



# A CASE STUDY ON THE AYURVEDIC MANAGEMENT OF LOW BACK PAIN WITH LANKA- LEPA

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## ABSTRACT

A man is strong at his back. Back bone plays an important role in relation to mobility which is a basic character of life. Katishoola is a condition in which patients experience shoola in Kati pradesha. Although Katishoola is not described elaborately in Ayurvedic texts, but in present era, due to lifestyle the prevalence of its main symptom, low back Pain (LBP) is very high. In Modern Medicine, low back pain treatment includes conservative treatments, So in order to get a permanent relief from the low back pain, we can undergo the Ayurveda Chikitsa. Here Lanka lepa is utilized in the form of lepa kalpana to rule out its efficacy in the management of Katishoola through clinical study. Lanka Lepa was applied to the Kati (Lumber Region) of patient once daily during treatment period. The pain was almost reduced with significant improvement in walking distance after treatment. Lanka lepa ingredients are katu tikta and lavana rasa acts as vata kapha hara yoga. Lanka lepa ingredients having analgesic, Anti inflammatory action helps in reducing pain. Thus Lanka lepa can reduce the symptoms of katishoola effectively.

**KEYWORDS :** Katishoola, Lanka lepa, Clinical Study.

## INTRODUCTION

Ayurveda is an ancient Indian wisdom stands apart from the rest of medical fraternity with its holistic and encompassing approach towards prevention of disease and disease management. A man is strong at his back. Back bone plays an important role in relation to mobility which is a basic character of life. Low back pain is a miserable condition which creates obstacle in one's life. A normal daily life without mobility is almost impossible for any individual. The view of Ayurveda in understanding a disease is quite different from other modern sciences.

Katishoola is a condition in which patients experience shoola in Kati pradesha. Although Katishoola is not described elaborately in Ayurvedic texts, but in present era, due to lifestyle the prevalence of its main symptom, low back Pain (LBP) is very high. Katishoola is explained one among the 80 Nanatmaja Vata Vikaras and also as an associated lakshana with other vyadhis. It is described as a separate disease in the classical text Gadanigraha and Acharya Sharangdhara also included it under nanatmaja vatavyadhi. Acharya Shodala described it as a condition characterized by pain in kati pradesha. So this condition can be taken as the prakopa of vata in swasthana, sometimes associated with other doshas. Vitiated Vata is the pradhana nidana here and it may manifest with or without the association of Ama. It can be considered as a neurological as well as musculoskeletal disorder. Katishoola is a Shoola (pain) pradhana vatavyadhi (disease). As per Acharya Sushruta Shoola cannot occur without vitiation of vata. Back pain is one of the most common ailments seen in current era. In India, occurrence of low back pain is alarming; nearly 60 per cent of the people in India have had significant back pain at some time or the other in their lives. Weight gain during pregnancy, physical stress, inappropriate sitting and standing postures and poor sleeping position also contribute to low back pain.

Low back pain (LBP) was defined as any "non-traumatic musculoskeletal disorder affecting the low back. It included all back pain, regardless of diagnosis, that was not secondary to another disease or injury cause (e.g., cancer or motor vehicle accident).

In Modern Medicine, low back pain treatment includes conservative treatments like exercise, physiotherapy, rest and NSAID are the limitations. In order to get a permanent relief from the low back pain, we can undergo the Ayurveda Chikitsa. By considering the above points, its our need to find out a drug which is cost effective, easily available and has excellent results with nullified adverse reactions. Here Lanka lepa is utilized in the form of lepa kalpana to rule out it's efficacy in the management of Katishoola. So in this study an effort is made to see the efficacy of Lanka Lepa in Katishoola. Patient ages 40 years reported with complaints of low back pain, while doing jerky movements, local type of pain, increases at Night and exposure to cold.

## CASE SUMMARY

Patient ages 40 years reported with complaints of low back pain, while doing jerky movements, local type of pain, increases at Night and exposure to cold.

### Patient Description

Parameters	Patient details
Age	40
Gender	Male
Nationality	Indian
BP	130\80 Mm Hg
Weight	72 kg
Appearance	Middle Age
Physical and Mental Disposition	Average
Occupation and economic Status	Driver, Middle Class

### Range of movements

Range of Movements	Normal	Restricted	Absent
Flexion	--	+	--
Extension	--	+	--
Right Lateral Flexion	+	--	--
Left Lateral Flexion	+	--	--
Rotation	+	--	--

## MANAGEMENT AND OUTCOME

By analysing all the parameters, the disease condition is diagnosed as katishoola.

### Treatment plan

Procedure	1	2	3	4	5	6	7
Lepa	Lanka Lepa	Lanka Lepa	Lanka Lepa	Lanka Lepa	Lanka Lepa	Lanka Lepa	Lanka Lepa
Date	2/8/2021	3/8/2021	4/8/2021	5/8/2021	6/8/2021	7/8/2021	8/8/2021
Time	8:30 am	8:30 am	8:30 am	8:30 am	8:30 am	8:30 am	8:30 am
Duration	60 min	60 min	60 min	60 min	60 min	60 min	60 min

## Ingredients

- Lanka = 30 g
- Tambula Patra = 3-4 in number
- Ardraka = 10 g
- Lashuna = 10g
- Saindava lavana = 2 g

## Method of preparation of lepa

Take all the ingredients in mentioned quantity.

And wash them to remove dust and mud particles.

Cut into small pieces and grind it well in grinder.

Add Saindava Lavana to it.

## Method of application

Apply a thin layer of Lanka Lepa uniformly to the part.

After an hour, remove the lepa and wash the body part with normal water.

## Schedule

Lanka Lepa was applied to the Kati (Lumber Region) of patient once daily during treatment period.

## RESULT

The pain was almost reduced with significant improvement in walking distance after treatment.

## DISCUSSION

Kati Shoola is not mentioned as a separate disease in any of the Brihatrayees directly. Even though Acharaya Charaka has not mentioned the condition directly, “Hetu Sthaana visheshat Ca Bhavet Roga Vishesha Krit” he has indirectly mentioned all those condition which can arise due to localization of vata in specific part of body .

In this study the patient was came with Kati Shoola and the Ayurvedic management planned with Lanka lepa for about seven days. Allium sativum powder possesses analgesic property and its effect involve peripheral pathway through inhibition of prostaglandin synthesis. Ardarka rhizome extract possess anti- inflammator , analgesic action when tried in albino rats .Tambula patra having strong analgesic , Anti inflammatory property . Lanka lepa ingredients are katu tikta and lavana rasa acts as vata kapha hara yoga. Lanka lepa ingredients having analgesic, Anti inflammatory action helps in reducing pain.

## CONCLUSION

Lanka lepa is an anubhuta (preparatory yoga). All the ingredients in the formulation possess anti inflammatory, analgesic and vata hara property which lead to the marked reduction in the katishoola condition. The treatment schedule of lepa Kalpana was carried out for seven days and symptomatic pain relief was noted. Thus Lanka lepa can reduce the symtoms of katishoola effectively.

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