



A Case Study on Spinal Canal Stenosis – An Ayurvedic Prospective

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KEYWORD

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ABSTRACT

Usually a degenerative disorder, lumbar spinal stenosis affects the facets, joints, and ligamentum flavum of the vertebra. A typical cause of stenosis in younger people is a herniated disc. The patient in this condition feels the most discomfort in one direction, which is exacerbated by prolonged standing or lumbar extension. Although the region of stenosis determines how the pain is distributed in the lower limbs, discomfort is relieved when at rest. Based on similar clinical presentation, Ayurveda suggests that this illness may be connected to Gridhrasi. Observation - After completing the course of therapy, the patient reported relief from their Sharir Shoola, Stambha, and Spandan in Shakha symptoms, with a score of 4 (or 7.1%). The patient's "questionnaire" score was 20 (or 71%). The improvement on "The Spinal Cord Injury questionnaire" was 71%. When the patient began to experience noticeably more pain and suffering on the right side of the leg, Agnikarma and Kati Basti administered treatment on the painful point. Conclusion - Men are more prone than women to develop low back pain due to a number of etiological factors, and iatrogenic reasons are becoming increasingly common in addition to patient-related causes. This case involved hard work and a key cause of spinal canal constriction that hampered the patients' daily activities and caused them discomfort. The Ayurvedic-based technique had good therapeutic outcomes in a setting where surgical surgery is often suggested.

1. Introduction:

Canal stenosis is the term used to describe the blockage of the canal that spinal nerve tissues go through. A canal indicates a hollow passage, whereas a stenosis indicates a clogged passage. Let's start by answering your question on whether Ayurveda can cure canal stenosis before talking about the non-surgical Ayurvedic therapy for the condition. Let's first take a closer look at canal stenosis.1. The pathway that houses the neural tissue and its branches in the spinal cord is referred to as the "nerve roots". The inside of the vertebrae, the bones that make up the spine, is hollow. Once these spines are piled on top of one other. When combined, they form a structure resembling a canal. This is what's meant by the Central Spinal Canal. This is positioned vertically in the body. On either side of this canal, nerve roots emerge via a canal. This is called a lateral canal or lateral recess. These paths are horizontal in nature.

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2. CANAL STENOSIS AS PER AYURVEDA

Canal stenosis requires surgery to be treated. This is the reason behind canal stenosis. Every patient starts looking for Ayurvedic treatment, in order to avoid the requirement for surgery. The Ayurvedic school of thought has two concepts that apply to this case of canal stenosis. "Khaigunyata." This is a sick development, according per Ayurveda. It is said that Aakash Mahabhuta is called "Kha." This gives Vata Dosha some leeway. The erasing of space is referred to as Khavaigunyata. The region in between the vertebrae experiences the same thing in this instance. Therefore, we may approach this illness with this notion in mind.³

Ayurveda sees the human body as a network of channels and a meshwork. When any of these channels aren't operating continuously, the body goes through certain problems. Ayurveda says there is no such thing as this illness, due to the lack of description of the spinal canal's inside. Everything transpires just as the symptoms and signs indicated. The word "Vata Vyadhi" refers to all symptoms of canal stenosis together.⁴ That's why Ayurveda handles this illness in the same way. Here, it is important to look at a case study before discussing the therapeutic use of Ayurveda. In this case, Vd. Sandeep Aggarwal has handled the situation quite well. This was helping you to better understand the rationale for using Ayurvedic treatment for canal stenosis.⁵

3. CASE STUDY

A 42-year-old man with lower waist pain, right side pain, and rest on sleep position visited the OPD at the Shri Krishna AYUSH University, Kurukshetra, Haryana, complaining that the pain had gotten worse over the previous 3 years while he was working. The patient also reported feeling restless as a result of the pain.

ON EXAMINATION

General condition - Normal,

Pulse- 78 /min

BP: 126/76 mm of Hg (Automatic BP Apparatus)

CVS: S1, S2 Normal

CNS: Conscious and oriented towards light and place

RS: AEBE- both side clear

P/A: Softness/non-tenderness

MEDICAL HISTORY

Know case of DM Type 2.

PERSONAL HISTORY

- Diet- Vegetarian
- Appetite- Normal
- Sleep – Disturbed
- Addiction- Alcoholic occasionally
- Bowel-irregular and constipation

ASHTAVIDHA PARIKSHA

- Nadi -Vata-Kaphaja
- Mala- Constipation
- Mutra -Normal
- Jivha -Sama
- Shabda – Heaviness in Voice
- Sparsham – Normal
- Druka – Normal
- Akriti -Madhyama

CLINICAL EXAMINATION

SLR test- Negative

Local examination - No swelling and no change seen in spine cord.

INVESTIGATIONS:

Hb%-12.1 gm%

TLC-6,600 cu.mm

ESR- 20 mm/Hr

RA factor: Negative

LFT: Within normal Limits ‘

RFT: Within normal Limits

4. Radiographic MRI investigations:

The MRI findings show a widespread bulging disc and a diffuse disc protrusion on the left side at levels L3, L4, and L5. This disc bulges diffusely and narrows the spinal canal by 3.2 mm, crossing a nerve root. Additionally, at levels L3, L4, and L5, there is a bulging disc that indentates over the ventral thecal sac and is relatively widespread.

Diagnosis: Spinal canal stenosis is diagnosed based on MRI findings and pain and soreness that extends down the left leg.

5. Assessment Criteria

The 10-item Spinal Cord Injury questionnaire for low waist pain and disability was selected as the assessment criterion because it is considered a functional outcome instrument and is an essential tool for assessing a patient's functional impairment. A six-point (0–5) scale is used for each item to evaluate common activities

including walking, sitting, socializing, and pain level. A questionnaire was used for assessment both before and after therapy.

Table1: Shaman Chikitsa

Sr. No.	Medicine	Dose	Duration
1.	Chitrak Vati	250mg BD, before Meal with lukewarm water 7 days	Chitrak Vati
2.	Triphala Churna	3 gm before meal with lukewarm water, 7 days	Triphala Churna
3.	Yogaraj Guggulu	500 mg 2-tab BD	15 Days
4.	Dashamularishta	15 ml BD	2 Months
5.	Rashna Saptak Kwath	10 ml BD	2 Month

DIET ADVISED:

Pathya Ahara	Apathya Ahara
Mudga, Puran Shali, Shasthi Shali, Takra, Peya, Vilepi, Goghrita in diet.	Dadhi, Junk food, bakery items, cold drinks, Pizza, Burger, Packed Food, Vinegar.

OBSERVATIONS

The patient's "questionnaire" score was 20 (or 71%), prior to treatment. With a score of 4 (or 7.1%), the patient reported relief from Sharir Shoola, Stambha, and Spandan in Shakha symptoms after completing the course of therapy. The improvement on "The Spinal Cord Injury questionnaire" was 71%. When the patient's right side of the leg began to experience noticeably more pain and suffering, shamanic treatment was administered on the sensitive point.

DISCUSSION

The symptoms in this case are comparable to those of the Ayurvedic condition spinal canal stenosis. As a Vata vyadhi, spinal canal stenosis is characterized by symptoms like lumbar area pain, pain extending up to the ankle region, shoola, stambhana, and muhuspandan in the gluteal region, and pain in the lumbago region, which is the origin of the sciatic nerve. Based on the belief that these symptoms are Dhatuk-shayatmak and Margavarodhjanya Vata vyadhi, an Ayurvedic treatment plan has been devised.

MODE OF ACTION OF DRUG

Chitrak Vati - One of the greatest Ayurvedic treatments for controlling the formation of Ama is Chitrakadi Vati, due to its properties of Deepan (appetiser) and Pachan (digestion). Additionally, it helps to restore Agni, or digestive fire, to its correct level by balancing the Pitta Dosha.

Triphala Churna - The only taste missing from the dish is salty. Triphala, also known as rasa, has the following flavors: pungent, astringent, sweet, sour, bitter, and sour. The recipe has neutral potency and action (Virya) and a pleasant post-digestive impact (vipaka). Because triphala has a Prabhava, or specific action or trophism, for each dosha (energetics and mind-body types), it is balanced for all doshas and constitutions. Gunas, or qualities, are considered to be heavy and dry for Amalaki and light and dry for Haritaki and Bibhitaki.

Yogaraj Guggulu – is used to treat chronic Vata diseases as an analgesic and anti-inflammatory, strengthening the musculoskeletal system and assisting in the reduction of joint stiffness, soreness, and inflammation. It helps with tissue regeneration.

Dashamularishta - is the most nutrient-dense syrup, made from a blend of ten herbal remedies chosen for their capacity to Balya, or increase strength. The qualities of Dashmoola Kwath include Katu Vipaki, which is used as Tridosha Shamak and relieves impurities from the body while also relieving irritated nerves, Madhura Rasa (sweet flavor), Guru (heavy), and Ruksha (rough). It also helps women recover from weakness and anxiety after giving birth.

Rasna Saptak Kwath - is the most nutrient-dense syrup available, made comprised of ten herbal remedies that have been hand-picked for their capacity to increase strength (Balya). The properties of Rasna Saptak include Madhura Rasa (sweet taste), Ruksha (rough), and Katu Vipaki, which is used as Tridosha Shamak to eliminate toxins from the body

6. Conclusion:

Men are more prone than women to develop low back pain due to a number of etiological factors, and iatrogenic reasons are becoming increasingly common in addition to patient-related causes. In this case, the spinal canal constriction that hampered the patients' daily activities and caused them pain was mostly induced by anesthesia, in addition to hard work. The Ayurvedic-based technique had good therapeutic outcomes in a setting where surgical surgery is often suggested.

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