



Case Study

A SINGLE CASE STUDY ON KATI SHOOLA W.S.R TO LOW BACK ACHE

Jyoti Ankalagi^{1*}, Padmashree², G S Hadimani³, Akshay Shetty⁴

¹Professor, ²PG Scholar, ³HOD and Professor, ⁴Associate Professor, Department of PG Studies in Panchakarma, Shri Shivayogeshwara Rural Ayurvedic Medical College and Hospital, Inchal, Karnataka, India.

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ABSTRACT

In classics *Acharyas* have not mentioned *Katishoola* as disorder, instead of that they have mentioned it as a symptom in relation to *Vatavyadhi*. By the vitiation of *Vata dosha* in *Vatavyadhi* they mentioned them as *Gridrasi* and *Katigraha*. *Katishoola* is recognized as the most prevalent condition in clinical practice. The detailed description of *Katigraha* has not given in any of the Brihatrayee text. Instead, it is described as a symptom in various conditions such as *Ajeerna*, *Kshataksheena*, *Vatajwara*, *Pakwashayagata Vata*, *Vataja Arshas*, among others. In this present case, study of *Katishoola* is taken wsr to low backache and *Nidana* in this case is *Ativyayama* and *Ati bharavahana*. Treatment *Deepana* and *Pachana* with *Chitrakadi vati* and *Kosta shodana* with *Gandharvahastadi taila*, *Kati basti* with *Balashwaaganda taila* and *Mahavishagarbha taila* followed by *Sarvanga abhyanga* with same oil and *Sarvanga sweda*.

INTRODUCTION

Low back pain is characterized by discomfort or pain located in the region between the ribs and the pelvis. This condition can manifest as a mild ache or as severe, sharp pain. Common causes include muscle strains, ligament sprains, disc-related issues, or improper posture. It is among the most prevalent forms of pain experienced by individuals and may arise from factors such as over exertion, injury, or stress. Workers engaged in heavy labour report a higher percentage of back pain compared to those in lighter occupations. The age group that is most frequently affected falls between 30 and 40 years^[1]. As the global population continues to age, there will be a significant rise in low back pain caused by the degeneration of intervertebral discs in the elderly^[2].

Katishoola is a *Vataja Nanatmaja Vyadhi* described by Sharangadhara. Brief description of *Katishoola* as a disease with its etiological factors, symptoms, and treatment can be seen in Bhavaprakasha, *Amavata Adhikara*^[3] and *Gadanigraha Vatavyadhi Adhikara*^[4].

In Ayurveda terms *Kati*, *Trika*, *Shroni* and *Pritha* is used as a synonym with wider sense including the region where the vertebral column joins the hip bones on either side involving the lumbar, sacral and sacro-iliac joints, pain arising from any of these areas are termed as *Katishoola*.

This condition is classified as a distinct disease in both Gada Nigraha and Bhava Prakasha. Sharangadhara characterizes *Katishoola* as a *Vataja Nanatmaja Vyadhi*. In his discussion of "*Hetu Sthaana Visheshat Cha Bhavet Roga Vishesh Krit*," Acharya Charaka indirectly refers to various conditions that may develop from the localization of Vata in particular areas of the body.

Vata Dosha characterized by its *Chala Guna*, exhibits mobility throughout the body. It is essential to thoroughly analyse the movement or *Gati* of *Vata*, as this property enables it to travel to various body parts localize and potentially cause diseases associated with those areas.

One such condition is *Katishoola*, where the aggravated *Vata* becomes localized in the *Kati pradesha*, resulting in stiffness and pain. This scenario highlights the *Gatatva* aspect of *Vata*. Ayurveda describes the pathology of *Katishoola* through the concepts of *Dhatukshaya* and *Avarana*. In cases of *Dhatukshaya Janya Katishoola*, often linked to aging and *Vatacara Ahara* and *Vihara* there is a gradual

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qualitative deterioration of the joint material, ultimately leading to disease development. Alternatively, the condition may arise from various factors such as accumulated *Mala*, which can affect the joint due to *Avarana* resulting in disease manifestation.

Case Report

A 31 years Hindu female patient non-diabetic, non-hypertensive came to our hospital, Pachakarma OPD of Shri Shivayogeshwara Rural Ayurvedic Medical College and Hospital, Inchal, Karnataka.

Chief Complaints

C/O low back pain since 6 – 7 months

Associated complaint

C/O difficulty in bending.

History of Present illness

Patient was apparently normal before 6-7 months Gradually develops low back pain initially patient neglected last 20 to 30 days, pain get increased subject got trouble with bending. Now they came our OPD for further treatment.

History of Past illness

No H/O DM and HTN or any other co morbidities.

Nidan

- *Ati Asana*
- *Ati Bhara Uttana*
- *Ruksha Ahara*
- *Vegadharana*

General examinations

Bp – 130/80
HR – 80 b/min
Spo2 – 96%
Weight – 73 kg
CNS – Conscious & oriented
CVS – S1 & S2 heard
RS - Normal vesicular breath sound heard

MATERIALS AND METHODS

P/A – Soft & non-tenderness, no organomegaly

Astasthana Pariksha

Nadi – 78 b/min

Mala – 1 Time / day

Mutra – 6-7 time/day

Jivha - *Prakruta*

Shabda - *Prakruta*

Sparsha - *Prakruta*

Druk – *Prakruta*

Akruti – *Prakruta*

Dasha Vidha Pareeksha

Prakruti-Vata Pittaja

Vikruti-Vata Dosha, Mamsa,

Saara - *Ashti/Majja sara avara*

Samhanana - *Avara*

Sathmya- *Ati asana*

Pramana- *Krishha*

Satwa-*Avara Satwa*

Aharashakti- *Mandagni*

Vyayamshakti- *Avara*

Vaya- *Madhyam*

Clinical Examination

Gait – Normal

SLR Test - Negative

Femoral Stretch test – Negative

Slump Test – Negative

Systemic Examination

CNS- Conscious, well oriented to time place and person.

CVS- S1, S2 heard normal

RS- Normal vesicular breathing sounds heard.

P/A-Soft, non-tender, bowel sounds heard.

Table 1: Yogas and their ingredients

Yogas	Ingredients
Bala ashwaganda taila⁵	<i>Balamoola, Aswagandha, Laksa, Tila Taila, Dadhi mastu</i> Kalka dravya <i>Rasna, Candana, Manjista, Durva, Yasti, Madhu, Kachur, Sariva, Ushira, Musta, Kusta, Agar, Devadaru, Haridra, Kumuda kanda, Renuka, Satapuspa, Padma kesar</i>
Mahavishagarbhataila⁶	Ingredient <i>Tila Taila, Kanaka, Nirgundi, Tumbini, Punarnava, Vatari, Ashwagandha, Chakramarda, Chitraka, Shobhanjana, Kakamachi, Langali, Nimba Neem, Mahanimba, Ishwari, Bilva, Shyonaka, Gambhari, Patala, Agnimantha, Shalaparni, Prishniparni, Brihati, Kantakari, Gokshura, Kantakari, Shatavari, Karavella, Sariva, Mundi, Vidari, Vajra, Arka, Meshasrunji, Shweta and Peeta Karavira, Vacha, Kakajangha, Apamarga, Bala, Atibala, Nagabala, Vyaghri, Mahabala, Shunti, Maricha, Pippali, Vishamushti, Rasna, Kushta, Ativisha, Ghana, Devadaru,</i>

	<i>Vatsanabha, Yavakshara, Svarjika Kshara, Saindhava, Sauvarchala Lavana, Vida Lavana, Audhbida Lavana, Samudra Lavana, Pata, Bharngi, Navasagara, Dhanvayasa, Jiraka, Indravaruni</i>
Shamana yoga	
<i>Trayodashanga guggulu</i> ⁷	<i>Guggulu, Aabha, Ashwagandha, Harpusha, Guduchi, Shatavari, Gokshur Vriddhadaru, Rasna, Shatapushpa, Karchur, Yavani, Shunthi, Ghrut.</i>
<i>Capsule Palsy neuron</i>	<i>Mahavidwana Rasa, Sameerapannaga Rasa, Ekangaveera Rasa, Sootashekara Rasa, Khurasani Owa Seed Powder, Lajjala.</i>
<i>Rasna saptaka kashaya</i> ⁸	<i>Rasna, Devadaru, Eranda, Aragvadha, Gokshura, Punarnava, Amrutha.</i>

Treatment plan

Table 2: Medicine and duration and dose

Medicine	Duration	Dose
<i>Chiktrakadi vati</i> ⁹	5 days	1 tab TID
<i>Gandarahastadi taila</i> ¹⁰	1 day (6 th day)	Night with milk
<i>Katibasti</i>	8 days	<i>Mahanarayana taila and Bala ashwagandadi taila</i>
<i>Sarvanga abhyanga</i>	8 days	<i>Mahanarayana taila and Bala ashwagandadi taila</i>
<i>Sarvanga sweda</i>	8 days	

Katibasti basti is done with *Mahanarayana taila* and *Bala ashwagandadi taila*.

Sarvanga Abhyanga with *Mahanarayana taila* and *Bala ashwagandadi taila* *Sarvanga sweda*.

DISCUSSION

Probable combined mode of action of both *Bala Ashwagandha Taila* and *Mahavishagarbha Taila*.

Rebalancing *Vata Dosha*

- Vata* is the main *Dosha* that causes *Katishoola* and it has characteristics like *Laghu*, *Rukshaguna*, *Sheeta*, and *Chala* *gunas*.
- The *Ushna*, *Prenana*, *Snehana*, and *Shoolahara* properties of substances like sesame Oil, *Ashwagandha*, *Shatavari*, *Vacha*, *Nirgundi*, *Punarnava*, and *Vatsanabha* help balance *Vata*. In order to correct the *Vata* vitiation in the lower back, both herbal oils play necessary role by moistening, warming, and strengthening.

Pain Relief and Muscle Relaxation

- Because of its innate characteristics of instability and dryness, the *Vata dosha* causes lower back pain and discomfort. Herbs like *Kanaka (Datura)*, *Nirgundi*, *Chakramarda*, *Shobhanjana (Moringa)*, *Ishwari*, *Gambhari*, and *Patala* have anti-inflammatory, analgesic, and muscle-relaxant qualities that immediately relieve lower back pain and stiffness. These herbs relieve *Katishoola* by lowering swelling, irritation, and muscular spasms.

Strengthening and Nourishing Tissues

- The tissues in the affected area frequently experience atrophy, degeneration, or weakening as a result of *Vata vyadhi*. By supplying vital nutrients,

the herbs *Ashwagandha*, *Shatavari*, *Vidari*, *Gokshura*, and *Bala* fortify the muscles, ligaments, and joints. Particularly when it comes to musculoskeletal deficits brought on by *Vata* imbalances, *Ashwagandha* is well renowned for its capacity to regenerate and rejuvenate tissues. This musculoskeletal system nourishment increases the lower back resistance to stress or injury.

Improving Circulation and Reducing Stagnation

- In *Vata*-related disorders, poor circulation, particularly in the lower back and spinal regions can make pain and stiffness worse. *Vacha* (*Acorus calamus*), *Gambhari*, *Agnimantha*, *Chitraka*, and *Kakamachi* are among the ingredients that enhance circulation and tissue detoxification. In order to improve the nutrition and mobility of the back muscles and joints, these herbs aid in the removal of vitiated *doshas* that causing pain.

Reduction of Toxins (*Ama*)

- In *Vata Vyadhi*, *Ama* accumulation in the body causes poor digestion and indisposed elimination. Back pain becomes aggravated, contributing to stiffness. The herbs *Punarnava*, *Vacha*, *Chitraka*, *Devadaru*, and *Ativisha* possess the properties of cleansing and detoxifying that help in the elimination of *Ama*, and thus they intervene to prevent it from obstructing the healing process of the lower back. Detoxifying these herbs helps prevent chronic recurrence of back pain and enhances tissue health.

Joint and Bone Health

- Chronic *Vata* imbalances can also begin to harm the bones and joints with degeneration or

inflammation. Herbs like *Bilva*, *Gambhari*, *Shyonaka*, and *Shatavari* have bone-strengthening and anti-inflammatory effects. This helps in supporting bone health and stability of the joints to increase flexibility and relieve the pain and weakness caused by *Katishoola*.

Lubrication of Joints

- *Vata* causes contraction and stiffness of joints, due to the lack of lubrication with the tissues. Sesame oil and *Punarnava* act as lubricants and help improve movement and flexibility by quenching dryness in the muscles and joints. The application of oil-based preparations and decoctions helps to ensure hydration to the area of complaint and pacification of *Vata dosha* through moistening and nourishing the tissues.

Complete Detoxification

- *Vata Vyadhi* is usually caused due to an imbalance in the function of the digestive system and metabolism, resulting in the formation of some toxins that have also contributed to joint pain. Herbs such as *Shunti* (ginger), *Maricha* (black pepper), *Pippali* (long pepper), *Vishamushti* (*Strychnos nux-vomica*), and *Kshara* (alkaline from barley) build digestive fire (*Agni*), enabling the body to eliminate *Ama*. Such detoxification is essential in mitigating *Katishoola*, as it prevents the further build-up of toxins in the back region.

Trayodashanga guggulu

All the ingredients of *Trayodashanga guggulu* having anti-inflammatory, analgesic, immunomodulator, improves digestion, reduces stiffness. Which mainly acts on the *Vata dosha* causes *Katishoola*.

Palsyneuron

Mahavata Vidhwansa rasa, *Sameera Pannag Ekangveer Rasa*, *Sootshekhar Rasa*, *Lajari* etc. in combination this drug does *Vata* pacification balances *Vata Dosha* that reduces shooting pain and stiffness. In addition to that it does anti-inflammatory action which decreases nerve root swelling so that relieves the pain. And *Lajjalu* neuroprotective which supports nerve repair that improves tingling, numbness, weakness.

Rasnasaptaka Kashaya

Which is having main ingredient *Rasna* is especially known for analgesic properties in musculoskeletal disorders. Other ingredients having *Amapachaka* and *Vatanulomaka*, *Shoolahara* property in combination which relieves the *Katishoola*.

CONCLUSION

The combined use of *Bala Ashwagandha Taila* and *Mahavishagarbha Taila*, along with internal formulations like *Trayodashanga Guggulu*, *Palsyneuron*, and *Rasnasaptaka Kashaya*, provides a

multidimensional therapeutic approach for *Katishoola* (low back pain) primarily by targeting *Vata Dosha* imbalance.

Overall, this integrated regimen not only provides symptomatic relief but also addresses the underlying pathophysiology, thereby helping to prevent recurrence and promote long-term musculoskeletal and neuromuscular health.

The *Bhahya Sneha* application of medicated *Taila* provides *Snehana* (oleation), *Vata Shamana* like effect, and *Ushna guna*, thereby alleviating pain, stiffness, and dryness. Simultaneously the internal formulations contribute through anti-inflammatory, analgesic, neuroprotective, and immunomodulatory actions. They also enhance *Agni*, facilitate *Ama Pachana*, and improve circulation, which are essential in breaking the pathogenesis of *Vata Vyadhi*.

Furthermore, the presence of *Balya* and *Bhrimhana Dravya* promotes tissue nourishment and regeneration, strengthening the musculoskeletal and nervous systems. The combined effect not only gives symptomatic relief but also corrects the underlying *Dosha* imbalance, prevents recurrence and improves the overall functional capacity of the lumbar region.

To avoid recurrence, it is recommended to implement *Nidana Parivarjana*, which includes lifestyle changes such as maintaining correct sitting, standing, and sleeping postures to alleviate stress on the spine. Additionally, weight reduction, quitting tobacco use, and engaging in low back strengthening exercises and *Yoga Asanas* are advised.

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***Address for correspondence**

Dr. Jyoti Ankalagi

Professor,
Department of PG Studies in
Panchakarma,
Shri Shivayogeshwara Rural Ayurvedic
Medical College and Hospital,
Karnataka, India.
Email: drjoepk@gmail.com

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