

## AYURVEDIC MANAGEMENT OF INTERVERTEBRAL DISK PROLAPSE (IVDP)- CASE STUDY

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### ABSTRACT

The intervertebral disk prolapse is the most common problem in all around the world. The most common of vertebral column disease is intervertebral disk prolapse. This prolapse of disk can occur anywhere in the throughout vertebral column. It can find in any age of peoples but mostly occurred in old age. This disease can affect the day to day life style of patients. In this disease the compression of nerve root is present due to prolapse of disk. Due to this patient was complaining many neurological problems. This neurological complaint is depending upon which nerve root is affected. In this type of cases to remove the compression mostly surgical intervention is advised. Due to ayurvedic

management there is no need to do any type of surgery. In this case study effort was made to treat a 45 yrs male having complaints of pain at lumber region, weakness in B/L lower limbs, difficulty in walking. According to Ayurveda this all complaints was due to *vata*. So, in this case study we have to treat the *vata dosha*. For reduce the pain in modern science only analgesics are present and analgesics have to much side effects in long term use. Ayurveda have too much potential to treat this type of condition and also help to get symptomatic relief to the patient. The treatment was given to patient is *yog basti*, *majja basti*, *agni karma* and some oral drugs like *guggulu*. Due to these treatment result shown positive by increasing the power in both legs, reducing the pain, increasing the gate of patient.

**KEYWORDS:** PID, *Katigata vata*, *kati shula*.

## INTRODUCTION

The vertebral column is the most important part of our body. The contents of the vertebral column are vertebrae, intervertebral discs, spinal cord and their nerve roots. There are 33 vertebrae in the vertebral column. An intervertebral disc lies between adjacent vertebrae in the column. This intervertebral disc functions to separate the vertebrae from each other and provides the surface for the shock-absorbing gel of the nucleus pulposus. The nucleus pulposus of the disc functions to distribute hydraulic pressure in all directions within each vertebral disc under compressive loads. The intervertebral disc is made up of an outer fibrous ring, the annulus fibrosus, the intervertebral disc, and the inner gel-like center called the nucleus pulposus. In a herniated disc, a fragment of the disc nucleus is pushed out of the annulus, into a spinal canal through a tear or rupture in the annulus. The most common site of herniation in the vertebral column is in the lumbar vertebrae, then in the cervical vertebrae. The most common is posterior herniation in intervertebral disc prolapse. Intervertebral disc prolapse is the most common condition in all around the world.

The prevalence of symptomatic herniated lumbar discs is about 1-3% in Finland and Italy, depending on age and sex. The highest prevalence is among people aged 30-50 years, with a male to female ratio of 2:1. In people aged 25-55 years, about 95% of herniated discs occur at the lower lumbar spine (L4/5 and L5/S1 level); disc herniation above this level is more common in people aged over 55 years.

Disc herniation is divided into three types: posterolateral disc herniation, central (posterior) herniation, and lateral disc herniation. Due to this herniation, compression of the nerve root will occur. In elderly patients, most cases of herniation are due to osteoporotic changes in the vertebral column. The other main cause is heavy physical work, excessive body weight. In genetically, some people inherit a predisposition to developing a herniated disc. According to Ayurveda, it is due to *vikrut vata*, which goes on to the lumbar region and causes various symptoms that are called *katigata vata*. The symptoms are pain in the lumbar region (*katishool*), weakness in the lower limbs (*pad daurbalya*), tingling in the B/L lower limb (*pad chimchimayan*), numbness in the B/L lower limb, difficulty in walking. Ayurveda has a lot of potential to treat this condition. In Ayurveda, there is treatment like different types of *basti*, *snehana*, *swedana*, *angnikarma* and oral medicine to reduce the *vata*.

## MATERIAL AND METHOD

### Case presentation

A 45 yrs. old male patient registered no 272 and presented with complaints of pain at lumber region (katishool), weakness in lower limbs (pad daurbalya), tingling in B\L lower limb (pad chimchimayan), numbness in B/L lower limb from last 4 years. On taking detailed history, it was found that the cause of these complaints is accidentally fall on the road. And the complaints were start from that incidence. For that he taken some allopathy medicine and got temporary relief. Then he was done MRI for his complaints. So, he was diagnosed as intervertebral disk prolapse. He was taken some analgesic, calcium preparation in private hospital.

### History of present illness

As patient said he was stable before last 4 years then he was given history of fall. So, then the complaints were started which is pain at lumber region (katishool), weakness in lower limbs (pad daurbalya), tingling in B\L lower limb (pad chimchimayan), numbness in B/L lower lower limb from last 4 years. So, he was diagnosed as intervertebral disk prolapse. He started medicines like analgesics, calcium preparation etc. He got temporarily relief. So, he was admitted in GAH Osmanabad for further treatment.

### Past history of patient

The patient used analgesics, and calcium preparation but not regularly from 1 years and not get too much relief. He has no history of any major illness, no any family history, no any surgical history, no any allergic history.

### General Examination

Pulse - 78/min

BP - 130/70 mm of hg

RR - 19/min

Temp - afebrile

### Systemic Examination

CVS – s1 s2 normal

CNS – Conscious, oriented

RS – AEBE, clear

P/A – soft and non-tender

**Examination**

	<b>Examination</b>	<b>Right</b>	<b>Left</b>
1	Straight Leg Raising Test	80 degree	40 degree
2	Pump Handle Test	Positive	Positive
3	Gilli's Test	Positive	Positive
4	Gaenslen's Test	Positive	Positive
5	Lasegue Test	Negative	Negative

**Grade of Muscles Power**

Right leg- grade 3

Left leg- grade 4

**TREATMENT**

According to Ayurveda, the main aim to cure this disease is reduce the *vikrut vata* which is present at *katigata* region.

**1. Snehana**

*Snehana* is the process in which *taila* is applied on the body and the massage was done on the affected parts. In these process *til taila* and *balya aushadhi sidhha tail* was used.

**2. Swedana**

*Swedana* is the process in which sweat was generated with the help of steam. This steam was produced with the help of various ayurvedic medicated herbs decoctions. In ayurvedic texts, the different *acharya* said different type of *swedana*. In this patient the *nadi sweda* was given. The *nadi sweda* in which long hollow pipe was attached to the cooker in which medicated herbs decoctions is present. Through this pipe steam was given to patient.

**3. Basti Treatment**

Basti is the treatment in which ayurvedic drugs *siddha tail* or decoctions was given through anal region. *Basti* is the one of the five *Pradhan karma* of *panchakarma*. About almost all *acharyas* explained about various types of *basti*.

There are mainly two types of *basti*-

**1. Asthapan basti**

In this type of *basti* various *vata hara* drugs decoctions, *madhu*, *til tail*, *saindhav* was used for the treatment.

## 2. Anuvasana basti

In this type of basti various *vata hara sidhha tail* was used for the treatment.

### *Yog basti krama*

In this patient both *asthapan basti* and *anuvasana basti* was used. There is yoga type of basti was given in which 3 *asthapan* and 5 *anuvasan* was given.

For *asthapan basti* there is *dashamula bharada* was used for the decoctions.

For *anuvasana* type of *basti* there is 2 types of *Acharya Charak's Gana* was used. By using this *gana* drug tail was prepared.

1. *Anuvasanopag gana* - *rasna, bilva, punarnava, gokshura, agnimantha*.
2. *Balya gana* - *ashwanadha, shatavari, kapikachhu, bala, bramhi*.

### *Majja basti krama*

On the second setting the *majja basti krama* was given to the patient. In this type of *basti* the pieces of legs of goat was boiled in the water till up to one fourth of water remained. This *basti* was given with *asthapan basti*. For *asthapan basti* there is *dashamula bharada* was used for the decoctions. In one setting is 3 *majja basti* and 1 *asthapan basti* given. this 4 setting was done i.e 12 *majja basti* and 4 *asthapan basti* was given.

## 4. Angikarma

*Agnikarma* is the thermal, minimally invasive para surgical procedure for minimize all type pain. For this treatment various metals *shalaka* was told by various acharyas. For this condition *panchadhatu shalaka* was used. In this process the red hot *shalaka* was touch on most pain full part of patient. *Acharyas Shushruta* was told various type of *angikarma* from which *binduvata agnikarma* was done.

## 5. Katibasti

It is the process in which warm *tail* was poured on the lumber region (*kati pradeshi*) in the circular ring. This karma was done on the patient with *til tail*.

## 6. Medicinal treatment

- a. Yograja Guggulu - 2 BD
- b. Lasunadi vati – 2BD

- c. Ashwagandha churna- 2gm BD
- d. Shatavari churna- 2 gm BD

## DISCUSSION

### 1. Mode of action of *Snehana*

It is the process in which tail was applied on body and the massage was done due to this mechanical pressure exert on the body muscles which helps to increase the blood flow by increasing arterial pressure as well as increasing muscle temperature from rubbing. Tail is also help to increase the strength of muscles. According to Ayurveda, *tail* is *snigha*, *guru*, *ushna* and *vata* is *ruksha*, *laghu*, *shita* which is totally opposite to *taila guna*. So *taila* is help to reduce the *vata dosha* which will help to reduce the symptoms.

### 2. Mode of action of *Swedana*

It is the process in which sweat was generated with the help of steam. Due to this hot steam local temperature will increased and dilatation of vessels was done. Due to this dilatation of vessels blood flow was increased which help to reduce the pain. Due to increase local temperature sweat gland was stimulate via hypothermic action of sympathetic nerve and increase the sweat production which help to remove more waste products. According to Ayurveda, *swedana* is *ushna gunatmaka* and *vata* is *shita*.so, it helps to reduce the *vata*.

### 3. Mode of action of *Basti* treatment

It is the process in which medicated decoction and tail was given through anal region. The contain of *basti* drug is mostly have *vata hara* property. *Acharya Shushruta* was told that the *virya* of *basti* drug reaches all over the body through the *srotas* in the same way as the water poured at the root of plant reaches up to leaves. The absorption of *basti* is well in intestine than the stomach because of large surface area. Also, vascularity is high of intestine which also helps to absorb *basti*. *Basti* was absorb in the gut through passive diffusion. After absorption *basti* drug was acts on the body and reduce the *vikrut vata*.

### 4. Mode of action of *Agnikarma*

*Agnikarma* is the thermal, minimally invasive para surgical procedure for minimize all type pain. According to modern science, due to *agnikarma* process the blood supply increased and get more nutritions to the affected part. So, which help to reduce the pain. According to Ayurveda, in *agnikarma* red hot shalaka was used which is *ushna gunatmaka* and *vata* is *shita gunatmaka*. Due to this *vata* was reduce so pain was also reduced.

## 5. Mode of action of *katibasti* treatment

It is the process in which warm *tail* was poured on the lumber region (*kati pradeshi*) in the circular ring. according to modern science, due to *kati basti* increase the blood flow on affected site. So, affected part gets more nutrition and strengthen the muscles and nerve. It relax the surrounding muscles, relieves pain. According to Ayurveda, when the *til taila* is poured on the affected part the skin absorbs the *taila* through *Sushma* which situated in the *lomakoopa*. And the *Pachana* was done by *bhrajak pitta*, which is located in skin. In *katibasti* treatment mainly warm *taila* was used. These warm *taila* help to reduce the pain and stiffness.

## 6. Mode of action of medicinal treatment

### a. Yograja Guggula

This drug is explained by many acharyas in *vata vyadhi chikista*. Because these drug have contains like *chitraka*, *pimpli*, *guggul* ect. which having *ushna* and *tikshna* properties. So, this drug is mainly helpful in *vata* imbalance disease affecting bone and bone marrow diseases.

### b. Lasunadi vati

This drug is also explained by many acharyas in *vata vyadhi chikista*. Because this drug has contained like *lasuna*, *jiraka*, *sunthi* ect. which also having *ushna* and *tikshna* properties. So, this drug is mainly helpful in reduce *vata*. And also help to reduce *agnimandya*. Due to this get more nutrition to the body.

### c. Ashwagandha churna

This drug is explained in *balya gana* of *charak samhita*. Due to intake of this drug strength of body is increased. This drug is also *ushna gunatmaka* which help to reduce *vata*.

### d. Shatavari churna

This drug is explained in *balya gana* of *charak samhita*. Due to intake of this drug strength of body will increased. Which helps to reduce the pain.

## CONCLUSION

In this case we got excellent result. In this patient we don't get any anatomical changes but we get results in all symptoms. Pain was completely reduced by this treatment. Gate of patient was changed. Weakness of left lower limb was change from grade 2 to grade 4. And the right leg grade was change from grade 3 to grade 5. Before treatment he was walk with support after treatment he walks with out support. The movement of lumber region was also

increased by reducing stiffness of body. SLRT of left leg is 40 degree that will reduce up to 80 degree. Pump handle test is positive of left leg before treatment which is negative after treatment. Gilli's and Gaenslens test of both legs is also positive before treatment which is negative after treatment. on the above conclusion it is concluded that patient got positive result.

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