



Available online through

www.jbsoweb.com



Case Report

A CASE REPORT ON LOW BACK PAIN

R. Supraja^{1*}, R. Vidyanath²¹P.G. Scholar, Dr. B.R.K.R. Government Ayurvedic College, Hyderabad, India²P.G. Professor and H.O.D, Dr. B.R.K.R. Government Ayurvedic College, Hyderabad, India

<p>*Correspondence</p> <p>Dr. R. Supraja P.G. Scholar, Dr. B.R.K.R. Government Ayurvedic College, Hyderabad, India</p> <p>DOI: 10.7897/2321-6328.01316</p> <p>Article Received on: 12/08/13 Accepted on: 17/10/13</p>	<p style="text-align: center;">Abstract</p> <p>Nowadays low back pain becomes a major health problem in India. The reason may be a number of factors like excessive use of bikes for long travelling, travelling in irregular hard pathways, sleeping in irregular posture, and sitting for long time in improper posture, night awakening, and irregular food habits. Low back pain (LBP) affects approximately 60 – 85 % of adults during some point in their life time. Fortunately, for majority of individuals, symptoms are mild and transient, with 90 % subsiding within 6 weeks. Chronic low back pain is defined as pain symptoms persisting beyond 3 months, affects an estimated 15 – 45 % of the population. For the minority with intractable symptoms, the impact on quality of life and economic implications are considerable. Despite the high prevalence of low back pain within the general population, the diagnostic approach and therapeutic options are diverse and often inconsistent, resulting in rising costs and variability in management throughout the country. In part, this is due to the difficulty in establishing a clear etiology for most of the patients. Back pain has been termed as “an illness in search of a disease.” Indeed, once “red flag” diagnoses such as cancer and fracture have been ruled out, the differential sources of low back pain remain broad, including the extensive realm of degenerative changes within the axial spine for which radiological evaluation is nonspecific and causal relationship sare tentative. Moreover the treatment of choice in allopathic medicine is pain killers, steroids and surgery etc., which will give rise to many side effects and various health hazards. Hence it is very much essential to find out a suitable solution for proper diagnosis and treatment for its long term cure without any side effects.</p> <p>Keywords: Low Back Pain, Katisoola, Ayurveda Treatment</p>
---	--

INTRODUCTION

Basing on the signs and symptoms of Low Back Pain, it may be correlated with Katisoola or Pristhagraha, mentioned in the literature of Ayurveda, especially in the 20th chapter of Charaka Samhita Sutrasthana¹. The major symptoms are severe pain in the low back region, occasionally radiating towards lower limbs, numbness, burning sensation etc., Degenerative spine changes are remarkably common in population studies. Study of individuals aged in between 45 to 64 years identified 85.5 % of participants to demonstrate osteophytes within the lumbar spine. Finding 84 % of men and 74 % of women to demonstrate at least one vertebral osteophyte, with increased incidence among individuals with more physical activity, self reported back pain, or higher BMI scores. Despite marked variability within the population, men appear to have more significant degenerative changes than women, both with regard to number and severity of osteophyte formation. Keeping this in view the present study has been taken up to evaluate safe and effective therapy in Ayurveda.

Case History

A female aged about 42 years suffering from back pain for the past 4 years was attended to the O.P.D of Dr. B.R.K.R. Government Ayurvedic College, Hospital. She was having the other symptoms like excessive pain in the back radiating to legs, difficulty in walking, pain increases by sitting for

long time more than half an hour. No evidence of blood pressure or diabetes mellitus. She attained menopause at the age of 41.

Drug, Dosage and Duration

- Rasna Panchaka Kashayam²- 20 ml mixed with 60 ml of hot water early in the morning in the empty stomach.
- Sahacharadi Kashayam³- 20 ml mixed with 60 ml of hot water in the evening hours before food.
- Vatagajankusa vati⁴-2 tab morning and evening after food.
- Triphala churna⁵-5 g morning and night after food along with water.
- Bala Aswagandha Tailam⁶- For external application.

Observations

- By the above prescription, the pain is reduced up to 60 % within one month.
- Continuation of the medicines for another one month, the patient gets relief in numbness and difficulty in walking.
- At the end of 3rd month of the treatment, almost all the symptoms are reduced and the patient feels much more comfortable in sitting even after one hour also.
- There is no recurrence of the symptoms for the last six months.

DISCUSSION

Rasna Panchaka Kashayam contains Rasna (*Pluchea lanceolata*), Guduchi (*Tinospora cordifolia*), Eranda (*Ricinus communis*), Devadaru (*Cedrus doedara*) and Sunthi (*Zingiber officianale*). It is indicated in conditions like Sarvangavata (Vata affecting the entire body), Amavata (Rheumatoid arthritis), Sandhigatavata (Osteo arthritis) and Majjagata vata (Vata affecting the bone marrow). As low back pain is mainly due to affliction of Majjagata vata, this recipe can alleviate the disease effectively. Moreover the drugs possessing Vatahara property, naturally it should work on the disease caused by the vitiation of Vata.

Sahacharadi Kashayam contains the ingredients like Sunthi (*Zingiber officianale*), Devadaru (*Cedrus deodara*) and Sahachara (*Barleria prionitis*). In this recipe, Sunthi acts as Agni Dipaka (increases digestive fire) and Devadaru acts as Vatahara (alleviates Vata). 'Sahacharam' means walking along with. As Sahachara is having the specific property like Gati- viseshatvam (helps to move), it can be given in conditions like the diseases having difficulty in walking or improper walking. The combination of all these drugs is therapeutically effective in Katisoola (low back pain), Gridhrasi (sciatica), Adhah kaya sadam (debility of lower limbs). Hence this recipe helps to alleviate the disease successfully.

Vatagajankusa vati is effective in curing the diseases like Sandhivata (Osteo arthritis), Katisoola (low back pain) etc. As the ingredients having Vatahara property, it effectively cures the disease.

Triphala churna is having the properties like Vatanulomana and Tridosha hara. Hence it plays an important role in

reducing the symptoms by its therapeutic action of Mridu Sodhana (mild purgative).

Bahyasneha (external application of oil) is mentioned as one of the therapeutic measures in curing various types of Vata disorders. So also external application of Bala Aswagandha Tailam helps in curing Vata disorders quickly and effectively due to its Vatahara as well as Brimhana (nourishing) properties.

CONCLUSION

By the above observations, it can be safely concluded that the prescription given in a case of low back pain is safe and effective. However clinical trials should be conducted on a large sample to come up with a final conclusion.

REFERENCES

1. Charaka Samhita, Sutrasthana 20th Chapter, Sharma RK and Das Bhagwan, Chaukhambha Sanskrit Series Office, Varanasi; 2001.
2. Sahasrayogam, Kashaya Prakarana no 231, K Nishteswar and R Vidyath, Chaukhambha Sanskrit Series Office, Varanasi; 2006.
3. Sahasrayogam, Kashaya Prakarana no 212, K Nishteswar and R Vidyath, Chaukhambha Sanskrit Series Office, Varanasi; 2006.
4. Bhaishajyaratnavali Vatarogadhikara 26th chapter, Govindadas, Chaukhambha Sanskrit Series Office, Varanasi; 2009.
5. The Ayurveda formulary of India compound formulations Churna 7:15, Govt. of India, Ministry of Health and Family Welfare, Department of Indian Systems of Medicine and Homoeopathy, New Delhi; 2011.
6. Sahasrayogam, Taila Prakarana no 13, K Nishteswar and R Vidyath, Chaukhambha Sanskrit Series Office, Varanasi; 2006.

Cite this article as:

R. Supraja, R. Vidyath. A case report on low back pain. J Biol Sci Opin 2013;1(3):209-210 <http://dx.doi.org/10.7897/2321-6328.01316>

Source of support: Nil; Conflict of interest: None Declared