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Assess the Effectiveness of *Vidhagni & Trailokya Vijaya Vati* Combination in Low Backache W.S.R. To *Katigat Vata* – A Case Series

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ABSTRACT:

Pain has globally become an attention problem which causes discomfort by affecting the body as well as the mind. Ayurveda being the oldest medical science emphasizes its importance and treatment of pain with both pharmacological and non-pharmacological methods.

Nowadays most of patient complains of back aches as their major complaint. Along with other symptoms like stiffness, tingling & numbness. In 2020, lower back pain affected 619 million globally & it is estimated that the number of cases will increase to 843 million cases by 2050. Low back pain has the highest prevalence globally among musculoskeletal conditions & is the leading case of disability worldwide.¹ Musculoskeletal disorders are injuries or pain in joints, muscles, ligaments, and nerves without any nerve compression. This could be very easily seen in IT professionals, construction workers etc.

Precise management of pain is the need of the hour. Modern medicine has analgesic and anti-inflammatory drugs or muscle relaxants as its treatment. Worst scenario, corticosteroids are also given to the patient. These drugs when used for prolonged periods cause hepato-renal toxic effects and recessive actions on the body. Musculoskeletal pain may develop into chronic pain syndrome which is difficult to treat. If we go through the *Charak Samhita Acharya Charak* has mentioned 80 types of *vata nanatmaj vyadhi*. Lower back pain can be correlated with *katigat vata*. The symptoms assessed will be *katishool*, *katigraha*, *kriya alpata* and *chimchimayan*.

Combination of *Trailokya Vijaya vati* & *Mahavatvidhwansa rasa* (375mg), *Trayodashang guggul*(500mg) 1 tablet twice a day for a month and *Vidha agni*. *Vidhagni* is carried out on the 1st, 15th and 30th day assessing the severity of pain. A total of 30 pts were assessed with the above symptoms. Assessment is done through the WOMAC scale & Symptoms.

Significant results have been observed in the reduction of symptoms and Womac Scale.

The above pain management protocol effectively relieved the symptoms and further complications.

Keywords: *katigat vata*, *katishool*(Backpain), *Vidhagni*, Shaman chikitsa.

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