ISSUE 6/ SEPTEMBER 2025/ ISSN NO-2454-8162

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सुखायु

Health Magazine For All

SPECIAL EDITION ON CHRONIC SPINE DISORDERS

CENTRE OF EXCELLENCE
Under Ayurswasthya Yojana
A PROJECT FUNDED BY MINISTRY OF AYUSH (GOI)






Ministry of Ayush

The Ministry of Ayush, Government of India, is dedicated to the development, promotion, and propagation of traditional systems of medicine, including Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa-Rigpa, and Homoeopathy. The vision is to ensure affordable, accessible, and quality healthcare by integrating Ayush systems into mainstream health services.

Ayurswasthya Yojana

The Ayurswasthya Yojana is a flagship scheme of the Ministry of Ayush aimed at strengthening Ayush institutions and supporting innovative projects for prevention, treatment, and management of diseases. It encourages evidence-based research, capacity building, and dissemination of traditional knowledge for public health benefit.

Centre of Excellence (CoE) Project

The Centre of Excellence (CoE) component of the Ayurswasthya Yojana, an initiative by the Ministry of AYUSH, is designed to strengthen and upgrade AYUSH healthcare facilities while encouraging innovation in education, research, and clinical practices.

As part of this scheme, Shri Dhanwantry Ayurvedic College & Hospital, Chandigarh, has been sanctioned a prestigious CoE project focusing on the Care and Ayurvedic management of chronic spine disorders**.** The project encompasses a multi-faceted approach, including the development of novel Ayurvedic formulations, clinical validation, public awareness programs, and the dissemination of knowledge through conferences, publications, and community outreach activities. This initiative is a significant step toward integrating evidence-based Ayurveda into mainstream spine care.

SUKHAYU



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THIS MAGAZINE IS AN INFORMATION, EDUCATION & COMMUNICATION INITIATIVE OF THE CENTRE OF EXCELLENCE (CoE) FOR CARE AND AYURVEDIC MANAGEMENT OF CHRONIC SPINE DISORDERS UNDER AYURSWASTHYA YOJNA A PROJECT FUNDED BY MINISTRY OF AYUSH (GOVT. OF INDIA)

NEW HOSPITAL BLOCK – TO BE CONSTRUCTED UNDER COE PROJECT



INDEX

S.No.	TOPIC	PAGE NO.
1	Foreword	1-3
2	Message section	4-5
3	CoE Report	6-7
4	Spinal Disorders- Overview	8-10
5	आयुर्वेद में रीढ़ की हड्डी से जुड़ी समस्याओ का संक्षिप्त अवलोकन	11-12
6	The Anatomy of Human Spine	13-16
7	Understanding Spinal Cord from the perspective of "Ayurvedeeya Kriya Sharir"	17-18
8	Physiology of the Spinal Cord	19-21
9	Spinal Rescue: Plants for Spine Longevity	22-24
10	Therapeutic Potential of Rasaaushadhi in Spinal Disorder Care	25-26
11	Ayurvedic Understanding of Cervical Spondylosis	27-29
12	Ayurvedic & Modern Perspectives on Spina Bifida: An Integrated Analysis of Pathogenesis & Diagnostic Methods	30-31
13	Diet & Lifestyle Modification in Spinal Disorders	32-34
14	Chronic Spine Disorders – Global National And Regional Statistics with special reference to Chandigarh	35-37
15	Sequel of spinal poison Kupilu on spinal cord	38-40
16	Impact of Menopausal Transition on Chronic Spinal Disorders: A Clinical Perspective	41-42
17	Spinal Disorders in Children – An Ayurvedic Perspective	43-45
18	Ayurvedic Management in Chronic Spine Disorders	46-47
19	Physiotherapy Techniques and Postural Management in Chronic Spine Disorders: An Ayurvedic Perspective	48-50
20	Role of Chronic Spinal Disorders in the Pathogenesis of Eye Diseases	51-53
21	Panchakarma in Chronic Spinal Disorders: An Ayurvedic Perspective	53-55
22	Student Section	56-76

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FOREWORD

It gives me immense pleasure to convey my heartfelt congratulations to Shri Dhanwantry Ayurveda College and Hospital, Chandigarh on the establishment and continued progress of the Centre of excellence for care and Ayurvedic management of chronic spine disorders (Under Ayurswasthya Yojana - A project funded by Ministry of Ayush-GOI).

This initiative exemplifies a strategic commitment to enhancing public health, advancing evidence-based Ayurvedic research, fostering drug development, and facilitating the development and standardization of treatment protocols—core objectives that are in alignment with the overarching vision of the Ministry of Ayush.

Spinal health plays a pivotal role in ensuring overall human well-being. Chronic spinal disorders extend beyond physical impairment, significantly affecting quality of life and long-term health outcomes.

I firmly believe that the health magazine *"Sukhayu"* will serve as a vital platform for disseminating credible information, raising public awareness, and promoting the integration of Ayurveda-based approaches in addressing chronic spinal disorders. This initiative reflects our collective commitment to advancing preventive and promotive healthcare, in alignment with the guiding principles of the Ministry of Ayush.

I wish the team, faculty, researchers, and students involved in this noble endeavour continued success. May this Centre of Excellence serve as a model for holistic spinal care and inspire similar initiatives across the country.

Kousthubha Upadhyaya

Date: 10.09.2025

(Dr. Kousthubha Upadhyaya)

केन्द्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद्
आयुष मंत्रालय, भारत सरकार
CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
Ministry of Ayush, Govt. of India

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महानिदेशक
Prof.(Vaidya) Rabinarayan Acharya
Director General

Dated the 22nd September 2025

Message



It gives me immense pleasure to extend my warm greetings and best wishes to the editorial team and readers of "Sukhayu", a dedicated Souvenir prepared by Shri Dhanwantry Ayurvedic College & Hospital,Chandigarh for raising awareness on the prevention and management of chronic spinal disorders. This publication constitutes a significant step towards the initiative of the Centre of Excellence (CoE) for Chronic Spine Disorders, undertaken by the institution with the esteemed support of the Ministry of Ayush

In recent years, chronic spinal disorders have emerged as a growing public health concern, largely due to sedentary lifestyles, improper postural habits, and increasing mental stress. These conditions not only cause persistent discomfort but also impact mobility, productivity, and overall quality of life.

Ayurveda, with its timeless wisdom and holistic approach, offers invaluable guidance for spinal health—emphasizing balanced posture, wholesome diet, disciplined daily regimen, Panchakarma (Five internal cleansing therapies), medication and mental well-being.

I am confident that this Souvenir Sukhayu will serve as an important resource for disseminating knowledge, and encouraging the adoption of Ayurveda-based interventions for spinal wellness. I congratulate all those involved in conceptualizing and bringing forth this souvenir, and hope that Sukhayu continues to inspire, educate, and guide its readers on the path to spinal wellness.

(Prof. Vd. Rabinarayan Acharya)

जवाहर लाल नेहरू भारतीय चिकित्सा एवं होम्योपैथी अनुसंधान भवन, 61-65, सांस्थानिक क्षेत्र, सम्मुख 'डी' ब्लाक, जनकपुरी, नई दिल्ली-110058
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(Established by the Haryana State Legislature Act-25 of 2017)
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(हरियाणा राज्य विधान सभा अधिनियम संख्या 25/2017 द्वारा स्थापित)

No- SKAU/VC/2025./1731
Dated- ...15/09/2025....

Foreword

I extend my hearty congratulations to the Institute for securing the prestigious **Centre of Excellence Project funded by the Ministry of AYUSH**. This achievement is a recognition of the Institute's dedicated efforts in clinical excellence, research innovation, and its consistent contribution to the advancement of Ayurveda in the national and global context. It is my firm belief that the Centre of Excellence will further strengthen the Institute's capacity to lead impactful initiatives in the domain of spine care and holistic health.

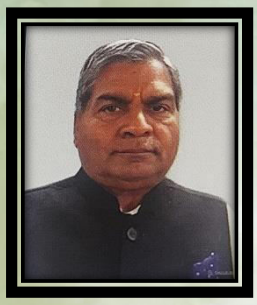
It is a matter of great satisfaction to introduce ***"Sukhayu"***, a public-oriented health magazine designed with the objective of enhancing awareness on chronic spine disorders and their holistic management through Ayurveda. The burden of spinal ailments in contemporary society is a significant public health concern, and Ayurveda, with its comprehensive preventive and therapeutic approaches, offers sustainable solutions rooted in time-tested knowledge systems.

The magazine aims not only to disseminate preventive and lifestyle-oriented guidance in a lucid manner for the benefit of the general public but also to highlight clinical insights, contemporary research advancements, and evidence-based perspectives in Ayurveda, with a particular focus on spine health. Such an initiative is commendable as it bridges the gap between classical Ayurvedic wisdom and present-day health challenges, thereby contributing to both public health promotion and academic discourse.

I also appreciate the efforts of the editorial team for conceptualizing and bringing forth *Sukhayu*. I am confident that this publication will serve as a valuable resource in promoting awareness, fostering academic dialogue, and guiding the public towards healthier living through Ayurveda.

Prof. (Vaidya) Kartar Singh Dhiman

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MESSAGE FROM THE GENERAL SECRETARY
SHRI DHANWANTRY EDUCATIONAL SOCIETY,
REGD. CHANDIGARH

DR. NARESH MITTAL
GENERAL SECRETARY
SDES, CHANDIGARH

आज की जीवनशैली में स्पाइन से जुड़ी पुरानी बीमारियाँ एक गंभीर चुनौती बनकर उभर रही हैं, जो न केवल व्यक्ति के स्वास्थ्य बल्कि जीवन की गुणवत्ता को भी प्रभावित करती हैं। आयुर्वेद अपनी समग्र एवं मूलभूत दृष्टि के माध्यम से ऐसे रोगों के स्थायी समाधान प्रस्तुत करता है।

हमारे लिए यह अत्यन्त गर्व का विषय है कि हमारी संस्था में स्पाइन सम्बन्धी विकारों की देखभाल एवं आयुर्वेदिक उपचार हेतु - सेंटर ऑफ एक्सीलेंस" की स्थापना हुई है, जो आयुरस्वास्थ्य योजना के अन्तर्गत आयुष मंत्रालय, भारत सरकार की एक महत्त्वपूर्ण परियोजना है। यह हमारे संस्थान की प्रगति, दायित्व एवं राष्ट्रीय सेवा की दिशा में एक ऐतिहासिक कदम है। हमारे इस सेंटर ऑफ एक्सीलेंस का उद्देश्य पारंपरिक आयुर्वेदिक ज्ञान को आधुनिक मानकों के साथ जोड़ते हुए—उपचार, अनुसंधान और शिक्षा के क्षेत्र में नए आयाम स्थापित करना है।

यह पहल केवल हमारी संस्था के लिए उपलब्धि नहीं है, बल्कि विश्व पटल पर आयुर्वेद को एक वैज्ञानिक एवं विश्वसनीय स्वास्थ्य प्रणाली के रूप में प्रतिष्ठित करने की राष्ट्रीय दृष्टि की दिशा में एक सार्थक कदम है। इस विश्वास और सहयोग के लिए मैं हृदय से आयुष मंत्रालय, भारत सरकार का आभार व्यक्त करता हूँ, जिन्होंने इस महत्त्वपूर्ण दायित्व हेतु हमारी संस्था पर विश्वास किया।

हम सभी समर्पण, नवाचार और करुणा के साथ कार्य करते रहें, ताकि यह सेंटर ऑफ एक्सीलेंस क्रोनिक स्पाइन विकारों से पीड़ित रोगियों के लिए वास्तव में आशा और उपचार का दीपस्तंभ बन सके। मेरा विश्वास है कि यह सेंटर ऑफ एक्सीलेंसआने वाले समय में असंख्य रोगियों के लिए आशा की किरण बनेगा और आयुर्वेद के उज्ज्वल भविष्य की दिशा में एक मील का पत्थर सिद्ध होगा।



MESSAGE FROM THE PRINCIPAL INVESTIGATOR CENTRE OF EXCELLENCE FOR AYURVEDIC CARE & MANAGEMENT OF CHRONIC SPINE DISORDERS

DR. SUMIT SRIVASTAVA
PRINCIPAL
SDACH, CHANDIGARH

It is a matter of great honor and privilege that I share this message for Centre of Excellence for Ayurvedic Care and Management of Chronic Spine Disorders, an initiative funded by the Ministry of Ayush, Government of India, under the Ayurswasthya Yojna.

This Centre is a dedicated effort to address the rising burden of chronic spine disorders—conditions that not only affect physical health but also deeply impact the quality of life. Through this Centre of Excellence, we aim to establish a benchmark for integrative and patient-centric care rooted in the time-tested principles of Ayurveda. The holistic and individualized approach of Ayurveda offers immense potential in managing chronic conditions where conventional treatments may have limitations.

I extend my sincere gratitude to the Ministry of Ayush for entrusting us with this responsibility and providing the necessary support to make this vision a reality. I also commend our dedicated team of clinicians, researchers, scholars, and support staff for their unwavering commitment to this cause.

Together, we aspire to create a lasting impact in the field of spine health and contribute meaningfully to the growing body of global Ayurvedic research and clinical care.

Warm regards,
Principal Investigator

CENTRE OF EXCELLENCE (COE) FOR CARE AND AYURVEDIC MANAGEMENT OF CHRONIC SPINE DISORDERS

Centre of Excellence (CoE) Project – Advancing Ayurvedic Spine Care

The Ministry of AYUSH, Government of India, has started a special project called the Centre of Excellence (CoE) under Ayurswasthya yojana scheme to strengthen Ayurveda in the fields of treatment, research, and education. Only a few institutions across India have been given this recognition, and Shri Dhanwantry Ayurvedic College & Hospital (SDACH), Chandigarh, is proud to be one of them. This project has been given to us for the Ayurvedic care and management of chronic spine disorders. It is a matter of pride for our college and also a great opportunity to serve society better.

About Shri Dhanwantry Ayurvedic College & Hospital (SDACH)

Shri Dhanwantry Ayurvedic College & Hospital (SDACH) was established in 1975 with the vision of spreading quality education, research, and healthcare in Ayurveda. Today, it is one of the leading Ayurvedic institutions in North India. The college is recognized by the National Commission for Indian System of Medicine (NCISM) and is affiliated to Shri Krishna Ayush University, Kurukshetra.

Our college offers BAMS (Ayurvedic graduation) and postgraduate courses, nurturing future leaders in the field of Ayurveda. Along with academic excellence, our hospital is dedicated to delivering affordable, holistic, and quality healthcare to the community. The institution is attached to a 125-bedded NABH-accredited hospital with an NABL-accredited laboratory, ensuring high standards in patient care and clinical training. The college has been graded ‘A’ by NABET - QCI rating in all India level, reflecting our commitment to excellence in education, research, and healthcare delivery.

The institution is actively engaged in several research projects in collaboration with reputed institutes, the Ministry of Ayush, and CCRAS. We have also signed MoU with many renowned medical and research institutions, strengthening our academic network and fostering innovation in Ayurveda and Integrative healthcare.

We run specialized OPD and IPD services, including Panchakarma, Yoga, Physiotherapy, and Exercise Therapy units, integrating traditional wisdom with modern healthcare needs. We are empaneled with CGHS, Haryana Government and 15 leading insurance companies, making quality Ayurveda-based healthcare accessible to all. Many national seminars, research projects, and training programs are regularly organized here.

Centre of Excellence (CoE) Project for Spine Disorders

Back and spine problems such as back pain, cervical spondylosis, slipped disc, sciatica, and lifestyle-related spinal issues are very common today. These problems affect young and old alike, mainly because of long sitting hours, lack of exercise, and stress. To help society, our college has started a special Centre of Excellence (CoE) project in Ayurvedic care for spine disorders. This project focuses on safe, effective, and long-lasting solutions using Ayurveda.

Main Goals of the CoE Project

• To provide excellent Ayurvedic treatment for chronic spine problems through a dedicated Spine Care Unit and specially developed Ayurvedic protocols for different spine conditions.

• To Standardize and validate treatment methods (protocols) for different spine disorders.

• To combine Ayurveda with modern science and research for better results.

• To publish research findings so that Ayurveda gains more acceptance globally.

• To train students, doctors, and researchers in modern Ayurvedic spine care.

• To create public awareness and educate people about prevention and care for the spine.

Facilities and Services at CoE

• A separate Spine Care OPD and IPD for patients.

• Ayurvedic therapies like Kati Basti, Patra Pinda Sweda, Panchakarma, along with Yoga and Physiotherapy support.

• National-level programs like seminars, workshops, and conferences.

• Special training for young Ayurvedic doctors and students.

Care for All – Including Free Treatment for Needy Patients

One of the most important parts of our CoE project is that we provide free treatment for economically weaker section (EWS) patients. Ministry of Ayush believe that good health is everyone's right, and our hospital ensures that spine care through Ayurveda reaches those who cannot afford costly treatments.

Impact and Future Vision

The Centre of Excellence at SDACH is not just a treatment centre but also a research and training hub. It is helping to create awareness among people, providing relief to patients, and shaping the future of Ayurvedic spine care. We aim to make SDACH a national and international referral centre for spine care through Ayurveda. Our dream is to make Ayurveda a trusted, scientifically proven, and patient-friendly healthcare system for spine disorders all over the world.

SPINAL DISORDERS – OVERVIEW



DR. RENU BALA
PROFESSOR & HOD
DEPT. OF BASIC PRINCIPLES

युक्ताहार विहारस्य युक्त चेष्टस्य कर्मसु ।
युक्तः स्वप्नावबोधस्य योगो भवति दुःखहा ।। (भ. गी. 6/17)

The spinal column (Meru Danda) is described in classical Ayurvedic literature as the core structural axis of the body, analogous to the mythical Mount Meru. It is composed of Asthi Dhatu (bone tissue), supported by Snayu (ligaments), Kandara (tendons), and nourished by Majja Dhatu (marrow). Beyond its anatomical role, the spine is also considered a channel for vital energy flow within Prana Vaha Srotas.

In present-day clinical practice, spinal disorders represent a major cause of pain, disability, and reduced quality of life. The Ayurvedic approach to such disorders emphasizes Dosha balance, lifestyle regulation, and tissue rejuvenation, offering a holistic framework that complements modern diagnostic and therapeutic strategies.

Classification of Spinal Disorders in Ayurveda

Ayurveda does not directly employ modern nosology such as "spondylosis" or "herniated disc," but it describes a range of conditions closely corresponding to these pathologies:

- **Kati Shoola** – Low back pain, predominantly Vataja in nature.
- **Griva Shoola** – Neck pain or cervical discomfort.
- **Kati Graha / Prishta Graha** – Stiffness of the lumbar or dorsal spine.
- **Gridhrasi –** Sciatica-like condition with radiating pain along the lower limb.
- **Vata Vyadhi –** Neuromuscular disorders involving Vata aggravation.
- **Sandhigata Vata –** Degeneration of spinal joints akin to osteoarthritis.
- **Asthi Kshaya –** Bone depletion as in osteoporosis.

Etiological Factors (Nidana)

The primary causative factor in most spinal disorders is Vata vitiation, often precipitated by:

- **Ati Vyayama –** Overexertion beyond one's physical capacity.
- **Abhighata –** Direct trauma or injury to the back or neck.
- **Vega Dharana –** Suppression of natural urges, leading to Vata obstruction.
- **Roukshya –** Excessive dryness in the body due to improper diet.
- **Vishama Chesta –** Jerky or awkward movements.
- **Jara –** Age-related degeneration during the Vata predominant phase of life.

Pathogenesis (Samprapti)

On exposure to the Nidanas, Vata Dosha aggravates & localizes in the spine, leading to:

1. **Asthi-Majja Kshaya** – Degeneration of bone and marrow tissue.
2. **Sandhi Shosha** – Dehydration of intervertebral joints.
3. **Snayu-Kandara Shaithilya** – Laxity or weakness of ligaments and tendons.
4. **Srotorodha** – Obstruction of channels, resulting in pain, stiffness and neurological symptoms.

This Samprapti explains the chronic and progressive nature of most degenerative spinal disorders.

Samprapti Ghataka (Components of Pathogenesis)

1. **Dosha** – Vata Prakopa due to Nidana Sevana.
2. **Dushya** – Asthi, Majja, Mamsa, Snayu.
3. **Srotodushti** – mainly Sanga (obstruction) and Kshaya (depletion).
4. **Roga Marga** – Madhyama Roga Marga (diseases of the vital structures like joints, bones, marrow, nerves).
5. **Udbhava Sthana** – Pakvashaya and Asthivaha Srotas.
6. **Adhisthana** – spine and its associated tissues

Clinical Features (Lakshana)

The Ayurvedic symptomatology of spinal disorders includes:

•Localized pain (Shoola) – pricking, throbbing, or aching in character.
•Stiffness (Graha) and restricted range of motion.
•Tingling or numbness (Suptata), often indicative of nerve involvement.
•Radiating pain (Toda) along Sira Marga.
•Weakness in affected limbs.
•Difficulty in performing routine activities.

Principles of Management in Ayurveda

1. Nidana Parivarjana

Elimination of causative factors is the foremost step — avoidance of heavy lifting, prolonged postures, and Vata-aggravating activities.

2. Shamana Chikitsa (Palliative Measures)

•**Snehana** – Oleation therapy using medicated oils such as Mahanarayana Taila and Ksheerabala Taila.
•**Swedana** – Local or whole-body fomentation to reduce stiffness.
•**Mridu Virechana** – Mild purgation for Vata regulation.
•**Oral Formulations** – Yogaraja Guggulu, Maharasnadi Kwatha, Dashamoola Kashaya, Ashwagandha, Shallaki.

3. Shodhana Chikitsa (Purificatory Measures)

•**Basti Karma** – Medicated enema, particularly Anuvasana Basti (oil-based) and Niruha Basti (decoction-based), regarded as the most effective therapy for chronic Vata Vyadhi.

4. Rasayana Chikitsa (Rejuvenation)

•Use of Ashwagandha, Shatavari, Guduchi, Amalaki to strengthen Asthi and Majja Dhatus and delay degeneration.

5. Pathya-Apathya (Dietary & Lifestyle Guidelines)

•Warm, unctuous, easily digestible diet rich in ghee and milk.
•Avoidance of cold, dry foods and erratic routines.
•Gentle yoga postures and Pranayama for spinal flexibility and stress reduction.

Relevance to Modern Context

Conditions such as lumbar spondylosis, cervical spondylosis, intervertebral disc prolapse, and sciatica correspond closely to Ayurvedic entities like Kati Shoola, Griva Shoola, and Gridhrasi. Several clinical studies have demonstrated that Basti Karma, in conjunction with physiotherapeutic exercises, provides significant relief in pain and functional disability.

Conclusion

Spinal disorders, being largely chronic and degenerative, require long-term, multifaceted management. Ayurveda offers a comprehensive approach that addresses not only symptomatic relief but also underlying Dosha imbalance and tissue depletion. The emphasis on Nidana Parivarjana, Vata Shamana, and Rasayana therapy makes Ayurvedic management both preventive and restorative. Integrating classical Ayurvedic principles with modern diagnostics and rehabilitation methods can significantly enhance patient outcomes and quality of life.



आयुर्वेद में रीढ़ की हड्डी से जुड़ी समस्याओं का संक्षिप्त विवरण



डॉ. गरिमा भारद्वाज,
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रीढ़ की हड्डी हमारे शरीर का आधार है।आयुर्वेद इसे केवल एक संरचना नहीं मानता अपितुयह हमारे प्राणोंका मार्ग है। यह हमारे जीवन की ऊर्जा का केंद्र भी है,वह ऊर्जा जो हमें जीवित रखती है, चलाती है, और सोचने की शक्ति देती है। आयुर्वेद में इसे शरीर का मुख्य स्तंभ माना गया है, जो प्राण वायु के प्रवाह को नियंत्रित करता है और मानसिक व शारीरिक संतुलन बनाए रखता है।आधुनिक विज्ञान इसे हड्डियों, डिस्क, स्नायु और मांसपेशियों का जाल मानता है, लेकिन आयुर्वेद इसकी गहराई को और भी व्यापक रूप में देखता है।

रीढ़ की समस्याएं और वात दोष का संबंध :-

आज की भागदौड़ भरी ज़िंदगी में पीठ दर्द और रीढ़ की समस्याएं आम हो गई हैं। आयुर्वेद के अनुसार, इनका मुख्य कारण वात दोष होता है। जब वात असंतुलित हो जाता है, तो शरीर में सूखापन, कठोरता और दर्द जैसे लक्षण उभरते हैं, खासकर हड्डियों और नसों में।

मुख्य कारण :-

- रूखा, तला-भुना और पोषणहीन भोजन
- लगातार बैठे रहना या गलत मुद्रा में काम करना
- अत्यधिक मानसिक तनाव
- अचानक चोट या गिरना
- उम्र के साथ वात का स्वाभाविक बढ़ना

रोग की उत्पत्ति :-

जब शरीर में वात दोष की वृद्धि होती है, तब यह हड्डियों और मज्जा को कमजोर बना देती है। इससे रीढ़ की संरचना प्रभावित होती है और यह लक्षण सामने आते हैं:

- पीठ में लगातार दर्द
- शरीर में जकड़न या अकड़न
- हाथ-पैरों में सुन्नता या झनझनाहट
- चलने-फिरने में कठिनाई
- शरीर का झुकना या टेढ़ापन

आयुर्वेदिक उपचार क्या कहते हैं?

- वात को संतुलित करना
- शरीर के मार्गों की सफाई
- हड्डियों और मज्जा का पोषण
- बल और ऊर्जा बढ़ाने वाली रसायन चिकित्सा
- पंचकर्म जैसे बस्ति, विरेचन, रक्तमोक्षण
- औषधियाँ जैसे त्रयोदशांग गुग्गुलु, योगराज गुग्गुलु, दशमूल क्वाथ आदि

रोकथाम कैसे करें?

सही मुद्रा में बैठना, नियमित योगासन करना (जैसे भुजंगासन, शलभासन) और रीढ़ की सेहत के लिए बेहद जरूरी है।

रोकथाम के उपाय

- सही मुद्रा में उठनाऔरबैठना
- नियमित योगाभ्यास, भुजंगासन, शलभासन, वज्रासन
- तनाव को कम करना
- वात-वर्धक भोजन से बचना

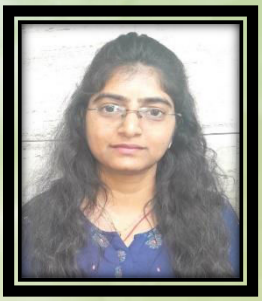
यह हमारे जीवन का स्तंभ है। रीढ़ की बीमारियाँ वात दोष से जुड़ी होती हैं, और आयुर्वेद इनका समाधान गहराई से करता है। आयुर्वेद केवल लक्षणों का उपचार नहीं करता, बल्कि जीवनशैली, आहार और दिनचर्या के माध्यम से रोग की रोकथाम का मार्ग भी दिखाता है। यदि हम इन उपायों को नियमित रूप से अपनाएं, तो न केवल शरीर में लचीलापन बना रहता है, बल्कि दर्द में भी कमी आती है और जीवन की गुणवत्ता में भी वृद्धि होती है।



THE ANATOMY OF HUMAN SPINE: STRUCTURE, FUNCTION AND CLINICAL RELEVANCE







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SUKHAYU

The human spine, or vertebral column, is a highly specialized and complex structure that serves as the central axis of the skeleton. It provides critical support for the head, safeguards the spinal cord, and acts as a flexible framework that allows movement and efficient transmission of weight throughout the body. Comprised of 33 vertebrae, the spine plays a vital role in posture, locomotion, and neural protection.

1. General Structure of the Spine

The vertebral column is anatomically divided into five distinct regions:

1.1 Cervical Spine (C1–C7)

The cervical spine consists of seven vertebrae and six intervertebral discs, extending from the base of the skull to the top of the thoracic spine. Its primary functions include supporting the head, enabling rotational movement, and protecting the upper portion of the spinal cord.

Because of its great mobility, the cervical region is particularly vulnerable to injury. Damage to the cervical vertebrae or their intervertebral discs can impinge nerves, producing symptoms such as numbness, tingling, muscle weakness, or even paralysis.

1.2 Thoracic Spine (T1–T12)

The thoracic spine comprises twelve vertebrae and corresponding intervertebral discs, stretching from the base of the cervical spine to the lumbar region. It plays an essential role in load bearing, posture and protection of the thoracic organs.

Thoracic vertebrae articulate with the rib cage, offering stability and shielding vital organs such as the heart and lungs. Although thoracic nerves are less specialized than cervical or lumbar nerves, they are important for motor control of the back, chest and intercostal muscles.

Additionally, the thoracic region is a key source of the sympathetic nervous system.

1.3 Lumbar Spine (L1–L5)

The lumbar spine consists of five vertebrae and five intervertebral discs. Positioned between the thoracic spine and the sacrum, it bears most of the body's weight and supports bending, lifting, and twisting movements.

Lumbar nerves govern motor and sensory functions of the lower extremities. Disc herniation or nerve impingement here often leads to localized lower back pain, sciatica, muscle weakness, or numbness. Statistically, lumbar spine injuries are among the most common, especially in individuals aged 25–55.

1.4 Sacrum (S1–S5)

The sacrum is made up of five fused vertebrae that connect the spine to the pelvis at the sacroiliac joints. Fusion usually begins during adolescence and is complete by about age 23.

Although it lacks intervertebral discs, the sacrum is vital for transmitting the upper body's weight to the pelvis and legs. It also contains the lower segments of the spinal cord, including the roots of the sciatic nerve — the longest and most frequently affected nerve in lower-body disorders.

1.5 Coccyx (Tailbone)

The coccyx is typically composed of four fused vertebrae (occasionally three to five), forming the rudimentary tailbone.

While it has minimal movement and no intervertebral discs or nerve passages, the coccyx serves as an attachment site for ligaments and pelvic floor muscles, providing stability while sitting.

2. Spinal Curves in the Sagittal Plane

The human spine features four natural curves, classified as primary or secondary:

Primary curves (present at birth):

- Thoracic kyphosis
- Sacral kyphosis

Secondary curves (develop after birth):

- Cervical lordosis (appears as the infant lifts the head)
- Lumbar lordosis (develops with standing and walking)

3. Normal Spinal Curvature Angle

Each spinal region has a typical range of curvature:

- Cervical Lordosis: 20°–40°
- Thoracic Kyphosis: 20°–40°
- Lumbar Lordosis: 30°–50°
- Sacral Kyphosis: ~30°

4. Vertebral Anatomy

A typical vertebra includes:

- Vertebral Body: Anterior, weight-bearing component.
- Vertebral Arch: Posterior portion enclosing the vertebral foramen.
- Processes:

1. Spinous Process: Projects backward for muscle attachment.
2. Transverse Processes: Extend laterally for ligament and muscle attachment.
3. Articular Processes: Form joints with neighboring vertebrae.

- Vertebral Foramen: Central opening that houses the spinal cord.

5. Intervertebral Discs

Discs sit between most vertebrae (except C1–C2 and the fused sacral/coccygeal regions) and consist of:

- Annulus Fibrosus: Tough outer fibrous ring.

- Nucleus Pulposus: Gel-like core acting as a shock absorber.

Functions:

- Permit flexibility.
- Absorb compressive forces.
- Maintain space for nerve root passage.

6. Ligaments of the Spine

Several ligaments stabilize the vertebral column:

- Anterior Longitudinal Ligament (ALL): Prevents hyperextension.
- Posterior Longitudinal Ligament (PLL): Limits hyperflexion.
- Ligamentum Flavum: Connects laminae, maintaining posture.
- Interspinous & Supraspinous Ligaments: Support between spinous processes.
- Nuchal Ligament: Provides head support in the cervical region.

7. Spinal Cord and Nerve Roots

The spinal cord runs within the vertebral canal, protected by meninges and cerebrospinal fluid.
Thirty-one pairs of spinal nerves exit the cord through intervertebral foramina:

- 8 cervical nerves
- 12 thoracic nerves
- 5 lumbar nerves
- 5 sacral nerves
- 1 coccygeal nerve

SUKHAYU

These nerves govern motor, sensory, and autonomic functions throughout the body

8. Clinical Relevance

- Degenerative Conditions
  Degenerative spondylosis may compress nerves, causing chronic pain or neurological symptoms.
- Trauma
  Fractures, dislocations, or spinal cord injuries can result in partial or complete paralysis.
- Congenital Anomalies
  Scoliosis, kyphosis, and spina bifida can alter spinal alignment and function from birth.

Rachana Sharir of the Spine in Ayurveda

In Ayurveda, the Rachana Sharir (anatomical science) describes the spine in terms of its structure, function, and relation to the doshas (Vata, Pitta, Kapha), dhatus (tissues), and srotas (channels).
The spine is referred to as “Meru Danda” (मेरुदण्ड) or “Prṣṭha Vaṃśa” (पृष्ठवंश), meaning the “central pillar” of the body, analogous to Mount Meru in Hindu cosmology.

Anatomical Structure (Rachana Sharir)

Classical Ayurvedic texts such as Sushruta Samhita describe 24 vertebrae, though modern anatomy recognizes 33 (including fused sacral and coccygeal bones):

- Cervical (Grīva): 7
- Thoracic (Urah): 12
- Lumbar (Kaṭi): 5
- Sacral (Trika) & Coccygeal (Kukundara): fused

Relation to Doshas & Dhatus

Vata Dosha: Governs nerve impulses, movement, and flexibility. Its imbalance may cause stiffness, pain (Katishula) or disc issues.
Asthi Dhatu (Bone Tissue): Provides structural support.
Majja Dhatu (Bone Marrow/Nervous Tissue): Nourishes the spinal cord.

Marma Points in the Spine

Vital points (Marmas) associated with the spine include:

- Kukundara Marma (sacral region)
- Nitamba Marma (lumbar region)
- Brihat Marma (thoracic region)
- Injury to these points can result in severe dysfunction.

Functions (Kriya Sharir)

Supports the body (Dharana Karma).
Protects the spinal cord (Majja Avarana).
Facilitates nerve conduction (Vata Pravritti).

Ayurvedic Disorders Related to the Spine

Katigraha (lumbar stiffness), Gridhrasi (sciatica), Manyastambha (cervical spondylosis), Asthi-Majjagata Vata (degenerative disc disease), etc.

Conclusion

The human spine is a marvel of biological engineering, balancing flexibility and strength while supporting the entire body and protecting the delicate spinal cord. Its intricate anatomy, comprising vertebrae, discs, ligaments, muscles, and neural components, function in perfect harmony to enable movement, absorb shocks, and maintain upright posture. A deep understanding of spinal structure and function is crucial for medical professionals in diagnose and manage a wide variety of spinal disorders.

SUKHAYU

UNDERSTANDING OF THE SPINE IN AYURVEDA
A SIMPLE VIEW FROM AYURVEDA KRIYA SHARIR



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In our daily life, we often hear the word "spine" being used—not just for the body part, but also to describe strength, courage, and balance. It's even called the "Tree of Life." But have you ever wondered why the spine is given so much importance? Let's understand this from the perspective of Ayurvedeeya Kriya Sharir, the Ayurvedic understanding of body functions.

Spine in Ancient Texts

समीकृतः काय-शिरो-ग्रीवं धारयन्नचलं स्थिरः ।
सम्प्रेक्ष्य नासिकाग्रं स्वं दिशश्चानवलोकयन् ॥ (श्रीमद्भागवत गीता)

In the Bhagavad Gita, Lord Krishna advises keeping the head, neck, and spine straight while meditating. This posture helps keep the energy (prana) flowing freely through the main energy channel called Sushumna Nadi, which runs along the spine. Today, we know that a straight spine also supports proper nerve function.

मेरुदण्डे मध्ये सुषुम्ना नाडी स्थिता । तस्यां प्राणः शनैः शनैः ऊपरी ऊपरि व्रजेत् ॥
मेरुदण्डः शरीरस्य मध्ये स्थितः।
बाहु-पाद-प्रदेश-प्रसारण-संकोच-प्रवर्तकः||

The Vedas and Upanishads also talk about the spine using different names like Merudanda (the central pillar) or Anukam. These texts describe the spine as a path for the flow of prana (vital energy), especially through the Sushumna Nadi, which lies in the middle of the spine.

What Ayurveda Says

मज्जा मेधाबलकरी स्निग्धः श्लक्ष्णः शरीरपूरणः।
अस्थिस्थोऽस्थिनि पिप्पलीफलं यथा स्निग्धं दृश्यते तथैव दृश्यते ॥

In Charak Samhita, an ancient Ayurvedic text, the spine is described as being located in the middle of the body and helping in the movement of arms and legs. It also talks about Majja Dhatu—the bone marrow or soft tissue inside the bones, including the spine.

Majja Dhatu is said to:

- Give strength (Bala)
- Support intelligence (Medha)
- Provide smoothness and nourishment to the body

Modern Ayurveda experts interpret Majja Dhatu as including the spinal cord, which plays a vital role in sending signals between the brain and body.

Spine and Yoga

In Hatha Yoga, the spine is seen not just as a bone structure, but as the energetic center of the body—like the trunk of a tree that supports all branches.

Some yoga poses that help keep the spine healthy and strong include:

- Tadasana (Mountain pose)
- Trikonasana (Triangle pose)
- Pawanmuktasana (Wind-relieving pose)
- Vajrasana (Diamond pose)
- Bhujangasana (Cobra pose)
- Setubandhasana (Bridge pose)
- Shavasana (Corpse pose)

Breathing practices like Nadi Shodhan Pranayama, Bhramari, Kapalbhati, and Bhastrika also help improve energy flow along the spine.

Herbs for Spine Health

Ayurveda also recommends herbs that support the spine and nervous system, such as:

- Ashwagandha – for strength and stress relief
- Shankhpushpi & Brahmi – for brain and nerve health
- Guduchi & Shatavari – for immunity and nourishment
- Kapikacchu & Malkangni – for nerve support
- Bala–literally meaning “strength”

Why the Spine Matters

So, the spine is not just a part of the body that helps us stand or move—it is deeply connected to:

- Our nervous system
- The flow of energy (prana)
- Our strength, balance, and mental clarity

The balance of Vata dosha (which governs movement) and Majja Dhatu is key to spinal health in Ayurveda.

In the Words of Swami Sivananda:

“An erect spine is the first step to meditation.”

This reminds us how important it is to sit and stand straight, not just for posture, but for health, energy, and peace of mind.

Let your spine be strong—not just in structure, but in spirit!

PHYSIOLOGY OF THE SPINAL CORD





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Think of the spinal cord as a superhighway of nerves that runs from your brain down your back, inside your spine. It carries messages back and forth between your brain and body – for movement, touch, pain, balance, and reflexes.

- Starts at the base of the brain (brainstem)
- Ends around your lower back (L1–L2), in an area called the conus medullaris
- Below that is the cauda equina – a bunch of nerve roots that look like a horse's tail

You have 31 pairs of spinal nerves, and each pair controls specific parts of your body.
If the spinal cord gets injured, it can mess up movement, feeling, or even automatic body functions.

Main Functions of the Spinal Cord

The spinal cord has 3 main jobs:

1. Move your body – Sends signals from your brain to your muscles.
2. Feel the world – Sends signals from your skin and organs to your brain (like pain, touch, temperature.
3. React fast – Controls reflexes without waiting for the brain (like pulling your hand away from something hot).

How Reflexes Work

A reflex is a quick, automatic reaction. Example: You touch something hot, and your hand pulls away before your brain even realizes it.

Here's what happens:

- Sensors in your skin feel the heat.
- The message travels to the spinal cord.
- The spinal cord immediately sends a message to your muscles to pull back.
- No brain needed! This keeps you safe and saves time.

Rhythmic Movements – Like Walking. The spinal cord also helps with repetitive movements like walking, even without constant help from the brain. Special circuits called Central Pattern Generators (CPGs) help your legs move in rhythm.

Spinal Cord Structure (If You Cut It Crosswise)

- Gray matter: Looks like an "H" – handles processing.
- White matter: Surrounds the gray – carries signals up and down.

Part	What It Contains	What It Does
Gray Matter	Nerve cell bodies	Processes info
White Matter	Nerve fibers (myelinated tracts)	Sends signals to/from brain

Nerve Tracts – Highways of the Spinal Cord



1. **Short Tracts**

- Connect parts within the spinal cord.
- Help different areas of the cord talk to each other.

2. **Long Tracts**

- Connect the spinal cord to the brain.
- Two types:
  - Ascending tracts – carry sensory info (body → brain)
  - Descending tracts – carry motor commands (brain → body)

Meninges – Protective Coverings of the Spinal Cord

From inside to outside:

1. Pia mater – Directly on the cord, delicate
2. Arachnoid mater – Web-like middle layer
3. Dura mater – Tough outer layer

Between layers is cerebrospinal fluid (CSF), which cushions and protects the cord.

Spinal Nerves & Plexuses

Each spinal nerve has:

- Anterior (ventral) root – sends out motor signals
- Posterior (dorsal) root – brings in sensory signals

They merge to form a spinal nerve, which branches out to control different parts of the body.

Spinal Nerve Regions:

Region	# of Nerves	Controls
Cervical	8	Neck, arms
Thoracic	12	Chest, abdomen
Lumbar	5	Lower back, legs
Sacral	5	Legs, pelvic area
Coccygeal	1	Tailbone area

Dermatomes – Skin Nerve Zones

A dermatome is a patch of skin that sends feelings to the brain through one spinal nerve.

- If you lose sensation in a certain area, doctors can figure out which spinal nerve is damaged.
- Example: Shingles cause a rash along a single dermatome.

Myotomes – Muscle Nerve Zones

A myotome is a group of muscles controlled by a single spinal nerve.

Reflex Arcs – Body's Fast Response System. Reflexes happen without the brain getting involved.

Path: Receptor → Sensory Nerve → Spinal Cord → Motor Nerve → Muscle

Reflexes help doctors check for nerve or spinal cord problems.

Conclusion

The spinal cord is more than just a "cable" of nerves – it's a smart, organized control center that helps you move, feel, and react. Knowing how it's organized (nerves, tracts, dermatomes, myotomes, reflexes) helps doctors figure out injuries and plan treatment and rehab.

SUKHAYU

SPINAL RESCUE: PLANTS FOR SPINE LONGEVITY



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The human spine, often referred to as the body's central pillar, is the delicate yet resilient structure that enables posture, mobility, and the safeguarding of the spinal cord. In modern times, chronic spine disorders—particularly spondylosis—are rising sharply, largely due to sedentary lifestyles, poor ergonomics, nutritional imbalances, and age-related degeneration. Ayurveda offers time-tested solutions that address both prevention and early management of such conditions. Interestingly, many of these remedies are not exotic or inaccessible; they can be grown in a home garden or sourced locally.

Four such plants

- Arka (Calotropis gigantea),
- Nirgundi (Vitex negundo),
- Asthishrunkala (Cissus quadrangularis)
- Shigru (Moringa oleifera)

serve as accessible allies in maintaining spinal health.

1. Arka (Calotropis gigantea) – The Stiffness Reliever

Arka is a hardy perennial shrub that grows easily in dry, less fertile soils, making it suitable for household gardens with minimal maintenance. In spinal disorders, especially in spondylosis where stiffness is a key complaint, Arka patra sweda (leaf fomentation) is a valuable therapy. The warmed leaves, smeared with castor or sesame oil, can be applied directly to the affected region to relieve rigidity and improve local circulation.

A particularly effective home adaptation is Arka Lavana—salt processed with Arka leaves—which can be used for localized fomentation.

From an Ayurvedic perspective, Arka's tikshna guna (penetrating quality) and ushna virya (heating potency) help pacify aggravated Vata and Kapha, thereby alleviating stiffness and promoting mobility.

2. Nirgundi (Vitex negundo) – The Neural Soother

Nirgundi is a shrub with distinct aromatic leaves, well known in Ayurveda for its action in Vata-vyadhi (neurological and musculoskeletal disorders). In spondylosis, Nirgundi helps reduce nerve irritation, inflammation, and muscular spasm. Externally, Nirgundi leaves heated with sesame oil can be applied as a poultice or bandage over the spine for analgesic and anti-inflammatory effects.

What sets Nirgundi apart for preventive care is its versatility in diet. The young leaves, when tender, can be incorporated into dosas, pakodas, or other local recipes.

Regular dietary inclusion in small amounts supports the nervous system and musculoskeletal health, providing a preventive cushion against degenerative changes.

3. Asthishrunkala (Cissus quadrangularis) – The Bone Builder

As suggested by its synonym Vajravalli (Vajra- diamond valli- creeper, That which make the body hard as diamond), this plant has a special affinity for bone and connective tissue health. It is a succulent vine that grows well in sunny spots and requires minimal care, making it ideal for home cultivation. In spondylosis, where vertebral degeneration is a concern, Asthishrunkala aids in strengthening the bone matrix and supporting ligament health.

However, caution is advised in its consumption due to certain constituents that may cause gastric irritation. Traditionally, the stems are lightly fried in ghee or oil before cooking, which helps neutralize potential irritants while preserving medicinal value.

Internally, it can be used as part of vegetable preparations or decoctions for bone nourishment. Externally, its paste in warm sesame oil can be applied over the affected spine to accelerate tissue repair.

4. Shigru (Moringa oleifera) –The Nutrient Powerhouse

Shigru, or drumstick tree, is one of the most adaptable and nutritious plants that can be grown in household gardens or even large pots. All parts—the leaves, pods, flowers, and seeds—are edible and rich in calcium, iron, vitamins, and essential amino acids, making it a valuable dietary component for maintaining Asthi and Majja Dhatu.

Shigru addresses nutritional deficiencies that accelerate spinal degeneration. Regular inclusion of drumstick leaves in soups or stir-fries enhances systemic strength.

Externally, crushed fresh leaves warmed with sesame oil make an effective poultice for reducing local pain and stiffness.

One of the remarkable strengths of these four plants is their dual application potential. Internally, they nourish, rejuvenate, and address underlying deficiencies. Externally, when heated with Tila taila (sesame oil)—known for its deep penetration and Vata-shamana properties—they act as targeted therapies, relieving pain, reducing inflammation, and supporting tissue regeneration. Poultices, bandages, or even medicated oil massages can be applied to the cervical or lumbar regions depending on the site of spondylosis.

From an Ayurvedic perspective, spondylosis is predominantly a Vata-vyadhi with contributions from Kapha in cases with stiffness and swelling. The combined actions of these herbs—penetrating action of Arka, pain relieving activity of Nirgundi, bone-strengthening of Asthishrunkala, and nourishing supplement like Shigru—address the multi-dimensional pathology of spinal degeneration. Modern research supports their therapeutic action.

Prevention and early management are the cornerstones of sustainable spinal health. By integrating easily cultivable medicinal plants like Arka, Nirgundi, Asthishrunkala, and Shigru into diet or simple external therapies, households can create a first line of defense against spondylosis. This approach not only aligns with the Ayurvedic principle of Swasthasya swasthya rakshanam—preserving the health of the healthy—but also encourages a culture of self-reliance and connection with nature. In an age where chronic spine disorders are becoming increasingly common, these green allies in the garden may well be the silent guardians of our backbone.



THERAPEUTIC POTENTIAL OF RASAAUSHADHI IN SPINAL DISORDER CARE"



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Spinal disorders are highly prevalent in India and pose significant health and socioeconomic challenges. Recent estimates for 2025 indicate that almost 1.5 million Indians are living with spinal cord injuries, with approximately 20,000 new cases reported annually, mainly resulting from road traffic accidents and falls.

Low back pain, another common spinal issue, affects between 42% and 83% of the population depending on the region and study, making it a leading cause of disability and absenteeism in the country. The high burden of spinal disorders emphasises the urgent need for improved awareness, preventive measures, and comprehensive healthcare care support.

Spinal disorders refer to a range of conditions that affect the structure and function of the spine, which are vital to support, movement, and protecting the spinal cord.
Common spinal disorders include spondylosis, herniated discs, scoliosis, spinal stenosis, and injuries due to trauma or degeneration. Symptoms often involve back pain, stiffness, numbness, and restricted mobility, sometimes progressing to nerve or organ dysfunction.

Early diagnosis and appropriate management are crucial for pain relief, maintaining mobility, and preventing additional complications, helping to improve overall quality of life.

Conventional medicine, while valuable for acute management of spinal disorders, has notable limitations. Treatments often focus on relief through painkillers, anti-inflammatory drugs, muscle relaxants, and sometimes surgery, rather than addressing root causes. Prolonged medication use can cause side effects, dependence, and organ damage.

Polypharmacy is common, especially in chronic cases, increasing the risk of adverse drug interactions and complications. Additionally, chronic pain, reduced mobility, and psychosocial problems may persist despite treatment. Allopathic interventions may not promote tissue regeneration or holistic well-being, and some patients continue to experience recurrent symptoms or disability despite following standard protocols.

Rasaaushadhi refers to Ayurvedic medicines prepared mainly from metals, minerals, and sometimes combined with herbs, following specialised processes that detoxify and enhance their therapeutic properties. Mercury (rasa) is a common ingredient, but Rasaaushadhi also includes preparations using gold, silver, copper, iron, and other minerals.

These formulations, crafted through intricate purification techniques such as shodhana and marana, are highly potent, effective in small doses, and quickly absorbed by the body. Rasaaushadhis are valued in

Ayurveda for their rapid action, bioavailability, versatility in the treatment of a variety of diseases and safety when administered under expert guidance.

Rasaaushadhis are of significant importance in Ayurveda due to their high potency, rapid action, and effectiveness in treating a wide range of acute and chronic diseases. Prepared through extensive purification and incineration, these herbo-mineral formulations offer unique therapeutic benefits such as enhanced bioavailability and the ability to target deep-seated disorders. They are effective in small doses, reducing the risk of toxicity when properly prepared and prescribed.

Rasaaushadhis are especially valuable for conditions that are resistant to purely herbal medications, including neurological, metabolic, and infectious diseases. Their judicious use under expert supervision allows for safe, powerful, and economical treatment options in Ayurveda.

Rasaaushadhis offer distinct advantages in the treatment of spinal disorders due to their unique herbo-mineral composition and potent therapeutic properties. They provide rapid relief from pain and inflammation while promoting tissue regeneration and nerve repair, addressing both symptoms and underlying pathology.

Their high bioavailability ensures effective absorption, even in small doses, reducing the risk of toxicity when prepared and administered properly.

Rasaaushadhis support the strengthening of bones, muscles, and joints, improving mobility and function. In addition, they complement detoxification and rejuvenation therapies in Ayurveda, improving long-term recovery and preventing recurrence. Their holistic action makes them invaluable alternatives or adjuncts to conventional treatments in spinal care.

Rasaaushadhis such as Brihat Vata Chintamani Rasa Ekangveer Rasa, and Sameerpannaga Rasa are well-known herbo-mineral formulations commonly used in Ayurveda for the treatment of spinal disorders such as lumbar spondylosis, sciatica, and nerve compression.

These medications help relieve pain, reduce inflammation, and promote nerve and tissue regeneration. For example, Brihat Vata Chintamani Rasa acts on the Vata dosha to relieve stiffness and neurological symptoms, while Ekangveer Rasa supports vascular and nerve repair. Combined with Panchakarma therapies such as Basti and Kati Basti, these Rasaaushadhis enhance recovery and improve spinal function effectively.

In the end in conclusive way it is possible to say that Rasaaushadhis hold significant promise in spinal disorder management by holistically addressing pain, inflammation, and nerve degeneration. With their potent bioavailability, regenerative benefits, and integration with Panchakarma, they offer effective, safe, and economical alternatives or adjuncts to conventional care when used under expert guidance, supporting improved mobility, healing, and overall quality of life.

AYURVEDIC UNDERSTANDING OF CERVICAL SPONDYLOSIS





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Cervical spondylosis is an age-related degenerative condition involving progressive changes in the cervical spine structures primarily involving intervertebral discs, facet joints, joints of Luschka, ligamenta flava, and laminae. These changes are multifactorial, associated with poor posture, repetitive strain on the vertebral column, occupational hazards, trauma, and even psychological stress. Radiographic studies reveal that 25% of individuals under 40 years of age,50% over 40 years, and up to 85% of those over 60 years display some degenerative features, most commonly at the level of C6-C7 and C5-C6 spine. According to the Global Burden of Disease 2015, neck pain remains one of the leading causes of years lived with disability (YLD) and a significant contributor to disability-adjusted life years (DALYs).

Cervical spondylosis can be correlated to Vishwachi, a Vataja Nanatmaja Vyadhi described by Acharya Sushruta in Nidana Sthana, primarily affecting the cervical region (Griva), shoulders (Skandha), arms (Bahu), and fingers (Anguli). The pathology mainly arises from aggravated Vata Dosha localizing in a site of structural weakness (Khavaigunya) in the cervical region, leading to dryness of Sleshaka Kapha (synovial fluid), degeneration of cervical joints, leading to functional impairment of upper limbs.

Comparison of etiological factors

SR NO.	MODERN CAUSES	NIDANA (AGGRAVATING FACTORS)
1.	Age-related degeneration	Vriddhavastha (natural Vata dominance)
2.	Repetitive strain/ Trauma	Abhighata (injury), Ati Vyayama (over exertion)
3.	Prolonged faulty posture	Vega-Dharana (suppression of natural urges) leading to Srotorodha, riding fast on elephants, horses or falling from such rides
4.	Occupational load (e.g., carrying loads on head)	Ati-bhara Vahana (excessive weight bearing)
5.	Nutritional deficiencies, lifestyle errors	Ruksha(dry), Laghu (quickly digestible), Alpa Ahara (less than required food) Ratrijagarana (night vigil), Upavasa (fasting)

Hence, both systems acknowledge mechanical strain and tissue depletion as key aggravators of the disease progression.

Correlation between Modern Pathophysiology and Ayurvedic Samprapti

The cervical spine consists of 7 vertebrae extending between the base of skull and thoracic vertebrae, with each being cushioned by an intervertebral disc composed of the annulus fibrosus (outer tough ring) and nucleus pulposus (inner gelatinous core). With advancing age, these discs lose hydration and elasticity, resulting in cracks, fissures, and collapse with formation of osteophytes at vertebral margins. These changes can compress spinal nerves, leading to radiculopathy, numbness, and muscle weakness. Repetitive trauma, heavy loads, or poor posture can accelerate these degenerative changes.

In Vishwachi, the pathology is explained through Vata Prakopa (aggravation of Vata Dosha) due to constant indulgence in Nidanas such as excessive intake of dry, cold, and scanty foods; overexertion; trauma; sleep deprivation; fasting; suppression of natural urges; chronic illness; and ageing. With Vata having Ruksha (dry) and Chala (mobile) Gunas, therefore when aggravated, it localises in a site with Khavaigunya (structural weakness), in this case, the cervical spine region. It leads to depletion of Sleshaka Kapha (synovial fluid), causing dryness and degeneration of the Griva Kasheruka Sandhi (cervical joints), thus affecting the Kandaras (tendons/ligaments) of the arms, leading to impairment of movement and loss of function.

Therefore, dehydration and loss of elasticity in intervertebral discs directly corelates with loss of Sleshaka Kapha and increased Rukshata in Sandhis. Further, osteophyte formation and nerve compression in modern pathology aligns with that of Vata-induced Kandara Dushti, leading to pain, stiffness, and restricted movement of the neck.

Clinical features

For most people, cervical spondylosis is asymptomatic. When symptoms do occur, they typically include neck pain and stiffness, occasional headaches, radicular pain, numbness, weakness, gait imbalance, and muscle spasms. These align closely with Ayurvedic descriptions of Vishwachi-

Sushruta & Madhava – Affliction of tendons/nerves of fingers, arms, shoulders causing reduced functions of arm.

Vagbhatta – Vayu affecting tendons from arm upto the base of hand, affecting movements of arm.

The clinical picture of radiating pain and stiffness, with affliction of tendons and reduced mobility closely resembles radiculopathy and myelopathy in cervical spondylosis.

Diagnostic Workup

Plain cervical radiography is routinely performed in every patient with suspected cervical spondylosis.

- **Radiographs** for degenerative changes include-
- **X-Ray-** to visualise bony calcifications and osteophytes
- **CT scan-** with or without intrathecal dye, used to assess osteophytes and spinal canal stenosis and calcified opacities in the middle of the vertebral body.
- **MRI**- for nerve root/spinal cord compression and disc pathology.

In Ayurveda, while no imaging techniques are described, Trividha Pariksha can be used as a primary assessment tool to examine –

a. Darshana (Inspection)

- Observe posture: Neck tilt, restricted movement, shoulder droop.
- Atrophy in shoulder/upper limb muscles.
- Swelling or visible deformity (kyphosis, loss of cervical lordosis)

b. Sparshana (Palpation)

- Local tenderness in cervical region.
- Temperature changes
- Muscle tone: stiffness, spasm
- Bony crepitus while moving neck.

c. Prashna (History Taking)

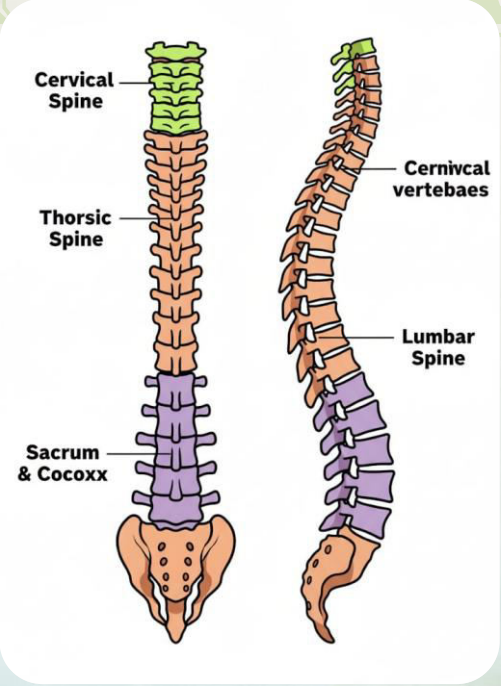
- Onset and duration (gradual, age-related, or post-injury).
- Aggravating factors: cold exposure, prolonged work in same posture, stress.
- Relieving factors: warmth, rest.
- Associated symptoms: tingling, numbness, weakness in arms/hands.
- Lifestyle: posture habits, occupation, physical activity, diet.
- History of trauma or repetitive strain

Conclusion

Cervical spondylosis and Vishwachi share similarities on the basis of-

1. Site – Cervical spine and upper limb neural structures.
2. Pathogenesis – Degeneration/depletion + nerve compression = Vata aggravation at the site of Khavaigunya
3. Symptoms – Pain, stiffness, restricted range of motion, weakness.
4. Risk factors – Age, posture, strain, injury, poor lifestyle.

Therefore, understanding this correlation not only enriches diagnostic perspectives but also paves the way for integrative management strategies.



AYURVEDIC AND MODERN PERSPECTIVES ON SPINA BIFIDA: AN INTEGRATED ANALYSIS OF PATHOGENESIS AND DIAGNOSTIC METHODS





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Spina bifida occulta and aperta constitute a spectrum of spinal dysraphisms affecting 0.5- 5/1000 live births globally. While modern medicine attributes pathogenesis to folate metabolism defects and neural tube closure failure (days 21-28 of embryogenesis), Ayurveda describes this condition as Prishta Vamsa Vikriti, arising from Vata-Pitta vitiation affecting Asthi-Majja dhatu during Garbhavastha.

Pathogenic Understanding Modern Medicine Perspective

Genetic Factors:

1. MTHFR gene mutations impair folate metabolism (present in 15-20% cases)
2. PAX3 gene defects disrupt neural crest migration

Developmental Pathology:

1. Failed neural tube closure (day 21-28 of gestation)
2. Mesodermal migration failure → vertebral arch defects

Environmental Triggers:

1. Folate deficiency (serum <3 ng/mL)
2. Valproate exposure (12.7x increased risk)
3. Maternal hyperthermia (2.3x increased risk)

Ayurvedic Perspective

Nidana (Etiology):

1. BeejaDushti (Genetic defects in sperm/ovum)
2. Matruja/ApitrujaVikara (Maternal/Paternal factors)
3. GarbhiniAhara-ViharaDosha (Improper diet/lifestyle during pregnancy)

Purvarupa (Prodromal Signs):

1. Maternal symptoms like Daurbalya (weakness), VataPrakopa (aggravated Vata)

Rupa (Clinical Features):

1. Kati Stambha (stiffness in lower back)
2. PadaDaurbalya (weakness in legs)
3. Mootra-BastigataVikara (urinary/bladder dysfunction)

Samprapti (Pathogenesis):

1. Vata vitiation → Asthi-Majja Dhatu Dushti → Spina Bifida

Upashaya-Anupashaya (Diagnostic Tests & Relief Factors):

1. Asthi-MajjaPradhanaVikara assessment via NadiPariksha (pulse diagnosis)
2. MarmaPariksha (vital point examination)

Modern Diagnostic Approach:

Prenatal Screening:

1. Maternal serum AFP (16-18 weeks, >2.5 MoM significant)
2. Fetal ultrasound (11-13 weeks for nuchal translucency)
3. Fetal MRI (gold standard, 92% sensitivity)

Postnatal Evaluation:

1. Neurological exam (motor/sensory deficits)
2. Urodynamic studies (bladder dysfunction)
3. Spinal X-ray/MRI (anatomical defects)

Ayurvedic Diagnostic Approach:

1. NadiPariksha (Pulse Diagnosis):
2. Vata-dominant kharatva (rough pulse)
3. Pitta-associated teevratva (sharp pulsations)
4. Marma Examination:
5. Kati marma (lumbar region) tenderness
6. Bastimarma (bladder control) dysfunction
7. Clinical Assessment:
8. Padashosha (limb atrophy)
9. Mootrasanga (urinary retention)

SUKHAYU

Diagnostic Correlation Table:

Parameter	Modern Method	Ayurvedic Method
Structural	Fetal MRI	Kati Marma examination
Functional	Urodynamics	Mutravegadharan assessment
Biochemical	Serum AFP	NadiVata-Pitta pattern
Prognostic Indicators	Lesion level (L1-L5)	PadaBala testing

Clinical Integration

1. **Preventive Strategies:**
   Modern: Folic acid 400-800µg/day pre-conception
   Ayurvedic: Satavarikalpa + Vata-pacifying diet
2. **Therapeutic Synergy:**
   Surgical repair + Vata-shamanabasti + Marmachikitsa

Conclusion

This analysis demonstrates complementary explanatory models for spina bifida pathogenesis. While modern medicine provides precise structural and molecular characterization, Ayurveda offers a holistic framework addressing constitutional imbalances. Future research should investigate:

- Pharmacogenomic interactions between folate supplements and Prakriti
- Yoga therapy for neurogenic bladder in myelomeningocele

DIET AND LIFESTYLE MODIFICATION IN SPINAL DISORDERS






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Ayurveda is the ancient system of medicine emphasizes a holistic approach to health that balances the body, mind, and soul. According to Ayurveda, natural harmony of human body depends upon the Tridosha and any kind imbalance in any of these Dosha may result in health ailments. Ayurveda emphasizes 'Health' as the state of balance in Dosha, Agni and Dhatu, hence it can be achieved through Pathya-Apathya dietary and lifestyle management. Pathya-Apathya Ahara-Vihara is considered a fundamental requirement for all living beings.

Ahara (Diet) is one among the subpillars of the body which provide support to the body. It is a source of life that provides strength, increases Agni (digestive fire), Medha (intellect) and Varna Prasad (improves complexion) and nourishes the body as well. In Ayurveda various dietary and lifetsyle regimens are mentioned in the context of Dinacharya (Daily regimen), Ritucharya (Seasonal Regimen) and Sadvritta (ethical conducts).

Strict compliance to the dietary regimens mentioned under daily and seasonal regimen help in the prevention of disease and promotion of health. Ayurveda mentioned disease wise do's and don'ts in the context of Ahara and Vihara.

Concept of Pathya- Apathya - Pathya means wholesome (conducive to health), those drugs and regimes which are not harmful to channels and please the mind are considered as Pathya. Apathya means unwholesome (not conducive to health), those drugs and regimes which are harmful to channels and unpleasing to the mind are considered as Apathya.

Pathya Ahara nourishes body and mind and thus promotes the overall wellbeing of an individual whereas Apathya Ahara leads to the manifestation of many diseases and also vitiation of Tri Dosha. The concept of Pathya and Apathya Ahara Vihara (diet and lifestyle) is marking their importance in contemporary times as they provide a comprehensive approach to holistic health, immunity boosting and prevention of illness.

Spinal disorders are the highly prevalent problems facing the world nowadays. Sedentary and adulterated lifestyle plays a major role in the ever-increasing number of patients of Spinal Disorders. Spinal Disorders includes various Asthi and Sandhigata Vyadhi, and all these are due to vitiation of Vata Dosha. It includes- scoliosis, cervical spondylosis, spinal cord injuries, herniated discs, spinal stenosis, degenrative disc disease, spinal fractures, nerve injuries and

many more. Individuals suffering from such kind of health ailments should avoid practicing Vatavardhaka Ahara-Vihara as Spinal disorders generally lies under Vata Vyadhi. Modification in diet and lifestyle of patients suffering from spinal disorders can improve their health conditions and Quality of life as well.

Table -1 – Pathya and Apathya Ahara in Spinal Disorders

	Pathya Ahara	**Apathya Ahara**
Cereals	Wheat, Rice, Barley with ghee, Ragi Millet	Maize, corn, Yava, Bajra and Jowar without snigdha (unctuous food products), Maida
Pulses	Mudga, Masoor, Kulatha, Urad	Peas, Chickpea, Arahara Daal, Rajmash, Chana Daal, Makushthaka (Moth daal)
Vegetables	Parvala, Brinjal, Drumsticks, pumpkin, Ladyfinger, Bottle gourd (Lauki), Ridge gourd (Turai), Carrot, cabbage (cooked), Broccoli, Turnip, Onion, Beetroot	Raw Cabbage, Cauliflower, Bittergourd, Capsicum, Spinach, Beans, Radish (raw), Potato, Tomatoes in excess
Fruits	Papaya, Coconut water, Banana (ripe), Dates, figs, soaked Raisins, Mango, Musk melon, Amalaki, jackfruit, Orange	Raw apple, Pomegranate (astringent in taste),Un ripe banana, unripe mangoes, Jamun, water melon, Guava, and all unripe fruits
Fats	Cow's ghee, Sesame oil (Tila Taila),Eranda taila, Coconut oil, Atasi Taila, small amount of mustard oil	Fried food, less use of oil, freezed dairy products
Spices	Garlic, Ginger, Cumin, Carom seeds (Ajwain), Fennel, Saindhava lavana (sendha namak)	Red chilli and excessive use of chilli
Others	Warm water, Triphala water, herbal tea, Cow's milk, Curd (during day time only), Honey, Low fat paneer, Takra (buttermilk with roasted cumin seeds), Soups, warm and fresh food, Vrishya (rejuvenating) and Brimhaniya (nourishing foods), Intake of Madhura (sweet), Amla (sour) and Lavana (salty) Rasa.	Cold beverages, ice creams, refrigerated food and water, refined sugar, Tea, Coffee, Avoid reheated food excessive sour and bitter food
Non vegetarian foods	Aja Maamsa (meat), Kukkuta Maamsa (chicken)	Shushka Maamsa (dried meat), Preserved meat, meat of animal died due to any disease.

Table -2 - Pathya and Apathya Vihara in Spinal Disorders

Pathya Vihara	**Apathya Vihara**
Early dinner before 7pm (before sunset)	Avoid fasting
Abhyanga (Massage)- Taila/Ghrita - Padabhyanga / karnapurana / Sarvabhyanga	Prolonged or excessive travel on uneven roads

Snana with Koshna Jala.	Snana with Sheeta Jala
Swedana (steam)	Vega Vidharana (suppression of natural urges)
Atapa sevana (Regular exposure to gentle sunlight)), residing in Nirvata Place (no direct air entry)	Shita pravata (exposure to direct air)
Mridu Shayya (soft bedding)	Vishama asana/shayya (Sleeping/sitting on irregular floor)
Ardha Shakti Vyayama (Mild/Moderate exercise)	Ati Vyayama
Normal and timely sleep	Day sleep, Night Vigil
Meditation and relaxation	Mental strain such as Ati Chintan (excessive worry)

Table-3 Diet to be taken in a day as per requirement of an individual

Water intake	2- 2.5 litres
Chapati per day	5 in number (per day in divided meal time)
Vegetable	1 bowl ~ 150 g
Pulses	1 bowl ~ 150 g
Curd	1 bowl (nearly 150 g to200 g)
Ghee	1 spoon on single chapati or 1 spoon in daal or vegetable
Salt	Less than 5 g in a day
Fruits/ Salad	1 bowl ~ 100 g
Dry fruits (soaked)	Almonds- 4-5 in number, walnuts 1-2 in number, raisins 5-6 in number
Herbal tea / Milk	1 cup
Sugar (in the form of)	Jaggery (Guda), Sharkara (Mishri)

Conclusion

Ayurveda regards Pathya- Apathya as an integral part of disease management, emphasizing that when Pathya-Apathya is followed correctly, medicines may not be needed, and when neglected, medicines lose their effectiveness. So, it can be concluded that, Pathya (Wholesome measures) help in both the prevention and treatment of these Vataja disorders whereas Apathya (Unwholesome measures) should be avoided in such Vataja conditions. Following these Pathya–Apathya principles promotes longevity, supports societal well-being, aids in disease prevention, and reduces the risk of complications.

CHRONIC SPINE DISORDERS – GLOBAL ,NATIONAL AND REGIONAL STATISTICS WITH SPECIAL REFERENCE TO CHANDIGARH





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Chronic spine-related disorders are long-lasting conditions affecting the vertebral column and associated structures. They include low back pain, neck pain, osteoarthritis of the spine, ankylosing spondylitis, and fibromyalgia. These conditions are among the most common causes of disability worldwide. Their significance lies not only in the suffering and impaired mobility they cause but also in their contribution to healthcare costs, lost productivity, and diminished quality of life.

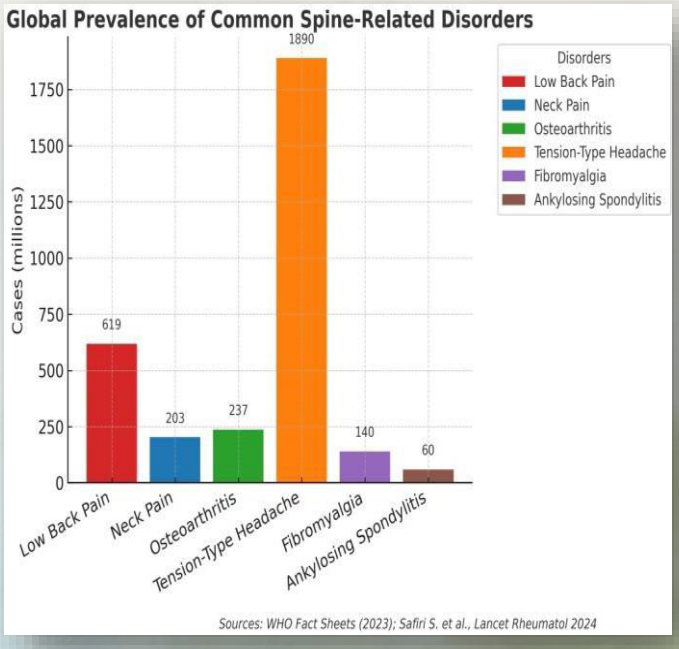
Importance of Spine Disorders

Globally, musculoskeletal conditions affect about **1.71 billion people** and account for nearly **17% of all years lived with disability (YLDs)**. Among these, low back pain consistently ranks as the leading cause of disability across all age groups. These conditions reduce work capacity, restrict mobility, and often require long-term healthcare, making them a major public health and economic challenge.

Global Status

According to the World Health Organization (WHO) estimates, the status of spine disorders are described below

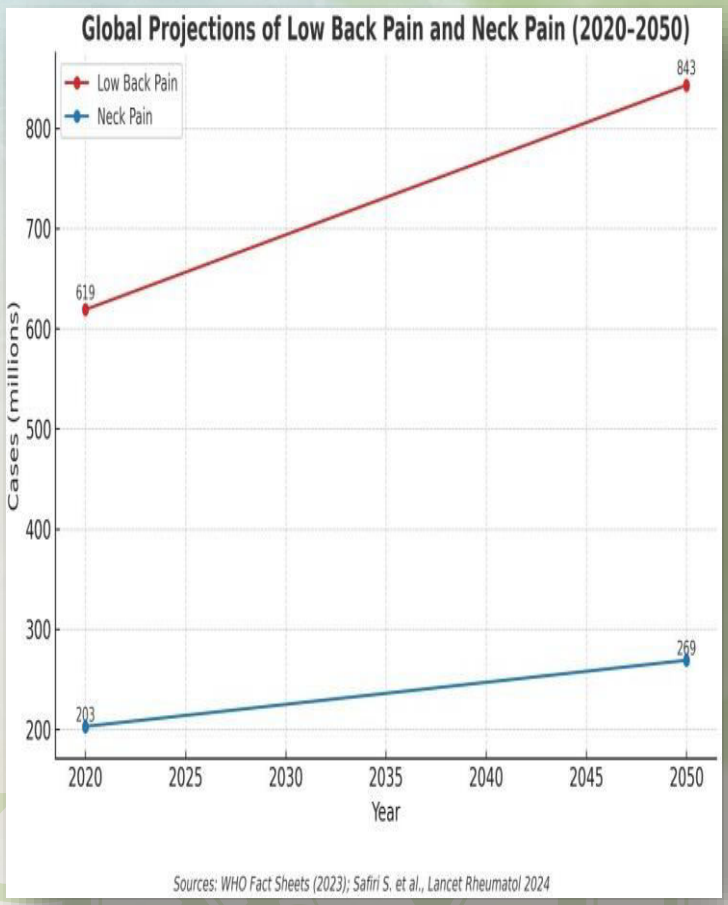
- **Low Back Pain (LBP):** Approximately **619 million people** worldwide suffered from LBP in 2020. By 2050, this is projected to increase to **843 million**. LBP is the single largest cause of YLDs globally·
- **Neck Pain:** Around **203 million people** were affected in 2020. Projections indicate an increase to **269 million by 2050.**
- **Musculoskeletal Disorders (overall):** Together, these affect **1.71 billion people** worldwide and are responsible for **149 million YLDs**, approximately **17% of the global total.**



National Status

According to the Ministry of Statistics and Programme Implementation **(MOSPI)** and National Sample Survey Office **(NSSO)** the burden of spine disorders is captured through national surveys and independent studies in India.**As per the National Sample Survey (NSS) 75th Round (2017–18)** .The **Health Survey (Schedule 25.0)** recorded "**Back or Body Aches**" under **Ailment Code 45**. Findings indicated an overall **ailing rate of 7.5%** at the national level, with rural areas at **6.8%** and urban areas at **9.1%**.

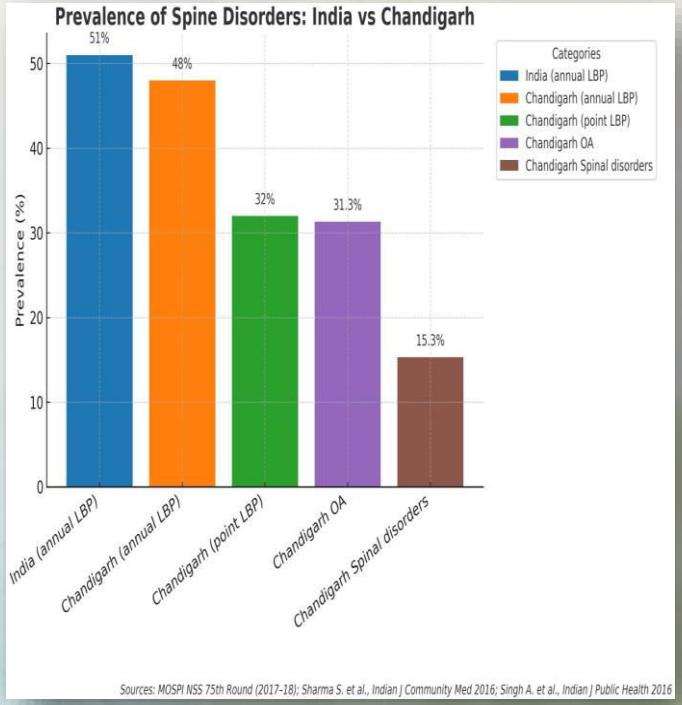
Among older adults (60+ years), the prevalence rose sharply to **27.7%**. Analysis also revealed that women reported **1.5 times more musculoskeletal pain** than men ·Cases of osteoarthritis rose from **23.5 million in 1990** to **62.3 million in 2019**, highlighting the growing problem of spinal degenerative disease in India **And Disability Surveys (National Sample Survey (NSS) 76th Round)** While not spine-specific, these confirm locomotor disorders as a leading contributor to disability.



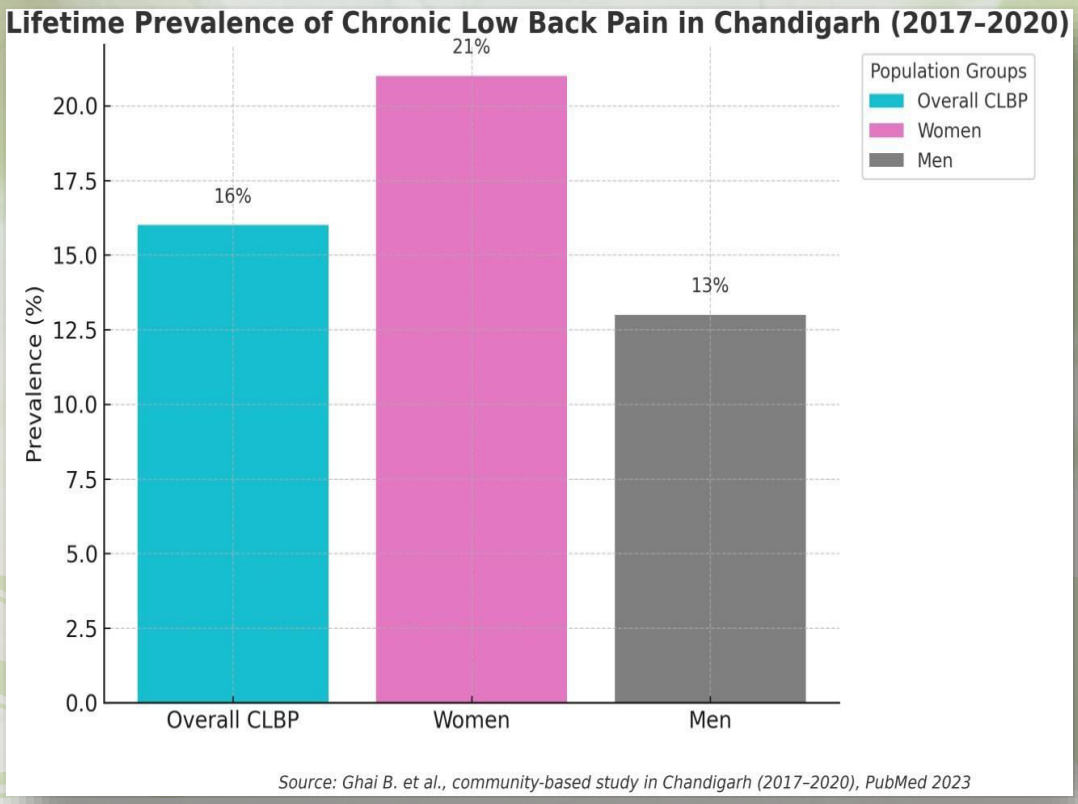
Regional Status (Chandigarh)

Chandigarh, as a Union Territory, has been a site for multiple epidemiological studies,the status related with Chronic Spine Disorders are explained below

A community-based survey conducted in Chandigarh from November 2017 to February 2020 **reported a** lifetime prevalence of Chronic Low Back Pain (**CLBP)** at 16% (95% CI: 15–17%) **among adults, with a** higher prevalence in women (21% vs. 13%)·**The study also noted healthcare-seeking behaviors in this population .National Health Systems Resource Centre(NHSRC) 2021** Provides infrastructure and demographic health context for Chandigarh but does not yet graphically report spinal disorders**.**



Community-Based Study (2015–16) reported Lifetime prevalence of low back pain: **57%**, Annual prevalence: **48%** and Point prevalence: **32%**Women and older adults were disproportionately affected And the **Geriatric Study (Field-Practice Area) reported 15.3%** of elderly reported spinal disorders while **31.3%** reported osteoarthritis.



Conclusion:

Spinal disorders, including low back pain, neck pain, and osteoarthritis, are major public health challenges. Globally, they remain the leading cause of disability, in India they represent a substantial proportion of morbidity and disability, and in Chandigarh they affect nearly half the adult population annually. With detailed data from NSSO and MOSPI surveys and global surveillance tools from WHO , policymakers and healthcare professionals can design interventions aimed at prevention, ergonomic improvements, rehabilitation, and awareness. Addressing these disorders effectively requires integrated health strategies to reduce both the medical and socio-economic impact.

SEQUEL OF SPINAL POISON KUPILU ON SPINAL CORD



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Nature has given us many plants that can both heal and harm. One such plant is Strychnos nux-vomica Linn., called Kupilu in Ayurveda. Ancient texts like Rasatarangini and Rasaratna Samucchaya place it under Upavisha Varga. Still, we are fascinated by this plant because, after proper purification, it could be used as medicine. Kupilu is also described in Surasadi Gana in ancient Ayurvedic text Susruta Samhita and Amradi Phala Varga in Bhavaprakasha. These references show that it was always seen as both dangerous and useful.

Kupilu has many names such as Visatinduka, Visamusti, Karaskara, Kakatinduka, Kulaka, Jalada, and Garadruma. All these names reflect its poisonous nature. However, when the seeds are purified using processes like boiling in cow's milk (Godugdha), sour gruel (Kanji), or butter (Goghrita), the poison is reduced. After this, the seeds become a powerful medicine used for paralysis, weakness of nerves, digestive problems, and breathing issues.

Kupilu in Ayurvedic Tradition

Ayurveda accepts that even poisonous plants can be medicines if purified and used in the right dose, and Kupilu is the best example of this philosophy. Ayurvedic books mention it for the treatment of conditions such as paralysis, weakness of the limbs, sexual problems, indigestion, chronic rheumatism, asthma, and bronchitis.

Several important Ayurvedic preparations have included Kupilu as an ingredient which is discussed in this paragraph. Agnitundi Rasa was used for improving digestion and relieving stomach disorders, while Shulaharana Yoga was prescribed for abdominal pain. Kupilu Beeja Kwatha, a decoction of the seeds, was used for a variety of ailments. Medicines such as Krimimudgara Rasa, Kitmarda Rasa, and Krimighatini Gutika were administered to expel intestinal worms. Oils like Mahavishagarbha Taila and Visatindukadi Taila were used externally to relieve nerve-related pain and rheumatic conditions. These examples show the therapeutic precision with which Kupilu was employed in Ayurveda. However, texts repeatedly warned that excessive or improper use could cause violent spasms and even death.

Botanical Profile of Kupilu

The botanical name of Kupilu is Strychnos nux-vomica, and it belongs to the family Loganiaceae. It is commonly known as Kuchla or Dog button, and is classified in toxicology as a spinal poison. The tree grows well in South India and also in other parts of the world, showing its wide distribution. The seeds of the fruit are the most poisonous part of the plant.

The tree can be identified by its oval, dark green leaves and orange, globular fruits. Each fruit generally contains four to five flat seeds, which are extremely toxic in their raw state. These seeds are the chief source of its medicinal as well as poisonous properties.

Toxic Principles and Metabolism

The poisonous nature of Kupilu comes mainly from its alkaloids. The most important of these are strychnine and brucine, while loganin is present in smaller amounts. Both strychnine and brucine are concentrated in the seeds. After ingestion, the poison is absorbed through the mucosa of the stomach or nose, though it cannot pass through the skin. Once inside the body, it is metabolized in the liver. Excretion takes place mainly through the kidneys, although small traces may also be eliminated in bile, saliva, and even milk.

Mode of Action on the Spinal Cord

The mode of action of strychnine is well studied. Strychnine acts as an antagonist of glycine receptors in the spinal cord. Normally, glycine serves as an inhibitory neurotransmitter that calms down motor neurons and prevents excessive muscle contractions. When strychnine blocks the receptor sites, glycine can no longer exert its inhibitory effect. As a result, the motor neurons become overactive and continue firing without rest. This leads to continuous muscle contractions, spasms, and convulsions. In addition to this, strychnine also interferes with acetylcholine receptors, further disturbing the delicate balance of nerve signaling. The outcome is a terrifying state of muscle overactivity.

Signs and Symptoms of Poisoning

The symptoms of Kupilu poisoning appear quickly once the seeds are chewed or crushed, since the protective covering of the seed is then broken. If swallowed whole, the hard outer shell prevents absorption and no symptoms occur. When the toxin is absorbed, the first signs appear within fifteen to twenty minutes. The patient initially complains of a bitter taste in the mouth, uneasiness, restlessness, fear, and anxiety. Difficulty in breathing and swallowing soon follow.

As poisoning progresses, twitching of muscles is seen, which develops into spasms and convulsions. The convulsions may last from thirty seconds to two minutes. They begin with clonic movements, meaning repeated jerks, and then progress to tonic rigidity, where the body becomes stiff. An important diagnostic feature is that the muscles become completely relaxed between two convulsions. Even a small external stimulus, like a sudden touch, noise, or a puff of air, may trigger the next convulsion, showing the extreme excitability of the nervous system.

When spasms become severe, the body is forced into abnormal postures. In opisthotonos, the most common position, the body bends backward like a bow and rests only on the head and heels. In emprosthotonos, abdominal spasms cause the body to bend forward. In pleurosthotonos, the body bends sideways. The fatal dose is very small: one to two crushed seeds or fifty to one hundred milligrams of pure strychnine can kill. Death usually occurs within one to two hours, mainly because the breathing muscles become stiff and the person dies of suffocation.

Neurological Sequelae of Kupilu Poisoning

The spinal cord is the main target of strychnine, and its effects are dramatic and dangerous. Patients show hyperreflexia, which means the reflexes are extremely exaggerated. There is continuous muscle rigidity and spasm involving the back, arms, and legs. Abnormal postures

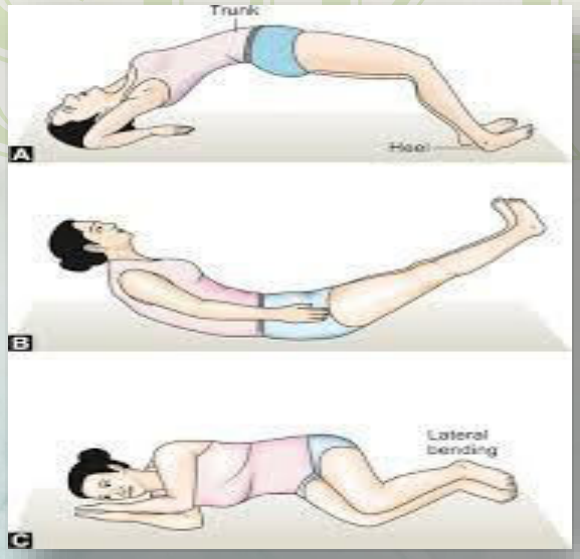
such as opisthotonos, emprosthotonos, and pleurosthotonos appear due to violent contractions of different muscle groups. Convulsions arise from uncontrolled spinal reflexes, not from the brain. The diaphragm and chest wall muscles also go into spasm, leading to respiratory arrest. A striking feature is that the victim remains fully conscious during these episodes, which makes the experience horrifying.

Medicine Versus Poison

Ayurveda always stressed that Kupilu must be purified and administered in the right dose. In small amounts, after proper processing, it has many benefits. It stimulates digestion, improves nerve conduction, enhances circulation, and acts as a general tonic in weakness and debility. However, once the safety margin is crossed, the very same plant becomes deadly. Convulsions, respiratory arrest, and death occur rapidly. Thus, Kupilu perfectly illustrates the thin line between medicine and poison.

Conclusion

Kupilu teaches us the age-old truth that the dose makes the poison. It is a reminder of the wisdom of Ayurveda, where even the most dangerous substances can be converted into healing medicines. At the same time, it is also a warning to respect the fine balance between remedy and toxin. Strychnine poisons the spinal cord by blocking glycine receptors, eliminating inhibitory control over motor neurons. This results in uncontrolled spinal reflexes, extreme muscle rigidity, and life-threatening spasms—while the person remains conscious.





IMPACT OF MENOPAUSAL TRANSITION ON CHRONIC SPINAL DISORDERS: A CLINICAL PERSPECTIVE





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The menopausal transition is a critical period in a woman's life, marked by hormonal fluctuations that have wide-ranging effects on various physiological systems. Chronic spinal disorders, such as degenerative disc disease, osteoporosis-related vertebral fractures, and chronic back pain, often become more prevalent or severe during and after menopause.

This stage of life correlates with increased Vata dosha, particularly affecting Asthi Dhatu and Majja Dhatu. Ayurveda provides a holistic understanding of how menopausal changes influence spinal health, with time-tested strategies for prevention and management.

Pathophysiology

1. Role of Vata Dosha

Menopause is dominated by Vata, leading to dryness, brittleness, and degeneration.Vata governs all movement, including nerve impulses and circulation in the spine. Apana Vata, which resides in the pelvic region, becomes deranged during menopause, influencing the lower spine.

2. Dhatu Kshaya

Decline in Rasa and Rakta Dhatus affects nourishment.Asthi Dhatu Kshaya leads to osteopenia or osteoporosis.Majja Dhatu Kshaya contributes to nerve pain, spinal cord dysfunction, and neuropathies.

3. Agnimandya and Ama Accumulation

Menopause can weaken Agni, leading to Ama, which accumulates in joints and spine, leading to degenerative joint diseases.

Management

1. Shamana Chikitsa
    1. Ashwagandha : Rejuvenates nervous system and supports bone health.
    2. Guggulu : Anti-inflammatory, useful in managing Sandhivata.

3. Shatavari: Balances hormones and supports reproductive tissues.
4. Dashamoola: Relieves inflammation and Vata-related pain.
5. Laksha, Praval, Mukta Shukti Bhasma: Rich in calcium, used to strengthen Asthi Dhatu.
6. Mahanarayana Taila, Dhanvantaram Taila, Kottamchukkadi Taila – used for external massage and Abhyanga to pacify Vata and reduce stiffness.

2. Shodhana Chikitsa
   1. Snehana and Swedana
   2. Basti : The most effective therapy for Vata disorders
   3. Nasya

3. Rasayana Therapy

   1. Rasayanas such as Amalaki Rasayana, Ashwagandha Rasayana, and Shatavari Kalpa are used to rebuild tissues and enhance vitality.

Ahara and Vihara

Dietary Guidelines

1. Warm, moist, nourishing foods that are Vata-pacifying.
2. Include milk, ghee, sesame seeds, leafy greens, and mineral-rich foods.
3. Avoid dry, cold, or highly processed foods.

Lifestyle Recommendations

1. Regular Abhyanga with warm medicated oils.
2. Daily yoga and pranayama to support spinal flexibility and mental calm.
3. Avoid exposure to cold, stress, and erratic routines.

Prevention and Wellness Strategies

1. Early intervention during perimenopause with Rasayana herbs and Vata- balancing routines.
2. Routine Panchakarma cleansing during seasonal transitions.
3. Awareness and education about menopausal changes

Conclusion

The Ayurvedic perspective views menopause not as a disease but a natural transition that requires balance and care. Vata aggravation and Dhatu depletion are central to the development of chronic spinal disorders during this phase. With a combination of Shaman therapy, Panchakarma, dietary regulation, and lifestyle modifications, Ayurveda offers a time-tested, holistic approach to managing spinal health in menopausal women.

SUKHAYU

SPINAL DISORDERS IN CHILDREN – AN AYURVEDIC PERSPECTIVE






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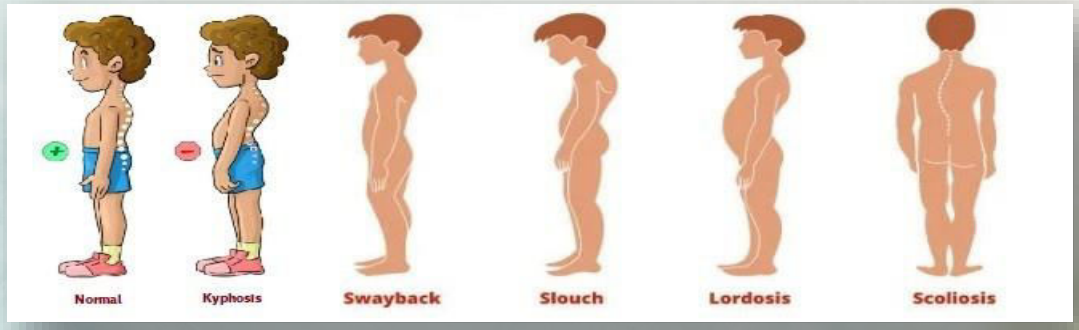
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Spinal disorders in Children

Spinal disorders are abnormalities in the shape, alignment, or development of the spine, which may be congenital (present at birth), developmental (during growth), or acquired due to injury, infection, or other causes. The normal spine has gentle curves—cervical lordosis, thoracic kyphosis, and lumbar lordosis—any change in these may cause deformity.

Common Types:

1. **Scoliosis** – Sideways "S" or "C" curvature.
2. **Kyphosis** – Excessive outward curve in the thoracic region.
3. **Lordosis** – Excessive inward curve in the lumbar region.
4. **Spina Bifida** – Birth defect where the spine doesn't close completely.
5. **Postural deformities** – Poor posture causing rounded back.



Effects:

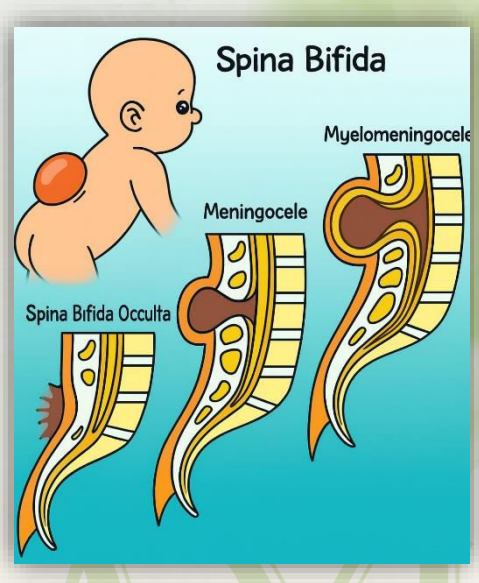
1. Mobility limitations and stiffness.
2. Chronic back pain.
3. Neurological symptoms (weakness, numbness).
4. Breathing difficulty in severe cases.

5. Psychological impact due to appearance.

Causes/Risk Factors:

1. Genetics and congenital defects.
2. Neuromuscular disorders.
3. Nutritional deficiencies (calcium, vitamin D).
4. Trauma or spinal infections

Ayurvedic Perspective:



Spinal disorders in children, such as scoliosis, kyphosis, spina bifida, and postural deformities, can significantly impact growth, mobility, and quality of life. Ayurveda, with its holistic vision, considers the spine as a structural and functional axis of the body, primarily governed by Vata dosha. According to Kashyapa Samhita – a classical Ayurvedic text on Kaumarbhritya – early detection and balanced management of musculoskeletal abnormalities are crucial for ensuring healthy growth and preventing disability.

In Ayurvedic pathology, these disorders are not only seen as structural problems but also as reflections of deeper imbalances in the Doshas and Dhatus. Poor digestion (Mandagni), improper nutrition, and obstruction of bodily channels (Srotorodha) can deprive bones (Asthi Dhatu) and muscles (Mamsa Dhatu) of essential nourishment. Congenital defects like spina bifida may be associated with Garbhopaghatakara Bhavas – intrauterine factors that negatively influence fetal development – while acquired deformities can arise from lifestyle factors such as prolonged sitting, heavy school bags, or poor posture.

Management:

The Ayurvedic approach to managing spinal disorders in children focuses on calming aggravated Vata and improving tissue nourishment. External therapies like "Abhyanga" (medicated oil massage) with Bala Taila or Ksheerabala Taila help relax muscles and improve flexibility. "Swedana" (mild steam therapy) enhances circulation, while "Basti" (medicated enema) is considered the prime therapy for Vata disorders, deeply nourishing the nervous system. Localized treatments like "Kati Basti", where warm medicated oil is retained over the lumbar spine, can provide targeted relief. In neuromuscular weakness, procedures like "Matra Basti" and "Shashtika Shali Pinda Sweda" (rice-poultice fomentation) are beneficial for strengthening muscles.

Internal medications play a supportive role in strengthening the musculoskeletal and nervous systems. Herbs such as Ashwagandha, Bala, and Shatavari help improve bone density and muscle tone, while Brahmi and Mandukaparni nourish the brain and enhance coordination. Guggulu-based formulations are used to support joint health. Rasayana therapy, as described in Kashyapa Samhita, promotes rejuvenation, improves growth, and supports long-term recovery.





Prevention:

Preventive care is equally important. Encouraging correct posture, avoiding excessive weight on the back, and promoting daily stretching or yoga tailored for children help maintain spinal alignment. Ayurveda emphasizes that **Swasthasya Swasthya Rakshanam** – protecting the health of the healthy – is as important as curing disease. Thus, awareness and early intervention can prevent the progression of spinal deformities.





Conclusion:

In conclusion, Ayurveda's comprehensive approach, enriched with guidance from Kashyapa Samhita, provides both curative and preventive strategies for spinal disorders in children. Through a combination of diet, lifestyle, herbal therapy, and Panchakarma procedures, it aims to restore balance, strengthen the spine, and ensure healthy growth in the pediatric population.

AYURVEDIC MANAGEMENT IN CHRONIC SPINE DISORDERS



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Chronic spinal problems such as Grivagata Vata (cervical spondylosis), Katigraha (low back stiffness), Gridhrasi (sciatica), and Trikgraha (sacroiliac pain) are increasingly common in modern lifestyles. Prolonged sitting, irregular routines, mental stress, and wrong posture disturb Vata dosha — the energy responsible for movement and nerve function.

When Vata becomes aggravated, it causes Asthi Dhatu Kshaya (degeneration of bone tissue) and Majja Dhatu Kshaya (weakening of nerve and marrow tissue), leading to Ruk (pain), Stambha (stiffness), and Suptata (numbness).

Most chronic spine disorders are Vata Vyadhi — diseases caused by aggravated Vata dosha. The pathology (Samprapti) involves:

- Dosha: Vata predominance, sometimes with Kapha Avarana (obstruction by Kapha).
- Dushya: Asthi dhatu, Majja dhatu, Mamsa dhatu (bone, nerve, muscle).
- Srotas affected: Asthivaha srotas, Majjavaha srotas.
- Adhisthana: Merudanda (spinal column).

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Principles of Management

Ayurveda aims for more than temporary relief — the goal is to:

1. **Shamana** (Pacify Vata) – reduce pain, stiffness, dryness.
2. **Srotoshodhana** (Channel Cleansing) – improves nerve conduction and circulation.
3. **Dhatu Poshana** (Tissue Nourishment) – rebuild bone, muscle, and nerve tissue.
4. **Rasayana** (Rejuvenation) – prevent relapse and promote vitality.

Therapeutic Approach

1. Nidana Parivarjana (Eliminating Causes)

Avoid: prolonged sitting, excessive travel, suppression of natural urges, late nights, cold exposure, and dry/light diets.

2. Shamana Chikitsa (Palliative Therapy)

- Kwatha (Herbal Decoctions): Dashamoola kwatha, Rasnadi kwatha – relieve inflammation and stiffness.
- Guggulu Kalpa: Yograj guggulu, Mahayograj guggulu – reduce chronic Vata disorders.
- Sneha Pana (Internal Oleation): Ksheerabala taila, Maha Narayana taila – lubricate and nourish tissues.

3. Shodhana Chikitsa (Detoxification via Panchakarma)

- Snehana (Oleation): Whole-body Abhyanga with medicated oils like Mahanarayana taila.
- Swedana (Fomentation): Nadi sweda, Patra pinda sweda to relax muscles.

- Basti (Medicated Enema):
  - Anuvasana basti with Ksheerabala taila for nourishment.
  - Niruha basti with Dashamoola kwatha for cleansing.
- Kati Basti / Greeva Basti: Retaining warm medicated oil over lumbar or cervical spine.

4. Rasayana Therapy (Rejuvenation)

Post-detox, Rasayana herbs restore strength:

- Ashwagandha rasayana – boosts nerve and muscle strength.
- Guduchi, Amalaki – enhance immunity.
- Shilajatu – strengthens bones and delays degeneration.





Diet and Lifestyle Recommendations

- Ahara (Diet): Warm, unctuous food; milk, ghee, wheat, black gram (masha); mild spices. Avoid dry, cold, and overly light foods.
- Vihara (Lifestyle): Gentle yoga (Bhujangasana, Makarasana, Shalabhasana); avoid jerky movements and heavy lifting.
- Manasika Chikitsa: Practice meditation and Pranayama to calm the mind, as mental stress worsens Vata imbalance.

PHYSIOTHERAPY TECHNIQUES AND POSTURAL MANAGEMENT IN CHRONIC SPINE DISORDERS: AN AYURVEDIC PERSPECTIVE



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In today's fast-paced digital world, chronic spine disorders have quietly become a modern epidemic. Long hours at desks, constant screen time, and sedentary lifestyles are taking a toll on our spines.

From nagging lower back and neck pain to more complex spinal conditions like disc herniation or degenerative disc disease, many people are living with discomfort that can be prevented or managed with the right management.

Understanding Chronic Spine Disorders

A chronic spine disorder refers to any long-standing condition affecting the spine, often lasting three months or more. Common examples include:

- Chronic back pain
- Cervical spondylosis
- Lumbar disc prolapse
- Spinal osteoarthritis
- Postural kyphosis or scoliosis

These conditions can arise due to aging, injury, poor ergonomics, or even genetic factors. Ignoring spine issues or relying solely on pain medication is a temporary fix that can lead to long-term consequences, making it essential to address the root cause for lasting relief and overall well-being.

Apart from medications, rehabilitation plays a vital role in the long-term management of chronic spine disorders by addressing not just the symptoms, but also the underlying causes of pain and dysfunction. It focuses on restoring mobility, strengthening supportive muscles, improving posture, and enhancing overall function.

Integrative management strategies combining modern physiotherapy with traditional Ayurvedic methods provides a more complete and balanced approach to treatment.

Exploring key physiotherapy techniques and postural management strategies for chronic spine disorders, while drawing parallels with Ayurvedic concepts such as Dosha imbalance, Dhatu Kshaya, Vata Vyadhi and Bhagna chikitsa will ensure comprehensive management.

A collaborative model may enhance outcomes and support sustainable spine health.

Though the modern physiotherapy focuses on biomechanical dysfunction and neuromuscular rehabilitation, Ayurveda attributes spine-related disorders to imbalances in Vata Dosha, degeneration of Asthi dhatu (bone tissue), and disturbances in Majja dhatu (marrow and nervous tissue).

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Unravelling Physiotherapy Techniques in Chronic Spine Disorders

Modern physiotherapy aims to reduce pain, improve function, and restore movement patterns. Common physiotherapy techniques include:

1. Therapeutic Exercises

Includes Stretching (Improves flexibility of tight muscles), Strengthening (Targets deep core muscles) and spinal stabilizers, Aerobic Conditioning (Enhances blood flow and reduces stiffness), McKenzie Method (Useful in discogenic back pain and postural syndromes).

2. Manual Therapy

Includes mobilization of spinal joints, soft tissue manipulation and myofascial release.

These interventions align with Abhyanga (massage) and Pinda Sweda (bolus sudation) in Ayurveda, which also aim to mobilize structures and improve tissue nutrition.

3. Postural Re-Education

Comprises of correction of faulty sitting, standing, and lifting habits, ergonomic adjustments and body awareness and movement control.

Postural correction correlates with Ayurvedic emphasis on Dincharya (daily routine) and Asana (stable postures in Yoga) for maintaining musculoskeletal health can be adopted.

4. Electrotherapy Modalities

Includes TENS (for pain modulation), Ultrasound (for soft tissue healing) and hot and cold therapy. Ayurveda achieves similar objectives through Swedana (sudation) and Snehana (oleation), which improve circulation, reduce stiffness, and ease pain.

5. Neurodynamic Techniques

These are nerve gliding exercises to reduce nerve tension and improve mobility.

In Ayurveda, Nasya therapy can be adopted which supports neurological balance and cranial nerve function in cervical conditions.

Postural Management: A Bridging Concept

Posture correction is crucial in chronic spine disorders as it helps reduce pain, prevent further degeneration, and improve overall spinal alignment and function.

Prolonged poor posture may cause mechanical overload and muscular imbalance. The rehabilitation involves spinal alignment training, core engagement, and dynamic posture correction. As per Yoga sastra, posture (Asana) should be Sthira Sukham Asanam (stable yet comfortable). Improper sitting, sleeping, and movement are considered Mithya Vihara in Ayurveda which aggravate Vata Dosha and cause spine disorders.

To balance Vata Dosha and potentially reduce the risk of chronic spine disorders, consider adopting these measures:

- Use firm, supportive bedding (Sushupti sukhakara shayana)
- Avoid prolonged sitting; take movement breaks
- Emphasize balanced posture in daily routines
- Incorporate Yoga Asanas like Bhujangasana, Shalabhasana, Tadasana, and Makarasana under guidance.

SUKHAYU

Ayurvedic Fracture management (Bhagna chikitsa) in Chronic Spinal Disorders

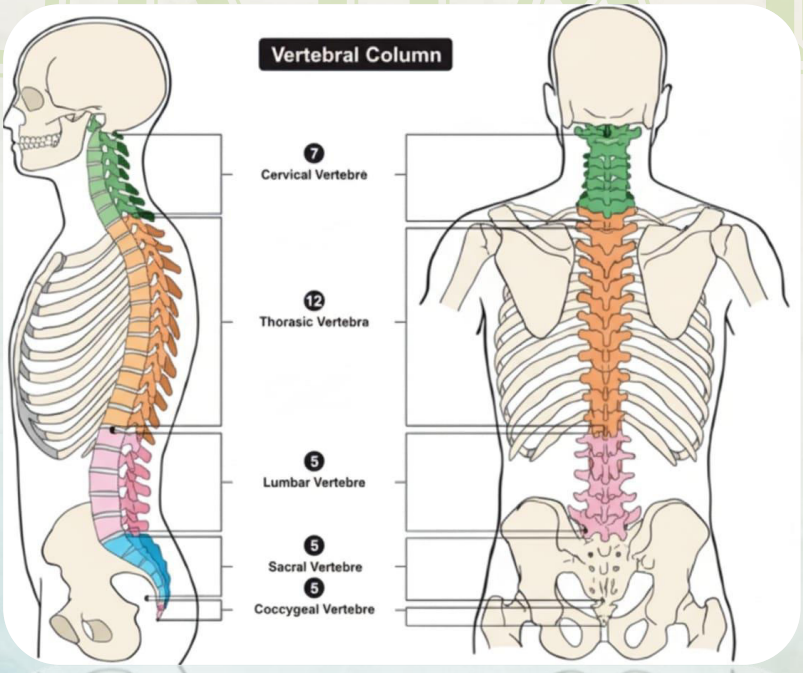
While classical Bhagna (Fracture) primarily refers to acute trauma, many chronic spinal pathologies are the long-term result of microtrauma, repetitive strain, and age-related degeneration effectively resembling Pichchita Bhagna (compression) or Kanda Bhagna (vertebral segmental injury). Osteoporosis (Asthi kshaya), Facet joint laxity, ligament laxity (Sandhi Shaithilya) Chronic spinal pain syndrome (Vata Vyadhi) also incorporates in Chronic spine disoreder in Ayurvedic purview.

Integrating Bhagna Chikitsa Principles in Chronic Spine Disorder Management

1. **Bandhana** (Immobilization): bracing, spinal orthotics in modern aspect.
2. **Snehana** (Oleation): Use of medicated oils to nourish Asthi and Majja dhatus
3. **Swedana** (Sudation): To reduce Vata Dosha and relieve stiffness
4. **Basti** (Enema therapy): Regulate Vata Dosha and to nourish the tissues.
5. **Rakta Mokshana or Agni Karma** (according to conditions): For immediate pain relief and circulatory balance

These treatments aim not just to heal structural damage but also to restore dosha balance, rebuild dhatus, and promote long-term stability goals that align with modern spinal rehabilitation and physiotherapy.

By combining the ancient framework of Ayurveda, the proven benefits of physiotherapy, and the simple habit of maintaining good posture, creating a well-rounded and practical approach to caring for the spines. It's not just about easing pain—it's about feeling better, moving freely, and living fully.



ROLE OF CHRONIC SPINAL DISORDERS IN THE PATHOGENESIS OF EYE DISEASES



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The interrelationship between the spine and ocular health is complex and often underestimated. The cervical and thoracic regions of the spine are not only structural supports but also pathways for neural, vascular, and autonomic connections that influence ocular physiology.

Chronic disorders of the spine can disrupt these connections, leading to pathological changes in the eye. Understanding this link has diagnostic and therapeutic implications, particularly in preventing vision-threatening complications.

Pathophysiological Mechanisms

1. **Neurovascular Compromise**

The vertebral arteries, which ascend through the cervical spine, provide critical blood supply to the brainstem, cerebellum, and visual centers.

Chronic cervical spondylosis or atlantoaxial instability may reduce vertebrobasilar circulation, leading to transient visual loss, diplopia, or ischemic optic neuropathy.

2. **Autonomic Nervous System Dysregulation**

Spinal disorders may irritate the cervical sympathetic chain.

This can alter ocular blood flow, aqueous humor dynamics, and intraocular pressure, contributing to conditions such as ocular hypertension or glaucomatous changes.

3. **Postural and Musculoskeletal Strain**

Deformities such as kyphosis and scoliosis force abnormal head positioning.

This creates extraocular muscle imbalance, asthenopia, convergence insufficiency, and even nystagmus-like manifestations in chronic cases.

4. **Cervicogenic Visual Disturbances**

Altered proprioceptive input from cervical spine dysfunction disturbs the vestibulo-ocular reflex. Clinical outcomes include blurred vision, oscillopsia, dizziness, and impaired eye coordination.

5. **Systemic Inflammation and Degeneration**

Chronic inflammatory spinal disorders, such as ankylosing spondylitis, are strongly associated with uveitis. Persistent cytokine release may also accelerate degenerative ocular diseases such as diabetic retinopathy and age-related macular degeneration.

Clinical Correlations

- **Cervical Spondylosis** → Vertebrobasilar insufficiency, blurred vision, diplopia.
- **Ankylosing Spondylitis** → Recurrent anterior uveitis.
- **Scoliosis and Kyphosis** → Postural eye strain, binocular vision disorders.
- **Atlantoaxial Instability** → Visual field defects due to vascular compromise.

Ayurvedic Perspective

In Ayurveda, the spine is regarded as the channel for **Majja Dhatu** and **Prana Vayu**.

Disturbance in these elements due to chronic spinal disease manifests in the eye as **Timira, Kacha, Netra Shula and Shushkakshipaka**.

Therapies such as **Nasya, Netra Tarpana, Manya Basti, and Abhyanga** aim to balance **Vata dosha**, thereby improving both spinal and ocular health.

Management Approaches

Modern Medicine

Surgical decompression in selected spinal pathologies with ocular involvement.

Vasodilators, antiplatelets drugs.

Postural correction and physiotherapy for musculoskeletal strain.

Ayurvedic & Integrative Care

Panchakarma therapies (Basti, Nasya, and Shirodhara) for systemic Vata balance.

Netra Tarpana, Anjana etc. to nourish ocular structures.

Yoga asanas (Bhujangasana, Tadasana, Shalabhasana) to improve spinal alignment and ocular circulation.

Conclusion

Chronic spinal disorders significantly influence the pathogenesis of eye diseases through neurovascular, autonomic, postural, and inflammatory mechanisms.

Recognizing this connection is vital for holistic diagnosis and treatment. Integrative approaches, combining modern medical interventions with Ayurvedic therapies, offer promising outcomes in preventing and managing ocular complications linked to spinal pathology.

SUKHAYU

PANCHAKARMA IN CHRONIC SPINAL DISORDERS: AN AYURVEDIC PERSPECTIVE



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The spine is one of the most vital structures of the human body, providing support, stability, and flexibility. Spinal disorders include conditions affecting the vertebrae, intervertebral discs, nerves, and supporting muscles. These can result from poor posture, injury, degenerative changes, or systemic diseases.

In Ayurveda, spinal disorders are often correlated with **Vata Vyadhi**, where aggravated Vata dosha causes degeneration (dhatu kshaya), stiffness, pain, and restricted mobility.

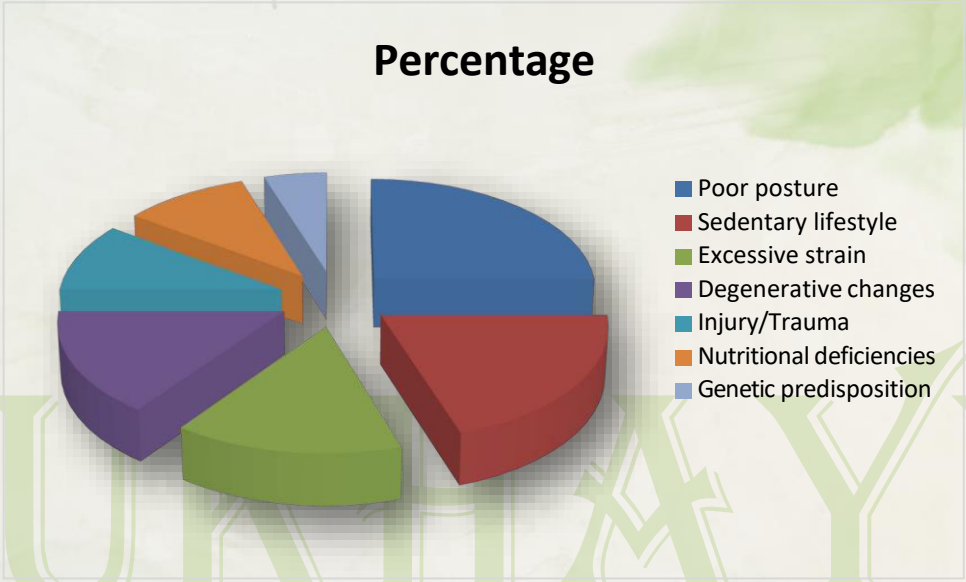
Common Symptoms of Spinal Disorders

- Long-lasting pain in the back or neck
- Stiffness in the back, especially after waking up
- Tingling or numb feeling in arms or legs
- Weakness in hands or legs
- Pain moving from the back to the legs or from the neck to the arms
- Trouble walking, standing, or doing daily work because of pain

Some common causes of spinal disorders

1. **Poor posture** – Sitting or standing incorrectly for prolonged periods strains spinal muscles and ligaments.

2. **Sedentary lifestyle** – Lack of exercise will weakens muscles, making the spine prone to injury.
3. **Excessive strain** – Lifting heavy weights without proper technique or repetitive bending can damage discs.
4. **Injury/Trauma** – Falls, accidents, or sudden jerks may cause vertebral fractures or disc herniation.
5. **Degenerative changes** – Ageing causes wear and tear of intervertebral discs
6. **Nutritional deficiencies** – Lack of calcium, vitamin D, or protein weakens bones and muscles.
7. **Genetic predisposition** – Some spinal deformities like scoliosis may run in families



SUKHAYU

Ayurvedic treatment of spinal disorders

Ayurveda aims at pacifying aggravated Vata dosha, nourishing depleted tissues, and restoring functional mobility. Panchakarma is central to this management

1. Abhyanga (Therapeutic oil massage)

Medicated oils such as Mahanarayana Taila, Sahacharadi Taila, or Ksheerabala Taila are massaged over the affected region.

- Relieves stiffness and pain
- Improves local circulation





2. Svedana (Sudation therapy)

Forms: Nadi Sweda, Patra Pinda Sweda, Valuka Sweda.

- Reduces muscle spasm and stiffness
- Facilitates easy movement of joints

3. Kati Basti

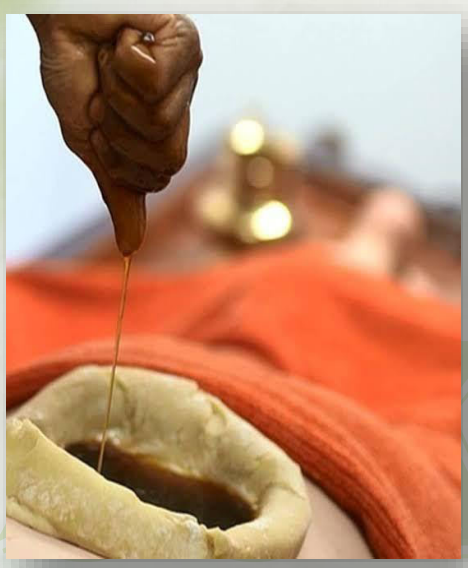
A reservoir is built over the lumbar region and filled with warm medicated oil.

- Local Vata pacification
- Relieves chronic low back pain

4. Greeva Basti

Similar to Kati Basti, but localized over the **cervical (neck) region**.

- Alleviates neck stiffness and cervical spondylosis
- Enhances circulation and strengthens cervical muscles



5. Basti (Medicated Enema)

Types include **Anuvasana Basti**, **Ksheera Basti**, and **Niruha Basti**.

- Considered best for Vata disorders
- Nourishes **Asthi (bones)** and **Majja (marrow)** Dhatus
- Relieves radiating pain and stiffness

6. Lepana & Upanaha

Application of **herbal paste (Lepana)** or **poultice (Upanaha)** over the affected region.

- Reduces localized pain and inflammation
- Provides soothing, anti-inflammatory effects

✅ What to Eat

- Milk, curd, paneer –For calcium
- Green veggies – For bones
- Egg, pulses, chicken – For protein
- Sunlight – For vitamin D
- Fish, flaxseeds, walnuts –For omega-3
- Drink plenty of water

❌ What to Avoid

- Spicy and heavily spiced foods
- Too much sour food – e.g., vinegar, pickles
- (Deep-fried foods
- Heavy meats and oily foods
- Refined flour and fast food

Conclusion

Panchakarma offers a holistic, root-cause approach to spinal disorders by balancing **Vata dosha**, nourishing spinal tissues, and restoring mobility-without side effects. Unlike modern alternatives like **NSAIDs, steroids, or surgery**, which often provide only temporary relief or carry risks of dependency and complications, Panchakarma focuses on long-term healing and functional recovery. With therapies like **Abhyanga, Kati/Greeva Basti, and Basti**, it not only alleviates pain but also strengthens the spine and prevents recurrence, making it a safer and more sustainable alternative.

STUDENT SECTION



A REVIEW ON MANYASTAMBHA (CERVICAL SPONDYLITIS)





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Everyone wishes to live a healthy and active life. But today, long working hours, poor posture, stress, and lack of awareness about daily routines disturb our health. One such common problem is Manyastambha, which affects the neck and shoulders. It may not be life-threatening but causes pain, stiffness, and reduced movement, disturbing daily activities. Modern science relates it to cervical spondylitis, a condition now very common among people who work long hours on computers or travel frequently on two-wheelers.

What is Manyastambha: In Ayurveda, Manya means the back or nape of the neck, and Stambha means stiffness or immobility. Thus, Manyastambha simply means neck stiffness with pain. It happens when Vata (the force responsible for movement in the body) gets blocked by Kapha (the force responsible for stability and heaviness) in the neck region.

Causes

- Some common causes are -
- Sleeping during the day
- Using high or hard pillows
- Sitting or standing for long periods without movement
- Working long hours on computers or mobile phones
- Driving two-wheelers for a long time
- Improper diet, stress, or lack of exercise

Symptoms

- Pain and stiffness in the neck
- Difficulty turning the head
- Pain radiating to shoulders or arms
- Numbness or tingling sensation
- Disturbed sleep due to discomfort

Ayurvedic View

Ayurveda considers Manyastambha a Vata Vyadhi (disease caused by Vata imbalance). In the beginning, both Vata and Kapha are involved, but later it becomes a chronic Vata disorder.

Treatment in Ayurveda

The main aim is to balance Vata and Kapha and improve mobility. Common Ayurvedic treatments include -

Abhyanga (oil massage) - with oils like Mahanarayana taila or Dhanvantara taila Swedana (fomentation) - hot compress or steam therapy to relieve stiffness Nasya (nasal therapy) - with medicated oils such as Anu taila, Shadbindu taila Herbal decoctions - like Dashamoola kwatha -
Diet & lifestyle - warm, light, and easily digestible food, regular exercise, avoiding daytime sleep and long hours of upward gazing.

Modern Perspective

In modern medicine, Manyastambha corresponds to cervical spondylitis - A wear-and-tear change in the cervical spine. It is one of the top causes of long-term disability worldwide, especially among professionals who work on computers.

Prevention and Lifestyle Tips

Maintain correct posture while sitting, sleeping, or working
Use a proper pillow (not too high or hard) Take breaks during long sitting or driving Do gentle neck and shoulder exercises daily
Avoid excess stress, cold exposure, and heavy lifting

Conclusion

Manyastambha (cervical spondylitis) is becoming more common in today's lifestyle. But with early care, proper posture, simple exercises, and Ayurvedic therapies, it can be managed effectively. Ayurveda not only treats the symptoms but also provides preventive measures through diet, lifestyle, and daily routine practices. By following these, one can maintain flexibility, reduce pain, and improve overall quality of life.



AYURVEDIC APPROACH TO THE MANAGEMENT OF SCIATICA (GRIDHRASI)



Dr. Amandeep Singh
PG Scholar



Dr. Namrita
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Dept of Samhita and Siddhanta

Spinal disorders, also known as Kasheruka Asthi Vikara, represent a significant cause of morbidity and reduced quality of life worldwide. Among these, sciatica is a particularly debilitating condition characterized by pain radiating along the path of the sciatic nerve. Conventionally, sciatica is understood not as a disease itself, but as a symptom of an underlying issue, most commonly a herniated lumbar disc, spinal stenosis, or degenerative disc disease compressing the nerve root.

In ayurveda, sciatica can be correlated with Gridhrasi. The name is derived from the Sanskrit word Gridhra, meaning "vulture," as the condition often causes a characteristic gait that resembles the walk of a vulture. Gridhrasi is primarily a Vatavyadhi, which leads to intense pain, stiffness, and functional impairment along the sciatic nerve pathway.

The review of Ayurvedic principles reveals a sophisticated understanding of sciatica's pathology and a comprehensive therapeutic strategy aimed at root-cause resolution.

➢ Samprapti (pathogenesis) of Gridhrasi:

Gridhrasi is caused due to aggravation of Vata Dosha, often in conjunction with Kapha Dosha.

- Nidana (Causative Factors): The primary causes are those that vitiated Vata. These include a diet of dry, cold, or leftover foods; excessive physical strain or, conversely, a sedentary lifestyle; poor posture; natural degeneration due to aging; and emotional stress.
- Pathological Process: The aggravated Vata, particularly Apana Vata which governs the pelvic region, obstructs the Gridhrasi Nadi (sciatic nerve). This obstruction leads to the characteristic symptoms. When Kapha is also involved, its heavy and cold qualities contribute to numbness and sluggishness.

➢ Clinical features and types:

The cardinal symptom of Gridhrasi is a sharp, radiating pain that begins in the Sphtik (buttock region) and travels down the thigh, knee, calf, and foot. The inability to lift the leg straight, known as Sakthikshepanigraha, closely mimics the positive SLR test (Straight Leg Raise test) used in modern diagnostics.

The condition is classified into two types based on the predominant Dosha involved.

Feature	Vataja Gridhrasi	Vata-Kaphaja Gridhrasi
Pain [Shula]	Severe, sharp, pulsating, and shifting pain	Dull, constant ache
Sensation	Toda [pricking, tingling sensation] and numbness	Heaviness, numbness, and coldness in the limb
Other Symptoms	Dryness of skin, desire for warm environment	Watery eyes, low appetite, sluggishness

➢ Chikitsa [Management]:

The management of Gridhrasi is holistic, aiming to pacify the aggravated Doshas, clear the obstruction in the nerve pathway, and nourish the affected tissues. The treatment protocol is systematic and personalized. Snehana (Oleation) and Swedana (Fomentation) along with Basti (Medicated Enema) and Virechana (Therapeutic Purgation) is helpful.

Local and Para-Surgical Procedures:

- Kati Basti: It lubricates the lumbar spine, nourishes the nerve roots, and provides significant relief from pain and stiffness.
- Agnikarma (Therapeutic Heat Cautery): It is known to provide instant and lasting relief from severe nerve pain.
- Siravedha (Venesection): A form of bloodletting that can be used in specific conditions to relieve obstruction and reduce inflammation.

Shamana Chikitsa (Palliative Therapy):

This involves the use of internal herbal medicines to pacify the Doshas and support tissue healing. Preparations like Yogaraj Guggulu, Maharasnadi Kwath, and Trayodashanga Guggulu are commonly prescribed to reduce inflammation, alleviate pain, and strengthen the nervous and musculoskeletal systems.

Conclusion:

Gridhrasi (sciatica) is a challenging neuro-musculoskeletal condition that significantly impairs an individual's quality of life.The management of Gridhrasi presents a stark contrast to the conventional approach. While modern medicine primarily focuses on managing symptoms with analgesics, NSAIDs, and physiotherapy, with surgery reserved for severe cases of nerve compression, Ayurveda aims for a more fundamental correction.

The strength of the Ayurvedic approach lies in its combination of systemic and local treatments. Panchakarma therapies, especially Basti, work at a systemic level to remove the aggravated Vata from its primary site, thereby addressing the root of the problem. Local therapies like Kati Basti and Agnikarma provide targeted relief and promote healing at the site of pathology. Furthermore, the emphasis on a Vata-pacifying diet and lifestyle changes empowers the patient, making them an active participant in their recovery.

This comprehensive framework not only alleviates the debilitating pain and restores function but also rejuvenates the neuro-muscular system, offering a durable solution and significantly reducing the likelihood of recurrence.

DAND: THE ANCIENT INDIAN WORKOUT FOR SPINAL STRENGTH AND WELLNESS



Karan Kishore

(BAMS Batch 2021)

In the bustling akharas (traditional wrestling gyms) of India, where pehlwans (wrestlers) have honed their bodies for centuries, one exercise stands out for its simplicity and profound impact: Dand. Often called the Hindu push-up in the West, Dand is a dynamic bodyweight movement rooted in ancient Indian physical culture. Unlike standard push-ups, it combines strength building with fluid stretching, mimicking a wave-like motion that engages the whole body. Historically practiced by warriors and athletes to build endurance and agility, Dand is now gaining recognition for its role in preventing chronic spinal disorders (CSDs) like low back pain, herniated discs, and postural issues. With sedentary lifestyles contributing to spinal problems affecting millions globally, this no-equipment exercise offers a natural, accessible , affordable and sustainable way to fortify the back.

Mode Of Action

Dand's magic lies in its ability to strengthen the core, elongate the spine, and enhance flexibility—all key to warding off CSDs. The movement alternates between an inverted V-shape (like downward dog) and an arched back (similar to cobra pose), which decompresses the vertebrae, improves blood flow to spinal tissues, and builds muscular support around the backbone. Regular practice can correct imbalances from prolonged sitting, reduce inflammation, and promote better posture, potentially lowering the risk of chronic pain. A systematic review of yoga-based interventions, which include similar dynamic poses, found they effectively reduce pain and improve function in chronic low back pain sufferers, with effects comparable to physical therapy. Another meta-analysis highlighted yoga's short-term benefits for pain relief and disability reduction, emphasizing its safety for back health.While studies on Dand specifically are limited, its mechanics align with exercises proven to stabilize the lumbar region and prevent disorders.

Different Types Of Dand

1.Sadharan Dand (Basic Dand):

Technique:This foundational version is like a standard push-up but with added flow. Start standing with feet apart, hands behind . Lower into a plank, arch your hips up into a bridge, stretch upward, then return.

Benefits: It targets the core, hips, and upper back, promoting overall endurance. For CSD prevention, it focuses on decompressing the spine and strengthening erector spinae muscles, helping avoid compression-related issues like disc degeneration. Ideal for beginners to build baseline posture support.

2.Ram Murti Dand: Named after a legendary strongman, this variation emphasizes arching and stretching.

Technique: Begin on the stomach, hands by chest. Push hips up into mountain pose, then swoop chest forward and up, arching the back before returning flat. **Benefits:** It engages the whole body, particularly the back and shoulders. Specifically for the spine, it improves flexibility, corrects posture, and reduces stiffness, potentially preventing age-related conditions like arthritis by maintaining joint health and bone density. Research on similar strengthening exercises shows they significantly cut pain in chronic back sufferers by bolstering lumbar extensors.

3. Hanuman Dand: Inspired by the monkey god Hanuman's agility, this dynamic type adds leg movements.

Technique: Lie on the stomach, push into plank, then bring one foot forward near the hand, lower chest in a push-up motion, and switch legs.

Benefits: It hits the chest, core, hips, and hamstrings. For CSD, it enhances core stability and spinal mobility, opening hip flexors to relieve lower back tension and improve balance—crucial for preventing disorders from poor alignment or tight muscles.

4.Vrushchik Dand (Scorpion Dand): A challenging twist resembling a scorpion's stance.

Technique: From plank, cross one leg over the other by folding the knee, stretch arms, lower, and alternate.

Benefits: It strengthens shoulders, core, back, and arms while improving mobility. Targeted at CSD prevention, it builds lower back and core resilience, making shoulders injury-free and supporting spinal stability to fend off issues like sciatica or strains from weak support muscles.

Pair with deep breathing to amplify relaxation benefits, as stress often tightens spinal muscles. Guidelines from clinical practice recommend moderate-intensity exercises like these for chronic low back pain management, noting improvements in mobility and reduced disability.

In an era of quick-fix gadgets, Dand harks back to timeless wisdom, empowering us to protect our spine naturally. By integrating these types into your life, we're not just exercising—we're investing in a pain-free future.



"NOURISHING THE SPINE:-A HOLISTIC TREATMENT PARADIGM"



Divya

(BAMS Batch-2022)

In Ayurveda, understanding spinal health begins with the fundamental concept of Asthi Dhatu (bone tissue), one of the body's seven essential tissues (Dhatus). Closely linked is Majja Dhatu (bone marrow), housed within bones, which nourishes the nervous system and supports blood production – both critical for proper spinal function. Vata Dosha, one of Ayurveda's three primary bio-energies, significantly influences movement, nerve function, and pain perception related to the spine. Imbalances in Vata are frequently associated with musculoskeletal spinal disorders. The Sushruta Samhita in its Sharir Sthana, details the locations of Marma points (vital energy points) which are considered crucial junctions of various tissues and life energies. Injury or vitiation of Marma points can lead to diverse disorders, including pain, inflammation, and impaired function of the spine and its associated structures.

Causes (Nidana) of Spinal Disorders in Ayurveda:-

Aharaja (Dietary Factors): Unsuitable dietary habits play a significant role. Consuming foods that are excessively cold, dry, or stale can aggravate Vata Dosha, leading to spinal stiffness and pain. Insufficient nutrition can also weaken Asthi Dhatu, predisposing individuals to spinal issues.

Viharaja (Lifestyle and Postural Factors): Sedentary lifestyles, incorrect sitting postures, and inadequate physical activity all contribute to spinal problems. Conversely, excessive physical exertion, improper heavy lifting, and poor posture strain spinalstructures. Suppressing natural urges (like urination or defecation) can also exacerbate Vata Dosha, resulting in lower back pain and related concerns.

Manasika (Mental/Emotional Stress): Mental and emotional stressors, including anxiety, grief, and anger, can profoundly impact spinal health. Chronic stress often leads to muscle tension, poor posture, and heightened pain sensitivity, thereby worsening spinal disorders. The crucial mind-body connection means that mental disturbances can disrupt the body's equilibrium, affecting the spine.

Abhighataja (Traumatic Injuries): Direct trauma to the spine, such as falls, accidents, or sports injuries, can cause dislocations, fractures, or soft tissue damage. If not managed properly, these injuries frequently result in immediate pain and long-term complications.

Ayurveda employs specific diagnostic methods The 'Dashavidha Pariksha' (ten-fold examination) and 'Ashtavidha Pariksha' (eight-fold examination) are crucial to this process. Nadi Pariksha (pulse diagnosis) helps evaluate doshic imbalances, especially Vata's involvement in spinal issues. Mala Pariksha (stool examination) assesses Agni (digestive fire) and Vata movement, crucial for digestive health and its impact on overall well-being, including spinal health. Mutra Pariksha (urine examination) provides insights into metabolic processes and doshic disturbances. Sparsha Pariksha (palpation) is particularly significant as it involves assessing

Marma points (vital energy points) along the spine and identifying tender areas and aids in detecting localized pain, inflammation, and muscle tension.

Classification and Manifestations (Lakshana) of Spine-Related Disorders in Ayurveda:-

Kati Shula (Low Back Pain): Described in the Charaka Samhita and Sushruta Samhita, Kati Shula is a common condition characterized by pain in the lower back, ranging from a dull ache to a sharp sensation. Ayurvedic texts attribute it primarily to aggravated Vata Dosha, which disrupts the normal functioning of lower back muscles and joints.

Gridhrasi (Sciatica-like Pain):

The Sushruta Samhita provides a detailed account of this condition. Numbness, tingling, and leg weakness may also occur. Primarily, Vata Dosha is involved, often with Kapha in chronic cases, leading to nerve compression and inflammation.

Vishwachi (Cervical Spondylosis-like Pain): Vishwachi presents symptoms similar to cervical spondylosis, affecting the neck and upper extremities. The Bhela Samhita describes Vishwachi as stemming from Vata Dosha aggravation affecting cervical nerve roots.

Manyastambha (Stiffness of the Neck): The Charaka Samhita states that this condition arises from vitiated Vata and Kapha Doshas, leading to muscle spasms and restricted neck movement. Symptoms include difficulty turning the head, neck pain, and muscle tenderness. Without appropriate management, Manyastambha can become chronic, impacting posture and causing headaches.

Ayurveda's Core Principles for Management (Chikitsa Sutra)

According to ancient Ayurvedic texts (Samhitas), the management (Chikitsa) of spinal disorders centers on re-establishing the equilibrium of aggravated Doshas, particularly Vata.

Primary methods involve: Complementing Panchakarma, specialized external therapies (Bahya Chikitsa) provide focused relief and promote healing.

Snehana (Oleation): This crucial therapy involves both internal and external oil application. For internal Snehana, medicated oils or ghee (snehpana)are ingested to provide lubrication, nourish tissues, and counteract dryness. External Snehana comprises oil massages (Abhyanga) utilizing specific herbal oils designed to soothe Vata, enhance circulation, and alleviate muscle spasms.

Swedana (Fomentation/Sudation): After Snehana, Swedana treatments, such as steam baths or targeted fomentation, are employed to expand channels, eliminate rigidity, and improve the absorption of therapeutic oils.

Basti (Medicated Enemas): Regarded as the premier treatment for Vata imbalances, Basti involves medicated enemas. These enemas introduce herbal decoctions and oils directly into the colon, thereby calming Vata, nurturing bone tissues, and expelling accumulated toxins.Anuvasana Basti (oil enema) provides nourishment and lubrication, whereas Niruha Basti (decoction enema) purifies and expels accumulated Vata.

Specific External Treatments

Kati Basti: This therapy involves holding warm, medicated oil within a containment created on the lower back. Such localized oil application deeply permeates the tissues, alleviating pain, reducing inflammation, and easing muscle spasms.

Greeva Basti: This procedure mirrors Kati Basti but is performed on the neck region. It effectively reduces stiffness, pain, and tension specifically in the cervical area.

Janu Basti: Administered to the knees, this treatment fortifies the joints, lessens pain, and enhances stability, thereby indirectly supporting overall posture and spinal alignment.

Patra Pinda Sweda (Leaf Poultice Fomentation): Poultices filled with medicinal leaves are applied to foment the affected region, leading to a reduction in pain, inflammation, and stiffness.

Shashtika Shali Pinda Sweda (Rice Poultice Fomentation): In this method, cooked rice is bundled into a poultice for topical fomentation. This treatment nurtures and fortifies tissues, proving especially advantageous for degenerative ailments.

Re-establishing healthy Agni (digestive fire) is equally crucial. Poor digestion results in Ama (toxic residue) formation, potentially worsening Dosha imbalances and aggravating spinal conditions.

Herbal Preparations and Treatments (Dravya Chikitsa) Supporting Spinal Well-being:-

The selection of these herbs is based on their capacity to soothe imbalanced Doshas, lessen inflammation, fortify tissues, and foster holistic healing.

Guggulu: Widely recognized for its anti-inflammatory and Vata-calming properties,especially in ailments like Kati Shula and Gridhras. Guggulu is a principal component in preparations such as Mahayograj Guggulu, Yograj Guggulu, and Lakshadi Guggulu.

Ashwagandha: Functioning as an adaptogenic and nervine tonic, Ashwagandha fortifies the nervous system and assists the body in managing stress.

Bala: Esteemed for its fortifying attributes, Bala is utilized to strengthen the spinal muscles and bones. The characteristics of Bala aid in enhancing both strength and stability.

Dashamoola: This blend of ten roots is prized for its pain-relieving (analgesic) and anti-inflammatory qualities. It contributes to diminishing pain and inflammation across a range of spine-related ailments.

Rasna: Recognized for its anti-rheumatic effects, Rasna is employed to alleviate joint and muscular pain linked to spinal problems. Its inherent qualities assist in easing inflammation and pain.

Dietary Guidelines (Ahara Vidhi) for Spinal Well-being

Ayurveda highlights the crucial significance of diet (Ahara) in preserving spinal health. To nourish Asthi Dhatu (bone tissue), include calcium-rich dairy (if tolerated), whole grains such as rice and quinoa, and beneficial fats like ghee and sesame seeds. Foods that should be limited or excluded are excessive caffeine, alcohol, and refined sugars, as they can compromise bone strength. Additionally, restrict the consumption of nightshade vegetables (tomatoes, potatoes, eggplants, peppers) if they worsen inflammatory responses.

Lifestyle Adjustments (Vihara Vidhi)

Ayurveda highlights the importance of lifestyle modifications (Vihara Vidhi) and consistent daily routines (Dinacharya) in both preventing and addressing spinal problems.

1)Consistent Abhyanga (self-oil massage) using warm sesame or medicated oils such as Anu taila nurtures tissues, calms Vata, and enhances blood flow. Securing sufficient rest and sleep is critical for tissue regeneration and stress reduction.

2)As per Dinacharya, waking early, performing gentle stretches, and engaging in regular exercise suited to one's individual capacity are advantageous.

3)Adhering to Ritucharya (seasonal regimen) assists in adjusting lifestyle and dietary habits in alignment with seasonal shifts, thereby maintaining dosha equilibrium.

These lifestyle adjustments foster long-term spinal well-being by promoting balance, reducing stress, and nourishing body tissues.

Yoga Asanas and Pranayama for Spinal Well-being

Yoga asanas are crucial for strengthening the spine, enhancing flexibility, and alleviating pain. They align with Ayurvedic principles by balancing Vata and improving circulation.

Marjaryasana (Cat-Cow Pose): Enhances spinal mobility and releases stiffness.

Bhujangasana (Cobra Pose): Strengthens back muscles and improves posture. It stimulates the Manipura Chakra, boosting energy flow and decreasing stiffness.

Tadasana (Mountain Pose):Promotes proper alignment and strengthens postural muscles.

Setubandhasana (Bridge Pose): Strengthens the back muscles, gluteus, and hamstrings, offering support to the lower spine. It also enhances circulation.

Paschimottanasana (Seated Forward Bend): This pose stretches the spine, hamstrings, and lower back, effectively relieving tension.

Ardha Matsyendrasana (Half Lord of the Fishes Pose): This pose increases spinal flexibility, stimulates digestion, and aids body detoxification.

Pranayama (Breathing Exercises): Techniques such as Nadi Shodhana (alternate nostril breathing), Bhramari (humming bee breath) further soothes the mind and relieves anxiety, thereby alleviating pain.

Ayurveda strongly advocates for preventive health measures (Swasthavritta) to ensure long-term spinal health.



CHRONIC SPINAL DISORDERS



Ishika Garg
(BAMS Batch-2024)

The spine is the central structural pillar of the human body, protecting the spinal cord and supporting posture, movement and flexibility. Chronic spinal disorders refer to long-standing or recurrent conditions affecting the vertebrae, intervertebral discs, spinal cord ,or associated muscles and ligaments. These disorders are a major cause of pain , disability, and reduced quality of life worldwide. Modern medicine offers various treatment modalities; however Ayurveda provides a holistic approach that emphasizes root cause management and prevention.

Common Chronic Spinal Disorders

1. Spondylosis –Degenerative changes in vertebrae and intervertebral discs due to aging or wear and tear.
2. Intervertebral Disc Prolapse (IVDP) –Herniation or bulging of a disc causing nerve compression.
3. Spinal Stenosis- Narrowing of the spinal canal leading to nerve impingement.
4. Lordosis, Scoliosis &Kyphosis – Abnormal curvatures of the spine.
5. Chronic low Back Pain – Often associated with muscle strain, poor posture, or underlying degenerative changes.
6. Ankylosing Spondylitis – Chronic inflammatory disease-causing stiffness and fusion of the vertebrae.

Ayurvedic Perspective

In Ayurveda, chronic spinal disorders are often correlated with **Vata Vyadhi**, especially where there is **Asthi Dhatu Kshaya (**degeneration of bone tissue) or **Majja Dhatu Dusthi (**nervous tissue involvement).

Causes (Nidana)

- Excessive physical strain or heavy lifting
- Excessive dryness in the body
- Irregular diet and lifestyle
- Old age (Jara)

Marma Sthana and Their Role in Spinal Disorders

Ayurvedic describes 107 Marma points, vital energy centers where muscles, vessels, ligaments, bones and joints intersect. Spinal health is closely related to certain Marma Sthanas that influences nerve function, musle tone and circulation.

Important Spinal Marma Points

1. **Krikatika Marma-**At the base of the neck; related to cervical health.

2. **Amsa Marma-** At the shoulder joint; affects upper back mobility.
3. **Nitamba Marma-** At the hip region; connected to lower back stability
4. **Kati Marma-** in the lumbar region; crucial for low back pain management
5. **Trika Marma-** At the sacral region; governs pelvic stability.

Marma therapy can improve blood circulation, reduce muscle stiffness, and restore nerve conduction.

Ayurvedic Treatment Approaches

1.Shamana chikitsa

- **Herbal Formulations:**

  Dashmoola Kwatha-Anti inflammatory, pain relief.
  Ashwagandha Churna- Nerve tonic and strength promoting
  Rasnadi kashaya- For stiffness and swelling.

- **External Applications :**

  Mahanarayana Taila, Kottamchukkadi Taila, etc.

2.**Shodhana Chikitsa (detoxification)**

- **Abhyanga (Therapeutic oil massage)-**Improves circulation and reduces stiffness.
- **Swedana(Sudation)-** Nadi Sweda,Pinda Sweda for muscle relaxation
- **Basti-** Anuvasana Basti With Mahanarayana Taila,Ksheera Basti for Vata pacification and nourishment
- **Kati Basti-**Retention of medicated oil over the lower back.

3.Rasayana Chikitsa (rejuvenation Therapy)

- Use of rejuvenating herbs like Shilajit, Guduchi, Bala, Amalaki to restore tissue strength and prevent recurrence.

Preventive Measures (Ayurvedic Lifestyle)

- Maintain correct postured during sitting, standing and sleeping.
- Regular Yoga and Stretching (Bhujangasana,tadasana)
- Balance Diet with Ghee, Milk and nourishing foods.
- Daily Self abhyanga (oil massage) to keep Vata in balance.

Conclusion

Chronic Spinal disorders require a multifaced approach involving pain relief, functional restoration, and prevention of further degeneration. While modern medicine offers quick symptomatic relief ,ayurveda provides a sustainable, root cause based solution through Vata pacification, tissue rejuvenation, and lifestyle regulation. The integration of Marma Chikitsa, Panchkarma therapies, and herbal medicines can be highly effective in managing and potentially reversing certain chronic spinal conditions.

TRADITIONAL HOUSEHOLD CHORES IN BHARAT: A NATURAL SHIELD AGAINST CHRONIC SPINAL DISORDERS IN WOMEN



Karan Kishore
BAMS Batch 2021

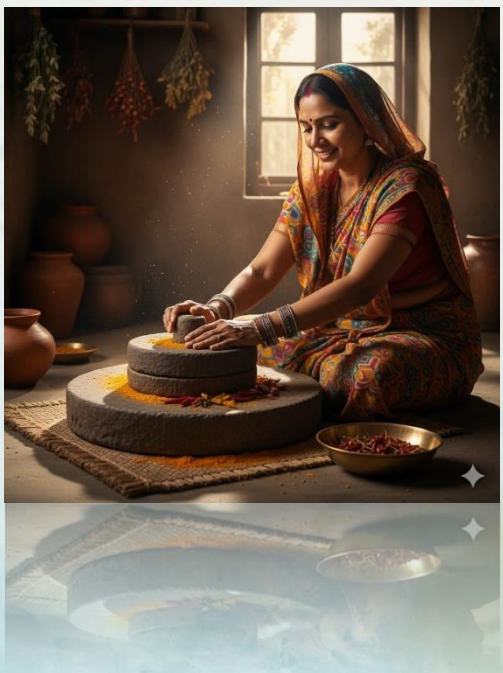


Arpit joshi
BAMS Batch 2021

In the hustle of modern life, where desk jobs and screen time dominate, chronic spinal disorders like low back pain (LBP) have become alarmingly common among women. But turning back to traditional Bharat, we find a different story.

Everyday household chores, often seen as mundane, actually served as built-in exercise routines that kept women active and their spines strong. These activities, rooted in daily life, promoted physical movement that could prevent the weakening of back muscles and poor posture that leads to long-term issues.

In rural and traditional Indian homes, women handled tasks that demanded constant motion. Sweeping and mopping floors, for instance, involved squatting, bending, and stretching—movements that engage the core and back muscles. Washing clothes by hand meant vigorous scrubbing and wringing, akin to resistance training. Grinding spices with a stone mortar (silbatta) required upper body strength and rotational twists. Fetching water from wells or ponds involved carrying pots on the head or hip, promoting balance and posture. Cooking over a chulha (traditional stove) while sitting or standing low built leg and back endurance. Even cleaning utensils or tending to livestock added layers of light to moderate physical activity. These weren't just duties; they were unintentional workouts that kept the body limber.



Why do these chores help prevent chronic spinal disorders?

The key lies in physical activity's proven benefits for spine health. Regular movement strengthens the muscles supporting the spine, improves flexibility, and enhances blood flow to prevent stiffness. Studies show that low physical activity is a major risk factor for non-specific LBP, which affects millions worldwide. In India, where women traditionally spent hours on these tasks, this activity level could counter sedentary risks like muscle weakening and obesity—both linked to spinal problems.

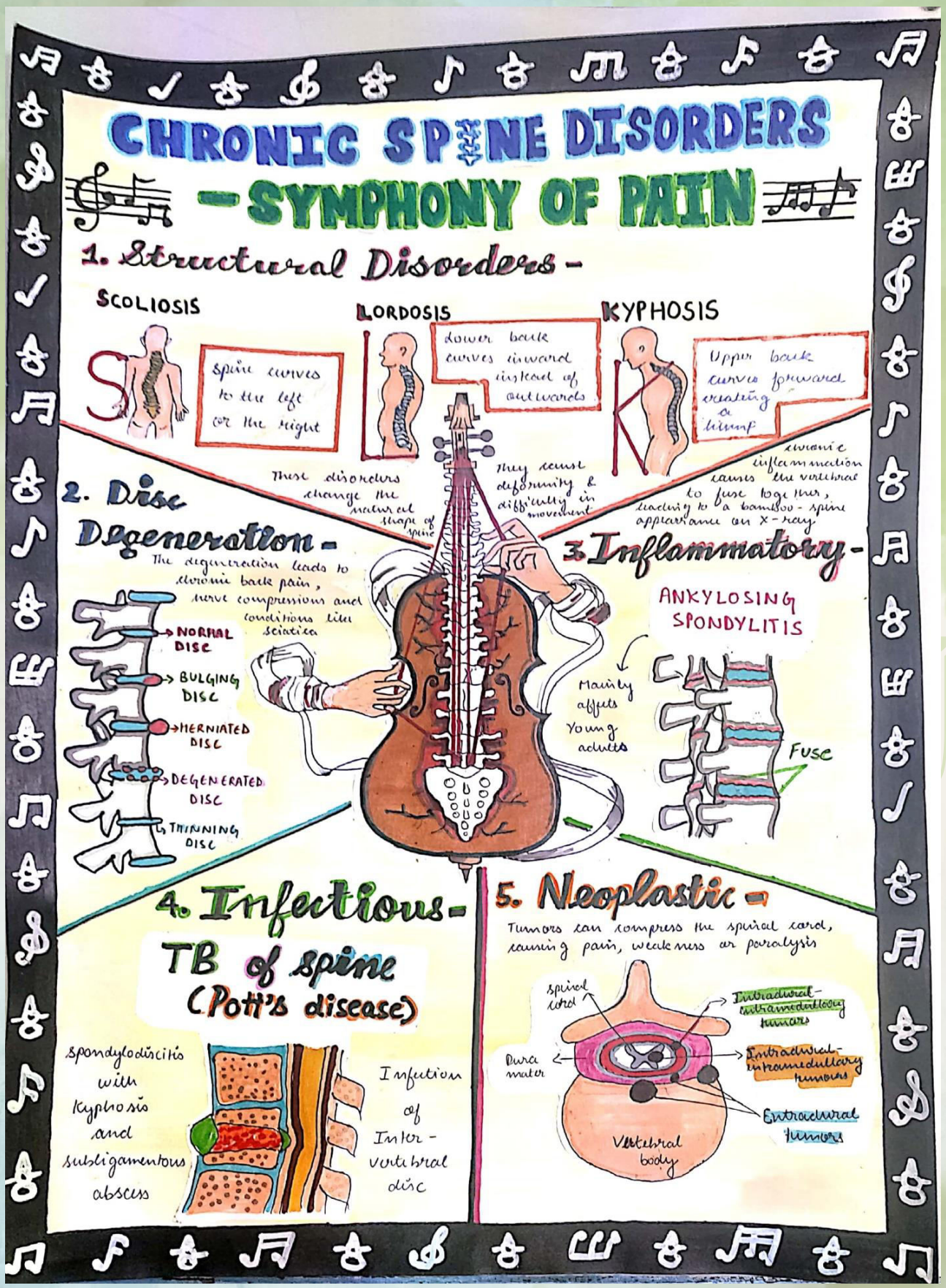
- Squatting for mopping or washing: It engages the core, glutes, and lower back, much like yoga poses that build stability. A review of lifestyle medicine highlights how such stabilization exercises reduce chronic LBP risk by fortifying the back's support system.
- Hand-washing clothes mimics resistance training, boosting muscle tone and preventing the disc degeneration common in inactive lifestyles.
- Fetching water or carrying loads teaches proper posture; head-carrying, for example, aligns the spine naturally, reducing strain on the neck and lower back.
- Grinding spices involves twisting motions that enhance spinal flexibility.

Evidence from global and Indian contexts supports this. A large study of 130,000 people found that 30 minutes of daily chores—like scrubbing or gardening—cuts heart disease risk by 20% and overall mortality by 28%, benefits extending to spinal health through better circulation and strength. In India, where traditional chores provided moderate-intensity activity, they helped maintain metabolism and muscle strength, potentially lowering LBP prevalence compared to sedentary urban life.

Pros and cons

But it's not all rosy, poor technique in these chores can cause strain. Done mindfully, with straight backs and alternated tasks, they become preventive tools. Research on home-based exercises shows they improve pain intensity and function in LBP patients, mirroring how traditional chores build endurance. For women in Bharat, these activities also fostered mental resilience, reducing stress—a known LBP aggravator.

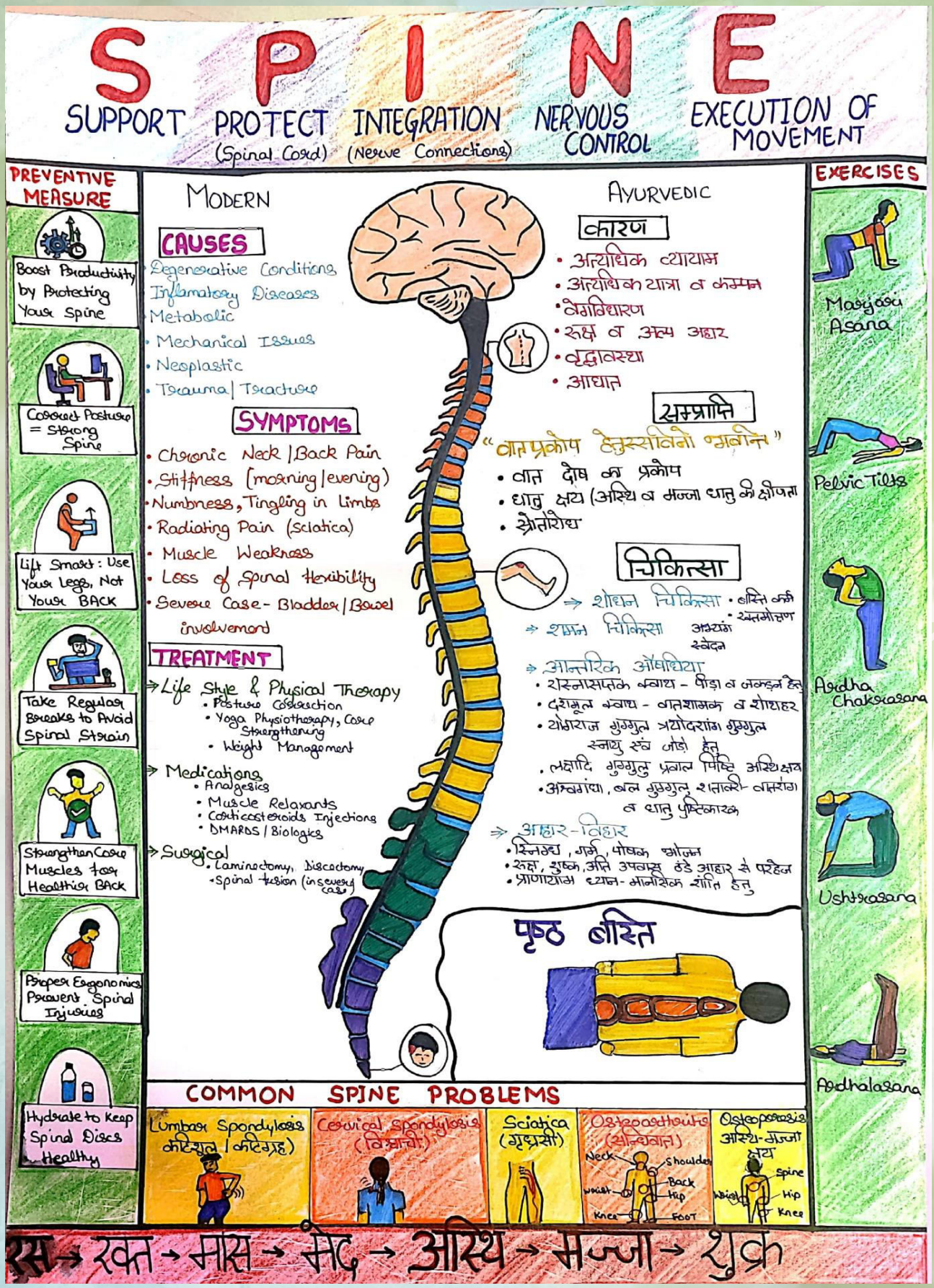
Today, with gadgets replacing manual work, spinal issues are rising. A study links insufficient activity to weakened back muscles in Indian women. We can blend old wisdom with new; Incorporate chore-like moves into routines, like squatting while gardening or walking with weights. Walking alone, per recent findings, halves LBP recurrence time.



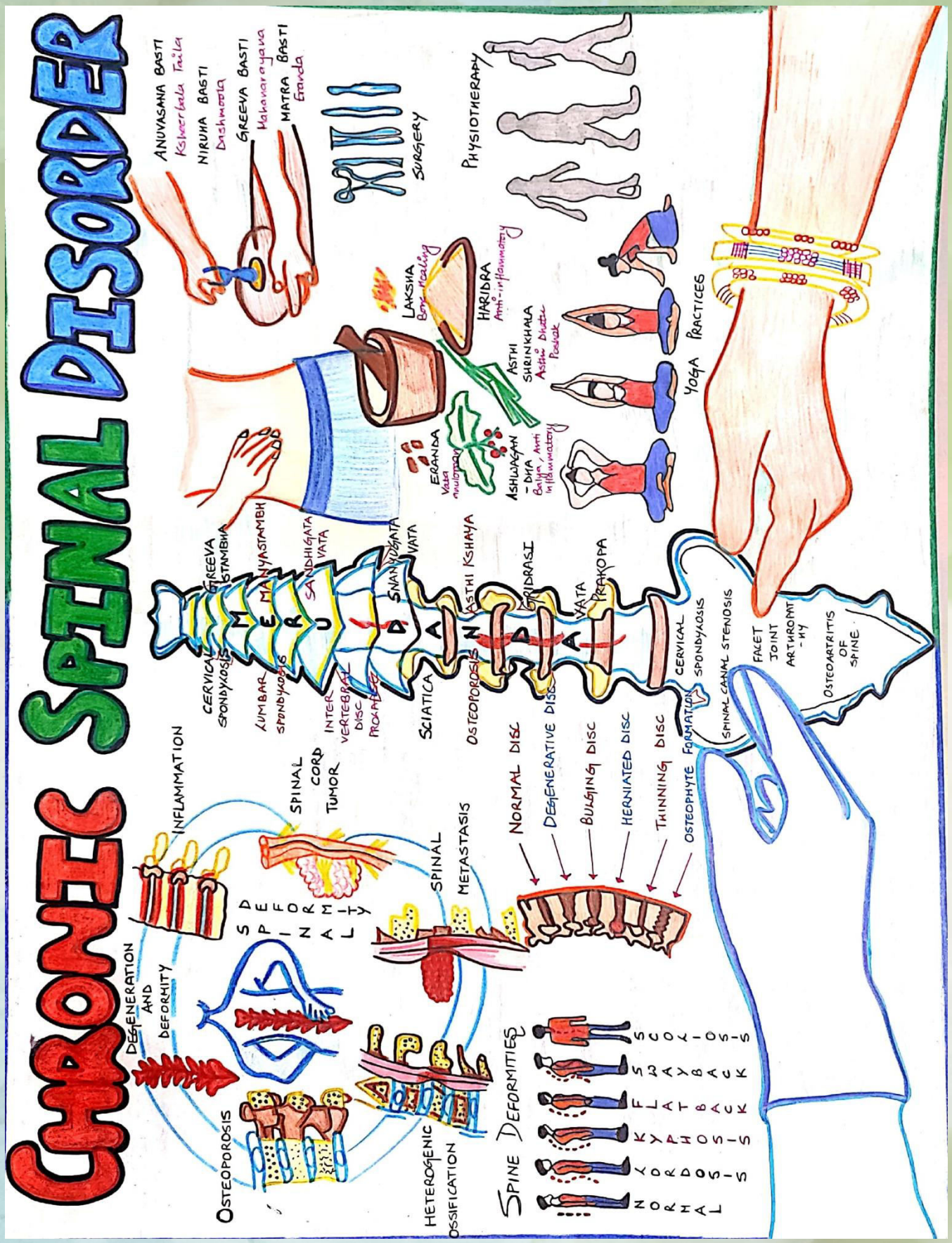
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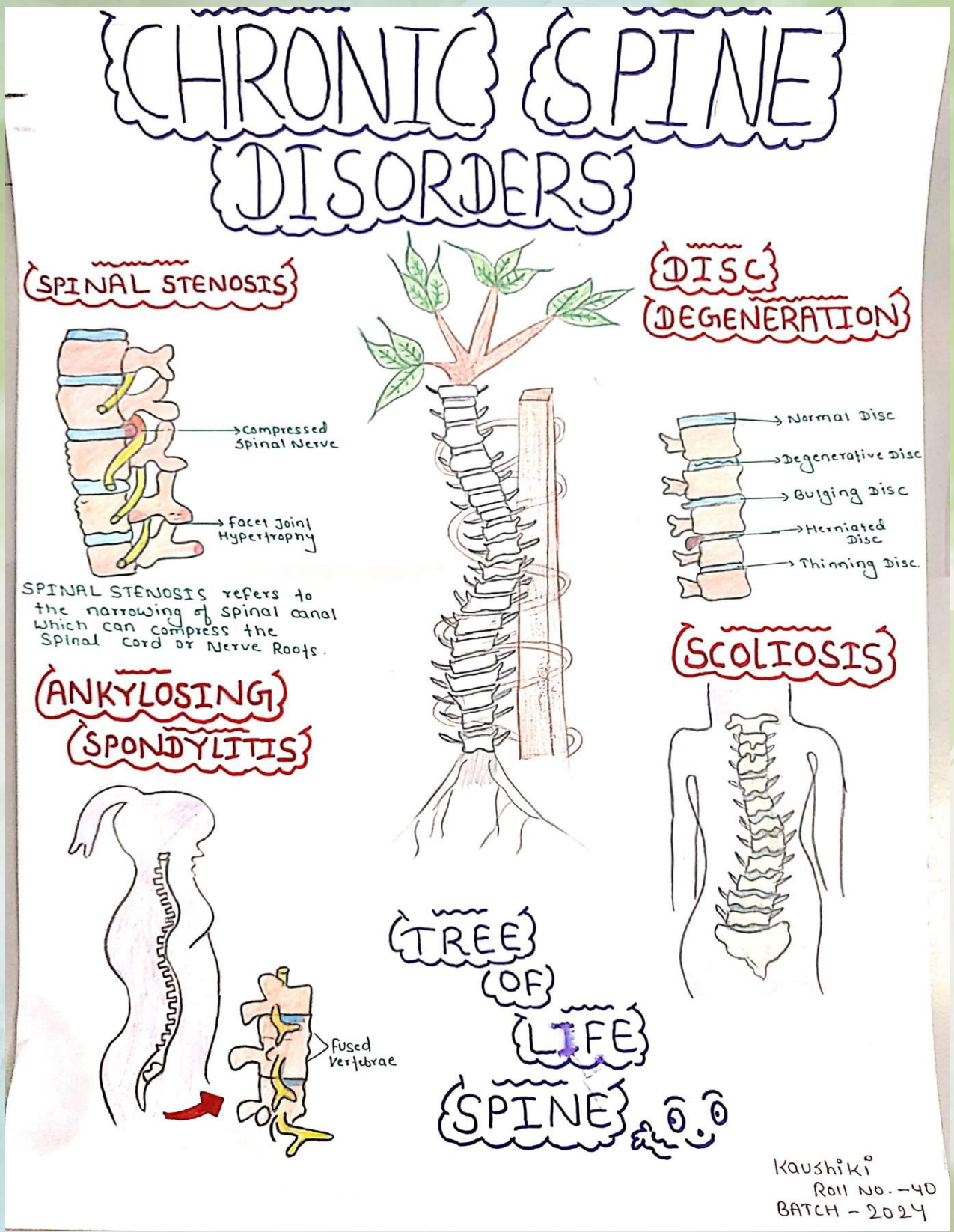
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