

A CASE STUDY ON AYURVED MANAGEMENT IN LUMBAR SPONDYLOSIS

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ABSTRACT

Lumbar spondylosis is a degenerative disease where degeneration occurs in lumbar vertebrae, intervertebral disc and joints, characterized by loss of hydration of disc by formation of osteophytes manifesting lumbar spondylosis. As per Ayurved, Vata situated in Kati increases due to various causes, such as lack of proper lifestyle, maintaining of imperfect postures for long time etc. leads to manifestation of Kati Graha which is correlated as Lumbar Spondylosis. 28/f of low back pain with stiffness in Kati since 20 days visited clinic. On examination there was occasional pain with stiffness lasting from 05 minutes to half hour, pain increases during lifting heavy objects, personal care (washing, dressing etc), with positive radiological changes like osteopenia with mild to moderate changes of lumbar spondylosis with intervertebral disc space between 11-12, 12-13 & L5-S1 vertebra is reduced. The patient was given Ayurved treatment for 01 month i.e Maharasnadi Kwath, Tab. Rasa Rajeshwar Rasa and Mahanarayan Taila Abhyanga with Infrared Radiation therapy for 30 minutes. Patient advised to follow Pathyapathya i.e drink warm water, avoid lifting heavy object etc. The patient was assessed for improvement in signs symptoms and quality life. Present case highlights potential of Ayurved intervention in managing lumbar spondylosis.

KEYWORDS: Kati Graha, Lumar Spondylosis, Infrared Radiation, Tab. Rasa Rajeshwar Rasa.**INTRODUCTION**

'A man is as strong as his back.' The quote clearly indicates the importance of back. Lumbar Spondylosis is a degenerative disease where degeneration occurs in lumbar vertebrae, intervertebral disc and joints, characterized by loss of hydration of disc by formation of osteophytes manifesting lumbar spondylosis.

As per Ayurved, Acharya Shodal, Vata situated in Kati increases due to various Nidan causes, such as lack of proper lifestyle, maintaining of imperfect postures for long time etc. leads to manifestation of Kati Graha which is correlated as Lumbar Spondylosis.^[1] Back Pain with stiffness is the main cardinal symptom in Lumbar Spondylosis, this cardinal symptom is comparable with the 'Graha' condition mentioned in Ayurved classics. Lumbosacral part of the spine is comparable with 'Kati' mentioned in Ayurved texts. Hence, Lumbar Spondylosis in contemporary medical science can be correlated with 'Kati Graha' (one of the eighty Nanatmaja Vata Vikar) mentioned in Charak Samhita.^[2]

28 years old female complaining of low back pain with stiffness in Kati since 20 days visited clinic. On

examination there was occasional pain with stiffness lasting from 05 minutes to half hour, pain increases during lifting heavy objects, personal care (washing, dressing etc), with positive radiological changes like osteopenia with mild to moderate changes of lumbar spondylosis with intervertebral disc space between 11-12, 12-13 & L5-S1 vertebra is reduced.

The patient was given Ayurved treatment i.e Maharasnadi Kwath, Tab. Rasa Rajeshwar Rasa and Mahanarayan Taila Abhyanga with infrared radiation therapy for 30 minutes. Patient advised to follow Pathyapathya i.e drink warm water, intake of Takra, Goghrita, avoid lifting heavy object etc. The patient was assessed for improvement in signs symptoms and quality of life. Present case highlights potential of Ayurved intervention in managing lumbar spondylosis.

CASE REPORT

Patient Information - A 28 year old female patient, wt. 65 kg with complaint of occasional low back pain with stiffness in Kati Pradesh since past 20 days visited at clinic. Patient was having history of lifting heavy objects with exertional work for continue 03 days.

Clinical Findings

The Patient was of Pitta Kapha Prakruti (psychosomatic constitution) with Madhyam Koshta (normal bowel nature) Mandagni & Madhyambala. BP & PR were within normal limits. RS & CVS systems were found to be normal. During an clinical examination morning low

back stiffness after getting out of bed, pain that decreases with rest, low back tenderness and difficulty in walking. Lasegue test i.e straight leg raise test is a test that was performed during a physical examination, with the leg being lifted actively by the patient and passively by the clinician is positive at 60°.

Diagnostic Assessment



The X Ray Lumbo Sacral Spine indicates osteopenia with mild to moderate changes of Lumbar Spondylosis with intervertebral disc space between 11-12, 12-13 & L5-S1 vertebra is reduced.

Table No. 1: Posology Of Medications and Anupana.

MEDICATION	DOSE	ANUPAN
Tab. Rasa Rajeshwar Rasa	2 Tabs. twice a day after meal	Luke Warm Water
Maharasnadi Kwath	15 ml thrice a day after meal	Luke Warm Water
Mahanarayan Tail Abhayanga	For 15 minutes	
Infrared Radiation Therapy	For 15 minutes	

Therapeutic Management

Tab. Rasarajeshwar Rasa^[3]

Tab. Rasarajeshwar Rasa is a combination of Rasaraj Rasa (Suvaranayukta), Shuddha Vishmushti, Ashwagandha, Rasasindoor, Shuddha Guggul (Dashamool Vishesh Shodhit), Arjuna Patra, Bala & Kakamachi.

Tab. Rasaraj Rasa is well known Suvarna kalpa which reduces nerve irritation and inflammation. Shuddha Vishmushti is an excellent pain reliever.

Ashwagandha is a nervine tonic. Rasasindoor carries the medicine to Kaphasthan.

Shuddha Guggul (Dashamool Vishesh Shodhit) relieves pain and inflammation, it provides strength to nerves. Arjuna Patra strengthens the bones. Bala strengthens the

muscles and nerves. Kakamachi reduces the inflammation.

Tab. Rasarajeshwar Rasa is specially useful in disorders of vertebral and cervical bones which leads to compression of the nerve roots resulting in conditions like cervical or lumbar spondylosis.

Maharasnadi Kwath^[4]

Maharasnadi Kwath is a formulation having chief ingredients such as Rasana, Erand, Bala, Sonth, Ashwagandha, Gokshura, Devdaru, Vacha etc, which balances Vata Dosha, and due to its Vata Anuloman property, it is almost used in all types of Vata disorders. Thus, it reduces pain and inflammation with strengthening of muscles with reducing stiffness of the joints.

Mahanarayan Tail Abhyanga^[5]

Mahanarayan Tail contains Tila Taila along with 56 herbs like Bilva, Ashwagandha, Bala, Punarnava, Agnimanth etc. It pacifies Vata and reduces all Vata symptoms. Hence, it improves strength of muscles, bones and joints. It is also used in various Vata Vyadhis. Mahanarayan Taila Abhyanga was performed for minimum 15 minutes.

Infrared Radiation Therapy^[6]

Infrared radiation therapy (Heat Therapy) is a physical therapy intervention modality, classified under thermotherapy which is used in the treatment of Low back pain. It is performed minimum for 15 minutes.

Timeline

Following a thorough evaluation, the patient was given formulation for minimum 01 month in OPD setting. The pharmacological treatment timeline and patient progress are listed in Table No. 02.

Follow Up & Outcome

After one month of follow up the the patient symptoms had significantly improved, with decreased morning low back stiffness after getting out of bed, decreased low back tenderness with difficulty in walking.

DISCUSSION

As in lumbar Spondylosis, degeneration occurs in lumbar vertebrae, intervertebral disc and in intervertebral joints. In Ayurved Vata and Asthi have Ashraya Ashrayi Sambandha. Thus, Samprapti of Katigraha defined as Vata situated in Asthi of Kati region, increased Vata due to various Nidana diminishes Sneha from Asthidhatu by its opposite qualities to Sneha. Due to its diminution of Sneha, Khavaigunya occurs in Asthi and leads to Dhatu Kshaya and produce symptoms of vitiated Vata as Shula, Stambha etc known as Katigraha.^[7]

Tab. Rasarajeshwar Rasa is a combination of Rasaraj Rasa (Suvaranayukta), Shuddha Vishmushti, Ashwagandha, Rasasindoor, Shuddha Guggul (Dashamool Vishesh Shodhit), Arjuna Patra, Bala & Kakamachi. It reduces the nervine irritation, inflammation, provides strength to nerves, muscles and bones and acts as pain reliver.

Maharasnadi Kwath is a formulation having chief ingredients such as Rasana, Erand, Bala, Sonth, Ashwagandha, Gokshura, Devdaru, Vacha etc, which balances Vata Dosha, and due to its Vata Anuloman property, it is almost used in all types of Vata disorders. Thus, it reduces pain and inflammation with strengthening of muscles with reducing stiffness of the joints.

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symptoms. Hence, it improves strength of muscles, bones and joints. It is also used in various Vata Vyadhis. Mahanarayan Taila Abhyanga was performed for minimum 15 minutes.

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CONCLUSION

Vata is vitiated in Katishoola (low backache), which results in pain (Shool). Tab. Rasarajeshwar Rasa provides strength to nerves, muscles and bones. It also reduces nervine irritation and inflammation. Maharasnadi Kwath and Mahanarayan Tail Abhyanga is an excellent Vata Pacifying formulation with reduction in pain and inflammation also strengthening of muscles with reducing stiffness of joints. Infrared radiation therapy (Heat Therapy) is a thermotherapy is useful in treatment of low back pain. Thus, early clinical and radiological diagnosis of lumbar spondylosis with above combined Ayurved management can alleviate the clinical features of lumbar spondylosis also prevent future manifestation and complications.

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