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### Ayurvedic Management of the Musculoskeletal disorders.

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#### **Abstract:**

Ayurveda is the science of life which states us how to live healthy. The main objective of Ayurveda is to accomplish physical, mental, social and spiritual wellbeing by adopting any preventive and promotive approach as well as to treat the disease with its remissive approaches.

Now a days people across the world are suffering from a very common and costly problem i.e. Musculoskeletal disorders. It may be defined as an injury and disorder which affects the human body's movement or Musculoskeletal system which includes muscle, tendon, discs, nerves, ligaments, blood vessels etc.

Most commonly occurring disorders associated with Musculoskeletal system are Osteoporosis, Sciatica, Degenerative disorders, An inflammatory disorder, Traumatic damage, Spondylitis etc.

Since thousands of years the role of Ayurveda in management of Musculoskeletal disorders has been very successful, because Ayurvedic

classics understands the ailments in detail like etiological factors, Imbalanced *doshas*, digestive fire and after a thorough examination of the body and mind of the client.

This is followed by systemic medications and *panchkarma* therapies to manage ailments without any side effects. Present article deals with Ayurvedic Management of Musculoskeletal disorders as mentioned in Ayurvedic classics.

#### **Keywords:**

Ayurveda, Musculoskeletal disorder, Nerves, ligaments, blood vessels, tendons, discs,

#### **Introduction:**

Ayurveda is the Science of life and longevity. The main objective of Ayurveda is to protect the health of the healthy and to alleviate disorders of the diseased.<sup>1</sup>

Musculoskeletal complaint is a very common and emerging problem seen in today's era and it affects people of all age groups in all regions of the world.

Musculoskeletal system comprises of muscle, bone, joints and soft tissue structures like ligaments and tendons.<sup>2</sup>

Musculoskeletal conditions are characterized by pain, limitations in mobility, functional ability which restricts a person ability to work there by affecting mental well being as well. Since thousands of years Musculoskeletal disorders or related symptoms were very well explained in Ayurvedic classics along with their Nidan, *purvaroop*, *Rupa*, *Samprapti* and Management.

As per Ayurveda aggravation of Vata dosha can be considered as the main causative factor for the Musculoskeletal disorders which occurs due to old age, trauma, overweight, physical and mental stress, inadequate and improper diet, and improper body postures at work etc. So, for proper management of Musculoskeletal disorders Ayurvedic Regimen is broadly divided into 3 main group

such as Ahara (Diet), Vihara (Lifestyle) and *Aushadhi* (Medical treatment).

**Aim:** To study Ayurvedic Management of Musculoskeletal disorders.

**Objectives:** To do a detailed literary review about related topic.

**Material and Methods:**

- 1) For this study relevant ayurvedic literature is collected from classical texts of Ayurveda.
- 2) Various articles are referred from Ayurvedic journals and internet Surfing done.

In Ayurvedic classics under the broad heading of *Vatavyadhi* Musculoskeletal disorders were explained by Acharyas of Ayurveda. Most common features of Musculoskeletal disorders explained by different Acharyas are:

**According to Acharya Charaka:<sup>3</sup>**

1) <i>Sankoch (Muscle contraction)</i>	9) <i>Gatra Spandan (Feeling of something moving on body)</i>
2) <i>Parvabheda (Pain in joints)</i>	10) <i>Gatra Suptata (Numbness in whole body)</i>
3) <i>Parvasthambha (Stiffness in joints)</i>	11) <i>Greeva hundan (cracking of scalp and pain in temporal region)</i>
4) <i>Pani prishtha and shirograha (Stiffness in hand, back and head)</i>	12) <i>Bheda, Toda (Types of pain)</i>
5) <i>Khanja (Lame)</i>	13) <i>Akshepaka ( Convulsions)</i>
6) <i>Pangulya (Paraplegia)</i>	14) <i>Moha (Loss of sensorium)</i>
7) <i>Kubjavata (Hump back)</i>	15) <i>Aalasya (feeling of exertion)</i>
8) <i>Anga Shosha (Muscular Atrophy)</i>	

Along with it concept of *Dhatugata* and *Avrutta vata* is described and mentioned specific disease with their specific names:

1) <i>Ardita (Facial palsy)</i>	5) <i>Dandak (Stiffness in whole body)</i>
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2) <i>Manyasthambha</i>	6) <i>Pakshaghata (Paralysis)</i>
3) <i>Bahiraayaam (Opisthotonus)</i>	7) <i>Gridhrasi (Sciatica)</i>
4) <i>Hanusthambha (Temporal mandible joint dislocation)</i>	

#### According to Acharya Sushruta:<sup>4</sup>

Acharya Sushruta mentioned some extra diseases along with the above mentioned and these Are

1) <i>Angashosha</i>	4) <i>Avabahuka</i>
2) <i>Khalli</i>	5) <i>Koshtrukasheersha</i>
3) <i>Vishwachi</i>	6) <i>Kalaya khanja</i>

#### According to Acharya Madhava:<sup>5</sup>

Along with the above mentioned disease Acharya Madhavakara mentioned one extra disease that is *vepathu* (Tremors)

#### Ayurvedic Management of Musculoskeletal disorders:

##### 1) Ahara (Diet):

The diet which most of the working people consume now a days contains lots of spices, fries, coffee, and junk food. Thus following such type of diet will ultimately vitiate Vata Dosha.

The vitiated *vata dosha* ultimately give rise to variety of painful Musculoskeletal disorders in the body.

Therefore, diet must be balanced and following dietary rules should be followed.

- 1) Avoid skipping meals
- 2) Have meals at regular timings
- 3) Avoid excess use of spices

- 4) Meals should be warm
- 5) Cold beverages to be given up.
- 6) following items should be included in diet:

Buttermilk, Ghee, leafy vegetables, Green gram, clear meat soup etc.

##### 2) Vihara (Lifestyle):

It is important to maintain a proper sleep wake cycle and follow all fundamental measures to keep the biological clock of our body working in an optimal level.

Regular practice of *Yoga, Pranayam* will help to prevent these disorders because various yogic postures helps in relaxing the body by relieving the stress on muscles.

##### 3) Aushadi Chikitsa (Medical treatment)

###### Shaman Chikitsa:

Various Ayurvedic medicines are useful for the management of Musculoskeletal disorders such as, *Ashwagandha, Guggul kalpa, Bala taila, Panchtikta gruhta, Rasnadi kwath, Rason ksirapaka* etc.

###### Shodhan Chikitsa:

Acharya Vagbhata mentioned an importance of *Shodhana Chikitsa* as an *Apunarbhav Chikitsa*, Which means The doshas which have been mitigated by *Langhan* and *pachan* are likely to aggravate once again but those doshas conquered by *Shodhana* therapy will never increase again.<sup>6</sup>

In Musculoskeletal disorders pacification of *vata dosha* is the main goal of the treatment, therefore detox therapy aimed for the same has to be administrated.

- 1) *Snehana*: External oleation or massage therapy should be applied which is used for relaxation as well as giving tone to muscles, for promoting

the blood circulation and treat various Musculoskeletal disorders.

- 2) *Swedana*: After *snehan* when patient become well oiled with *snehan* therapy he should be given *Swedana* treatment.
- 3) *Mrudu Virechana* : By excessive use of *Snigdha*, *Amla*, *Lavana*, and *Ushna* etc. articles of diet, the Mala i.e. excretory matter gets accumulated and by occluding the various *srotas*, causes obstruction to the path of Vata; hence the *Anulomana* of Vata is essential to expel it out and it is possible by giving *Virechana*.
- 4) *Agnikarma*: A para-surgical procedure in Ayurveda is extremely useful for pain relieving.<sup>7</sup>
- 5) *Basti*: Ayurveda explains *Basti* as the half of the treatment. *Basti* therapy is most commonly used for Musculoskeletal disorders due to vitiation of *vata dosha*.
- 6) *Basti* is one of the therapeutic procedure among *panchkarma* procedures in which medicated drugs are administered through anal route with the help of *basti yantra*.<sup>8</sup>

As per *Acharya Charaka Basti* therapy is superior to all in pacification of aggravated *vata dosha* in the Musculoskeletal system.<sup>9</sup>

#### **Discussion:**

Musculoskeletal disorder complaint accounts for more than millions present in the world. It is increasing day by day. Management of Musculoskeletal disorders in contemporary science mainly includes uses of NSAIDs drugs which are having adverse side effects on health.

Today's fast moving lifestyle is affecting our Musculoskeletal system which leads to several joint and Muscular disorders. This concern is increasing day by day as there is no proper way for management in Modern medical science other than NSAIDs.

In Ayurved Samhita management protocol for Musculoskeletal disorders has been mentioned. *Basti Chikitsa* among the *panchkarma* is one of the most beneficial therapy in Musculoskeletal disorders because it is said to be the superior to all in pacification of aggravated *vata dosha*.

#### **Conclusion:**

Ayurvedic classics mainly focused on prevention of disease first. So, by following proper dietary habits and daily Regimens one can prevent these disorders from occurring.

*Basti* therapy is considered as *Ardha Chikitsa* in Ayurveda and it is most beneficial therapy in Musculoskeletal disorders because it is superior of all in pacification of aggravated *vata dosha*.

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