



Role of *Mustadi Yapana Basti* and *Shashtishali Pindasweda* in Sub Acute Combined Degeneration (S.A.C.D.) – A Case Study

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Abstract:

S.A.C.D. is a nutritional deficiency disorder mainly caused by deficiency of Vit. B12. Its deficiency causes demyelination of posterior, lateral, column and peripheral nerve involvement. So that in this condition we see neurological symptoms such as loss of muscle tone, loss of power, loss of sensation for temperature, touch, pain. If this condition is not treated then it causes severe systemic function loss. Supplement of Vitamin B12 and physiotherapy is the only treatment for this disorder. And it may take 6 to 12 months to get recover. And in long term patients neurological damage may not improve.

According to *Ayurveda*, if we don't know the name of the disease but we can treat it according to vitiated *Dosha* and *Dushya*, *Hetu* etc.

So S.A.C.D. can be treated as *Dhatukshyajanya Vatavyadhi*. According to this patient was treated with *Mustadi Yapana Basti* and *Shashtishali Pindasweda* and considerable relief from symptoms was observed in the patient within 15 days.

Keyword: S.A.C.D., *Mustadi Yapana Basti*, *Shashtishali Pindasweda*, *Dhatukshyajanya Vatavyadhi*

Introduction:

SACD is not directly described in ayurvedic samhita but it can be correlated with *Dhatukshayajayna vata vyadhi*. As described in *Charak Samhita* though you don't know the name of *Vyadhi* but you can treat it on its *hetu prakupita dosha dushya* etc. In presenting case patient was obese and on dieting i.e *Unshana*, *Vyayama*, *Virudhanna sevan*, are main *hetus* for *Vataprakopa*. And which leads to

mandagni and *asardhatu* formation. So it is treated as *Dhatukshyajanya vatavyadhi*.

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बहुत्वान्नामरूपात्।...Ch.Chi.30/291

In SADC we get symptoms like- unable to walk without support, loss of sensation for temperature, touch and pain, loss of motor functions, muscle gets flabby, muscle tone gets diminished, superficial reflexes gets lost due to involvement of postero lateral column of spinal cord, sensory motor activities gets diminished. According to principle described in *Charak Samhita* treatment was planned as per *Vatavyadhi Chikitsa*. And considering the *kshaya* of *Mansa Dhatu* mainly. *Yapana basti* and *Pindasweda* gives strength to *Dhatu*s. After the treatment given for 15 days as *Mustadi yapana basti* and *Shastishali pinda sweda*, we observed marked decrease in symptoms.

AIM AND OBJECTIVES:

Aim:

- To study the Ayurvedic management of Sub Acute Combined Degeneration of spinal cord.

Objective:

- To study the effect of *Mustadi Yapan basti*
- To study the effect of *Shastishali Pindasweda*

- To study the Sub Acute Combined Degeneration (S.A.C.D.) in details according to modern view and *Ayurvedic* view

Materials and Methods :

A case report

Presenting case study is a successful *Ayurvedic* management of S.A.C.D. i.e.

A 20 year old female patient came with complaints of Difficulty in walking, Numbness of both lower extremities, Loss of sensation at fingers of both foot, Low back ache, Unable to hold footwear, Pain in calf muscle ...Since 2 months. Patient was not having any medical history. On examination reflexes were normal of upper limbs, Romberg sign was present, high stepping was present. In lower limb, Muscle tone - Flaccid (hypotonia), Power- Diminished, muscle wasting was absent, in co- ordination- Sensory ataxia present, sensory system i.e. touch, temperature and pain- Glove and Stocking sign was present at lower limb. Reflexes of Upper limb were normal. While lower limb reflexes – Planter, Ankle jerk and deep jerk were absent. Patient came with investigations (MCV-111.1 RBC morphology- Anisocytos, macrocytic, normochromic, Sr.Iron- 340 ug/dl, Sr.TIBC-342ug/dl, Iron saturation -9.94%, Ferritin-40.81mg/dl, Vit B12- 165.23 pg/dl and MRI brain- it reveals left Upper limb and both lower

limb is s/o generalized symmetric severe sensory motor axonal type of peripheral neuropathy) and diagnosis as Sub acute combined degeneration of spinal cord. History of present illness: patient was having symptoms since 2 months. Patient had taken injection vitamin B12 before 2 months still patient is not having improvement, so came for Ayurvedic management.

Hetu: Anashana, Virudhannasevana, Ativyayama,

Purvaroop: Tingling of lower limb,

Roopa: Unable to walk. Power diminished of lower limb, Muscles gets flabby of foot, loss of sensation for temp, pain at foot.

Dosha: Vata

Dushya: Ras, Rakta, Mansa ,Meda.

Sthana: Lower limb.

Nidana: Dhatukshyajanya vatavyadhi.

Treatment was given as follows:

Shaman chikitsa

- 1) Ekangvir ras 120 mg BD after meal
- 2) Dashamoola rishta 20 ml BD Anupana Jal after meal

Panchakarma :

- 1) *Mustadi yapan basti:* prepared according to the procedure of *ksheerpaka Kalpana*

First *Matra basti* of *Til taila* was given then 5 continuous *mustadi yapan basti* where given in next 5 days and on 7th day *Anuvasana basti* was given.

2) *Shashtishali Pindasweda* is done for 7 days from *kati* to *paad*. During the course of *basti*.

This procedure was repeated after 7 days as earlier.

Observation:

After completing course of *Mustadi Yapan basti* for 14 days along with *Shashtishali pinda sweda*, we observed that symptoms were decreased. Due to *Shashtishali pindasweda*, muscle tone was increased. Patient was able to walk without support. Pain in calf muscle was reduced. Patient was able to hold footwear. Patient was having sensation for temperature, pain and pressure. Where all these things were unable to do on first day. There was remarkable improvement in symptoms.

Result:

Mustadi yapan basti along with *shashtishali pinda sweda*, is effective to recover fast from S.A.C.D. symptoms.

Discussion:

Sub Acute Combined Degeneration of spinal cord i.e. S.A.C.D. is not described in our classical texts. But we treated the disease according to *dosha-dushya, hetu, samprapti* etc. as said by *Acharya Charka*. As the name is given as *Dhtukshyajanya Vatavyadhi* on the basis of vitiated *Vatadosha* and *Rasa, Rakta, Mansa* and *Meda* as *dushya*. *Shamana Chikitsa* and *Panchakarma* is also selected according to

our *Ayurvedic* diagnosis. As *Basti* is treatment for *Vatadosha* we selected *Yapana basti* which can be given for long duration also. Also *Pindasweda* was selected which strengthen *Dhatu*s and gives relief from pain. As described in *Charak Samhita* *Yapan basti* acts as *Shukra, Mansa, Balajanana*. *Yapan basti* is *Sadya Baljanana Rasayana*.

Conclusion:

In presenting case study, on the basis of *Ayurvedic* principles S.A.C.D. was correlated with *Dhatukshyajanya* *Vatavyadhi* and treated accordingly. And treatment like *Mustadi Yapana basti* and *Shashtishali Pindsweda* is significant in treating S.A.C.D. This study shows that diagnosis and treatment done according to our *Ayurvedic* principles is effective.

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