

Effect of *Divyanganadi Taila Kati Vasti* on *Thrikashoola* with Special Reference to Lumbar Spondylosis: A Case Series

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Thrikashoola, commonly referred to as lower back pain, is classified under *Nanathmaja vata vyadhi* in authentic Ayurveda texts. The prevalence of lower back pain has surged due to the sedentary lifestyles and unhealthy work habits in modern society. Clinically, *Thrikashoola* shares similarities with lumbar spondylosis. “*Thaila Pancha Shathakaya*,” a traditional Sri Lankan text, mentions the formulation of “*Divyanganadi Taila*,” which is indicated for *Thrikashoola*. Despite its historical use by native physicians, no scientific studies have been conducted to validate its efficacy. Therefore, this study aimed to evaluate the efficacy of *Divyanganadi taila kati vasti* along with *Dasamoola nadi sweda* in managing *Thrikashoola*. The study was conducted at the Out Patient Department and Inward Patient Department of the Provincial Ayurveda Hospital in Pallekale, Sri Lanka. The study involved five patients aged between 40-65 years, of either sex, who were randomly selected. The treatment duration was 28 days. Registered patients underwent *Kati Vasti* with *Divyanganadi taila* for thirty minutes, followed by *Dasamoola nadi sweda* for ten minutes over 14 consecutive days. Outcomes were assessed using the Oswestry Disability Index (ODI) and the Physical Impairment Scale (PIS) during the treatment and a two-week follow-up period. Data was recorded in a standard proforma and analyzed using the Wilcoxon signed-rank test. The study revealed significant improvement in symptoms of *Thrikashoola*, with 100% relief in pain and 90% relief in stiffness, tenderness, and range of movement. The combination of this treatment regimen was effective in managing *Thrikashoola*. Further studies with larger sample sizes are recommended to generalize these findings.

Keywords: *Thrikashoola*, *Divyanganadi Taila*, *Lumbar Spondylosis*, *Kati Vasti*, *Nadi Sweda*