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RESEARCH ARTICLE

KATI GRAHA CONCEPTUAL REVIEW W.S.R TO LUMBAR SPONDYLOSIS

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Abstract

Ayurveda the oldest system of disease management encompasses many theories for healthy living. The historical development of Ayurveda witnessed the use of many treatment modalities for different kinds of disorders. Ayurveda successfully presented therapeutic approaches for curing different diseases and *Katigraha* is one of them. A significant clinical, social, economic, and public health issue that affects a wide range of people is low back pain (LBP), which is a classical symptom of *Kati graha*. It is a condition with numerous definitions, a wide range of potential causes, and occurrence in various population groups. As a result, the extensive body of research on Lumbar spondylosis that is now available is inconsistent as well as varied. It has been discovered that the prevalence of LBP in the Indian population varies from 6.2% in the general population to 92% in construction workers. Here in this article, the modern and ayurvedic literature is discussed.

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INTRODUCTION:-

In Ayurvedic medicine, lumbar spondylosis—also referred to as *Kati Graha*—affects the lower back frequently. Osteophytes (bone spurs) and intervertebral disc degeneration are its main characteristics, which can cause persistent back discomfort, stiffness, and decreased movement. Because of the natural aging process, this disorder is more common in elderly persons, but it can also afflict younger people for many reasons, including trauma, bad posture, and sedentary lifestyles. Due to heavy industrialization and the development of advanced software technology mankind running behind fast and furious life. Due to that every person indulging in improper sitting postures, Continuous long journeys, overexertion, jerky movements during traveling and sports, weight lifting, sitting for a prolonged time, and other strainful activities, etc, create undue pressure on the spinal column and play an important role in producing low backache even in early decades of life. About 70%-90% of the population above 40 years of age suffers from this disease.^[1]Treatment in other systems of medicine commonly includes anti-inflammatory, analgesics, and muscle relaxant medications. NSAIDs and topical application of heat/ice are also found effective in relieving back pain^[2]

In the context of the doshas—*Pitta, Kapha, and Vata*—*Kati Graha* is comprehended. This usually indicates an imbalance of the *Vata dosha*, which governs the body's suppleness and movement. *Katipradesha* (Lower back) is described as one of the important seats of *Vata dosha*. Pain, stiffness, and limited movement in the lumbar region are

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symptoms caused by the imbalance. According to *Gadanigraha*, when *Vata* is affected by *Ama* and located in *Kati Pradesh*, it exhibits the symptoms of *Katigraha*, namely *Graha* (stiffness) and *Ruja* (pain) in *Kati Pradesh* (lower back).^[3]



AIM AND OBJECTIVE:-

To correlate *katigraha* with lumbar spondylosis diseases based on principles of Ayurveda. To understand the pathogenesis of *katigraha* and lumbar spondylosis.

MATERIAL AND METHODS:-

The article is based on a review of Ayurvedic texts. Literature on *katigraha*, *vatavyadhi*, *trikagraha*, lumbar spondylosis, and other relevant topics have been collected. The main Ayurvedic text used in this study are *Charaka Samhita*, *Bhela Samhita*, *Gada Nigraha*, *Madhav Nidan*, *Harita Samhita*, *Madhava Nidan* commentaries on these. We have also referred to modern texts and searched various websites to collect information on relevant topics.

CONCEPTUAL

Etymology:

The Sanskrit word *Kati Graha* is made out of 2 words, i.e. *Kati* and *Graha*.

Kati:

1. *Amarakaosha*: *Kati* is a synonym of *Shroni* (pelvis).
2. *Shabdakalpa Druma*: *Kati* is a body part situated near *Shroni* and has a circumference of 16 *Angula* (finger length).
3. *Vachaspatyam*: “*Kati Gatyam*” *Gatyam Dhatu* means movement and when “in” *Pratyaya* is added the word *Kati* is derived. Thus *Kati* is a bony structure situated near *Shroni* and is of 16 *Anguli* circumference.

Graha: *Grah* = derived from *dhatu* “*Adant-churam-atmam-saka-set*”

Durgadas explained the term as “*Garho Grahanam*”, meaning to collect or catch *Graha* means holding. It is originated from “*Graha Upadane*” meaning one which gives support.

Kati Graha denotes a group of symptoms characterized by the restriction of movements of the *Kati* (lumbar) region in which pain would be a main feature as *Graha* alternatively means pain as restriction is said to produce pain in the particular region.

Definition:

Katigraha is the condition where pain and stiffness in the lumbar spine are due to *Kevala Vata* or *Sama Vata*.^[4]

Sharangadhara has explained it as “*Katisthambhena Vedanavishesha*”, condition said as pain and stiffness in *Katipradesha*.^[5]

Etiology

The food which is *Ruksha*, *Shita*, *Vishtambh*, etc will aggravate as well as vitiate the *Vata Dosha*, irregular diet patterns in the fast-paced world disrupt the digestive rhythm and inappropriate quantity disturbs the enzymic function; all these can correlated with derangement of *Vata Dosha*

Nidanam mentioned in Ayurveda are either *Mithya Yoga* (wrong/abnormal) actions i.e. *Ratri Jagarana*, *Vega Sandharana*, *Bhara Harana* (carrying heavy weight), etc or excessive actions i.e. *Ratha Aticharana* (excessive traveling in vehicles or driving), *Ativyayama* (excessive exercise), *Ati Adhyayana* (excessive studying), *Kriya Atiyoga* (prolonged working); both of which will lead to severe *Vata Prakopa* and *Vridhhi* at its own *Ashraya* (lodging place) respectively.

Symptoms

The symptoms may be categorized as follows:

- Spine-related symptoms i.e. *Kati Graha*, *Kati Shula*
- Legs related features i.e. *Pada Supti*, *Pada Harsha*, *Pada Gaurava*, *Pada Daurbalya*

Pathogenesis**• Dhaturkshayajanya Katigraha**

Continuously consuming foods that are *Ruksha* (dry), *Sheet* (cold), *Laghu* (light) in nature, *Ratrijagarana* (waking at night), and *Vegadharana* (holding urges) are all causes that result in the body developing *Dhatu Kshaya* and *Vata Prakopa*. *Sandhi Bandhana Shithilata* is caused by the diminution of *Kapha* in *Sandhis* caused by *Rukshaguna* of *Vata*, which also reduces the *Snehanshof Kapha Dosha*. The *Kahavaigunyayukta Sandhi* in *Katipradesha* is the location of the *Prakopita Vata Stanasamshraya*. All of them cause stiffness and pain in the *Katipradesha*, which in turn causes the illness *Katigraha*.

• Margavarodhajanya Katigraha

Depends on *Agnibala*, one should consume food in the appropriate quantity. A person should only eat when the previous meal has been completely digested. If one eats while experiencing indigestion, the newly consumed food will contaminate all subsequent meals. Consuming too much *Guru*, *Shita*, *Vishtambhi*, *Shushka*, *Vidahi*, *Ruksha*, *Pichhilha Guna Ahara*, and leading a sedentary lifestyle contribute to the body's creation of *Ama*, which results in *Dosha Prakopa*, *Agni* disturbance, and a lack of *Rasa Dhatu* metabolism. There is *Srotavarodha* in the *Adhishtana* because *Jatharagni* and *Dhatwagni* are both deranged. Due to such *Srotavarodha*, *Vata* gets vitiated and produces symptoms like *Ruk* (pain) and *Stambha* (stiffness) in *Khavaigunyayukta Sandhi* i.e., *Kati Pradesh*

Samprapti Ghataka:

Dosha – vata (vyana, saman, apana)

Kapha (sleshak)

Dushya- dhatu (mansa ,meda, asthi)

Updhatu (kandra, sanayu)

Agni- Jatharagni, Dhatvagni

Ama - Jataragni, Dhatvagnijanya

Srotas - Asthivaha Mamsavaha

Srotodushti – Sanga

Udbhavasthana- Pakwashaya

Vyaktasthana- Kati

Rogamarga- Madhyama

MODERN REVIEW:

Lumbar Spondylosis is a degenerative disorder of the lumbosacral spine giving rise to disc degeneration and osteophyte formation leading to spinal deformity, low back pain radiating down one or both lower extremities, and

features of lumbar radiculopathy. Spondylosis generally means a change in the vertebral joint characterized by increasing degeneration of the intervertebral disc with subsequent changes in the bones and soft tissues. Spondylolisthesis, and spinal canal stenosis are resultant pathological changes.^[6] Spondylosis may be applied non-specifically to any degenerative conditions affecting the discs, vertebral bodies, and/or associated joints of the lumbar spine. Low back pain (LBP) affects approximately 60–85% of adults at some point in their lives.^[7]

Pathophysiology

It usually occurs in 3 phases-

Dysfunction phase-

Phase I (Dysfunction Phase) outlines the early consequences of repeated microtrauma with the emergence of circumferential painful tears of the outer, innervated annulus and concomitant end-plate separation that may impair the nutritional supply and waste clearance of the disk. These tears may combine to form radial tears, which are more likely to protrude, and which affect the disk's ability to retain water, leading to desiccation and a decreased disk height.

Instability phase-

Phase II (Instability Phase) is characterized by the loss of mechanical integrity, progressive disk alterations, including internal disruption, more annular tears, and disk resorption, along with further facet degeneration that may lead to instability and subluxation.

Stabilization phase-

Phase III (Stabilization Phase) sees continuing fibrosis and shrinking of the disk space as well as the development of osteophytes and transdiscal bridging.^[8]

CONCLUSION:-

As per signs and symptoms shown in *katigraha*, the disease could be correlate with Lumbar spondylosis. Where multi-system-wise symptoms are seen. Mainly *katishoola* and *stambhaare* seen which indicates the involvement of *vata* and *kapha*. Pathogenesis of this condition shown, diseases occurred in *kati*, *trika*, *pristhapradesh* after the vitiation of dosha.

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