Ayurvedic Management Of Low Back Pain- A Case Study

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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 strain 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, e.g. ekangvata. Nidanpanchak of vatvyadhi has been described in detail in Brahatraye and Laghutraye. In Ayurvedic science vatjanantmaj 80 types of diseases has mentioned. Tridosha and all dhatus are 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 cane 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 worse 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 with in 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
- Katuushna tikshnahara
- Virudhana- 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 matrabasti 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 yograjguggul 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 matrabasti 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 snehan 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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