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Effect of *VaitaranVasti* and *SaindhwadyaTailaAnuvasana* in Management of *Pristhagraha*– A Case Study

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ABSTRACT

Introduction- Low backache is the common complaint of our country as it affecting all sorts of occupational groups. Over 90% of back pain instances arouse suddenly during physical loading of back and this is the main reason for the prolapse of lumbar inter vertebral disk. The term lumbar osteoarthritis, disc degeneration, degenerative disc disease and lumbar spondylosis are used in the literature to describe anatomical changes. In *Ayurvedic* texts term “*Pristhagraha*” represented as independent disease in *Vatananatamaj Vyadhis* and also as symptom of other diseases. It is not only the symptom but if remains untreated can also cripple the patients by its neurological consequences.

Material and methods- Literature related to *Pristhagraha* and low back ache was studied. A case study was carried out at R.G.G.P.G.Ayu.Hospital, Paprola to evaluate the effect of *Vaitaran Vasti* and *Saindhwadya TailaAnuvasan*.

Case Report- A female patient of age 35 years came in Hospital with complaints of pain in bilateral lower back with difficulty in bending downward. She was treated for 16 days with *Panchkarma* procedures *Vaitarana Vasti* and *Saindhwadya Taila Anuvasan*.

Discussion- Clinical symptoms were significantly reduced and degree of flexion was increased.

Conclusion- The general condition of patient becomes better than previously with good follow up results without any adverse effects.

KEYWORDS

Low backache, Degeneration, *Pristhagraha*, *Ayurveda*, *Panchkarma*



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INTRODUCTION

Low back pain is a common disorder involving the muscles and bones of the back. Back pain affects 60-80% of people at some time in their lives. Although there is no evidence that back pain prevalence has increased, reported disability from back pain and absence from work due to back pain have increased significantly in the last 30 years¹. In Western countries, back pain is the most common cause of sickness related to work absence, and in the UK 7% of adults consult their GP each year with back pain, at a cost of 500 million and 80 million working days lost. In *Ayurvedic* texts term “*Pristhagraha*” represented as independent disease in *Vatananatamaj Vyadhis*² and also as symptom of other diseases. It is not only the symptom but if remains untreated can also cripple the patients by its neurological consequences. *Pristhagraha* includes all back pain, regardless of diagnosis, that is secondary to another disease or injury as mentioned in Table no.1. It includes lumbar disc problems (prolapse/ rupture) and sciatica as discussed in Table no.2. Ancient *Ayurvedic* texts have many terms like *Katiruja*, *Katibheda*, *Katistambha*, *Kati Graham*, *Trikavedana*, *Trikagraha*, *Urusaada*, *Padasuptata*, *Khanja*, *Pangu*, *Gridharsi*

etc. as synonyms are related to *Pristhagraha*.

Shoola in any part of the body is always caused by vitiated *Vata*³ and its predominant site is *Pakwashaya*, *Kati* and *Asthi*. *Vasti* is the most effective treatment of *Vataja* disorders and thus this seems to be the radical treatment of this disease. Also *Taila* and *Vasti* are considered as best *Vata* pacifiers. *Vasti* is considered as main treatment of *Vata doshaj Vyadhis* in *Charaka*. *Vaitrana Vasti* is mentioned in *Chakradutta Niruhadhyay* the effect of *Vaitrana Vasti* is described as *Vatahara* and therefore *Kala Vasti* schedule of *Vaitrana Vasti* was given to the patient for the present study.

Table1 Initial triage assessment of back pain⁴

BACK PAIN		
Mechanical	Non-mechanical	Inflammatory
Common	Destructive	Sero-negative
Non-specific	Malignancy	spondylarthritis

Table 2 Specific cause of low back pain⁵

Spondylolysis
Spondylolisthesis
Spinal stenosis
Prolapsed intervertebral disc
Vertebral fracture

AIMS AND OBJECTIVE

1. To explore the literature pertaining to *Pristhagraha* in different *Ayurvedic Samhita* and modern literature.
2. To study the effect of *Vaitaran Vasti* and *Saindhwadya Taila Anuvasan Vasti* in the management of *Pristhagraha*.



MATERIALS AND METHODS

Patient of *Prishagraha* fulfilling the diagnostic criteria from OPD of department of *Panchkarma*, R.G.G.P.G.Ayu.College, Paprola was registered for the *Panchkarma* procedure with *Vaitrana Vasti* and *Saindhwadya Taila Anuvasan Vasti*.

CASE REPORT

A female of age 35 years came with complaints of pain in bilateral lower back since 4 months; pain was severe with pricking sensation. On palpation there was tenderness in lower back. On enquiry, patient also complaints of difficulty in forward bending. As pain was hampering normal daily household work so patient came in *Ayurvedic* College Paprola for treatment. Then patient was admitted in IPD of *Panchkarma* department.

On Locomotor examination there was restricted range of motion of lumbar spine.

DIAGNOSTIC CRITERIA

The Diagnostic Criteria was mainly based on the signs and symptoms of *Prishagraha* described in *Ayurvedic* classic. The scoring (0-3) was given to particular symptom according to severity of the symptoms as mentioned in Table no.3, 4 and 5.

Table 3 Subjective criteria

VAS (Visual Analogue Scale)		
Score	BT	AT
0-10	8	4

PAIN		
Degree of severity	Score	BT
AT		
No pain	0	
Mild pain	1	1
Moderate pain	2	
Severe pain	3	3

Table 4 Objective Criteria

Signs and symptom	BT	AT
Tenderness	3	
<i>Toda</i> (pricking pain)	3	1
<i>Stambha</i> (stiffness)	3	0
<i>Spandana</i>		
(tingling sensation)	3	0

Table 5 Movements of Lumbar Spine

MOVEMENT	BT	AT
Flexion	3	1
Extension	3	1
Lateral flexion	3	0
Rotation	3	1

Panchkarma procedures plan –

Vaitaran Vasti along with *Saindhwadya Taila Anuvasan* was given to patient in *Kaal Vasti karma* for 16 days.

Saindhwadya Taila Anuvasan was given 40 ml and *Vaitaran Vasti* was given in quantity as mentioned in Table no.6.

Table 6 Contents of *Vaitrana Vasti*⁶

Content	Dose
<i>Imli</i>	1 <i>Pala</i> (48 gm)
<i>Guda</i>	1 <i>Shukti</i> (96 gm)
<i>Saindhava lavan</i>	1 <i>Karsha</i> (12 gm)
<i>Gomutra</i>	1 <i>Kudava</i> (200 ml)
<i>Til taila</i>	30 ml.

Method of preparation of *Vaitrana Vasti*:

Vaitrana Vasti was prepared as per the procedure mentioned in texts.

Saindhwadya Taila was prepared as mentioned in *Chakradutta VataVyadhi Chikitsa*⁷.

DISCUSSION



At the end of treatment there was significant relief in signs and symptoms of disease. Pain reduced from severe to mild. There was almost 50% of relieve in *Toda*, *Tenderness*, *Spandana* and *Stambha*. Range of movement of lumbar spine increased.

As a whole, qualities of *Vaitaran Vasti* can be considered as *Laghu*, *Rukhsa*, *Ushna*, *Tikshna Guna* majority of the drugs are having *Vata-Kapha Shamaka* action. Owing to this property, antagonism of *Kapha* and *Ama* the *Vasti* help in significant improvement in signs and symptoms of disease. The *Tikshna Guna of Vasti* helps in overcoming the *Srotodushti* resulting due to *Sanga*. Thus *Vasti dravya* works as a curative as well as purifying measure.

CONCLUSION

According to *Ayurveda*, *Shoola* occurs due to vitiation of *VataDosh*. *Vasti* is main line of treatment in *Vataja* disorders. So it can be concluded that *Vaitarana Vasti* and *Saindhwadya Taila Anuvasan* can completely or partially relieves the signs and symptoms in *Prishtagraha* or low backache.



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