



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A LOWER BACK PAIN AS LIFE STYLE DISORDER IN AYURVEDA

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ABSTRACT -The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia, and obesity associated with cardiovascular diseases, low back pain is high on the rise. As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders, the world is being attracted towards its potential. Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, *Panchakarma* like detoxification and bio-purification procedures, medicaments, and rejuvenation therapies. low back pain is the most common reason for activity restriction and work absence, placing a significant financial burden on individuals, families, communities, bussiness, and governments. About 70% of people in developing nations experience it at some point in their lifetime, making it a common ailment. Low back discomfort is described using traditional Ayurvedic terminology such Katishoola, Kati Graha, Trika Shoola, and Gridhrasi. The pain that is restricted to the low back can be classified as Katishoola, the pain that is accompanied by stiffness as Katigraha, and the pain that radiates to the lower limb as Gridhrasi. Low back pain disorders are treated using therapies that are helpful for calming Vata, such as Vatasaya Upakrama and Vatavyadhi Chikitsa.

Key words: Ayurveda, Low back pain, Katishoola, Katigraha, Triakashoola, Gridhrasi.

INTRODUCTION

Many people will at some point in their lives suffer from low back discomfort. Worldwide, low back pain is a fairly prevalent medical condition and a key contributor to disability. All ages are affected by low back pain, which is the fifth most frequent cause of doctor visits. The frequency of low back pain is rising daily as a result of sedentary lifestyles and unhealthy work habits; Low back pain typically results from problems with the spine's nerves, muscles, bones, joints, and other systems. It is either lumbar spine-specific pain or lumbar spine-radiating pain that affects the lower limbs. The lumbar area of the spine is where most of the body's weight is supported and carried. As a result, the vertebrae in this area of the spine are heavier and stronger than those in other parts of the spine, and they are also more prone to pain and discomfort.

Ayurvedic literatures explain different diseases affecting the Kati region. They mainly present with pain (local or radiating) or stiffness as one of the prominent symptoms in the Kati Pradesh. Ayurvedic classic terms such as Katishoola, Kati Graha, Trika Shoola and Gridhrasi are used for describing the low back pain. Incidence of first-ever episodes of low back pain is already high by early adulthood and symptoms tend to recur over time. The lifetime prevalence of non-specific (common) low back pain is estimated at 65% to 75% in developed nations (15–45% one-year prevalence, 5% annual adult incidence). Children and adolescents have a lower prevalence rate than adults, but it is increasing. Between the ages of 40 and 55, prevalence rises and reaches a high. Due to the intervertebral discs' degradation in the elderly, low back pain will become more common as the world's population ages.

AIM AND OBJECTIVES

1. To examine, evaluate, and elaborate on the various Ayurvedic theories about low back pain.
2. To research various Ayurvedic approaches to treating low back pain.

MATERIAL AND METHOD

LITRERY REVIEW OF LOWER BACK PAIN IN AYURVEDA

In Ayurveda, Low Back Pain According to Ayurveda, LBP is associated with the following conditions: Kati Shoola, Kati Graha, Trika Shoola, and Gridhrasi, among others. **Katishoola** Pratyatma Lakshana of Kati Shoola is the Shoola in Kati Pradesh. The Shoola, which is caused by triggered Vata Dosha, can take many different forms. Only the Kati Pradesh, also known as the lumbo-sacral and sacroiliac region, experiences discomfort in katishoola. Graha Kati The words "Kati" and "Graham" are combined to form the term "**Katigraham**." The name "Kati" comes from the root "Kat in," which stands for Shareera Avayava Vishesham. Catch or hold is what "graha" signifies. It is made up of "Graha Upadane," which means "one that supports," according to Dhatu. Thus, "Katigraha" is a low back condition characterized by pain and rigid motions. When vitiated Vata creates Sthana Samsharya in Kati Pradesh, whether alone or in conjunction with Ama, causing pain and stiffness, it is referred

to as Kati Graha. A. **Trika Shoola** Trika is the result of the union of two Sphikasthi and one Prustavamsha. In this region, Vata Janita Pida or Vedana is regarded as Triakashoola. The Charaka Samhita refers to Trika Shoola in relation to Apatarpana Janya Vyadhi, Gudagata Vata, and Tritiyaka Jwara. **Gridhrasi** A Vataja Nanatamaja Vyadhi, Gridhrasi is distinguished by Stambha, Ruk, Toda, and Spandana. The posterior aspects of Sphik and Kati are initially affected by these symptoms, which then gradually spread to the posterior aspects of Uru, Janu, Jangha, and Pada.

MEASURES TO PREVENT THE RECURRENCE OF LOW BACK PAIN IN AYURVEDA

lifestyle adjustment There is strong evidence that lifestyle modifications are crucial to the management and prevention of LBP. One crucial lifestyle intervention for LBP is quitting smoking. When lifting anything, kneel down and lift the object; prevent bending while lifting; maintain your back straight while driving; sleep sideways with your knee and hip bent; and when lying on your back, place a pillow behind your knees .

EXERCISES TO STRENGTHEN THE LOWER BACK

Exercises for flexibility and strengthening the back, hips, and legs, as well as the lumbar/core, which are recommended for low back pain, are targeted at strengthening all significant anti-gravity muscles. The quadriceps, hip flexors, adductors, hamstrings, dynamic hamstring stretch, gluteal, and camel-cat stretches are among the flexibility exercises.

YOGA FOR LOWERBACK PAIN

- Pavanmuktasana stretches the lower back and thigh muscles.
- Ardhakati Sarvangasana strengthens the muscles of the lower anterior abdominal wall. Paschimottasana stretches the spinal and hamstring muscles.
- Ekapada Shalabhasana and Dwipada Shalabhasana are poses that help to strengthen the back extensor muscles.
- Makarasana is a pose that strengthens the upper and lower back extensor muscles. Ardhatibhujangasana is a pose that strengthens the spinal muscles.
- Bhujangasana is a pose that strengthens the spinal extensor muscle.

DISCUSSION

About 70% of people in developing nations experience low back pain at some point in their lifetime, making it the most widespread type of back pain. It is said that Kati Pradesh is a significant Vata Dosha seat. There are many different Sandhi, Snayu, and Peshi in the Kati area. In Kati Pradesh, the vitiation of Vata might therefore result in diseases that prevent these tissues from functioning normally and cause pain and discomfort. The Samanya Vatavyadhi Nidana is also a Nidana for low back pain in Ayurveda. When moving or under different stresses, the intervertebral disc is subjected to significant pressure variations. It has been observed that pressure

is highest while a person is seated, drops by 30% when they are standing, and drops by 50% when they are lying down. Long periods of sitting are therefore more uncomfortable than standing or moving around. Low back pain is more common in jobs that require prolonged sitting. Treatments for Vatavyadhi, Katishoola, Katigraha, Trikashoola, and Gridhrasi are also used to alleviate low back pain.

Sneha eliminates Malasanga, softens the body, and calms Vata. Warm Bahya Sneha enters the body through dilated capillaries and is absorbed through the skin after application. Sneha aids in lowering inflammation, encourages mitochondrial biogenesis, stimulates skin mechanoreceptors, which inhibits the spinal level stimulatory signal of muscle contraction, and lowers synaptic release of acetylcholine, which causes muscles to relax. It lessens neuromuscular excitability, which lowers muscle tension. In Kati Pradesha, swedana is effective for easing pain and limiting movement. It is mostly utilized in Gridhrasi, Kati Graha, and Katishoola. Swedana performs as Sweda Karaka, Stambhaghna, Gauravaghna, and Shitaghna. Swedana cures Stambha (stiffness), Stambhaghna. Vayu absorbs Snigdha through the Ruksha Guna, resulting in Stambha. Swedana relieves Stambha since it is both Snigdha and Ushna. Stiffness is relieved by Ushna Guna of Swedana performing Sroto Shodana and Amapachana. Swedana removes physical heaviness, according to Gouravaghna. It induces the body's evacuation of watery substances through the Sweda or Kleda. Kleda's removal results in a lighter feeling. Shitaghna: Ushna Guna is primarily to blame for this. Ushnata also lessens discomfort. Swedana causes people to perspire. Ushna and Tikshna Guna's swedana medications have the ability to enter the microcirculatory channels, where they stimulate the sweat glands to create more perspiration. After the microchannels are widened, the circulation is improved, which eases movement and reduces stiffness and pain. Snigdha Sweda takes the shape of Katibasti, who serves as both Snehana and Swedana. As a result, due to the application of Taila, it causes Doshvilayan and Kledan locally in Kati Pradesh. because to its warm temperature, serves as both Sweda Pravartan and Srotovishodhana. Snehana, Vishyandan, Mardavata, Kledanakaraka, as well as the relief of stiffness, heaviness, and coldness, are all caused by it.

CONCLUSION

One of the most common reasons people visit a doctor or miss work, as well as the leading cause of disability worldwide, is low back pain. According to Ayurveda, Kati Shoola, Kati Graha, Trika Shoola, and Gridhrasi are associated with low back discomfort. The pain that is restricted to the low back can be classified as Katishoola, the pain that is accompanied by stiffness as Katigraha, and the pain that radiates to the lower limb as Gridhrasi. Low back pain is mostly caused by the vata dosha, hence therapies or medications with vatahara properties, such as Snehana, Swedana, Katibasti, Anulomana or Mrudhu Virechana and Basti, are helpful in treating LBP. The results from Snehana and Swedana are better. Due to its Vatahara and Brihmana characteristics, Snehana swiftly and effectively treats Vata diseases, while Swedana soothes inflamed Vata, softens the body, and dissolves attached morbid material. Mrudhu Virechana relieves stress and lightens the load on the spine. Basti reduces sickness by assisting in the removal of accumulated Doshas from the entire body. Nidana Parivarjana should not

recur, so lifestyle changes should be made to lessen the stress on the spine, such as optimal sleeping, standing, and sitting postures smoking, low back strengthening exercises, and yoga poses are all advised.

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