



PROLAPSED INTERVERTEBRAL DISC AND ITS AYURVEDIC MANAGEMENT- A CASE STUDY

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ABSTRACT

A prolapsed intervertebral disc is a technical term for Spinal Disc Herniation. These discs are placed between each of the vertebrae of the spine and pose as shock absorbers. The condition also known as slip disc, is a medical condition affecting spine in which a tear in the outer, fibrous ring of an intervertebral disc allows the soft central portion the disc to bulge out beyond the damaged outer rings. Symptoms occur in the back and area under the nerve root and also uneasiness in part of a buttock, leg or foot. *Ayurveda* categorized Slip Disc as one of diseases caused by *Vata* vitiation. 6 patients namely A, B, C, D, E, F of age 28, 32,38, 40, 35, 30 years respectively came with the complaint of lower back pain, stiffness and restricted movements of lower back region(Posture). Treatment protocol was Medication including the combination of (1) (a) *Yogendra Rasa* 125 mg (b) *Mahavata Vidhwansak Ras* 250 mg (c) *Shunthi Churn* 500mg (d)*Ashwagandha Churna* 1gm with honey as *Anupaana* BD after meals (2) *Maharaasnadi Kwath* 20 ml with double quantity (40 ml) of luke warm water and *Panchkarma* Therapy of 21 of (3)*Kati Basti* with *KsheerbalaTaila*. The treatment protocol was of 2 months and marked relief in symptoms were noticed after this duration.

Keywords: PIVD, Spinal Disc Herniation, *Kati Basti*

INTRODUCTION: Prolapsed Intervertebral disc is emerging as a common problem in present era. The highest prevalence is among people aged 30-50 years, with a male to female ratio of 2:1. A prolapsed disc occurs when the outer fibres of the intervertebral disc are injured and the soft material known as the nucleus pulposus ruptures out of its enclosed space. The prolapsed disc or ruptured disc material can enter the spinal canal, squashing the spinal cord, but more frequently the spinal nerves¹. A disc herniation can arise from something simple as poor posture. As postural muscles fatigue, shoulders begin to round forward creating excessive tension on the

discs, ligaments and joints of the cervical spine². Excessive body weight and weight lifting can be also a cause. It is also caused due to stress. 6 patients namely A, B, C, D, E, F of age 28, 32, 38, 40, 35, 30 years respectively came with the complaint of lower back pain, stiffness and restricted movements of lower back region (Posture).As *Ayurvedic* perspective is concerned PIVD is caused by vitiation of *Vata Dosha* and there levels in *Dhatu* like *Mamsa Dhatu*, *Asthi Dhatu* and *Majja Dhatu*³. So the condition is expected to be treated wisely and in wholesome manner. Treatment in *Ayurveda* is aimed at restoring the equilibrium through correction of the underlying functional in-

equilibrium. It includes elimination of toxins, correction of vitiated *Vata* and Rejuvenation of *Dhatus*. Treatment protocol includes Medication including the combination of (1) (a) *Yogendra Rasa*⁴ 125 mg (b) *Mahavata Vidhwansak Ras*⁵ 250 mg (c) *Shunthi Churn*⁶ 500mg (d) *Ashwagandha Churna*⁷ 1gm with honey as *Anupaana* BD after meals (2) *Maharaasnadi Kwath*⁸ 20 ml with double quantity (40 ml) of luke warm water (3) *Kati Basti* with *Ksheerbala Taila*⁹, for 21 days. The treatment protocol for *shaman chikitsa* was of 2 months and marked relief in symptoms were noticed after this duration. This proved to be an excellent combination for subsidisation of pain and restoration of neuro-muscular strength. Patients felt extremely comfortable after following proper treatment protocol and *Panchkarma* therapy at regular intervals.

AIMS AND OBJECTIVE:

The study aims at establishing the effects of the herbo-mineral compound in PIVD.

MATERIALS AND METHODS:

Clinical Findings:

On the basis of

1. Pricking Pain
2. Stiffness
3. Posture
4. SLR: - The Straight leg raising test was performed to check the intensity of pain.

Selection of the patients: -Six patients with the complaint of lower back pain, stiffness and restricted movements of lower back region (posture) since last six months were selected from Ayurveda speciality clinic near union Bank Rajendra Nagar Indore M.P.

Sample Size: - 6

Treatment Protocol

Medication

- (1) Combination of-
 - (a) *Yogendra Rasa* 125 mg
 - (b) *Mahavata Vidhwansak Ras* 250 mg
 - (c) *Shunthi Churn* 500mg
 - (d) *Ashwagandha Churna* 1gm

With honey as *Anupaana* BD after meals

- (2) *Maharaasnadi Kwath* 20 ml with double quantity (40 ml) of Luke warm water two times of a day after meal

Panchkarma Therapy

Kati Basti with *Ksheerbala Tail* for 21 days.

Time of Administration:-

The medicine was administered after taking meals.

Duration of Study- 2 months

Follow up: - Every 15 days.

Diet Consumption: - Patient were advised to take light diet, Green Vegetables, butter milk, milk, maize, multi-grain chapatti.

Diet Restricted: Avoid spicy and oily food, excessive non-veg alcohol, packed foods.

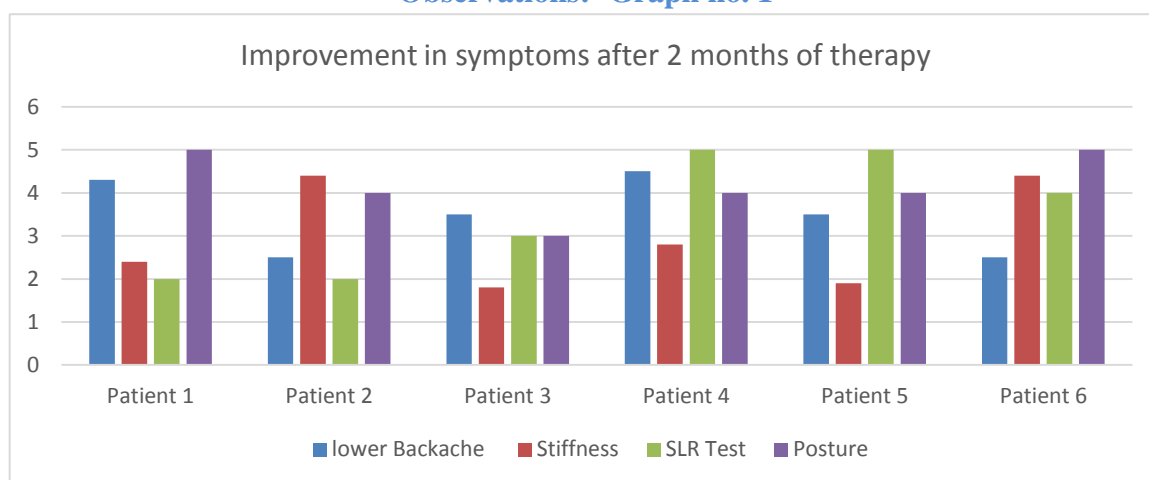
Assessment Criteria:-

Table 1: Criteria of Assessment for Lower Back Pain

S.No.	Symptoms	Parameters	Gradation
1	Pricking Pain	Absent	0
		Mild	1
		Moderate	2
		Severe	3
2	Stiffness	Absent	0
		Mild	1
		Moderate	2
		Severe	3

3	SLR Scoring	0°	10
		10°	9
		20°	8
		30°	7
		40°	6
		50°	5
		60°	4
		70°	3
		80°	2
		90°	1
4	Posture	No Complaints	0
		Patient walks without difficulty but experiences difficulty	1
		From getting up from squatting	2
		Difficulty in Climbing up stairs	3
		Lifting Gait	

Observations:- Graph no. 1



RESULT:

After 2 months of treatment of oral medications and 21 days of Panchkarma Therapy (Kati Basti with

Ksheerbala Tail) there was marked improvement in general condition of patients and subside the signs and symptoms of PIVD in all the 6 patients.

Table 2. – Result after Treatment in Patient A

Symptoms	Before Treatment	After Treatment
Lower Backache	3	1
Stiffness	2	1
SLR Scoring Rt	4	2
SLR Scoring Lt.	5	2
Posture	3	2

Table 3. - Result after Treatment in Patient B

Symptoms	Before Treatment	After Treatment
Lower Backache	2	0
Stiffness	3	1
SLR Scoring Rt	5	2

SLR Scoring Lt.	5	3
Posture	3	1

Table 4- Result after treatment in Patient C

Symptoms	Before Treatment	After Treatment
Lower Backache	3	1
Stiffness	2	0
SLR Scoring Rt.	6	2
SLR Scoring Lt.	4	2
Posture	2	0

Table 5. Result after Treatment in Patient D

Symptoms	Before Treatment	After Treatment
Lower Backache	3	1
Stiffness	2	0
SLR Scoring Rt.	5	2
SLR Scoring Lt.	5	1
Posture	2	0

Table 6. Result after Treatment in Patient E

Symptoms	Before Treatment	After Treatment
Lower Backache	3	1
Stiffness	3	0
SLR Scoring Rt.	6	2
SLR Scoring Lt.	5	1
Posture	2	1

Table 7, Result after Treatment in Patient F

Symptoms	Before treatment	After treatment
Lower Backache	3	1
Stiffness	2	0
SLR Scoring Rt.	5	2
SLR Scoring Lt.	6	1
Posture	3	0

DISCUSSION: PIVD is a common lower back disorder in present era. Disturbed lifestyle and postural defects leads to this disorder. A herniated disc is a displacement of disc material beyond the intervertebral disc. Six patients came with the complaint of six patients of different age i.e. 28, 32,38, 40, 43,48 years came with the complaint of lower back pain, stiffness and restricted movements of lower back region(Gait Disturbances) since last six months. On taking history it was revealed that they were in jobs which disturbed their posture and they used to sit continuously for long hours. As per Ayurvedic system of medicine PIVD is

caused due to vitiation of *vata dosha* and the problem persists at three levels *Mamsa Dhatu*, *Asthi Dhatu* and *Majja Dhatu*. *Mamsa Dhatu*, the muscles start stiffening due to the dryness, improper diet and imbalanced lifestyle deteriorates the curvature of spine. *Asthi*, the bony tissue is affected due to the muscles. *Majja*, the disc and the neural tissue is compressed due to the pressure and all effects. Treatment involves elimination of toxins Sand restore as well as strengthen the function of nerve and muscles. The combination of herbo-mineral drugs eliminates toxins, relieves pain and strengthen muscles along with activation

of nerves. *Kati Basti* with *ksheerbala tail* nourishes the local area (lower back) and helps in removing stiffness from those muscles.

1. Combination of herbo-mineral drugs

a) *Yogendra Ras*:- *Yogendra Ras* is one of the best medicine in correcting neuro-muscular disorders and act as a catalyst(*yogavahi*) when administered with other medicines. *Swarn Bhasma* present in *Yogendra Ras* mends the damaged muscle tissues.

b) *Maha Vata Vidhwansak Ras*:- *Maha Vata Vidhwansak Ras* controls the vitiated *Vata Dosh*a and used in neuralgia, aches and pains. It works best on neuropathy, nerve irritation and neuralgic pains. Combined with other drug it has proved as a powerful herbo-mineral drug in correcting PIVD signs and symptoms.

c) *Shunthi Churn*:- *Shunthi* (*Zingiber officinale*) is helpful in promoting digestive fire and relieves constipation. Besides that *Shunthi* is used as a natural pain reliever. It is of *Ushna Virya* and helps in controlling aggravated *Vata Dosh*a. It is also a good anti-inflammatory agent.

d) *Ashwagandha Churn*:- *Ashwagandha* (*Withania somnifera*) is one of the best drug used to tone, support and revitalize bodily functions. It provides nourishing and energising effect.

2. *Maharasnadi Kwath*

Maharasnadi Kwath in dose of 20 ml with luke warm BD is beneficial in *Vataj* disorders and possess anti-inflammatory properties. Acting as a catalyst when administered with other medicines it acts as an excellent pain reliever.

3. *Kati Basti* with *Ksheerbala Tail*

Panchkarma Therapy along with oral medication proves to be magical in

treatment of this painful disorder. *Ksheerbala Tail* is used for the treatment of diseases related to the musculoskeletal system. It gives relief from pain, stiffness, inflammation, swelling and other symptoms of aggravated and increased *Vata Dosh*a. It is rejuvenating, which helps to repair the damaged tissue. It also provides nourishment to the nerves, brain and spinal structures. The main ingredient of *Ksheerbala Tail* is *Bala* (*Sida cordifolia*) which is a potent neuro protective herb. *Kati Basti* is used for treatment of lower backache and disorders of lumbosacral region, including other spinal problems. Warm *Ksheerbala Tail* used in *Kati Basti* pacifies *Vata Dosh*a and so reduces pain and stiffness. It lubricates the region and relaxes the surrounding muscles.

CONCLUSION:

This open clinical study reveals the effect of herbo-mineral drug on Prolapsed Intervertebral Disc. The result shows that the Ayurvedic treatment was found quite effective and reliable for the treatment of PIVD. The Combination of *Yogendra Ras*, *Maha Vata Vidhwansak Ras*, *Shunthi Churn* and *Ashwagandha Churn* with honey proved excellent in suppressing the signs and symptoms of PIVD. Also it enhanced the general health of the patients due to excellent rejuvenating properties and pain, stiffness was reduced to great extent. The patient felt energetic and was able to work efficiently than before due to proper lifestyle.

Further scope of study– It is a small attempt to combat prolapse intervertebral disc though Ayurveda to avoid pain full surgery, more work has to be done in this concern.

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