

Effect of A Special Ayurveda Treatment Modality in the Management of Kati Graha: A Case Study

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In Ayurvedic context Katigraha is mentioned with symptoms such as pain and restricted movement in katipradesha due to nidanasevana, vata gets aggravated and produces symptoms of the disease. When shudda and samavata enters to katipradesha it produces symptoms like ruja and sthabdatha in Kati pradesha and this condition is called as Katigraha mentioned in Ayurvedic classics under *Nanatmaja Vatavyadhi*. This case study was primarily designed to assess the effect of a special Ayurveda treatment modality in the management of a 21 year-old female patient presented at the orthopedic clinic of Pallekele Ayurveda Hospital, Kandy, Sri Lanka, complaining of low back pain, numbness and stiffness while any movements. Her medical history revealed that the onset of symptoms dated back to her puberty with gradual increase in the degree of pain over time. Her treatment plan included the administration of Amapachana, Virechana, Agniwardhana, Vatashamaka and Rsayana Oushadha Sevana. Apart from that, *Sarvanga Abhyanga* was performed using *Kora Thaila* for approximately 30 minutes followed by *Swedana* for approximately 10 minutes. After that *Dhobaata paththuwa* was applied on affected area. This whole procedure was repeated for 21 days. During this period, appropriate regular exercises were used. After the period of three weeks, *Thailaabhyanga* and *Nadisweda* were recommended once a week during the two-month and one month period of follow-up. Clinical changes were assessed on the basis of grading system such as back pain, stiffness and local examination of spine. A significant reduction in pain and stiffness were observed after the treatment. It can be concluded that the treatment modality has a marked effect in the management of Kati graha. It is recommended to design a clinical trial

with a larger sample size in order to confirm the effect of this treatment modality.

Key Words: Kati graha, Special Ayurveda treatment modality, *Korathaila*