



An Ayurvedic management of traumatic intervertebral disc prolapse- a case study

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ABSTRACT

The term prolapsed disc means the protrusion or extrusion of the nucleus pulposus through a rent in the *annulus fibrosus*. A prolapsed disc is a common cause of low backache, especially the backache associated with sciatic pain. IVDP of lumbar spine mostly affects young adults and always presents with low backache with /without radicular pain to one/both lower limbs. In acute IVDP of lumbar spine there is increase in pain while bending forward, coughing, sneezing or turning in bed. There is no specific treatment in modern science for IVDP. If conservative treatment fails then surgical treatment like Laminectomy, Discectomy indicated for IVDP. Here in this case study a 30 year old male patient admitted to shalyatantra department with complaints of low backache, difficulty in sitting for long time, difficulty in walking since two months. He has history of fall from bike before two months. At that time MRI-LS spine done and revealed fracture of right transverse process of L1&L2 vertebral bodies with disc bulges at L3-L4 & L4-L5 with thecal sac indentation. Patient was treated with *sarvanga*

Snehana, Swedana with *majjabasti* and some ayurvedic medicine like *Ashwagandha shatavari churna* and *lakshadi guggulu*. Here patient got completely relief in single sitting of *majjabasti krama* of 16 days.

KEYWORDS- *Ayurveda, IVDP, Katigataavata, Majja Basti*

INTRODUCTION

Spinal disc herniation is an injury to the cushioning and connective tissue between vertebrae, usually caused by excessive strain or trauma to the spine. When a tear in the outer, fibrous ring of an intervertebral disc allows soft, central portion to bulge out beyond the damaged outer rings, then the disc is said to be herniated. IVDP may result in back pain, pain or sensation in different parts of the body, and physical disability. The conservative treatment for IVDP in modern science includes rest, physiotherapy, medicines like analgesics and muscle relaxants and surgical management needed for patients who do not respond to conservative treatment. In ayurvedic literature we can compare IVDP

with *katigatavata* which is a *Vatavyadhi*. It is caused due to vitiation of *Vata dosha*. the pain is produced due to vitiation of *vata dosha* and best treatment in ayurveda for increased *vata dosha* is *basti*, and hence *Majjabasti* is plan in this case study along with *sarvanga Snehana Swedana*, ayurvedic medicines like *ashwagandha* and *shatavari churna* and *lakshadi guggulu*. Patient gets completely relief from symptoms in single sitting of treatment.

CASE REPORT

Major Complaints

A 30 year old male patient came to OPD of Govt Ayurvedic College, Osmanabad with complaints of low backache, difficulty in sitting for longer duration, difficulty in walking since 2 months.

H/o Present Illness

Patient was asymptomatic before two months. Then he met an accident and started low back pain for which MRI-LS spine done which revealed fracture of right transverse process of L1&L2 vertebral bodies with disc bulges at L3-L4 & L4-L5 with thecal sac indentation. For which he took treatment from orthopedician but no relief to patient. Hence he has come here for further management.

H/o Past Illness

No H/o HTN, DM or any major illness

There was no any specific medicinal and family history

No H/o any surgical intervention.

Personal History

- Occupation- labourer
- Bowel- NAD
- Micturition - NAD
- Sleep – Disturbed due to back pain
- Diet – Veg + Non veg
- Appetite – Normal
- Addiction – Tobacco chewer

Examinations:

Pulse-70/ min B.P- 120/70 mmHg
CVS- S1S2 normal CNS- Conscious, oriented RS- Clear
P/A- Soft, Non Tender
Urine/Stool- Normal

LOCAL EXAMINATION

Clinical Evaluation:

Test	Rt leg	Lt leg
SLRT	45 ⁰ positive	70 ⁰
PHT (Pump Handle test)	Positive	Negative
SIST (Sacro-Iliac stress test)	Negative	Negative
LASEGUE Sign	Negative	Negative

INVESTIGATIONS:

CBC- Hb- 15.4 gm, TLC- 8200/ cu.mm, PLT-255000/ cu.mm, Rest-WNL
BSL-R- 102mg/dl
Urine Routine/ microscopy- WNL
HbsAg- Non reactive HIV- Non reactive

MRI Lumbar Spine-

Fracture of right transverse process of L1 & L2 vertebral bodies with disc bulges at L3-L4 & L4-L5 with thecal sac indentation.

MATERIALS AND METHODS

Patient was treated with *Majjabasti krama* which includes 4 *Niruha Basti* of *Dashmool kwatha* 450ml along with *Madhu* 20 ml, *Saindhava* 5gm, *Tiltaila* 30ml and 12 *majjabasti* 120 ml each.

As given in table 1

Table 1- N=*Niruha Basti*, M= *Majja Basti*

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Type of Basti	N	M	M	M	N	M	M	M	N	M	M	M	N	M	M	M

Along with *Sarvanga Snehana*, *Swedana* and some ayurvedic medicine like

Ashwagandha, *Shatavari Churna*, *Lakshadi guggulu*, and *Asthiposhak Vati*.

Grading of Subjective Parameters:

Sr no.	Symptoms	Criteria	Grades
1	Pain	No pain at rest Mild and tolerable pain while walking Moderate and tolerable pain while walking Severe and intolerable pain while walking	0 1 2 3
2	Radiation of pain	Pain never radiates Pain radiates in major movements Pain radiates in moderate movements Pain radiates even in minor movements Pain radiates all time	0 1 2 3 4
3	Tingling	No tingling Tingling over some portion of any one of the leg Tingling all over leg Tingling over some portion of both leg Tingling all over both leg	0 1 2 3 4
4	Stiffness	No stiffness In morning only for 5-10 minutes Daily 10-30 minutes Daily in different time 30-60 minutes Daily for more than 1 hour	0 1 2 3 4
5	Sitting	Sitting in an ordinary chair more than 30 minutes without pain Pt complaining lower back pain in an ordinary chair after 20 minutes Pt complaining lower back pain in an ordinary chair after 10 minutes Patient complaining lower back pain just after sitting in an ordinary chair	0 1 2 3
6	Standing	Standing at one place more than 30 minutes without any complaints Patient complaining LBP after 20 minutes of standing at one place Patient complaining LBP after 10 minutes of standing at one place Patient complaining LBP after 5 minutes of standing at one place	0 1 2 3

7	Sleeping	Sleep never disturbed by pain	0
		Sleep disturbed occasionally by pain	1
		Sleep disturbed frequently by pain	2
		Sleep disturbed very frequently by pain	3

Grading of objective parameters:

1	S.L.R	90	0
		60	1
		45	2
		0	3
2	Tenderness	Patient doesn't feel pain during examination	0
		Patient feel mild pain during examination of the tender area	1
		Patient feel moderate pain during examination of the tender area	2
		Patient doesn't allow to examine the tender area	3

RESULTS:-

Sr no.	Symptoms	Before treatment	After treatment
1	Pain	3	0
2	Radiation of pain	3	0
3	Tingling	1	0
4	Stiffness	1	0
5	Sitting	2	0
6	Standing	2	0
7	Sleeping	1	0
8	S.L.R 1. Rt	2	0
	2. Lt	1	0
9	Tenderness	1	0

Patient was admitted to male shalya ward for 20 days. During these 20 days patient has received *majja Basti* for 16 days along with *sarvanga snehana*, *swedana*, and oral medication. Back pain of patient completely relieved.

DISCUSSIONS

According to *Acharya Charaka Basti* is the treatment for *vatavyadhi* as the pain produced in it is due to vitiation of *vata dosha* and *Basti* is the best treatment for subside the *vata*. The active principles of *basti* ingredients get absorbed in the body

and reach at the site of lesion and relieve the disease. *Majja* has the properties that increase the *bala* of *Asthi* and *Majja dhatu*. *Majja basti* also acts as a *bruhana basti* and increases the *bala* of patient. Hence plays very important role on *Asthi dhatu* as *balya* and *rasayana*. *Sarvanga snehana* and *swedana* are important to reduce increased *vata dosha*. *Ashwagandha* and *Shatavari churna* are in *balya gana* of *charakasamhita* hence used to improve the strength of body. *Lakshadi guggulu* useful to improve the *bala* of *asthi dhatu*.

CONCLUSION

IVDP or *Katigatavata* is a type of *vata vyadhi* caused by vitiation of *vata dosha*. Pain is the main symptom of this disease. The treatment principles for *Vatavyadhi* include *snehana*, *swedana*, and *basti karma*. Hence the present case was treated with *snehana*, *swedana*, and *majja basti* with certain ayurvedic medicines. The patient was admitted for 20 days and completely recovered from back pain. *majja basti* shows great results in patient. After discussing this case study it is concluded that, if proper diagnosis of *dosha* involvement in *katigatavata/IVDP* and its treatment done thoroughly then we can cure this disease.

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