

ORAL PRESENTATION

OPEN ACCESS

OA01. 17. Efficacy of comprehensive ayurveda management of vertebral disc lesions by panchakarma therapies and herbomineral formulations.

Dr. Narayan S. Jadhav¹, Dr. Shital N. Jadhav²

From 5th World Ayurveda Congress 2012 Bhopal, Madhya Pradesh, India. 7-10 Dec 2012

Purpose:

Vertebral disc lesion i.e. spondylosis (Cervical / Thoracic /Lumbar) and PID affects nearly 80% of population. It is the most common cause of job related disability leading to missed work and second most common neurological ailment. As per the modern management is concerned, there is no established treatment for it, except surgical intervention, which cause complications and side effects. The present study has focus on the effectiveness of panchkarma combined with shamana therapies.

Method:

The study was conducted in 100 clinically diagnosed patients of vertebral disc lesions. These patients were randomly selected and divided in to two groups. I. Patients having cervical lesion were kept on Panchkarma (Udvartan and Valukasveda Snehan, Swedan, Vamankarm, Tiktsheer Basti, Greevabasti, Nasyakarma.) II. Patients having lumbar lesions were kept on (Udvartan and Valukasveda Snehan, Swedan, Virechankarm, Tiktsheer basti, Katibasti, Nasyakarma.) After that both groups were kept on oral drugs such as Tab. Arogyavardhini 250mg BID, and Tab. Panchtiktagrith

Result:

The patient was assessed after completion of treatment and follow up was done. The incidence of

presenting features was worked out and the severities of the symptom were recorded statistically in each case and data were analysed. Both groups showed improvement in signs and symptoms significantly.

Conclusion:

Vertebral disc lesions are progressive degenerative conditions in which vata at its own Ashaya (AsthiSandhi) gets provoked and as it belongs to MadhyamRogamarga treatment becomes challenging. This attempt possibly finds solutions which can delay or even prevent surgical intervention as sandhis are sites of Marma. It is an effective, simple, safe, treatment modality for vertebral disc lesion.

Author details

1. Dept. of Rognidan & V.V., Dhanvantari Ayurveda Medical College & Hospital, Udgir, Dist. Latur. M.S. India.
2. Sushrut Ayurveda Hospital & Research Center, Latur M.S

Published: December 2012

Cite this article as: Narayan S Jadhav, OA01. 17. Efficacy of comprehensive ayurveda management of vertebral disc lesions by panchakarma therapies and herbomineral formulations., *Ancient Science of Life* 2012, Vol. 32, Issue 2, (Suppl1):17