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# A Critical Review of *Katishoola* in Ayurvedic Science

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## ABSTRACT

*Kati Shoola* is one of the *Vataja Nanatamaja Vikara* explained by *Acharya Charaka*. *Kati Shoola* noticed in females and young population. *Kati Shoola* is not a harmful disease but it effects a large population. In primary stages it will subside with the basic therapies, folklore medicine and along with the bed rest.

**Key words:** *Kati shoola, Vatavyadhi, Lumbago.*

## INTRODUCTION

*Katishoola* is one of the *Vatavyadhi*. Due to the improper food and activity *Vata Dosha* increases and minimizes lubricant present at the site of lumbar joints. Due to *Vata Dosha* increases, *Kapha Dosha* decrease taken place. *Kapha Dosha* not only lubricates but also it helps to provide nourishment of the lumbar joints. Decrease in the lubricant result in restricted and painful joint movement. *Katishoola* as a *Apatarpanajanya Vyadhi, Santarpana Chikitsa* is required.

The human body is supported by the vertical column. This provides mobility and stability. So the person can remain upright all the day. In generally vertebral column we call it as backbone of the person.

Lowback pain is a degenerative disorder, it may cause loss of normal spine structure and normal function. In this condition commonly involved parts are the lumbar vertebrae, joints, discs, ligaments, muscles

and nerves.

For Lowback pain, medical term is Lumbago. Aging is the major cause of this condition. But today we can notice incidences of this condition even at relatively young age. It is due to lifestyle and associated with mental and physical stress.

Lowback pain very commonly seen in women more than in men. It affects the lumbar spine in population after forty years of the age. Lumbar part carries most of the body weight. The repeated movements like heavy lifting, forward, backward, right and left lateral bending etc. these movements increases the Low backpain.

*Katishoola* due to abnormal activities, postural strain, obesity, stiff joints and some of systemic disorders. Lumbago is a main problem that a physician comes across in his day today general practice without satisfactory treatment. *Katishoola* itself is a symptom associated with disease like *Parinamashoola, Gridhrasi, Bhagandhara* and *Mutrashmari* etc.

The term *Katishoola* is composed of two words *Kati + Shoola = Katishoola*

**Kati:** *Kati* is considered as Hip, Buttocks and Lumbar.<sup>[1]</sup> *Acharya* consider *Kati* as *Shroniphalaka* and *Nitambha*.<sup>[2]</sup>

**Shoola:** *Shoola* is *Ruja, Vyatha, Yama* and *Ruk*.<sup>[3]</sup>

**Katishoola:** *Katideshasya Shoolasa Rogah*<sup>[4]</sup>

*Shoola* noticed in *Kati Pradesha* or *Trikasthi* is *Katishoola*.

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**Involved Doshas:** *Kati Deshasya Kapha Vatike Shoola Rogabheda*<sup>[5]</sup>

*Prakupita Vata* and *Kapha Dosha* are leading to *Katishoola*.

**Synonyms:** *Katipida, Katibhagna, Kati Sandhigata Pida, Katigraha, Katisthambha, Trik Vedana.*

#### References available in classics

- *Bhela* has mentioned *Katishoola* is one of the *Vatavyadhi*. He was included in the heading of *Ekanga Roga* in *Sutrasthana* 26<sup>th</sup> chapter. He has described *Kati Prustagata Vata*.<sup>[6]</sup>
- *Sushruta* has described in *Nidanasthana* 1<sup>st</sup> chapter, *Katishoola* is one of the *Lakshana* in *Bhagandhara*. And in *Chikitsasthana* for *Katibhagna, Basti Karma* is indicated.<sup>[7]</sup>
- *Harita* has explained *Katishoola* is symptom of *Gridhrasi Vata*.<sup>[8]</sup>
- According to *Sharangadhara*, he was included *Katishoola* in *Vataja Nanatmaja Vikara*.<sup>[9]</sup>
- *Kashyapa Maharshi*, he was a authority of *Bala Rogas*, even though he explained different *Karanas* of *Katishoola* in *Khilasthana*.<sup>[10]</sup>

#### Causes for Lumbago

*Kashyapa* has explained "*Ati Chankramana*" (excessive walk) as one of the cause for lumbago.<sup>[11]</sup>

For *Katishoola* there is no direct reference about *Nidana, Poorvaroopa, Roopa* and *Upadrava*. It is one of the *Vatavyadhi* and under *Ekanga Roga*. Some of the *Vata Roga Karanas* are considered here. *Acharya Charaka* in *Chikitsasthana* explained *Vatavyadhi Karanas* under the heading of *Aharaja, Viharaja* and *Anya Karanas*.<sup>[12]</sup>

**Aharaja Karanas:** *Vatavardhaka Aharas* like *Chanaka, Jamba, Uddhalaka, Tinduka, Harenu, Nishpava* etc.

**Viharaja Karanas:** Fasting, excessive intercourse, sleep on uncomfortable bed, heavy load carrying, swimming, running, sleeping late night etc.

**Other Karanas:** History of fall, injury to spine, excessive blood loss and suppression of natural urges.

*Bhela* explained *Panchakarma Vyapath* especially *Vamana* and *Virechana Atiyoga* are leads to *Katishoola*.<sup>[13]</sup>

#### Type of lumbago based on duration<sup>[14]</sup>

- **Acute lumbago:** Pain noticed in auto driver, two wheeler rider, tractor driver, horse rider, cleaning housewife, gardener. Pain duration within 2 weeks.
- **Chronic lumbago:** Backpain is due to obesity, degenerative changes of spine, pregnancy, injury of bone and joints. Pain duration more than 3 weeks.

#### Causes of Lowback Pain

- Eating less food.
- Fasting for prolonged time.
- Excessive intercourse
- Excessive swimming
- Excessive walking
- Too much of physical activity
- Heavy load carrying
- With holding of natural urges (*Vega Dharana*)

#### Common symptoms of Lowback Pain

- Lower back pain
- Stiffness at lumbar region
- Muscle weakness
- Difficulty in movements

#### Complications of Lowback Pain

- Limited motion
- Tingling type of pain
- Partial paralysis in affected areas of the body
- Gait dysfunction
- Loss of balance
- Loss of bowel control
- Loss of bladder control

**Complications of Lumbago (Katishoola)**

In Ayurveda, there is no direct reference of complication of *Katishoola*. *Katishoola* itself is the complication found in *Vamana* and *Virechana Vyapat*.<sup>[15]</sup>

**Samprapti**

The knowledge of *Samprapti* helps in better understanding the *Dosha-Dushya* involvement and *Avastha* of the disease and its better treatment. The *Samprapti* of *Katishoola* is not available in the classics. Here an attempt is made to build up the *Samprapti* of *Katishoola*. The term *Kati* is having group of *Avayavas*, these are *Kasherukasti*, *Sandhi*, *Snayu*, *Peshi* and *Kandara*.

Due to *Vata Prakopaka Ahara*, *Vata Vriddhi* and *Kapha Kshaya* will take place. Especially *Vyana Vata* and *Apana Vata Prakopa* is there. *Kati Pradesha* *gata Khavaigunya* is produces *Prakupita Vata* takes *Sthana Samshraya* in *Kati* leading to *Katishoola*.

**Samprapti Ghataka**

**Dosha:** *Vata:* *Vyana vata* and *Apana Vata*

*Kapha:* *Shleshmaka Kapha*

**Dushya:** *Mamsa, Asthi.*

**Agni:** *Jatharagni, Mamsa and Asthi Dhatwagni.*

**Aama:** *Jatharagni Manda Janya Ama, Mamsa and Asthi Dhatwagni Janya Ama.*

**Udbhava Sthana:** *Pakwashaya*

**Sanchara Sthana:** *Rasayani*

**Srotas:** *Mamsavaha and Asthivaha*

**Srotodusti Prakara:** *Sanga and Vimarga Gamana*

**Dosha Gati:** *Tiryak Gati*

**Rogamarga:** *Madhyama*

**Adhithana:** *Kati Pradesha*

**Vyakta Sthana:** *Kati Pradesha*

**Vyadhi Swabhava:** *Chirakari*

**Schematic representation of Katishoola**

*Vatavikara Ahara* → *Agni Vaishamaya* → *Vata Sanchaya* → *Apanavata Prakopa* → *Apana Vata Prasara* to *Kati Bhaga* → *Dusti of Asthi, Sandhi, Kandra and Snayu* → *Vyana Vata* also *Prakopa* → Limited movement of the spine (*Kati*) → *Kati Shoola (Katigraha)*.

**Poorvaroopa**

In Ayurveda, *Acharyas* have not explained the *Poorvaroopa* of *Katishoola*. *Katishoola* itself is *Poorvaroopa* in some other disorders like *Vatarakta*,<sup>[16]</sup> *Bhagandhara*<sup>[17]</sup> and *Vriddhi Roga*.<sup>[18]</sup>

**Roopa**

*Roopa* gives the meaning of sign and symptoms of the disease. *Roopa* is very essential for the differentiation of the disorders. Proper diagnosis of the disorders, prognosis and treatment of the disorders.

*Shoola* in *Kati Pradesha* due to various causes has been considered as a *Pratyatma Lakshana*. *Katishoola* as associated symptom in various disorders, these are *Pakwashayagata Vata, Vataja Atisara, Ashmari, Amavata, Pandu Roga, Gridhrasi, Parinama Shoola, Gudagata Vata, Vataja Arsha, Vataja Anaha* etc.

**Blood Investigations**

RA Test, Complete blood count, Uric acid, ESR, Serum calcium, Phosphorous, Acid phosphate.

**X-ray:** L.S. Spine AP and Lateral view.

**Scan:** Computerized Tomography (CT) and Magnetic Resonance Imaging (MRI)

**Upashaya - Anupashaya**

Through examination of the disease as *Roga Nidana, Lakshana, Samprapti* and *Sapeksha Nidana* there may be still a doubt to proper diagnosis of the disease. *Upashaya* which diagnose the disease with the help of *Ahara, Vihara* and *Oushadha*.

**Upashaya**

**Ahara:** Rice, Wheat, Milk, Hot water, Alcohol.

**Vihara:** Bed rest, Hot water bath.

**Oushadha:**

**Internal:** Painkiller tablets.

**External:** Massage, pain killer ointments (spray), Use of electric pads, Use of lumbo sacral belts.

**Anupashaya**

**Ahara:** Dried Meat, Dried Fish, Using Icecream, Chilled water.

**Vihara:** Long sitting, standing, repeated bending, heavy lifting, *Ratri Jagarana, Atimaithuna, Ati Chankramana.*

**Oushadha:** Mutter (Green peas), *Karela* (Bitter guard), *Puga Phala* (Betel nut).

**Treatment of Katishoola**

Effective management of *Katishoola* requires patient education, physical therapy, mental therapy, behavioral modification, internal medication and external therapies.

**Shamana Chikitsa for Katishoola****Abhyantara Shamana**

1. **Choorna:** *Sudarshana Choorna*,<sup>[19]</sup> *Ajamodadi Choorna*,<sup>[20]</sup> *Bhallataka Choorna*,<sup>[21]</sup> *Hingwadi Choorna*.<sup>[22]</sup>
2. **Kashaya:** *Dashamoola Kashaya*,<sup>[23]</sup> *Shunthyadi Kashaya*,<sup>[24]</sup> *Rasna Shunthyadi Kashaya*.<sup>[25]</sup>
3. **Guggulu:** *Trayodashanga Guggulu*,<sup>[26]</sup> *Chandraprabha Guggulu*,<sup>[27]</sup> *Vatari Guggulu*,<sup>[28]</sup> *Simhanada Guggulu*.<sup>[29]</sup>
4. **Ghrita Prayoga:** *Chitrakadi Ghrita*.<sup>[30]</sup>
5. **Taila Prayoga:** *Moolaka Taila*,<sup>[31]</sup> *Vyagraha Taila*,<sup>[32]</sup> *Nakula Taila*.<sup>[33]</sup>

**Bahya Shamana**

*Abhyanga, Swedana, Mardana, Vestana* (Traction), *Lepa, Kati Basti*, Coin Therapy, Mud Therapy.

**Shodhana Chikitsa for Katishoola**

- **Poorvakarma:** *Deepana, Aama pachana, Vata* and *Mala Anulomana, Snehana* and *Swedana*.

- **Pradhana Karma:** *Mrudu Virechana, Nirooha Basti, Anuvasana Basti.*

- **Paschat Karma:** *Samsarjana Krama.*

**Indication of Basti in Katishoola**

1. *Ksheera Basti*<sup>[34]</sup>
2. *Eranda Basti*<sup>[35]</sup>
3. *Vaitarana Basti*<sup>[36]</sup>
4. *Pipplyadi Anuvasana Basti*<sup>[37]</sup>

**Recommended Diet (Pathya)**

Rice, Wheat, Moong (Green gram), Kulattha (Horse gram), Tila (Sesame), Go-ghrita (Cow's Ghee), Godugdha (Cow's milk).

**Lifestyle:** Gentle massage with medicated oil, Fomentation and Bed rest.

**To avoid Diet (Apathya)**

Barley, Chana, Mutter (Green peas), *Karela* (Bitter guard), *Puga Phala* (Betel nut), Dried meat, Dried Fish, Chilled water, Using Ice cream, Cold drinks.

**Lifestyle:** Excessive sexual activity, Exposure to too cold, Use of Air condition car or room etc.

**Care to be taken for Lowback pain**

- Weight to be kept under control.
- Fomentation with hot water bag or electrical pads.
- To avoid lifting heavy load.
- To avoid repeated bending.
- To maintain a good sitting and standing posture.
- Avoid any jerks during journey.
- Avoid heavy exercise during pain.
- To maintain the proper position for sleeping and to getting out of bed.
- Should not wear the high heel shoes.

**Use of Yogasanas**

- *Shavasana*
- *Uttana Padasana*

- *Sputa Vajrasana*
- *Bhujangasana*

### DISCUSSION

*Katishoola* is most commonly seen in male and female population, specially women after forty years commonly notice this condition. Nowadays we notice this *Katishoola* problem in young population also. If a person is suffering from *Katishoola*, early diagnosed the disease, then early treatment has to be taken, finally he will be early retirement from the disease.

*Katishoola* is one of the *Vataja Nanatmaja Vyadhi*. It is a *Paratantra Vyadhi* because most of the disorders, *Katishoola* is explained as a symptom. But ongoing through its *Nidana*, *Lakshana* and various kind of remedies called it as *Swatantra Vyadhi*.

### CONCLUSION

*Katishoola* is considered as a separate disease. Hard work kills nobody. But it will produce Low back pain. *Katishoola* is not a dangerous disease, but it effects a large population. *Katishoola* is a clinical and national problem, because four out of every five people are suffering from this condition.

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