

Evaluating the efficacy of *Balakoranda taila kati vasti* and *Kumburu etaadhi pinda sweda* in the management of *Katigraha* (Lumbar spondylosis)

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In today's world, humans suffer from many lifestyle-related disorders due to the adoption of modern lifestyles. *Katigraha* (Lumbar spondylosis) is one such disorder, which is described as *Sthana vishesha vyadhi* in which the lumbar vertebra is mainly affected. The cardinal symptoms of *Katigraha* are *Ruk* (pain), *Stambha* (stiffness), and *Graha* (restricted movements). The main vitiated *Dosha* in *Katigraha* is *Vata*. Among the various types of treatment modalities mentioned in texts for *Katigraha*, *Kati vasti* and *Pinda sweda* are especially of use for physicians. Therefore, this study was designed to evaluate the efficacy of *Kati vasti* with *Balakoranda taila* mentioned in Ayurveda pharmacopoeia and fermentation with *Kumburu etaadhi pinda sweda* (guthli of gothyl *Calophyllum inophyllum* - *Domba ata mada*, oil of *Azadirachta indica* - *kohomba thel*, ghee, oil of *Madhuka indica* - *Mee thel*, castor oil, *Santalum album* - sandalwood, guthli of *Caesalpinia boundue* Roxb - *Kumburu ata mada*, seeds of *Gossypium herbaceum* - *Kapu ata*, leaves of *Curcuma longa*, seeds of *Mimusops elingi* Linn - *Muna mal ata* and sesame oil) prescribed by traditional physicians. Thirty patients, 30 - 70 years of age with *Kati graha* were selected for this study. Patients were diagnosed mainly by cardinal symptoms and with X-ray findings. The selected patients were treated with *Balakoranda taila kati vasti* and *Kumburu etaadhi pinda sweda* for a period of one month. Among the *Katigraha* patients, male patients were predominantly seen between ages of 41 - 50 years. In X-rays, presence of osteophytes were found in 37%. After the treatment period, all the symptoms were statistically significantly reduced and the mean initial pain ($3.05 + 0.29$) was reduced to $0.98 + 0.15$ at the end of the treatment (41% reduction) ($p < 0.0243$). Mean initial stiffness ($0.8 + 0.16$) was reduced to $0.47 + 0.072$ (49.85%) ($p < 0.0036$) and mean initial restricted movements ($1.47 + 0.23$) was reduced to $0.72 + 0.063$ (reduced by 71.48%) ($p < 0.0231$). The present study provides insight into the use of external medicaments as better, effective medical measures for the treatment of *Katigraha*.

Keywords: *Katigraha*, *Ruk*, *Stambha*, *Graha*, *Kati basti*, *Pinda sweda*