

ORAL PRESENTATION

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

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## 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 panchakarma 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 Panchakarma (Udvartan and Valukasveda Snehan, Swedan, Vamankarm, Tiktksheer Basti, Greevabasti, Nasyakarma.) II. Patients having lumbar lesions were kept on (Udvartan and Valukasveda Snehan, Swedan, Virechankarm, Tiktaksheer basti, Katibasti, Nasyakarma.) After that both groups were kept on oral drugs such as Tab. Arogyavardhini250mg BID, and Tab. Panchtiktakgrith

## 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 Madhyam Rogamarga 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.

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