



A case study on katigraha treated by patrapottali sweda and shunthi churna

Prof. Vidya Shivram Boinwad ^{1,*}, Prof. & Dr. Dhananjay N Kahaleker ²

^{1,*},² Kayachikitsa Department, Government Ayurved College, Nanded, Nashik, Maharashtra, India

ABSTRACT: Katigraha specially described in Gadanigraha by Acharya Shodhal in which Samavayu gets situated in katisthana and develops pain due to graha, stambha. 1 It is one of the vatajanatmajvyadhi termed as trikgraha mentioned in Charak Samhita. 2 It may correlate with low back pain which is very common. It may be due to stiffness, spasm or many clinical conditions. It affects approximately 60-80% of adults. Ama and vata are mainly responsible for Katigraha. In this case we used Shunthi Churna internally 3 gm two times a day for seven days, which is best amapachak as described in Bhavprakashnighantu. 3 Swedan provides relief from stambha (stiffness). 4 So we used swedan therapy in this case in the form of patrapottali sweda (nirgudipatra, erandapatra, shigrupatra) for 7 days and got significant result in pain, graha, improve gait which is affected due to graha in 7 days.

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Keywords: Katigraha, swedan, patrapottali sweda, Shunthi churna.

1. Introduction

In this era life style of human being has been drastically change. This change in life style includes travelling, improper posture, changed eating habits and sleep hours. This changes develops life style disorders, Katigraha is one of them.

Even though katigraha is not described detail in Bhruhattraies. It is mentioned under vatajanatmajvyadhi as trikgraha in Charak Samhita, sutra sthana. In Sharangdhara Samhita, it has included under vatavyadhi. Aaddhamal described that, pain is specially due to stambha. 5 In Gadanigraha, Acharya Shodhal described pathogenesis of katigraha. He stated that, when samavayu get situated in katisthana they develop katigraha with ruja.

Katigraha is not being a life threatening one, but it disturbs daily activity. Various treatment or procedures like katibastifor katigraha mentioned in Gadanigraha and other text. In modern sciences they used analgesics, antispasmodic drugs but they develops some side effect while considering the pathogenesis of Katigraha described in Gadanigraha by Shodhal, ama & vata doha have prime importance. To break this pathogenesis, we used Shunthi Churna which is ushna and best amapachak dravya. Dose of Shunthi churna was 3 gm twice a day internally for 7 days. Swedan therapy relieves Graham, stambha which is described by Acharya Charak. Katigraha is one of the swedya condition described in text so we managed this case by swedan therapy in the form of Patrapottali which include, Nirgundi patra, Shigrupatra, Nimbuswaras, til tail.

* Corresponding author e-mail: vboinwad@rediffmail.com
Tel.: +91 9503609432

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In this case, bestamapachana was done by shunthichurna. Patrapottaliswedarelived stambha at katisthana due to vitiation of vayu and improve microcirculation. In this way we break pathogenesis of katigraha. Patient got significant relief in pain, graha and improves his gait.

2. Case report

This case study was taken from Kayachikitsa outdoor patient department of Government Ayurved college, Nanded. A 45 years old patient presented with complaints of Katigraha, Ruja, restricted painful movement so has difficulty in walking since 15 days. Patient had been received treatment for it but there was no relief in symptoms. Patient was admitted in Indoor patient department, he was examined, detailed history was taken. Patient occupation was worker and His diet was mixed that is vegetarian and non-vegetarian. No history of hypertension, Diabetes or any other major illness and no history of fall or trauma were found.

On examination, patient was afebrile, pulse was regular that is 78/min. Local examination pain at Kati sthana, movement restricted due to muscle spasm and had difficulty in walking. Strait leg raising test at first day of Right leg was 40 and left leg was 90.

On examined all things we advised x-ray L.S spine (AP & Lat. view). x-ray report diagnosed loss of lumbar lordosis suggestive of muscular spasm.

3. Treatment given

Shunthichurna 3 gm twice a day with lukewarm water for 7 days.

Patrapottalisweda at katipradesh for 20 min.

Ingredient of patrapottalisweda-

Dravya	Dose
Nirgundipatra	100gm
Shigrupatra	100gm,
Erandapatra	100gm,
Nimbuswaras	25ml,
Til tail	30ml.

4. Preparation & procedure of Patrapottali

Fresh Shigrupatra, Nirgundipatra and Erandapatra fried with Til tail and Nimbuswaras then tied into cloth to make pottali and used for swedan procedure. It should be applied after checking the temperature of body with mild pressure. Care should be taken to maintain throughout the procedure.

Assessment of patient-

Assessment of patient was done according to pain score, strait leg raising test and gait before and after treatment.

	Pain score	
1	0	No pain
	1	Mild pain
	2	Moderate pain but no difficulty in walking
	3	Slight difficulty in walking due to pain
	4	Much difficulty in walking
	5	Much pain which prevent walking
2	Strait leg raising test (SLRT)	
3	Gait	

5. Observation & results

	Pain score		BT	AT
1	0	No pain		1
	1	Mild pain		
	2	Moderate pain but no difficulty in walking		
	3	Slight difficulty in walking due to pain		
	4	Much difficulty in walking	4	
	5	Much pain which prevent walking		
2	Strait leg raising test (SLRT)		40	80
3	Gait		Affected	Improved

6. Discussion

In this case patient was diagnosed as Katigraha where samavayu gets situated in katisthana&developskatigrahawithruja.

This case was managed by Shunthichurna 3 gm two times a day andPatrapottaliSweda for 7 days.

Shunthi is a best amapachakdravya having ushnaguna so we select this drug.

Katigraha is one of the Swedya condition. Patrapottali is under SnigdhaSwedaor Pindasweda. Swedan provides relief from stambhai.e.graha. After swedan the body starts sweating. The cell gets activated & improve cellular metabolism. So we usedPatrapottalisweda .For this, we used Erandapatra which is vatahara&kaphagna. Shigrupatra which is also vatakaphaghna&Nirgudipatra destroys shula,shotha,amamaruta as described in Bhavprakashnighantu.all these ingredients are best vatashamakso it gives relief from vitiated vayu.

Here, we breaks the samprapti of Katigraha byAmapachan& normalizes vitiated vata .so we found significant result in this case.

Conclusion

In this case study, patient had significant result within 7 days. Patient got relief in stiffness, pain and gait was improved which was affected by Graha.

From this case study, we canconclude thatAyurvedic management can be the best option in treatment of katigraha.Herbs which is used in this treatment is easily available and also cost effective without any side effects.

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