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## MANAGEMENT OF SPINAL CANAL STENOSIS BY AYURVEDIC NEURO THERAPY: A CASE STUDY

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### Abstract:

Lumber Canal Stenosis is a condition characterized by narrowing of spinal canal. The narrowing of spaces in the spine occurs along with pressure on the spinal cord & nerve roots. Condition is involving pain in lower limb. Lumber canal stenosis is associated with trauma, aging & arthritis of spine, etc. In Ayurveda the disease considered in *Nanatmajak vatavyadhi* and also related with *Katigrah*. The present study focused on evaluating the efficacy of Ayurvedic Neuro Therapy with Ayurvedic medication in the management of lumber canal stenosis.

**Key-Words:** *Ayurveda, Lumber Canal Stenosis, Spine, Neuro Therapy, Vatavyadhi*

### Introduction:

Lumber canal stenosis is a degenerative condition characterized by pain in lower limb and in Ayurveda can be correlated with *Katigrah* & *Gridhrasi*. These conditions involve

*Vatavyadhi* and mentioned in *Nanatmajavatavyadhi*. Lumber canal stenosis is degenerative condition and this disease localized to joints, flavum of vertebrae and ligaments, etc. Patient experience maximum pain in lower extremities along with other symptoms such as numbness, tingling sensation of lower limbs and burning sensation, etc [1-4]. General ayurvedic treatment consisted of various approaches as depicted in **Figure 1**.



**Figure 1: Common therapeutic approaches for management of Lumber spinal stenosis**

The present study was focused on evaluating the efficacy of Ayurvedic Neuro Therapy and Ayurvedic medication in the management of lumber canal stenosis.

#### **Aims & Objectives:**

- To study the effect of Ayurvedic Neuro Therapy in the management of lumber canal stenosis.
- To evaluate the efficacy of Ayurvedic Neuro Therapy along with medicine in the symptoms and severity of lumber canal stenosis.

#### **Material & Methods:**

- ✓ **Study Design:** Sample interventional clinically study
- ✓ **Study Location:** Out Patient Department (OPD) of Ayurvedic Neuro Hospital & Research Centre, Kota (Raj.) India.

- ✓ **Sampling:** All patients were selected by simple randomization method.
- ✓ **Sample Size:** Patient of lumbar canal stenosis based on inclusion criteria.

#### **Inclusion Criteria:**

- Patient having symptoms of *Katigraha*, *Katishool*, *Tood*, *Stabhath*, *Jadata*, according to Ayurveda concept.
- Patient selected irrespective of their religion, caste, sex & occupation.
- Patient belongs from age group of 13-75 years.

#### **Exclusion Criteria:**

- Any significant history of fracture, carcinoma operational interventions, spinal T.B.
- Nerve muscular disorder & poliomyelitis etc.

**Table 1: Gradation of assessment criteria:**

<b>Pain</b>	<b>Stiffness</b>
0- No Pain 1- Painful walk 2- Painful walk without support 3- Painful can walk with support 4- Unable to walk	0- No stiffness 1- 20% normal range of mobility 2- 50% limitation in movement 3- 75% or more reduction of normal range of movement.
<b>Pricking sensation</b>	<b>Twitching</b>
0- No 1- Mild 2- Moderate 3- Severe	0- No 1- Mild 2- Moderate 3- Severe (more than 2 hour)
<b>Heaviness</b>	<b>Tenderness</b>
0- No 1- Mild 2- Moderate 3- Severe	0- No 1- Mild 2- Moderate 3- Severe

### Grading of Stenosis

- ✓ Grade 3: Severe Stenosis
- ✓ Grade 2: Moderate Stenosis
- ✓ Grade 1: Mild Stenosis
- ✓ Grade 0: No Lumbar Stenosis

**Follow Up:** After the treatment of 7 days (14 Therapy) along with oral medication & all procedure, patient was asked to come for the follow up after 15 days or one month period depending upon the severity of the disease.

### Advices:

- The patients were advised to take routine *Pathya* diet & avoid *Apathya* diet.
- The patients were advised to avoid weight lifting & long term walk & band forward.
- The patient were advised to wear belt in back & sitting on tube.

### Treatment given/ Therapeutic Protocol:

- *Nidan Parivarjan* & *Pathya-Apathya* at initial stage.
- *Alabu*, *Ghati-Yantra*, *Suksham Agnikarma*, *Shiraved*, *Katibasti* and *Swedan*.

### Overall Assessment of Therapy:

The effect of therapy was considered as cured, marked improved, moderate improvement & mild improvement based on the following criteria:

- Cured (100% relief in sign & symptoms)
- Marked improvement ( $>75\% \leq 100\%$ ) relief in sign & symptoms
- Moderate improvement ( $>50\% \leq 75\%$  relief In sign & symptoms)
- Mild improvement ( $\leq 50\%$  relief in sign & symptoms)

### Result & Discussion:

Lumbar Canal Stenosis is condition characterized by pain in lower limb with other severe manifestation. Surgical intervention mainly advocated for management which sometimes suffers with adverse problems or complications associated with surgical

intervention. Ayurvedic Neuro Therapy can be considered useful for the treatment of such types of condition. Considering this present article report a case in which patient acquired remarkable benefits after being treated with Ayurvedic Neuro Therapy and major symptoms of disease got relieved after complete duration of therapy along with medication.

In Ayurvedic Neuro therapy *Vata Vyadhi* is treated by *Abhyang, Swedan Alabu, Ghati Yantra, Suksham Agnikarma, Kati Basti & Nidan Parivarjana*, etc. These therapies used for reducing pain, stiffness, improvement in muscle power and strengthening of spinal curvature. In present case Ayurvedic Neuro Therapy relieved symptoms with the help of *Abhyang, Swedan, Kati Basti, Alabu, GhatiYantra* & uses of oral medication [4-6].

Patients were observed with symptomatic improvement after the treatment. Ayurvedic Neuro Therapy demonstrated significant relief in pain, tenderness, stiffness & swelling. According to Ayurveda *Kati* is major *Sthan* of *Vatadosha* & *Katigraha* is restricted movement of pelvic region and the clinical feature is *Rook, Stambha, Toda*, etc. Lumber spinal stenosis possesses these all symptoms which were relieved significantly after the prescribed therapy [5-8].

Spine Stenosis most occurs in adult over 60 years of age, highest incidence was in the age group 31 to 40. Low backache is a common condition occurring in many adults. The increase incidence of this disease has been attributed to change in the life style of modern living & bad habits & bad body posture. Therefore the suggested daily disciplinary advises, *Nidan Parivarjan & Pathya-Apathya* also helped to restrict disease progression in patient of present case study [7-9].

This condition is more common in women than in men, *Stholya* is a major risk factor. According to modern conservative treatment of stenosis of spine includes anti inflammatory, pain killer & in worst condition if conservative management fails, it is generally accepted that surgery is indicated. So there is scope & need of Ayurvedic Neuro Therapy which can improve the quality of life. Ayurvedic Neuro Therapy can provide miraculous effect in stenosis of spine with the help of *Abhyang, Swedan, Kati Basti, Sukshamagnikarma, Raktmokshan, Shiraved, Alabu, Ghatiyantara* and *Aanchhan* [8-10].

## Conclusion:

Ayurvedic Neuro Therapy was prescribed twice a day along with oral medications for the treatment of Lumber spinal stenosis. Therapy contributed towards the repair, regeneration and nourishment of *Dhatu*. However further study on larger population for longer period of time is recommended.

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