



Research Article

COMPARATIVE STUDY OF *MARMA* THERAPY ON *KATIKATARUNA MARMA* AND *KATI BASTI* IN *DHATUKSHAYJANYA KATISANDHIGATA VATA* (LUMBAR SPONDYLOSIS)

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ABSTRACT

Lumbar Spondylosis, identified in Ayurveda as *Dhatukshayjanya Kati Sandhigata Vata*, is a progressive degenerative disorder affecting the lumbar spine. It is characterized by chronic back pain, stiffness, and reduced mobility, impacting the quality of life. Conventional treatment options, including NSAIDs and physiotherapy, provide symptomatic relief but fail to address the root cause. Ayurveda offers alternative solutions such as *Marma* therapy and *Kati Basti*, both of which aim to balance *Vata Dosha* and restore functional integrity. This study aims to conduct a comparative analysis of *Marma* Therapy on *Katikataruna Marma* versus *Kati Basti* in managing *Dhatukshayjanya Kati Sandhigata Vata*. A total of 60 patients were divided into two groups: Group A received *Marma* therapy, while Group B underwent *Kati Basti*. Pain reduction, lumbar mobility, and overall symptom relief were evaluated using the Visual Analog Scale (VAS) and the Straight Leg Raise (SLR) test. Results indicate that *Marma* therapy provided superior relief in pain intensity, spinal flexibility, and long-term management compared to *Kati Basti*. Statistical analysis using Wilcoxon Signed Rank Test, Paired T-test, and Mann-Whitney U Test confirmed a significant improvement in Group A. This suggests that *Marma* therapy is a more effective and holistic approach in treating *Dhatukshayjanya Kati Sandhigata Vata*. The findings contribute to the growing body of evidence supporting Ayurvedic treatments for spinal disorders. Further clinical studies are recommended to establish standardized protocols and enhance integration with modern medical practices.

INTRODUCTION

Ayurveda, one of the oldest systems of medicine, is a comprehensive science that focuses on achieving a harmonious balance between the body, mind, and spirit. Rooted in ancient wisdom, Ayurveda incorporates various therapeutic approaches, including herbal remedies, detoxification procedures, dietary guidelines, and specialized treatments. One such essential therapy is *Marma* therapy, which revolves around the stimulation of specific vital points in the body known as *Marmas*. These points are considered the junctions where muscles, veins,

ligaments, bones, and joints converge, allowing the free flow of *Prana* (life force energy). *Marma* therapy has been widely used in Ayurvedic practice to alleviate pain, restore function, and promote overall well-being.

In the realm of musculoskeletal disorders, lumbar spondylosis is a prevalent degenerative condition that affects a significant portion of the global population. With an increasing number of individuals experiencing lower back pain due to aging, lifestyle habits, and occupational strain, the demand for effective treatment strategies has intensified. While modern medicine primarily relies on non-steroidal anti-inflammatory drugs (NSAIDs), physiotherapy, and surgical interventions, these methods often come with limitations, including adverse side effects and temporary relief. Ayurveda, on the other hand, provides holistic treatment alternatives that aim to address the root cause of the disease rather than merely suppressing symptoms.

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Understanding Marma Therapy and its Role in Lumbar Spondylosis

Marma therapy is an ancient healing science described extensively in Ayurvedic texts, particularly in the *Sushruta Samhita*. *Acharya Sushruta*, regarded as the father of surgery, elaborated on the significance of *Marma* points in the *Sharir Sthana* section of his treatise. He classified 107 vital *Marma* points in the human body, which serve as the energy hubs influencing physiological functions, nervous system activities, and organ health. Among these, the *Katikataruna Marma*, located on either side of the vertebral column at the sciatic notch of the pelvis, plays a crucial role in spinal stability and lower back health.

The deterioration of lumbar spinal structures due to aging, wear and tear, or trauma leads to a condition known as lumbar spondylosis. This degenerative disorder encompasses discogenic back pain, facet joint osteoarthritis, and segmental instability, causing stiffness, restricted movement, and persistent discomfort. While there is no direct equivalent for lumbar spondylosis in Ayurveda, its clinical manifestations closely resemble *Kati Sandhigata Vata*, a condition characterized by *Katishoola* (pain in the lower back), stiffness, restricted movement, and tingling sensations. According to Ayurveda, the imbalance of *Vata Dosha* is a primary contributor to degenerative disorders, making the management of *Vata* a critical component of treatment.

Kati Basti as a Vata-Pacifying Therapy: One of the most effective Ayurvedic interventions for lumbar spondylosis is *Kati Basti*, a specialized form of *Bahya Snehana* (external oleation therapy). This procedure involves retaining warm medicated oil within a compartment created around the lower back using black gram dough. The therapeutic warmth and the medicinal properties of the oil penetrate deep into the tissues, nourishing the degenerated structures and soothing aggravated *Vata Dosha*.

Kati Basti is widely preferred for its numerous benefits, including:

- Reduction in pain and inflammation
- Improvement in spinal flexibility
- Strengthening of lumbar musculature
- Enhanced blood circulation in the lower back region

Unlike conventional treatments that may have long-term side effects, *Kati Basti* provides sustained relief by lubricating the joints, nourishing the nerves, and restoring the natural integrity of the spine.

Comparative Study: Marma Therapy vs. Kati Basti

The present study aims to compare the effectiveness of *Marma* therapy on *Katikataruna Marma* with *Kati Basti* in the treatment of *Dhatukshayanya Kati Sandhigata Vata* (lumbar spondylosis). While both therapies are deeply rooted in Ayurvedic principles, they function through distinct mechanisms:

Marma Therapy

- Stimulates energy flow by activating *Katikataruna Marma*.
- Helps in pain modulation through neural stimulation.
- Enhances circulation to promote tissue regeneration.
- Regulates *Prana* (vital energy) to restore spinal function.

Kati Basti

- Provides deep nourishment through medicated oils.
- Pacifies aggravated *Vata Dosha*.
- Improves lubrication of the vertebral joints.
- Strengthens lower back muscles and enhances flexibility.

Through a clinical study, this research aims to evaluate which therapy provides superior relief from pain, stiffness, and functional impairment associated with lumbar spondylosis.

Need for This Study

With low back pain being one of the leading causes of disability worldwide, there is an urgent need to explore effective, natural, and side-effect-free treatment options. Currently, the medical approach to managing lumbar spondylosis is symptom-based, relying heavily on painkillers, corticosteroid injections, or surgical interventions. However, these methods fail to address the root cause of the disorder, leading to recurring pain and progressive degeneration.

This study is significant because:

- It explores an Ayurvedic approach that focuses on the underlying pathology rather than mere symptomatic relief.
- It compares two well-established therapies to identify the most effective treatment for long-term relief.
- It contributes to integrative medicine by providing scientific validation of *Marma* therapy and *Kati Basti* for spinal disorders.

Research Question & Hypothesis

The research aims to answer the following questions:

1. How does *Marma* therapy influence the structures near *Katikataruna Marma*?

2. Which therapy-*Marma* therapy or *Kati Basti*-is more effective in managing lumbar spondylosis?

The hypothesis for this study is:

- Null Hypothesis (H0): *Marma* therapy and *Kati Basti* are not effective in the management of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis).
- Alternative Hypothesis (H1): *Marma* therapy is more effective than *Kati Basti* in managing *Dhatukshayjanya Kati Sandhigata Vata*.
- Alternative Hypothesis (H2): *Kati Basti* is more effective than *Marma* therapy in managing *Dhatukshayjanya Kati Sandhigata Vata*.

AIM AND OBJECTIVES

Aim

To conduct a comparative study on the efficacy of *Marma* Therapy and *Kati Basti* in managing *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis).

Objectives

- To evaluate the anatomical and functional significance of *Marma* therapy.
- To assess *Marma* therapy and *Kati Basti* effectiveness in improving pain, mobility, and overall spinal function.
- To provide an evidence-based approach for integrating Ayurvedic treatments into mainstream healthcare for lumbar spondylosis.

Assessment Criteria

Subjective Parameters (Grading System)

Parameter	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
<i>Katishoola</i> (Pain)	No pain	Bearable pain	Moderate pain (relieved by medication)	Severe pain (affects routine)	Intolerable pain
<i>Katistambha</i> (Stiffness)	No stiffness	Stiffness after long sitting, relieved by movement	Stiffness >1 hour, not disturbing routine	Stiffness >1 hour, mildly affects routine	Stiffness 2-6 hours, severely hampers routine
<i>Katisuptata</i> (Numbness)	No numbness	Occasional numbness	Daily numbness for few minutes	Daily numbness 30-60 min	Daily numbness >1 hour
<i>Akunchana Prasarana Pravrutti Savedana</i> (Restricted Movement)	No restriction	Restriction in 1 movement	Restriction in 2 movements	Restriction in 3 movements	Restriction in 4 movements

Material and Methods (Summary)

Study Design

A comparative clinical study was conducted to evaluate the efficacy of *Marma* therapy on *Katikataruna Marma* versus *Kati Basti* in managing *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis).

Study Setting and Participants

- Total Sample Size: 60 patients
- Study Location: I.A.S.R. Hospital, Kurukshetra
- Study Duration: 28 days, with follow-ups on the 7th, 14th, 21st, and 28th days

Grouping of Participants

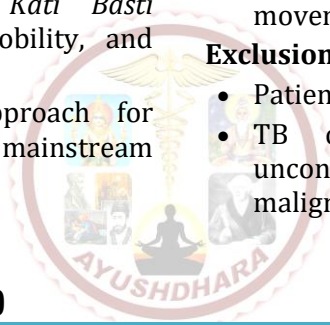
- Group A (30 patients): *Marma* Therapy on *Katikataruna Marma*.
- Group B (30 patients): *Kati Basti* using 150ml of *Murchit Tila Taila* for 28 days.

Inclusion Criteria

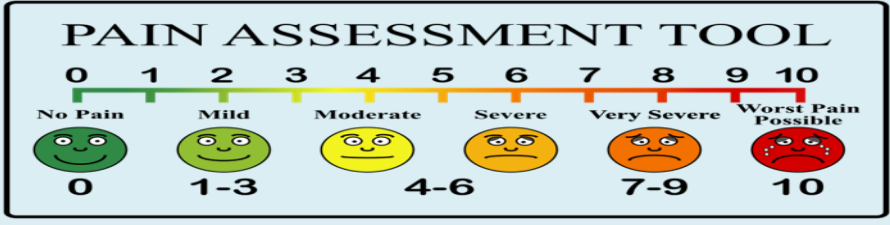
- Patients aged 30-70 years with clinical features of *Kati Sandhigata Vata*.
- Presence of *Katishoola* (pain), *Katistambha* (stiffness), *Kati Suptata* (numbness), and restricted movement.

Exclusion Criteria

- Patients <30 or >70 years
- TB of the spine, autoimmune disorders, uncontrolled diabetes, cardiovascular diseases, malignancies, pregnancy, and vertebral fractures.



Objective Parameters

Test	Grading												
VAS (Visual Analog Scale)													
SLR (Straight Leg Raise Test)	<table border="1"> <thead> <tr> <th>Angle</th> <th>Grade</th> </tr> </thead> <tbody> <tr> <td>Equal to or greater than 90</td> <td>0</td> </tr> <tr> <td>71-<90</td> <td>1</td> </tr> <tr> <td>51-70</td> <td>2</td> </tr> <tr> <td>31-50</td> <td>3</td> </tr> <tr> <td><30</td> <td>4</td> </tr> </tbody> </table>	Angle	Grade	Equal to or greater than 90	0	71-<90	1	51-70	2	31-50	3	<30	4
Angle	Grade												
Equal to or greater than 90	0												
71-<90	1												
51-70	2												
31-50	3												
<30	4												

Investigations

- Hb% (Hemoglobin percentage)
- Serum Calcium levels
- X-ray of the Lumbar Sacral Spine (AP & Lateral View)

Treatment Assessment

Response Type	Criteria
Good Response	Complete relief of symptoms
Fair Response	50-75% relief of symptoms
Poor Response	<50% relief of symptoms
No Response	No improvement

Statistical Analysis

- **Wilcoxon matched-pairs signed ranks test** for non-parametric data
- **Paired 't' test** for parametric data
- **Unpaired 't' test** for inter-group comparison

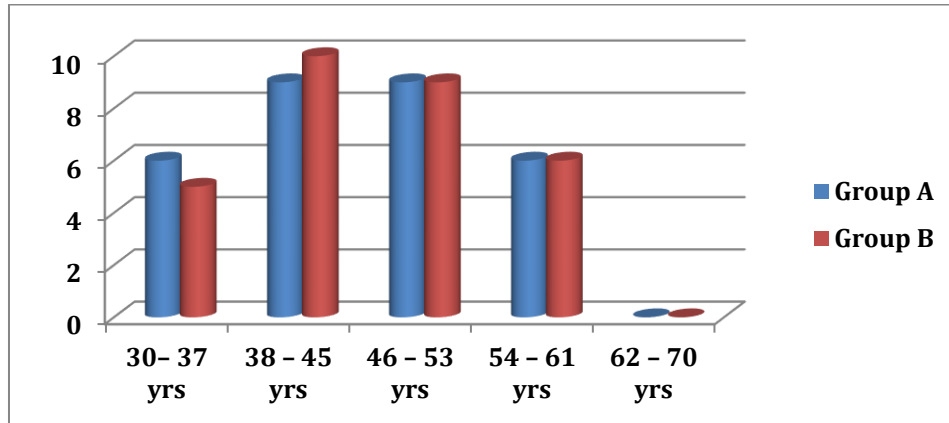
RESULTS

Age-wise distribution

Table 1: Age-wise distribution of 60 patients of *Dhatukshayjanya Kati Sandhigata Vata*

S.No	Age (yrs)	No. of Patients			Percentage (%)		
		Group A	Group B	Total	Group A	Group B	Total
1	30- 37 yrs	06	05	11	20.00	16.67	18.33
2	38 - 45 yrs	09	10	19	30.00	33.33	31.67
3	46 - 53 yrs	09	09	18	30.00	20.00	30.00
4	54 - 61 yrs	06	06	12	20.00	20.00	20.00
5	62 - 70 yrs	00	00	00	00.00	00.00	00.00
Total		30	30	60	100	100	100

Graph no. 1: Age wise distribution



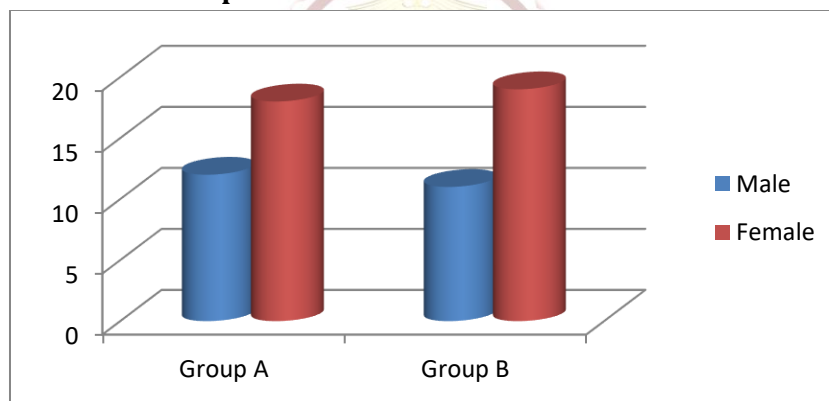
In the present study, maximum no. of patients i.e., 19 were from the age group 38-45 yrs. Followed by 18 in 46-53 yrs, 12 in 54-61 yrs and 11 in 30-37 yrs.

Gender-wise distribution

Table 2: Gender-wise distribution of 60 patients of Dhatukshayjanya Kati Sandhigata Vata

S.No.	Gender	No of Patients			Percentage (%)		
		Group A	Group B	Total	Group A	Group B	Total
1	Male	12	11	23	40.00	36.67	38.33
2	Female	18	19	37	60.00	63.33	61.67
Total		30	30	60	100	100	100

Graph no. 2: Gender wise distribution



In the present study, maximum no. of patients i.e. 37 were Female while remaining 23 were Male.

Effect of therapy according to relief in Symptoms' score

Table 3: Relieved score and % relief in Symptoms' score in Group A

S.No.	Symptoms and objective criteria (Group A)	B.T.	A.T.	Relieved	% Relief
1	Katishool (pain)	88	29	58	67.07
2	Katistambha (stiffness)	92	25	67	72.82
3	Katisuptata (numbness)	91	27	64	70.32
4	Akunchana Prasarana Pravrutti Savedana (range of motion)	94	27	67	71.27
5	VAS (Visual Analog Scale)	254	73	181	71.25
6	SLR Test	93	29	64	68.81
	Overall Result				70.2566

In *Katishool* (pain) symptom of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) before treatment score was 88 and it comes down to 29 after received treatment. Means relieved by 58 i.e., 69.88% relief for *Katishool* (pain) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) by *Marma* therapy.

In *Katistambha* (stiffness) symptom of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) before treatment score was 92 and it comes down to 25 after received treatment. Means relieved by 67 i.e., 72.82% relief for *Katistambha* (stiffness) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) by *Marma* therapy.

In *Katisuptata* (numbness) symptom of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) before treatment score was 91 and it comes down to 27 after received treatment. Means relieved by 64 i.e., 70.32% relief for *Katisuptata* (numbness) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) by *Marma* therapy.

In *Akunchana Prasarana Pravrutti Savedana* (range of motion) of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) before treatment score was 94 and it comes down to 27 after received treatment. Means relieved by 67 i.e., 71.27% relief for *Akunchana Prasarana Pravrutti Savedana* (range of motion) of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) by *Marma* therapy.

In VAS (Visual Analog Scale) of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) before treatment score was 254 and it comes down to 73 after received treatment. Means relieved by 181 i.e., 71.25% relief for VAS (Visual Analog Scale) of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) by *Marma* therapy.

In SLR Test of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) before treatment score was 93 and it comes down to 29 after received treatment. Means relieved by 64 i.e., 68.81% relief for SLR Test of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) by *Marma* therapy.

Graph 3: Relieved score and % relief in Symptoms' score in Group A

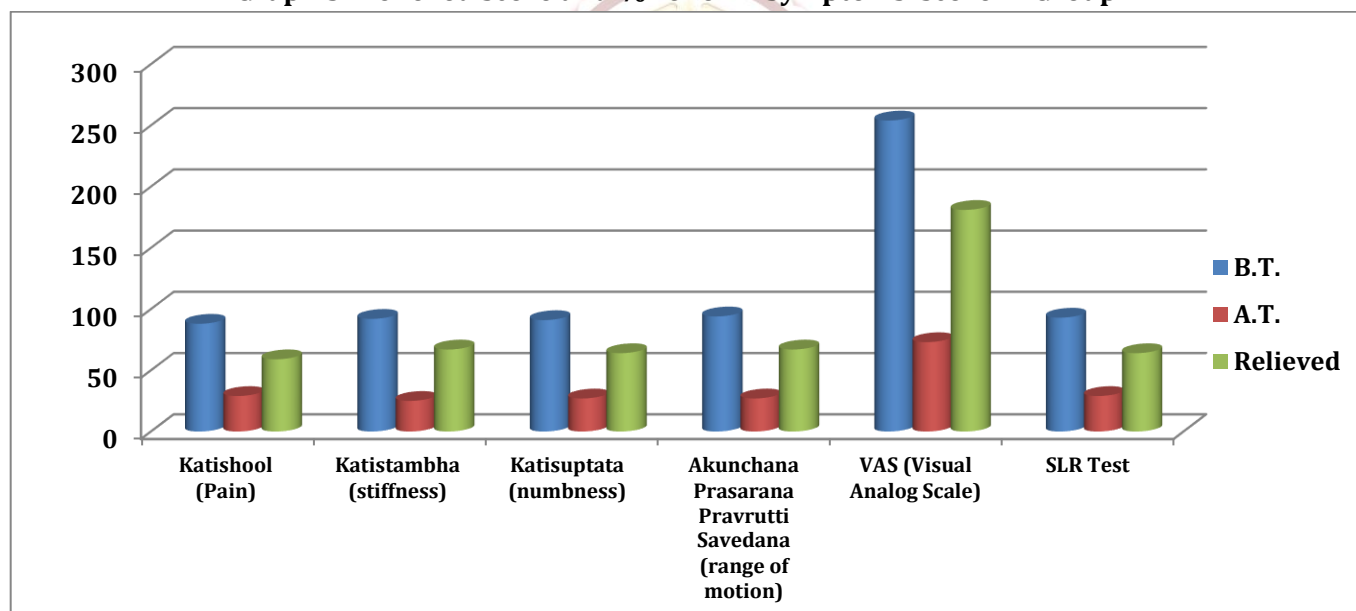


Table 4: Relieved score and % relief in Symptoms' score in Group B

S.No.	Symptoms and objective criteria (Group B)	B.T.	A.T.	Relieved	% Relief
1	<i>Katishoola</i> (pain)	83	33	50	60.24
2	<i>Katistambha</i> (stiffness)	82	27	55	67.07
3	<i>Katisuptata</i> (numbness)	80	28	52	65.00
4	<i>Akunchana Prasarana Pravrutti Savedana</i> (range of motion)	81	26	55	67.90
5	VAS (Visual Analog Scale)	222	76	146	65.76
6	SLR Test	81	29	52	64.19
	Overall Result				65.0266

In *Katishool* (pain) symptom of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) before treatment score was 83 and it comes down to 33 after received treatment. Means relieved by 50 i.e., 60.24% relief for *Katishool* (pain) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (lumbar spondylosis) by *Kati Basti*.

In *Katistambha* (stiffness) symptom of 30 patients of *Dhatukshayjanya KatiSandhigata Vata* (Lumbar Spondylosis) before treatment score was 82 and it comes down to 27 after received treatment. Means relieved by 55 i.e. 67.07% relief for *Katistambha* (stiffness) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) by *Kati Basti*.

In *Katisuptata* (numbness) symptom of 30 patients of *Dhatukshayjanya KatiSandhigata Vata* (Lumbar Spondylosis) before treatment score was 80 and it comes down to 28 after received treatment. Means relieved by 52 i.e., 65.00% relief for *Katisuptata* (numbness) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) by *Kati Basti*.

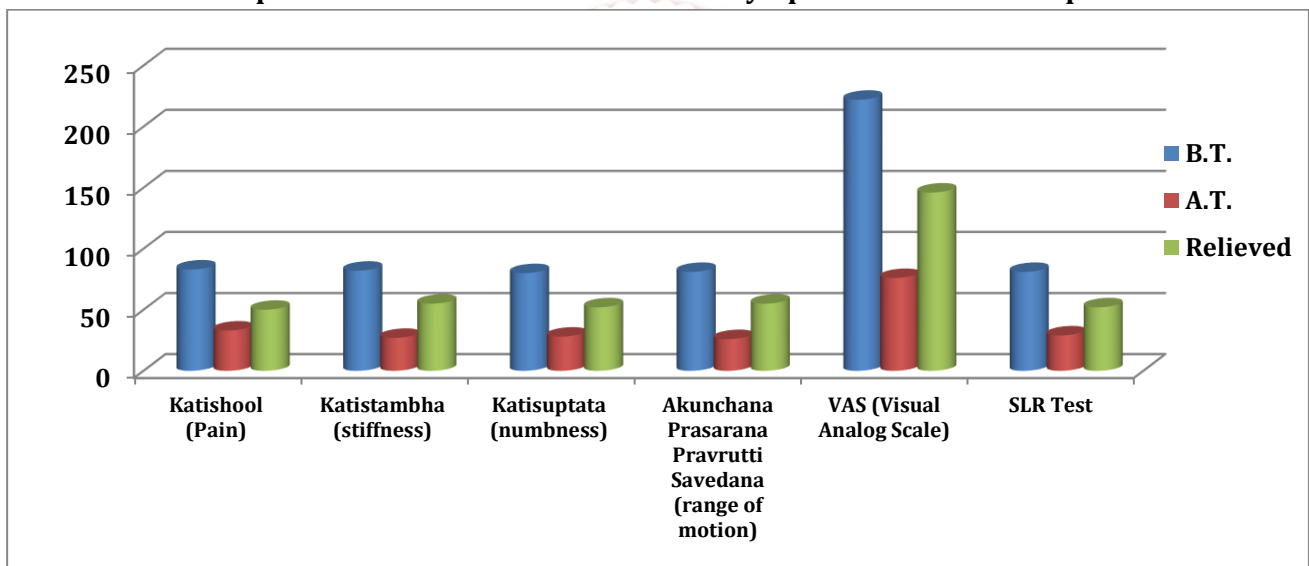
In *Akunchana Prasarana Pravrutti Savedana* (range of motion) symptom of 30 patients of *Dhatukshayjanya*

Kati Sandhigata Vata (Lumbar Spondylosis) before treatment score was 81 and it comes down to 26 after received treatment. Means relieved by 55 i.e., 67.90% relief for *Akunchana Prasarana Pravrutti Savedana* (range of motion) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) by *Kati Basti*.

In VAS (Visual Analog Scale) symptom of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) before treatment score was 222 and it comes down to 76 after received treatment. Means relieved by 146 i.e., 65.76% relief for VAS (Visual Analog Scale) symptom of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) by *Kati Basti*.

In SLR Test symptom of 30 patients of *Dhatukshayjanya Kati Sandhigata Vata* (Lumbar Spondylosis) before treatment score was 81 and it comes down to 29 after received treatment. Means relieved by 52 i.e., 64.19% relief for SLR Test symptom of *Dhatukshayjanya KatiSandhigata Vata* (Lumbar Spondylosis) by *Kati Basti*.

Graph 4: Relieved score and %relief in Symptoms' score in Group B

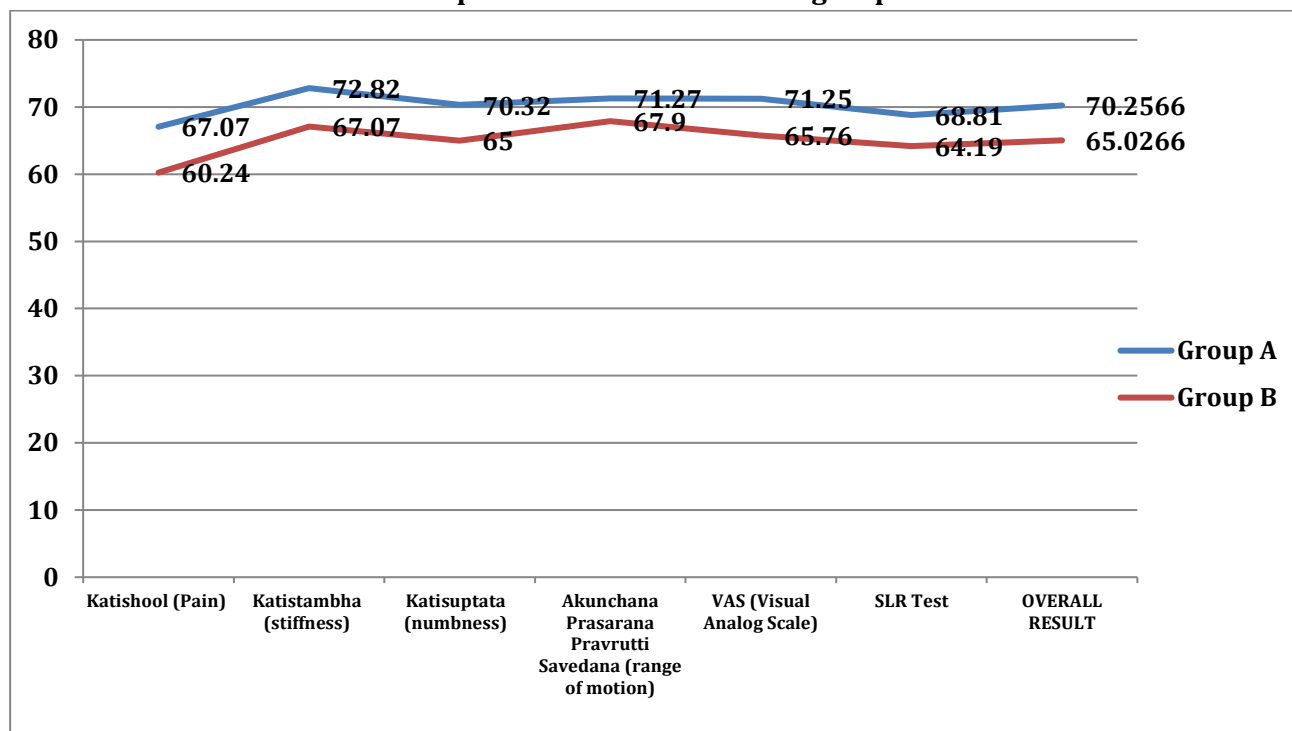


Overall result of two groups

Table 5: Overall result of two groups

S.No.	Symptoms and objective criteria	Group A	Group B
1	<i>Katishool</i> (Pain)	67.07	60.24
2	<i>Katistambha</i> (stiffness)	72.82	67.07
3	<i>Katisuptata</i> (numbness)	70.32	65.00
4	<i>Akunchana Prasarana Pravrutti Savedana</i> (range of motion)	71.27	67.90
5	VAS (Visual Analog Scale)	71.25	65.76
6	SLR Test	68.81	64.19
	Overall Result	70.2566	65.0266

Graph 5: Overall result of two groups



DISCUSSION

The discussion section evaluates the findings of the comparative study between *Marma* therapy on *Katikataruna Marma* and *Kati Basti* in the management of *Dhatukshayanya Kati Sandhigata Vata*.

1. Marma Therapy and Katikataruna Marma

Marma therapy is an essential aspect of Ayurveda, focusing on vital energy points. *Katikataruna Marma*, located in the pelvic region near the sacroiliac joint, influences pain, nerve function, and circulation. Its treatment helps alleviate *Vata*-related disorders, making it relevant for managing lumbar spondylosis.

2. Sandhigata Vata (Lumbar Spondylosis) in Ayurveda

Sandhigata Vata is a degenerative joint disorder characterized by pain, stiffness, and restricted movement, closely resembling osteoarthritis. The disease pathogenesis involves *Dhatukshaya* (tissue degeneration) and *Margavarodha* (blockage of channels), leading to functional impairment of joints.

3. Comparison of Marma Therapy and Kati Basti

- *Marma* Therapy: Works by stimulating the *Katikataruna Marma*, enhancing nerve function, circulation, and pain relief.
- *Kati Basti*: Provides external oleation and nourishment to pacify *Vata Dosha*, reducing stiffness and pain.

4. Discussion on Observations and Results

- Pain (*Katishoola*): Relief in *Marma* Therapy (67.07%) was better than in *Kati Basti* (60.24%).
- Stiffness (*Katistambha*): Greater improvement in *Marma* Therapy (72.82%) compared to *Kati Basti* (67.07%).
- Numbness (*Katisuptata*): Reduction in *Marma* Therapy (70.32%) was higher than *Kati Basti* (65.00%).
- Range of Motion: Improvement in *Marma* Therapy (71.27%) compared to *Kati Basti* (67.90%).
- VAS & SLR Tests: Statistically significant improvements were observed, with *Marma* Therapy yielding better results.

5. Statistical Analysis & Conclusion

- Wilcoxon Signed Rank Test & Paired t-Test confirmed significant improvements in both therapies.
- Mann-Whitney & Unpaired t-Test showed *Marma* Therapy was significantly more effective than *Kati Basti* in all parameters.
- Total Relief:
 - *Marma* Therapy: 70.26% overall relief
 - *Kati Basti*: 65.02% overall relief

CONCLUSION

- *Marma* Therapy provided 70.26% overall relief, while *Kati Basti* provided 65.02% relief.
- Significant symptom reduction was observed in pain (*Katishoola*), stiffness (*Katistambha*),

numbness (*Katisuptata*), and mobility (*Akunchana Prasarana Pravrutti Savedana*) in Marma therapy.

- Statistical analysis confirmed Marma Therapy was more effective than Kati Basti.

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