Aayushi International Interdisciplinary Research Journal (AIIRJ)
Vol - IV Issue-I JANUARY 2017 ISSN 2349-638x Impact Factor 3.025

Efficacy Of Abhyantar Chikitsa With Sthanik Chikitsa In The Management Of Spinal Disorder : A Case Study

Vd. Puri (Giri) Vanita N.
Associate Professor
Swasthavritta Dept.
C.S.M.S.S. Ayurveda Mahavidyalaya,Aurangabad.

Abstract :

In routine practices we come across so many patients amongwhich spinal disorder is the major class. Now a days due to life style modification the prevalence of spinal disorder is getting more. In ayurvedic samhitas spinal disorder has been mentioned as a very common problem, characterized by pain & restricted movements of spine. The etio pathogenesis of the spinal disorders is suggestive of Vata-pradhana vydhi. Asthi is the sthana of vata dosha and vata has said to inversely proportionate relationship with Asthi Dhata as Ashraya Ashrayi relation.Bony deqenetative chanqes may relate Asthi Dhata Kshaya and thus cause vitiation of vayu . The Spinal disorder is the most common cause of disability in population. Studies shown that 80% of population will suffer spinal disorder of moderate to severe type during their life time. Spine disorders are out breaking these days than ever before. In most of the spine disease patients complains about the same complaint of backache & difficultyin doing movements.

In Ayurveda above conditions well explained under the (VATAVYADHI) charak chikitsasthana adhyay 28. [2]

To overcome this problem Ayurveda suggest the very effective treatment. A 48 years old patient came in OPD of swsthvritta Department on 07/01/2015 having complaints of spinal pain ,restricted movements , increased pain on movements, stiffness since 2 months.

She was treated by ayurvedic line of treatment i.e. Deepan – Pachan-MatraBasti and got result. Hence presented as case.key word:Spinal disorder, Vata Vydhi, Deepan, Pachan, Matra Basti , Vata.

Introduction :-

Ayurveda is a Science of life & has described how to live a healthy life through Dinacharya, Rutucharya & through some chikitsa. Ayurveda is an eternal Science and provide different treatment modalities in various disorders. Spine has a vital role in locomotion because of stress and strain ,improper posture, overexertion, travelling ,sports the spine came across many disorders like lumbar pain ,difficulty in doing routine activity ,tingling sensation, numbness, Stiffness, Spinal disorders are much common now a days in both young and old age group.Modern medicine is helpful but has its own limitations. It gives only symptomatic relief.To overcome this problem Ayurveda suggests the very effective treatment.

Aims & Objectives Of Case Study:

To evaluate role of Abhyanatar Chikitsa with Sthanik Chikitsa in the management of spinal disorders.

Types Of Study:

Observational singlecase design without control group.

Materials And Methodology:-

Study Center: C.S.M.S.S. Ayurveda Hospital, Aurangabad.

Study Details:

Name of pt. : xxx

Reg. No. OPD No. - 1079

Date of first visit : 07/01/2015

Age : 48yrs

Gender : Female

Religion : Hindu

Occupation : Housewife

Diet : Veg & Non Veg

Chief Complaint:

- Prushthashul,Katishul : 2 months
- Chankraman Kashtata : 1 month
  (Difficulty in walking)
- Chimchimayan (tingling sensation in spine) : 1month
- Aruchi Kshudha mandhya: 2months

Marriage Life: 30 yrs.

No H/o D.M. / H.T

Orprevious accidental injury.

Brief History:

48years old patient complaining of continous prushthshul, Katishul : 2 months. Chankraman Kashtata, Chimchimayana : 1 month, Aruchi :2 months.Shehad taken treatment for the same at private Hospital but had not got result . So she came at C.S.M.S.S. Ayurved Hospital Aurangabad,for the further management.

General Examination:

1) Obesity ++

Ashtavidha Parikashan :

1. *Nadi* = *90/min, madhyama*bala, niyameet.
2. *Mala* = *Grathit Malapravrutti.*
3. *Mutra* = *Samyaka*
4. *Jivha* = *Saam*
5. *Shabdha* = *Avishesha*
6. *Sparsha* = *Anusha*
7. *Druka* = *Alpashwetata*
8. *Akruti* = *Sthul*

Udar Parikshan : *Udarsthambha Aanaha &other Lakshanas, Agnimandya, Aruchi, Udarshool*

Local Examination: *(In Spine) sthanic shoth, shula, Sparshsahtvaespecially in lumbar spine.*

Srota Parikshan Dushita Strotas are:

- *Rasa Vaha - Aruchi, Sarvang Gaurav*
- *Annavaha - Agnimandhya*
- *Asthivaha - Asthi- Shula, Shoth*
- *Majjavaha - Asthi – Saudhishula*

Diagnosis : Spinal disorder

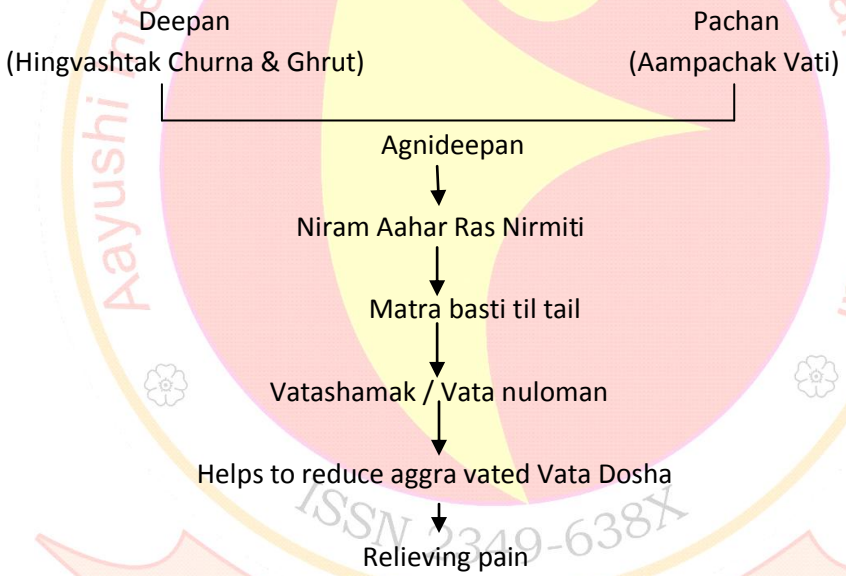
Treatment on 07/01/2015: As the patient was complaining of Agnimandya she was advised to take [3]Hingvashatak Choorna 2gm twice of day with ghruta before meal for Deepan Karma for 3 days.

2) For [4] Amapachan Ampachakuati 500mg twice a day after meal for 3 days.
3) Then she visited on 12/01/2015 and further was advised for Sarvang snehan [5] Swedan[6]matra basti[7] with til tail for 3 alternate days from so she visited on 14/01/15, 16/01/15, 18/01/15 and performed sarvang Snehan Suchan Swedan Matra Basti.
4) Then again in next macth she had taken sarvang snehan swedan matra basti with til tail for 3 alternate days from on 16/02/2015,18/02/2015,20/02/2015 After taking this thearapy she got 70% relief from symptoms.
5) Then again in next month she was advied for the same i.e. total duration of therapy on 18/03/2015,20/03/2015,22/03.2015

This line of treatment i.e. Deepan, Pachan,Sarvang Snehan Swedan Matra Basti was performed for 3 consecutive months.

Observation / Result:- When on next month she came for follow up then all symptoms get reduced.

Discussion:-In this patient this spinal disorder can be correlate with vatavyadhi well explained by charkacharya in different context (cha su. 12/07) probable mechanism of action:



So by Deepan (Hingvashtak Choorna & Ghrut) & Pachan (Aampachak Vati) Nirama Aahar Rasa Nirmati by matra basti (til tail) prakrut gati of Apan Vaya enhanced and becomes of its vatashoman action patient got relief from spinal disorder ultimately from its pain.

Conclusion:-

Thus we can conclude that as compare to modern view the holistic approach of Ayurvedic system of medicine & sthanik chikitsa plays an important role of gives relief to patient from spinal disorder and ultimately patient is in position to walk without support.

Treatment Plan

Sr.No.	Karma Deepan	Drug	Dose	Duration
1	Deepan	Hingavasdhtak Choorna with Ghrut	2gm BD	3 days
1	Pachan	Ampachak Vati	500 mg BD	3 days
2	Abhyag	Til Tail	As Required	On day of matra basti
3	Swedan	Bashpa Swedan	As Required	On day of matra basti
4	Matra Basti	Til Tail	60 ml	3 days (Alternate Day)

References : -

1. Ashtang Hrudya Chaukhamba Prakahan, Varanasi, Edited by Kaviraj Atrideva Gupta Sutrasthan Adhaya 11 shlok 28 page no.117
2. Charak Samhita Chaukhamba Prakashan chikitsa sthana Adhaya 20 shlok no. 01 page no.686 edited by Acharya Vidyadhar Shukla and Prof. Ravi Dutt Tripathi.
3. Shastri A , Shastri Editers , Bhaishgajya Ratanavali, In vidyoini 12th Ed Varanasi Chaukhambha Sanskrit Bhavan 1996 page no.242
4. Gokhale B.V. Chikitsa pradip In Pune Dhanwantri Pratishthan 1989 page No.108
5. Sushrut Samhita Edited by Kaviraj Ambika Dutta Shastri , Chaukhamba Prakashan , Varanasi chikitsa sthan Adhyay , shlok No.24
6. Charak Samhita chaukhamba prakashan sutrasthan Adhyay 14, shlok No. 43 Page No.296
7. Charak Samhita chaukhamba prakashan ,Delhi, Siddhi Sthan Adhyay 4, shlok No. 53, Page No. 915 edited by Acharya Vidyadhar shukla and Prof. Ravi Dutta Tripathi.

- ISBN 978-93-5173-179-3 ISSN 2320-7329 http://www.ayurlog.com Vol. 2 Issue- 2 nd April 2014 Ayurlog: National Journal of Research in Ayurved Science A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

---

To assess the Amalaki Rasayan effect in Geriatric problems

Vanita N. Puri*

1. Associate Professor, Department of Swasthavritta, C.S.M.S.S. Ayurved College, Kanchanwadi, Aurangabad. (431002). * Corresponding Author: E.mail : - puri.vanita@yahoo.com Mob. No. 9096890140

Abstract: In routine practice we came across with so many patients among which geriatrics group is the major class. The ageing process or growing age can't be avoided but it can be delayed at least we can try to treat the changes. Modern medicine treatment fails to give permanent relief from above symptoms completely but Ayurveda may satisfactory answer for this that is "Rasayan Chikitsa"

Keywords :-Rasayan, amalaki, geriatrics..

Introduction: Ayurveda is a science of life & has described how to live a healthy age through Dinacharya, Rutucharya & also through some chikitsa which promotes strength & immunity mostly included in "Rasayan Chikitsa". [1] Ageing is general response that produces observable changes in structure & function due to environmental stress & disease as well as changes in diurnal habits. Ayurveda has emphasis on prevention. Rasayan Chikitsa has got its importance on preventing the disease to keep healthy to all living individuals. Rasayan Chikitsa is probably promising answer for geriatric problems & the drug which is chosen for this is Amalaki. [2] Amalaki is the richest natural source of viramin 'C', bioflavonoids, flavones polyphenols carotenoids[5]

- Article_6 ISBN 978-93-5173-179-3 ISSN 2320-7329 http://www.ayurlog.com Vol. 2 Issue- 2 nd April 2014 Ayurlog: National Journal of Research in Ayurved Science A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

38 The antioxidant effect of Amalaki is significantly greater than that of vitamin 'C'

Aims&Objectives: The present research work has been under taken with the following aims & objectives. 1) To study the pathogenesis of geriatrics & to corelated it with modern science. 2) To assess the effect of amalaki rasayan in geriatric problems specially joint pain, Inactivity,Kshudha Maudhy[4],Nidranash[5] 3) To introduce an easily available economically cheap & much effective drug for the geriatric problems.

Materials & Methods: Total 60 patients randomly selected & studied. These patients were selected into 2 groups each consisting of 30 patients. The patients were treated for 90 days. Group I – Treated with Amalaki Churna & sharkara Group II –Treated with sharkara Selection of Patients: The patients who form the materials of present clinical study will be selected from vrudhashrama, Tapovan, Panchavati, Nasik as there are no. of senior citizens which lived together it was possible for me to get all cases under one roof. Criteria for Selection of Patients: The patients were selected for study as per following norms: a) Criteria for inclusion

• Age group: above 50-70 Years • Sex : Both male & female. • Patients having following signs & symptoms (joint pain / Inactivity / Kshudha (Maudhya)/ Nidra (nash). Criteria for Exclusion of patients • Persons below 50 yrs of age • Persons suffering from diabetes , Hypertension are excluded from present clinical trials. Objective Parameters:

- ISBN 978-93-5173-179-3 ISSN 2320-7329 http://www.ayurlog.com Vol. 2 Issue- 2 nd April 2014 Ayurlog: National Journal of Research in Ayurved Science A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

39 Criteria for assessment

1. Joint Pain (Knee joint) 2. Inactivity +++ Severe +++ Severe ++ Moderate ++ Moderate + Mild + Mild 0 Nil 0 Nil 3. Kshudha 4. Nidra +++ Severe +++ Severe ++ Moderate ++ Moderate + Mild + Mild 0 Nil 0 Nil Follow up Chart of Sign & Symptom: Before T/t After T/t Ist (Ist day) IInd (7th day) IIIrd (14 day) Iv (30 day) Vth (90 day) A pro-forma of case sheet was prepared. Patients were subjected to detail history taking & clinical examination 1st day patient was thoroughly examined & recording pulse, BP, systemic examination done. Patients were called for the five visit. on 1st, 7th, 15th, 30th, 90th days. Follow up sheet was filled with careful observation & examination effect of the drug on each symptom of all patients was recorded in each case pro-forma with follow up chart for assessment of effectiveness of the drug questionnaire has been framed & given to the patient twice before & after treatment. I have also attached the permission letter of the manager of Elder homes written concern of each patient in my present work

Drug Dose: Amalaki Churna with sharkara 4gm twice a day 1) Sharakara 4gm twice a day Duration of Study: 90 days Anupana : luke warm water.

Observations:

1) Joint Pain : Cure Grade Complete Moderate Mild Total Group I 27 1 2 30

- ISBN 978-93-5173-179-3 ISSN 2320-7329 http://www.ayurlog.com Vol. 2 Issue- 2 nd April 2014 Ayurlog: National Journal of Research in Ayurved Science A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

40 Group II 18 4 8 30 Total 45 5 10 60 't' Calculated > to = 8.69 t table = 5.99 This means amalaki Rasayana is more effective in treating joint pain. 2) Kshudha : Cure Grade Complete Moderate Mild Total Group I 27 1 2 30 Group II 18 4 8 30 Total 45 5 10 60 't' calculated = 8.69 > t table = 5.99 This means Amalaki declines kshudha mandhya 3) Inactivity : Cure Grade Complete Moderate Mild Total Group I 12 10 4 26 Group II 6 12 8 26 Total 18 22 12 52 T = calculated 5.99 > t table = 3.514 thus the treatment is significantly effective in reducing inactivity. 4) Nidra : Cure Grade Complete Moderate Mild Total Group I 22 0 1 23 Group II 10 8 5 23 Total 32 8 6 46 T calculated = 15.18 > t table = 5.99 ISBN 978-93-5173-179-3 ISSN 2320-7329 http://www.ayurlog.com Vol. 2 Issue- 2 nd April 2014 Ayurlog: National Journal of Research in Ayurved Science A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved

41 Amalaki find more effective in Nidra Nash. Observation: There is reduction in symptoms after 4th follow up in

Group I patients compare to II group. At the end of 90 days, the patients of Group I show significant improvement in the symptoms like inactivity, joint pain kshudha (hungryness) & nidra (sleep).

Discussion : - Amalaki Churna administred in Geniatric patients might got the results by virtue of its Rasayan properties. As it is the highest source of vit c , it acts as the antioxidant it protects cells against free radical damage preventing ageing process. Hence when it improves immunity it gives resistance to fight the geriatric symptoms more effectively & positively.

Conclusion: After reviewing the whole dissertation work in nutshell following conclusion may given. 1) The result of clinical trial itself is a proof to say that Rasayan Chikitsa has definite role in systemic treatment of Geriatric problems concern with the symptoms like inactivity, joint pain, kshudhamandhya & nidra nash[3] 2) From socioeconomic view concerned drug 'Amalaki Churna' is easy to perform palatable easily available, cheap which gives prompt symptomatic relief to the patient. 3) In geriatric problems the measurable condition of the patient as disability to perform even the routine work this disability can be conquered by Rasayan Chikitsa & the patient is in position to perform his regular activities. 4) These results of Rasayan Chikitsa are encouraging & with this much study it can be said that further research is necessary.

References: 1. Agnivesh Charak Samhita with Charak chandrika Hindi Commentary by Dr. Brahmahanand Tripathi and Dr prabhakar Janardan Deshpande Chikitsa Stana Chapter 01 Verse no.07 page 05 Chaukhamba Surbharati Prakashan,1998.

Aayushi International Interdisciplinary Research Journal
ISSN 2349-638X
www aiirjournal.com