

## MANAGEMENT OF ASTHI-MAJJAGATA VATA VYADHI : A CASE STUDY

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## ABSTRACT

*Asthimajjagata Vata* is a *Vatavyadhi* in which vitiated *Vata* accumulate in *Asthivaha* and *Majjavaha Srotasa* where already *Kha Vaigunya* has been developed due to etiological factors. In *Brihatrayee* symptoms of *Asthigata Vata* and *Majjagata Vata* described together as they are closely related to each other. In *Charak Samhita* and *Ashtang Hridaya*, *Acharya* stated that *Asthimajjagata Vata* can be cured by internal and external application of *Sneha*. *Basti* is one of the ways of internal administration of *Sneha*. Spondylosis is one of the most common forms of joint disease. Most of the time it falls under the concept of *Vatavyadhi* mainly due to vitiating *Vatadosha* further results in *Dhatukshaya*. Basically, this disease contains *Asthi and Majja Dhatu*. This disease limits our daily activities such as walking, running, standing, dressing, cycling, bathing, etc., which makes the patient sick or disabled. It is *Kashtasadhya Vatavyadhi* due to intense pain and limited joint movements. Here we discuss the case report of *Asthimajjagat Vatavyaddhi* which is the best treated with *Ayurvedic* concepts as described by *Acharyas* in *Vatavyadhi Chikitsa Adhyaya*.

**Keywords:** Spondylosis, *Vatavyadhi*, *Asthimajjagata Vata*, *Kashtasadhya*

## INTRODUCTION

*Ayurveda* is a comprehensive science of life and also the oldest and largest surviving medical system in the

world. It is based on various real principles. One important is the *Tridosha Siddhanta* under number of

diseases are described in *Samhita Granthas*. *Vatavyadhi* is one of the most important *Vyadhi* that takes place due to vicious *Vata Dosha*<sup>1</sup>. Followed by *Pitta* and *Kapha Dosha* plays an important role in pathogenesis of disease. Without *Vata Dosha Pitta* and *Kapha Doshas* are helpless. For various reasons like *Aahara*, *Vihara Vata Dosha* can be vitiated which blocks various channels (*Srotasa*) in the body and leads to two types of diseases, one of which is *Dhatukshayajanya Vatavyadhi*<sup>2</sup> and *Marga-varodhjanya Vatavyadhi*. *Asthi-Majjagata Vata* is one of them because of the *Kshaya* of the *Asthi* and *Majja*. *Nirupasatambhit Vata* is one of the causes of *Dhatukshayajanya Vatavyadhi*. Spondylosis is a painful condition as a result of spinal cord degeneration intervertebral discs. It matters when the nerve roots are compressed sensory and motor disorders leading to pain, numbness and paraesthesia, tingling and numbness, muscle weakness in the limbs and later radiculopathy<sup>3</sup>. If the cervical vertebrae are involved, it is such as cervical spondylosis and lumbar vertebrae are involved, called lumbar spondylosis.

**CASE STUDY**

A 58-year-old male patient approached to *Kayachikitsa* OPD of BVVS Ayurved college and Hospital, Bagalkot with Chief complaints of Stiffness of bilateral lower limbs with left lower limb heaviness, patient is unable to walk associated with stiffness of left shoulder and fingers for 10 months.

Patient was apparently healthy before 10 months, suddenly he met with an accident and fall down from bike on supine position and got injured at cervical region and underwent MRI scanning on 16/3/2022 which shown the Impression of Spondylosis and disc degenerative changes in spine with compressive cervical myelopathy and operated for C<sub>3</sub>-C<sub>7</sub> decompression and laminectomy in Sushruta Hospital Hubballi.

Since then, he developed stiffness of lower limbs more in left lower limb associated with heaviness of left lower limb patient is unable to walk so takes the help of walker. Associated with stiffness of left shoulder and fingers unable to hold the things. Stiffness aggravates in winter and cloudy season and patient feels relief by application of oil and hot water bag fomentation, so he came to BVVS Ayurved Medical College and Hospital for better management. There was not any past history of Diabetes mellitus, Hypertension, Hyperthyroidism & Hypothyroidism, all family members are said to be healthy.

**Clinical Findings :**

Patients pulse rate was 90 beats/min, Blood pressure was 140/80mmhg, Respiratory rate was 16/min.

**Systemic Examination:**

Central Nervous System: Conscious and Well Oriented

Cardiovascular System : S<sub>1</sub>, S<sub>2</sub> Heard and No Murmurs

Respiratory System : Air entry bilateral equal and NVBS, No added sounds

Per Abdomen : Soft, Non Tender and No Organomegaly

**Examination of Spine:**

Inspection: -

Position of head - Normal

Level of shoulders -Normal

Deformity - No deformities

Curvature of spine – Normal, No Kyphosis, No Lordosis, No Scoliosis

Gait- Walks with support

Redness- Absent

Scar-surgical scar mark at C<sub>3</sub>-C<sub>5</sub> region

Swelling- Absent

Discolouration- Absent

Range of movements:-Cervical Spine

Rotation (Rt to Lt) - (Lt to Rt)	}	Painful and restricted
Flexion		
Extension		Pain +on 60 degree bending
Lateral Bending- Rt side	}	Pain +
Lt side		

**Range of movements :-Left Upper Limb**

Shoulder: Flexion	Painful on 40 degrees
Extension	Painful on 30 degrees
Abduction	Painful on 60 degrees
Elevation	Painful and Restricted
Elbow: Flexion	Pain absents
Hyperextension	Pain absents

**Reflexes of Left Upper Limb:**

- 1)Biceps reflex - Normal
  - 2)Brachioradialis reflex - Normal
  - 3)Triceps reflex - Normal
  - 4)Finger jerk reflex – Absent
- ROM of Bilateral Knee

Movements	Right	Left
Flexion	50 degrees painful	45 degrees painful
Internal Rotation	Possible with pain	Possible with pain
External Rotation	Painful	Painful

**Ashtavidha Pariksha**

- Nadi- 90b/min, regular (Vata-Pita Pradhan)
- Druk- Dina
- Mala- Asmayak intermittent hard stool with tendency of straining
- Akrti- Krusha,(lean)
- Mutra- Samyak approximately 5-6 times/ day, pale yellow in colour
- Sparsha-Ruksha (dry)
- Jivha- Nirlipta
- Dushta Strotas pariksha-
  - Asthivaha Strotas- Asthi-sandhi shoola (joint pain), balakshaya, angamarda (body pain), daurbalya (generalized weakness)
  - Majjavaha Strotas- Stabdhatta, Asthiruja (bone pain), Asthi saushirya (osteoporosis)
  - Purishvaha strotas - Asmayak Malapravritti, Malavshatmbha intermittently (constipation)

**TREATMENT**

1. Sarvangha Abhyanga followed by Bhashpa Sweda with Ashwagandha Bala Taila and Prasarini Taila
  2. Yoga Basti- Anuvasana Basti with Ashwagandha Ghrita = 50 ml  
Niruha Basti with Eranda Mooladi
  3. Sarvangha Seka with Eranda Patra+Nirgundi Patra+Shighru Patra+Chincha Patra
  4. Ekanga Veera Rasa 1BD After food for 30 days
  5. Cap Dhanvantaram 1TID After food for 30 days
  6. Cap Nuro XT 1BD After food for 30 days
- Pathya
- Avoid causative factors
  - Aharaj- Snigdha, Madhur Rasatmak, Guru Anna Sevan, Mugndal, Ghrita, Dugdha, lukewarm water
  - Viharaj-Excess travelling, No lifting of heavy weight, Divaswapna, proper sleep-in night

**Observation and Results**

**Range of movements:-Cervical Spine**

Rotation (Rt to Lt) - (Lt to Rt) }	Mild Pain
Flexion	80 degrees bending
Extension	80 degrees bending

Lateral Bending- Rt side Lt side	} Mild Pain
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**Range of movements :-Left Upper Limb**

Shoulder: Flexion	60 degrees
Extension	50 degrees
Abduction	80 degrees
Elevation	Mild Pain
Elbow: Flexion	Pain absents
Hyperextension	Pain absents

**ROM of Bilateral Knee**

Movements	Right	Left
Flexion	60 degrees with mild pain	55 degrees with mild pain
Internal Rotation	Possible	Possible
External Rotation	Mild Pain	Mild Pain

**DISCUSSION**

Number of patients suffering from *Asthimajjagatavata* is quite high because of today’s lifestyle. In *Ayurveda Asthimajjagatavata* is described under the heading of *Vatavyadhi* and any type of pain cannot be present without presence of *Vata Dosha*. In present case scenario the action of drugs is as follows

- *Ashwagandha Bala Taila*<sup>4</sup> - One of best herbo mineral combination of oil which is used as external massage application which helps in pacifying for vitiated *Vata Dosha Lakshans*, the base for this oil is blend which helps promote muscle strength and support to develop muscle tone. The combination of herbs helps in nourishing the muscles and tissues of bones, i.e., osteoporosis. While *Bala* herbs helps to support energy and the nervous system, also calms the nerves and pacifies *Vata Dosha* which helps in reducing the *Dhatukshayajanya Lakshans* of *Vatavyadhi*
- *Prasarini Taila*<sup>5</sup> – The formulation contains certain herbs that are enriched with sitosterol, glycosides, glycyrrhizin, anthraquinones etc which act as antioxidant, analgesic, anti-inflammatory, stimulatory etc. Antinociceptive properties control problems related to painful or injurious stimulus by sensory neurons.
- *Basti - Basti* or enema is one of the best treatment modalities in *Vatavyadhi*<sup>6</sup>. In this *Asthi Majjagata*

*Vata* case *Chikitsa* here we used to be *Anuvasan Basti* with *Ashwagandha Ghrita* and *Niruha Basti* with *Erandamooladi* in alternate days for 8 days which acts as *Vatanuloman Karma* from intestine relieves constipation and helps in *Apan Vayu* for its proper *Adhogati* and *Karma*. *Ashwagandha* in addition to *Ghrita* after giving *Basti* for intestine it pacifies the *Vatadosha Lakshanas* and do *Vatashaman Karma*. acts as *Deepan Karma* and as well as *Dhatvagni Vardhan Karma* which increases *Asthi Dhatvagni* and helps in generation of potent form of *Asthi Dhatu* and that stops *Asthi kshay* (osteoporosis). Also, the *Sneha* that means *Ghrita* also do *Vatashaman Karma*

- *Sarvanga Seka*<sup>7</sup> – *Kashaya Dhara* prepared out of *Eranda Patra+Nirgundi Patra+Shighru Patra+Chincha Patra* is useful to pacify *Stambhata, Gouravata* caused by both *Vata* and *Kapha Dosha*. It also combats *Ama* (cellular toxins caused due to sluggish metabolism tending to block the cellular functions and *srotas*)
- *Ekanga Veera Rasa*<sup>8</sup> – ability to pacify vitiated *Vata Dosha* as it is having *Madhura Rasa, Snigdha Guna, Ushna Veerya and Madhura Vipaka*. It pacifies vitiated *Kapha Dosha* by *Tikta, Katu, Kashaya Rasa, Laghu Guna, Ruksha Guna, Ushna Veerya and Katu Vipaka*. The properties of ingredients of *Ekanga Veer Rasa* would be instrumental in restoring the *Gati* (motor activities),

*Cheshtanasha* (Loss of activities) *Amalaki*, *Pippali*, *Shigru*, *Maricha* have the ability to minimize nerve damage due to its anti-inflammatory action.

- Cap Nuro XT – It is a unique *Rasaushadi* formulation which contains *Ekanga Veera Rasa*, *Maha Vata Vidhwamsana Rasa*, *Vata Kulantaka Rasa*, *Vata Gajankusha Rasa*, *Bala*, *Shuddha Shilajatu* acts as anti-inflammatory, analgesic, muscle relaxant and tackle the neuropathy.

## CONCLUSION

- The above study can conclude that *guda* plays a vital part in the excretory process of the human body. It helps in the excretion of *mala* and *apan vayu* or excretory products of our body. Along with these functions, it has significant surgical importance in the human body. Its structural relevance should be kept in mind while performing any surgical or para-surgical procedures. Otherwise, *Asthi-Majjagata Vata* is one of the *Dhatukshayajanya Vata Vyadhi* because in the *Samprapti* there is *Kshaya* of the *Asthi* and *Majja*
- Spondylosis is a painful condition as a result of spinal cord degeneration intervertebral discs so it can be taken under the purview of *Asthimajjagata Vata Vyadhi*.
- Basti due to its *Veerya* does *Vata Shamana* as well as *Sroto Shodaka* (cleanses channels) and *Brimhana* due to its combination.
- This can be used as a preventive as well as curative treatment after accessing the *Bala* of the *Roga*

and *Rogi*, *Kala*, *Desha* etc factors. It can be a life-threatening condition.

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