

The Role Of Panchtiktaghruta Guggul As Rasayan In Spinal Disorders

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Abstract :

The Object of the study is to assess the role of panchtiktaghruta guggul as a rasayan in spinal disorders. Now a days spinal disorders are becoming the major pain full disease, which needs some times strict bed rest. In allopathy, only symptomatic and sometimes opetarive treatment has done, which has its own complications. Ayurvedic treatment is excellent for spinal disorders.

Panchtiktaghruta guggul is a very effective drug which act as rasayan in spinal disorders.

A single non comparative blind study was conducted on thirty patients and the stastical data showed that panchtiktaghruta guggul acts as balya to asthivahstrotas. That means rasayan in spinal disorders which stops the further pathology of disease.

The effect of drug was assessed based on improvement obtained in terms of score given to sign and symptoms. and the results show that Panchtiktaghruta guggul is very effective as a rasayan in spinal disorders.

Keywords : Spinal disorders, panchtiktaghruta guggul, rasayan.

Introduction :

Spinal disorders are a group of conditions that involves loss of normal structure and functions of spine. They are mainly due to

- 1) Ageing
- 2) Infection, Tumors
- 3) Muscle strains, Arthritis
- 4) Increased pressure on spinal nerve associated with spinal vertebra degeneration causes disc displacement or herniation, spinal stenosis, osteoarthritis, cartilage breakup and many other complication. spinal stenosis or narrowing of spinal canal is a condition potentially more serious than degenerative disc diseases. The primary stage of degenerative spinal diseases is sharp and / or chronic pain, weakness, limited motion and sensation loss. In advanced stage the above symptoms increases significantly with loss of bladder and bowel functions.

Methods :

- 1) Type of study - Open non comparative single blind study
- 2) Place of study :-A) kayachikitsa (O.P.D. & I.P.D.) Dhanwantari Ayurved College, Udgir

B) Ayush Ayurved Panchakarma & Ksharsurta Hospital, Udgir

3) Sample size - 30 patients

4) Duration of treatment - 8 Weeks

5) Follow up :- Every 10 days upto 8 Weeks. Purpose of follow up is to compare improvement of clinical signs and Symptoms.

(Inclusion Criteria) :

Clinically diagnosed patients of spinal disorders like degenerative changes, disc displacement or herniation, spinal stenosis, osteoarthritis, age group thirty to sixty (30-60) years irrespective of sex were taken for study.

Clinical Symptomats :

1) Cervical/ lumbar pain

Grades-	Absent	0
	Mild	1
	Medium	2
	Severe	3
	Bedridden :	4

2) Tingling or numbness in hands/ legs

Grades	Absent	0
	Mild	1
	Severe	2

3) Loss of movement

Grades-	Absent	3
	Restricted	2
	Mild	1

4) Intrermitant claudication

Grades-	Absent	0
	Mild	1
	Medium	2
	Severe	3

Aims & Objectives :-

- To evaluate the effect of panchtiktaghruta guggul as a rasayan in spinal disorders.

Material & Methods :-

Material :- Panchatiktaghruta guggul 500 mg x BD

Exclusion criteria :- 1)Subjects with other metabolic diseases. 2)Subjects having severe cord compression

Assessment criteria

After assessing clinical parameters before and after treatment, the over all effect of the therapy was assessed as under:-

A) Markedly improved :-

Above 75 percent improvements

B) Moderately improved :

51 to 75 percent improvements

C) mildly improved

26 to 50 percent improvements.

D) Unchanged :

less than 25 percent improvements.

Investigations :

- Blood- CBC ESR, RBC, LFT, RFT
- Urine - Sugar, Albumin, Microscopic.
- Joint X -ray.

Withdrawal :

patient who discontinue the treatment.

Chikitsa Siddhanta

अस्थाश्रयाणां व्याधीना पंचकर्माणि भेशजम् !

बस्तयः क्षीरसर्पीशि तिक्तकोपहितानीच !!

च.सू.२८/२५

PANCHATIKTA GRUTA :

Contains Nimb (Azadirachta Indica) Patol (Trichosanthes Dioica) Kantakari (Solanum Xanthocarpum) Guduchi (Tinospora Cordifolia)

Vasa (Adhatoda Vasica) Guggul and Ghruta made by ayurvedic scientific method.

Observations :

Table -1

Overall patients according to age, Sex, prakruti

Parameter	Patients		Percentage
Age	30-45	18	60.00%
	45-65	12	40.00%
Sex	Male	14	46.66%
	Female	16	53.33%
Prakruti	KP	8	26.66%
	VP	12	40.00%
	VK	10	33.33%

Table -2

Overall treatment response according to clinical svmntornatology.

Sr.No.	Parameter	B.T.	A.T.	% of Improvement
01	Pain	2.4	1.04	71.42
02	Tingling	2.8	0.8	71.42
03	Loss of movement	2.8	1.06	62.14
04	Intermitant claudication	2.24	1.12	53.53

Discussion & Conclusion :

This is a randomized clinical trial and all the patients were treated with panchtiktaghruta guggul. While treating the patients we got some observations.

- Spinal disorders occurs more in age group i.e. 30 to 45 years.
- More in female patients
- More in Vatpittaaj, Vatkaphaj patients
- More in vatkaphaj and vatpittaj Prakruti.
- Excessive travailing specially by two wheelers, long sitting positions job, lack of exercises, are also responsible for aggravation of diseases.
- Change in life style also increase the diseases. 7) Sheeta Jal Pan, Vayusevan, sheetashana is also increase pain in spinal disorders.

Panchatiktaghruta guggul is more effective in spinal disorders. It not only decreases the pain but also gives strength to spinal column due to which the possibility of recurrence of disease will stop.

So the panchatiktaghruta guggul is very useful as rasayan in spinal disorders is proved. The

patient improves gradually after six weeks of treatment. The relief in symptoms by panchatiktaghruta guggul presents a window of opportunity in the clinical management of spinal disorders.

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