

Ayurvedic Management Of Low Back Pain- A Case Study**Dr. Kamble Vandana D.**

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Abstract-

Low Back Pain that is katishula is a common painful condition of spine. It causes discomfort while bending, walking steps, sitting, etc. It is caused by injury to muscle(strian) or ligament (strain). In Ayurveda it's comes under vatavyadhi because Kati is the major sthan of vayu. In the present study it has found that low back pain can be treated with panchkarm procedure and some internal medicine.

Key words- katishula, vat vyadhi, low back pain.

Introduction-

As per Ayurvedic concept low back pain is classified under vatvyadhi.g. ekangvata. Nidanpanchak of vatavyadhi has been described in detail in Brahatraye and Laghutraye. In Ayurvedic science vatajnantmaj 80 types of diseases has mentioned. Tridosha and all dhatus are collectively involved in the pathogenesis of low back pain. Despite of this mainly vatadosha is dominant in the pathogenesis of low back pain.

Common causes of low back pain include improper lifting, poor posture, lack of regular exercise, fracture, a ruptured disc or arthritis and lumbar nerve irritations. Lumbar strain is considered one of the most common cause of low back pain.

A Case Report-

A female patient of 38yrs came to the OPD of Kaychikitsa of Late B V Kale Ayu Medical College Latur on 12/06/2019 suffering from severe low back pain. Low Back Pain tends to worsen in rainy season and while doing work or sitting on ground. She has been treated by allopathic orthopedic surgeon for 2 months but there was temporary relief. Her general health was good and both blood tests and X- Ray of lumbar spine was within normal limits.

C/O-

Low back pain since 6months

Pain aggravated while getting up in morning since 6 months

Constipation occasionally since 2 months

Lower abdominal pain occasionally since 2 months.

O/E-

Nadi- 82/min

Mala- vimbandh, hard stool, sometime pain

Mutra- 4-5 times/day

Jinvha- saam

Shabda- samyak

Sparsh- anushnshit

Drik-samyak

Akruti- sthula

Prakruti- kaphapradhanvata

Agni- tikshna

Koshta- Krura

No past history of any major illness.

H/O tubectomy before 6yrs

Diet history- mixed

- Katuushnatikshnahara
- Virudhaanna- 1-2 times/15days
- Nonveg food 1-2 times/15days
- Upvasa 2/week

Treatment plan-

Patient was prescribed panchakarma therapy and internal medicine.

First seven days matrasthi of sahachara tail 60ml after breakfast was given.

After seven days of bast

- 1) Tab Arogyavardhanivati 500mg twice a day after food was given
- 2) Tab yograjuggul 500mg twice a day after food with Luke warm water was given
- 3) Syp Dashmularisht 20ml twice a day in a cup of Luke warm water has given after food for two months. Patient has assessed up to 2 months.

Results-

During first seven days of matrasthi patient get relief in constipation and early morning stiffness.

After seven days to one month during taking internal medicine patient get symptomatic relief in pain while sitting down, bending or walking position

Patient get complete relief up to two months**Discussion-**

Low back pain has been categorised under vatavyadhi which requires nehan and swedan procedure for temporary pain relief.

Recurrence and pain are two important factors which requires Medical management also. So panchakarma procedure including internal medicine approach will be more effective to manage low back pain.

Conclusion-

In above patient low back pain severely was completely cured within 2 months. Till the patient was asked for regular follow up but she has not much severe pain. So internal medicine including

panchakarma treatment approach will be more effective to manage low back pain.

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