possesses *Snigdha*, *Brimhana*, *Balya*, and *Sand haneeya* property and hence used for *Dhatuposhana* purpose.

*Saindhava*-it reaches up to micro channel of the body and helps to open fresh blood supply to the bone tissue.

#### **Anuvasana Basti-**

The action of *Anuvasana Basti* is possible by *Anupravarana Bhava* of *Basti Dravya*, which contains *Sneha*. *Sneha* easily moves up to *Grahani* by *AnupravanaGuna*. *Matra Basti* acts mainly on *Asthi*

and *MajjavahaSrotas*. *Asthi* is the *Ashraya Sthana* of *Vata Dosha*. *Dalhana* says that *Purishadhara Kala* and *Asthidhara Kala* are one and the same. So, we can assume that if *Purishadhara Kala* gets purified and nourished; the *AsthivahaSrotas* will also be purified and nourished. *Pittadhara Kala* and *Majjadhara Kala* and *Grahani* take part in the action of *Matra-Basti*. *Basti Dravya* enters till *Grahani* (*Pittadhara-Kala*) which is the seat of *Agni*. The nutrients may get absorbed and thereby nourishes the *Majjadhara Kala*, which is having a strong bond with *Pittadhara Kala* and *Vata*.

**Shastikashali Pinda Sweda-** It is a kind of *Brimhana, VataharaSweda*. By virtue of its ingredients like *Godugdha* and *Shashtikashali*, it nourishes and gives strength to muscle and bone tissue. It improves the strength of tissues which inturn increases movements and flexibility. It also helps in the nourishment of muscles, bulk and reduces muscle waste.

## CONCLUSION

*Katishoola* or Spondylosis is the most common health problem now a days. *Vata* is the prime factor for *Katishoola*. Due to *RuksaGuna* of *Vata* there will be dryness of *Kapha*. *Ayurveda* has different specialties of treatment and among them, *Panchakarma* is the super specialty. In *Panchakarma*, through different treatment modalities, one can maintain the healthy status of body; prevent the disease occurrence and curing the diseases in natural way. Not only

treatment we should have do daily exercise, take healthy food.

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