

**CLINICAL STUDY ON DISC BULGE WITH KNEEVEDA CLINIC'S TREATMENT**

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**ABSTRACT**

In Ayurveda, a disc bulge is viewed as a Vata dosha imbalance affecting the bones (Asthi dhatu) and nervous tissue (Majja dhatu). Aggravated Vata creates dryness and degeneration, making spinal discs weak and prone to protruding. When it causes radiating leg pain, it aligns with Gridhrasi (sciatica). In the current study the main aim to evaluate the efficacy of Kneeveda Clinic's treatment of Disc bulge with Sciatica.

**KEYWORDS** - Lumbar disc, Gridhrasi, Ayurveda, Sciatica, Vata Vyadhi.

**INTRODUCTION**

A bulging disc occurs when the outer layer of the disc begins to extend beyond its usual boundary. Bulging discs are most commonly found in the lower back (lumbar spine) and neck (cervical spine). Many people develop disc changes gradually over time as part of normal ageing. In fact, imaging studies show that disc bulges can be present even in people who have no symptoms are most commonly found in the lower back (lumbar spine) and neck (cervical spine). Many people develop disc changes gradually over time as part of normal ageing. In fact, imaging studies show that disc bulges can be present even in people who have no symptoms.

In Ayurveda, disc bulge is viewed as a disorder of Vata dosha imbalance. Vata governs movement and space in the body; when it becomes excessive or dry, it causes the spinal cushions to degenerate and press on nerves. Ayurvedic management uses warm herbal oils, specialized external therapies, and internal herbs to reduce pain, calm Vata, and ease pressure on the spine.

**CASE REPORT**

This case study focuses on a 54-year-old 1 patient diagnosed with a lumbar disc bulge accompanied by a posterior annular tear. The patient reported persistent lower back pain radiating to the lower extremities, worsened by physical activity, for the last 2 months. Magnetic Resonance Imaging (MRI) revealed disc bulges at the L3-L4, L4-L5, along with a posterior annular tear at L4-L5. The patient was taking NSAIDS, but there was

no satisfactory relief through the drugs.

She had a history of fall on lower back 5 yrs ago and she is a know case of hypertension since past 5 months.

**Criteria for Assessment**
**Spinal Examination**

|              | Right           | Left            |
|--------------|-----------------|-----------------|
| SLR          | Positive ( 40°) | Positive ( 40°) |
| Feber's test | ++              | ++              |
| Coin test    | ++              |                 |
| ROM          | Painful         | Painful         |

**Ashtavidha Pariksha**

| Nadi    | Sarpagati ( 68 bpm) |
|---------|---------------------|
| Mala    | Prakrut             |
| Mutra   | Prakrut             |
| Jivha   | Lipta               |
| Shabda  | Prakrut             |
| Sparsha | Sheeta              |
| Druk    | Prakrut             |
| Akruti  | Sthula              |

**Nidana Panchaka**
**1. NIDANA**

- Aharaja : Eating dry, cold, or light foods in small amounts (Ruksha, Laghu, Sheetahara), or irregular eating habits (Vishamashana) that trigger Vata.
- Viharaja : Excessive walking (Ati-gamana), heavy weight lifting (Guru-bhara-harana), prolonged sitting or standing (Ati-sthana), and improper sleeping or

- sitting postures (Duhkha shayya/asana).mana), heavy weight lifting (Guru-bhara-harana)
2. PURVARUPA - Mild stiffness or discomfort in the lower back (Kati) and hip (Sphik) region before severe radiating pain develops.
  3. RUPA
    - Kati shula (lower backache)
    - Kati graha (stiffness)
    - स्फिकपूर्व कट्यारूज (Pain starts first in the buttock (sphik) and lower back).
  4. SAMPRAPTI
    - Chimchimayana (tingling sensation) in bilateral lower limb.
    - Jadatva (heaviness).

### Investigation



#### Protocol :

Axial T1 Spin Echo and T2 Fast Spin Echo  
Sagittal T1 Spin Echo and T2 Fast Spin Echo  
Coronal STIR.

#### Observations :

##### type I modic changes.

Lumbar lordosis maintained.  
disc dessication at all levels.  
diffuse disc bulge at L3/4 and L5/S1 levels.  
diffuse disc bulge with annular tear at L4/5 level.  
No subluxation / dislocation / spondylolisthesis is seen.  
Vertebral body, pedicle, transverse process, spinous process, lamina appear normal.  
Facetal joints appear normal.  
No altered signal intensity noted in the lumbar vertebral body.  
The intervertebral disc seen at lumbar vertebra shows normal signal  
There is no altered signal intensity noted in the visualised part of spine.  
Cord ends at L1 vertebral body and show normal signal intensity.

### Treatment Advised

Our patient-centric approach prioritizes providing pleasant and relaxing treatment options while improving health outcomes. We have given Vatanuloman, Snehana, Bruhan, Dipan and Pachan to the patient. Since Vata was the underlying ailment, Snehana was given top priority.

### OBSERVATION AND RESULT

The patient was evaluated based on clinical signs,

following completion of therapy the patient got significant relief in pain while walking, stiffness at lower back Tingling sensation relieved.

### DISCUSSION

Accordingly factors are responsible for pathogenesis of Gridrasi, principle of treatment was planned in this Gridrasi patient. The treatment was as.

| Date, Duration, Symptoms                                                                                                    | Treatment                                                                                                                                                                   | Therapy given                              |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| 28th may 2026 (5 days)<br>Symptoms -<br>Lowbackache radiating to<br>B/L LL, Tingling sensation,<br>Difficulty while walking | - Kaishor guggulu 1tid<br>- Trayodashang guggulu 1tid<br>- Amapachaka vati 1tid<br>- Laksha vati 1tid<br>- Raktapachaka 1tid<br>- Eranda taila 1tsp Hs<br>- Shunthi lepa LA | Patra pottali swedana<br>with eranda taila |
| 3 June 2026 (5 days)<br>Symptoms -<br>Pain reduction 20-25%<br>Tingling sensation+                                          | - Trayodashang guggulu 2bd<br>- Dashmoola ghana vati 2bd<br>- Yograj guggulu 2bd<br>- Bramhi vati 2 HS<br>- guduchi ghana vati 2bd                                          | Kati basti                                 |
| 9 June 2026 (15 days) Symptoms -<br>Pain reduced by 30-40% Tingling sensation                                               | -Mahatiktaka ghruta 2bd empty<br>stomach                                                                                                                                    | Kati basti                                 |

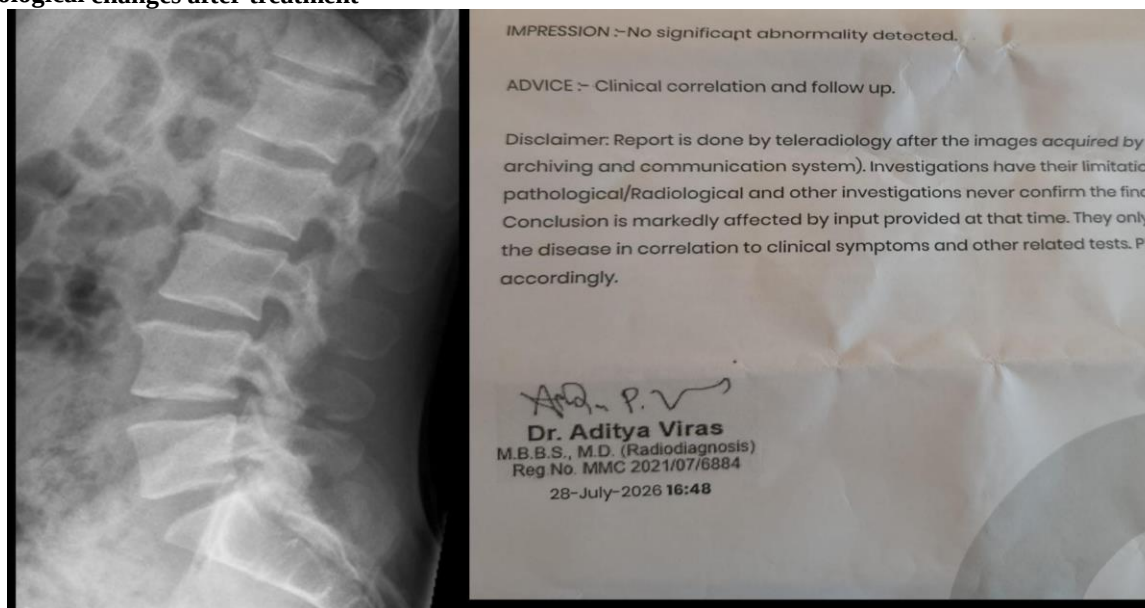
|                                                                                                            |                                                                                                                                                                                                                  |            |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| reduced                                                                                                    | <ul style="list-style-type: none"> <li>- Ashwagandha 2 bd (b/f)</li> <li>- Asthishrunkhala 2 bd (b/f)</li> <li>- Trayodashanga guggulu 2 bd</li> <li>- Ekangavir rasa 2bd</li> <li>- Bramhi vati 2 HS</li> </ul> |            |
| 24 June 2026 (15 days) Symptoms - Lowbackache reduced by 70%, very slight tingling sensation present       | Ct all                                                                                                                                                                                                           | Kati basti |
| 12 July 2026 (15 days) Symptoms - Pain reduced by 90-95% No tingling sensation No difficulty while walking | Ct all                                                                                                                                                                                                           | Kati basti |

The above combination is a potent digestive tonic that addresses a variety of health issues, including Deepan, Pachan, Aahara, and Vatahara. This combination acts as a nutritional supplement which is used to provide nutrition to the cartilages in conditions such as disc

bulge. Withania somnifera helps manage a disc bulge by reducing inflammation, soothing the nervous system, and strengthening the muscles and tissues supporting the spine.

| CLINICAL ASSESSMENT | BEFORE TREATMENT | AFTER TREATMENT |
|---------------------|------------------|-----------------|
| SLR                 | Positive ( 40° ) | Negative        |
| ROM                 | Painful          | Normal          |
| Ferber's test       | ++               | Negative        |
| Coin test           | ++               | Negative        |

#### Radiological changes after treatment



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