

**A case study – An Efficacy of Chitrakadi Ghrita in Katigata vata****Dr. Manoj L. Sonaje**

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Email [manojsonaje@gmail.com](mailto:manojsonaje@gmail.com)**Abstract:**

*Katigata vata i.e. low back pain is very painful disease troubling to many people. It is found commonly in the old aged people because there is increase in Ruksha and sheeta guna. Also there is some age related kshaya (decrease) in asthi dhatu (Osteoporosis). Katigata vata can be resembled with Kati shool, Trika shool. Chitrakadi Ghrita is mentioned as a remedy for Vatavyadhi in Charak Samhita. It is used in a patient of Katigata vata in the form of oral administration and assessed on a criteria like low back pain, stiffness, Straight leg raise test and Quebec low back pain scale. It was found very effective in this patient. It decreases the sheeta and ruksha guna of Vata dosha. So present study was selected to study an efficacy of Chitrakadi Ghrita in katigata Vata. This study can be done on large sample size and it is also cost effective.*

**Keywords :** Katigata vata, Chitrakadi Ghrita, Asthi, Low back pain

**Introduction:**

**K**atigata vata is a commonly occurring problem in population. The etiological factors of this disease are aging, trauma, sedentary lifestyle, lack of exercise. Mostly 70 % of Indian Population is affected by the Low back pain <sup>1</sup> and in that, Men and women are equally affected. Stress at Work place is also a causative factor. In classical Ayurvedic Texts, <sup>2,3,4</sup> Katigata vata can be referred as Kati Graha, Trika graha, Kati vayu, Trika shool, Vataja shool, Gridhrasi, katisandhigata Vata etc.

Katigata Vata affects the body due to vitiation of Vata Dosh. Shodhana and Shamana Chikitsa for Vatavyadhi has been described in Vatavyadhichikitsa Adhyaya.<sup>5</sup> Sandhigatavata is mentioned in Yogratnakara under Vatavyadhi Chapter. <sup>6</sup> The clinical features includes ruk (pain), toda (pin like sensation), stambha (stiffness), muhuspandana (twitching and cramping) in the sphik (buttock), kati (Waist), Uru (thigh), janu (knee), Jangha (calves) and pada (foot).<sup>7</sup>

The Ayurvedic treatment consists of Snehana (oleation therapy), swedana (sudation therapy), Basti (medicated retention enema), Agnikarma (Therapeutic cautery) and Vatahara Shamana yogas (Palliative therapy). There is reference of Chitrakadi Ghrita is

Mentioned in the treatment of Vatavyadhi in Charak Samhita.<sup>8</sup>

Here we have details of case of Katigata vata which is well treated by Chitrakadi Ghrita. One Patient complaining Low back pain & Stiffness at Kati region were taken. Patient was clinically diagnosed and selected for study.

**Aim:**

- To observe efficacy of *Chitrakadi Ghrita* in Katigata Vata

**Objective:**

- To study Katigata Vata
- To Study Chitrakadi Ghrita.
- To Assess the effect of *Chitrakadi Ghrita* in Katigata Vata

**Material and Methods:**

- **Materials –**

- 1) Patient was selected from the Outpatient department of Shalyatantra Department of Government Ayurved Medical college, Osmanabad. Patient was diagnosed for only Katigatavata. Patient with other allied symptoms like swelling, Sciatica, Aamvata were excluded from the study.
- 2) For treatment – Oral Administration of 10 ml of Chitrakadi Ghrita before meal with kosha water as Anupana.

**Methodology:**

The patient was given treatment for consecutive 30 days. Detailed history was taken before the treatment.

- Parameter Assessed – Low back pain and Stiffness.

**Preparation of Chitrakadi Ghrita –**

**Contents-**

1. Drug kalka – 1 part
2. Ghrita- 4 part
3. Cow’s Milk- 16 part

**Procedure-**

Chitrakadi Ghrita is prepared by taking 1 part of kalka made up of all dravyas (Chitrak, Suntha, rasna, Pushkarmula, Pippali and kachur), 4 part of Ghrita and 16 part of Cow’s Milk. Heating the given combination till following characters are observed given the sneha kalpana.

1. The drug kalka (Paste) could be moulded in varti with two fingers
2. If the kalka (paste) is exposed to fire, no sound is observed.
3. ‘Phen Shanty’, that means no further bubbles are observed over ghrita while heating it.
4. Ghrita gets all the characters of crude drug by which it is medicated such as smell, taste, colour and its medicinal properties.

**Table no. 1: Chitrakadi Ghrita**

S r. No.	Drug	Botanic al Name	Natura l Order	R asa	Veerya	Vip aka	Gun a
1	Chitrak	Plumbago zeylanica Linn	Plumbaginaceae	Katu	Ushna	Katu	Ruksha, Laghu, Teekshna
2	Nagar	Zingiber officinale Rosc.	Zingiberaceae	Katu	Ushna	Madhura	Laghu, Snigdha
3	Rasna	Pluchea lanceolata	Compositae	Tikta	Ushna	Katu	Guru

4	Pushkarmula	Inularia racemosa Hook	Compositae	Tikta, Katu	Ushna	Katu	Laghu, Teekshna
5	Pippali	Piper longum linn.	Piperaceae	Katu	Anushnata	Madhura	Laghu, Snigdha, Teekshna
6	Kachur	Curcuma zedoaria Rosc.	Zingiberaceae	Tikta, Katu	Ushna	Katu	Laghu, Teekshna

**Intervention – Chitrakadi Ghita**

**Dose:** 10 ml two times in a day

**Kal :** before meal

**Route of Administration:** Orally

**Anupan:** Koshna Jala

**Duration:** 30 Days

**Follow Up:** at 15<sup>th</sup> and 30<sup>th</sup> Day

**• CRITERIA FOR ASSESMENT**

**1.Low Back Pain-**

0	No Pain after sitting
1	Pain Starts after sitting 30 minutes
2	Pain starts after sitting for 15 minutes
3	Pain starts immediately after sitting

**2.Stiffness-**

0	No Stiffness
1	In Morning , only 5 minutes
2	During day time for 15 minutes
3	During day time for more than 15 minutes

**3. SLR Test**

<b>0</b>	<b>90°</b>
<b>1</b>	<b>60°</b>
<b>2</b>	<b>30°</b>
<b>3</b>	<b>0°</b>

❖ **Observation & Result –**

<b>Assessment</b>	<b>At Start</b>	<b>At 15<sup>th</sup> day</b>	<b>At 30<sup>th</sup> day</b>
<b>Low back pain</b>	2	2	1
<b>Stiffness</b>	3	2	1
<b>SLR Test</b>	1	1	0

**4. Quebec Back pain Disability Scale <sup>9</sup>**

• **History of Present illness:**

The 59 year old male patient has a low back pain for last 1.5 years and came to GAH Osmanabad for treatment.

**PAST HISTORY:** HTN. No any other major illness like, DM, IHD, KOCH’S, BRONCHIAL ASTHMA etc.

**SURGICAL HISTORY:** No any major surgical history.

**MEDICINAL AND ALLERGIC HISTORY:** No any medicinal and drug allergic history.

**PERSONAL HISTORY:**

Appetite-Normal  
Diet- Mixed  
Sleep- Normal  
Micturition- Normal 4-5 times/ day  
Bowel- Normal 2 times/ day  
Addiction-Tobacco chewing (since 12 years),  
Alcohol addiction (since 15 years)  
Occupation- Service in Hotel as Receptionist

**FAMILY HISTORY:** Not specific

**GENERAL EXAMINATION:** Not any specific

**SYSTEMIC EXAMINATION:** Not any specific

**INVESTIGATIONS:** HB- 13.0%

RBC- 5.1 million/mm<sup>3</sup>

WBC- 9200/ cu mm

PLT- 356000/ UL

Bleeding time- 1 min 30 sec

Clotting time- 4 min 20 sec

Urine routine- Nil, Microscopic- Nil

**EXAMINATION:**

1. No tenderness at rest in low back area.
2. Slight Tenderness during start of working
3. No any swelling
4. SLR test at 30°.
5. CVS – Normal
6. CNS – Normal
7. RS –Normal
8. Blood pressure and Pulse- within normal range.

**\* The Quebec back pain Disability scale**

<b>No.</b>	<b>Questionnaires</b>	<b>Before Treatment (Score)</b>	<b>After Treatment (Score)</b>
1.	Get out of Bed	1	0
2.	Sleep through the night	0	0
3.	Turn over in bed	0	0
4.	Ride in a car	2	1
5.	Stand up for 20-30 minutes	3	2
6.	Sit in a chair for several hours	4	2
7.	Climb one flight of stairs	0	0
8.	Walk a few blocks	0	0
9.	Walk several kilometres	2	1
10.	Reach up to high shelves	0	0
11.	Throw a ball	2	1
12.	Run one block (about 100 m)	2	1
13.	Take food out of the refrigerator	0	0
14.	Make your bed	2	1
15.	Put on socks	2	2
16.	Bend over to clean	3	1
17.	Move a chair	2	1
18.	Pull or Push heavy doors	1	0
19.	Carry two bags of Groceries	0	0
20.	Lift and carry heavy suitcase	2	1

Patient got relief from our Treatment of 30 days. Further he advised to take oral medications.

**Discussion-**

Katigata vata is not directly mentioned as a disorder in Ayurvedic Texts. <sup>10</sup> Kati is one of the sthana of Apana vayu. <sup>11</sup> In Katigata vata, Vata dosha

is vitiated by its Ruksha and sheeta guna. This Vitiated guna can be best controlled by snehana Chikitsa. The ruksha and sheeta guna of vitiated Vata dosha is balanced by Snigdha and Ushna guna of the Chitrakadi Ghrita. This Chitrakadi Ghrita can be administered orally daily. It is most useful in ruksha pradhan vyadhis, vata dosha vitiated vyadhis, kati ashrit vyadhis.

This patient has the sedentary lifestyle and there may be some chances of wrong sitting style at office which results in Katigata vata.

Ghritapana is very much effective in this patient by decreasing Ruksha guna of Vitiated Vata dosha. It also performs as Snehan and Bruhan to Ashidhatu which gives bala (strength) to bones and Joints. It also does anuloman of Apan vayu.

**Conclusion:**

1. Vata dosha is vitiated due to increase in Ruksha and sheeta guna.
2. There is vitiation of Vata dosha in Katigata vata.
3. Most of the drugs of Chitrakadi Ghrita are having Ushna, Snigdha attributes, which alleviates increased Vata Dosha.
4. Chitrakadi Ghrita shows Significant effect on Vitiated Vata in Katigata Vata. It is Result Oriented and Cost effective.

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