

**“AN OBSERVATIONAL STUDY BASED ON ANATOMICAL CHANGES IN  
KATI KASHERUKA (LUMBAR VERTEBRAE) IN BUS DRIVERS W.S.R TO  
KATIGRAHA (LUMBAR-SPONDYLOSIS )”**



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CHANGES IN KATI KASHERUKA (LUMBAR VERTEBREA) IN  
BUS DRIVERS W.S.R TO KATIGRAHA(LUMBAR-  
SPONDYLOSIS)**

**Abstract:**

Objective: To observe the structural changes in *kati kasheruka* (lumbar vertebrae) in bus drivers w.s.r to katigraha (lumbar-spondylosis).

**Design :** Observational study

**Setting :** Parul Ayurved Hospital, Limda, Vadodara, Gujarat.

**Study selection:** Clinical diagnosed case of *Kati Graha* (Lumbar spondylosis) subjects were selected.

**Main outcome measures:**

**Clinical:** An observed the structural changes of lumbar vertebrae in bus drivers through the X-Ray investigation.

**Results:**

An accurate result was found that the space reduction in the disc was from L4-L5 followed by L5-S1.

The structural changes observed on L4, L5 and S1 was highly on Osteophytes followed by osteopenia.

**Conclusion:**

From this study we will conclude that the bus drivers are more prone to structural changes especially in L4, L5, and S1 vertebrae.

Keywords: Vertebrae, Bus drivers, Lumbar spondylosis.