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Ayurvedic approach in Prevention/Dignosis and Management of Musculoskeletal disorders

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ABSTRACT

In *Ayurveda*, musculoskeletal disorders comes under the broad spectrum of *vatavyadhi*. Due to various *nidan*, *vatadosha* gets vitiated and enters *srotases* leading to *vata* disorder. (i.e *vatavyadhi*) including musculoskeletal disorder like Joint disorder (*Sandhivata*, *Vatarakta*, *Amavata* etc.), *Asthikshaya* (osteoporosis) *mansasosha* (muscular dystrophy), *Ardita* (facial paralysis), *Pakshaghata* (Hemiplegia) etc. The pathophysiology of this spectrum of diseases also include *srotorodha* (i.e obstruction of channel) that in turn causes *dhatukshaya* mainly of *Asthi* and *mansadhatu*, as the *asthidhatu* is one among the main site of *vatadosha*. Treatment of musculoskeletal disorders can be initiated only after understanding main aliments in detail (*Nidanpanchak*) and after doing proper examination of patient by different *pariksha*'s mentioned in our classics. We can implement a general treatment according to the type of pain in musculoskeletal disorder like *Langhana*, *Deepana*, *Pachana*, *Shodanachikitsa* in the form of *virechana*, *Vasti* said to be the *Ardhachikitsa* for *vatavyadhi*, *Raktmokshana* in *vatarakta*, *Snehapana* and can also do *Sthanik chikitsa* like *januvasti* *patrapindasweda*, *shashtikashalipindasweda*, *lepa* and *Upnaha*, *VaalukaSweda* in case of *Amavata*, *Presheka* in case of *vatarakta*. *Shamana chikitsa* & *Rasayana chikitsa*.

Keywords: *Shodanachikitsa*, *Pachana*, *virechana*, *Vasti*

INTRODUCTION

Musculoskeletal disorder are now days a major health issue. Its severity directly related with chronicity of disease and life style changes. The main aim of *Ayurveda* "Swasthasya Swasthya Rakshanam Aaturasya Vikara Prashamanm cha". In order to understand the concept of musculoskeletal diseases one should first understand the *Rachanatmak* and *kriyatmak* aspect of the *Sandhi*. The knowledge about *Sandhi* and the pathology affecting it is necessary in order to arrive at a proper and accurate diagnosis for a patient of MSD. *Sandhishoola* is

an important clinical manifestation seen in many diseases that afflicts the *Sandhi*. The term *shola* may be equated with pain. The diseases of the *Sandhi* are becoming more and more common in these days due to prevalent habits and lifestyle in present era. *Amavata*, *Sandhigata vata*, *Krostukshirsha*, *Vatarakta*, etc. are most troublesome diseases which affect the locomotor system in most productive period of life. Due to chronicity emergency management is not needed in most of the cases whereas *Ayurveda* can do very well and by changing lifestyle we can prevent the disease effectively.

Diagnosis of Musculoskeletal Disorder

According to different Acharyas, we can find different diagnosing method to get appropriate knowledge about the sign and symptoms of musculoskeletal disorders. As we are aware about the main symptoms of musculoskeletal disorders are pain, stiffness, swelling, cracking and clicking, we can diagnose it by a questionnaire ²(Parashna Pariksha) first of all. With the help of Parashna Pariksha; we get to know the site, type, intensity of pain, if any stiffness present any swelling present and also can rule out the impact of disease on patient's daily routine. After Parashna Pariksha, we proceed our diagnosis with Darshan Pariksha. If the symmetrical pain and swelling is present along with stiffness in entire body, we suspect it as Amavata. Osteoarthritis (Shandigatavata) is suspected when the joint is swollen and extension & flexion is painful. We can figure out the advanced stage of osteoarthritis (Kraushthukshirsha), if we find deformed knee joint and swollen of knee as the head of the fox, causing lot of pain. Lastly we do Sparshan Pariksha to rule out any cracking and clicking of joints, as we can palpate air bag in Shandigatavata.

Management of Musculoskeletal Disorder

The main symptoms of the musculoskeletal conditions are pain, stiffness and joint swelling of one or more joints. Treatment should be initiated only after the proper understanding main ailment in detail (*nidan panchaka*) and after examining the patient using different *parikshas* given in our classics. These all are very important things to manage musculoskeletal disorders. To manage the Musculoskeletal conditions we can adopt appropriate six principles ³(*shadupkrama*) by *Aacharya charka* :

Langhan

It is a primary tool for attaining *dhatusamya*. *Langhana* is Sanskrit word that means "to fast" or "to diminish back to its cause". In MSD *Amavata* is *strotoswarodh janya vyadhi*. *Ama* lodges at *strotas* and by *langhana* dislodges *ama* from its site.

Deepan

Deepan chikitsa is performed to stimulate the digestive fire or to improve the metabolism and to prevent further formation of *Ama*.

Pachana

Pachana means to digest. *Pachana karma* is to be performed for digesting the *Ama* (undigested food material) and vitiated *Doshas*. When *Ama* is associated with the

Doshas in the pathogenesis of the arthritis complaints. *Pachana* should be the principal management.

Shodhana

Shodhana is purifactory measure mention in *Ayurveda*. It include *Panchkarma* therapy that is *Vaman*, *Virechan*, *Vasti*, *Raktmokshana*, *Nasya* according to *Aacharya Susruta* and according to *Aacharya charka* in place of *Raktmokshana* it is *Anuvasan Vasti*. In which *Vasti* is said to be superior management as MSD comes under the broad spectrum of *Vatavyadhi*.

But before *Shodhana* preparatory procedures are there termed as *Purv karma* these are *Snehan* and *Swedan*.

Snehan

Snehan means to oleate it produces *Vishyandan*, *Klendan*, and *mriduta Abhyantar* and *Bhaya*.

Abhyantar

Depending upon constitution and *doshas* doses of ghee/oil given for decided period.

Bahya

It produces muscles relaxation as well as toning of muscles.

Swedan

Swedan is the fomentation technique used to relieve stiffness, heaviness cold and induce sweating.

Sthanik Chikitsa

In arthritis complaints the affected / inflamed joints are treated with local management such as *Upanaha*, *Pichu*, *Lepa* etc.

Samshaman Chikitsa

If *Doshakop* is not that much provoked, or after *Sanshodhana karma* to reduce its recurrence, *Samshamana karma* is administered.. it is *Dravya chikitsa* using *kwatha*, *Churna*, *Arishta*, *Asava* etc. Some of the examples are *Rasnasaptaka kwatha*, *Bodhivriksh Kwatha*, *Guduchi Kwatha*, *Vaishvanra Churna*, *Shaddharan Churna*, *Amrita arishta*, *Dshmoala Aasava*, *Punrnva Aasava*. etc.

Prevention

The prevalence of musculoskeletal disorders is very high due to lack of exercise improper diet plans and stressed. As a prevention we can adopt *Yoga* – regular *yoga* help in

supporting the bones, muscles and connecting tissue health. It helps in stretching, thus resulting in flexibility.

Relaxation and Meditation – In order to control musculoskeletal pain relaxation and meditation are best technique. It helps in reducing the stress hormones levels. This results in lowering or relieving the pain associated with the musculoskeletal disorder. Therapeutic massage – it is one of the best and most considered musculoskeletal disorders treatment. It is done by rubbing and pressing the muscles. Proper dietary rules also play important role in the prevention of MSD. Above all avoidance of *Nidana* is said to be the prime management as *Acharya Susruta* said—⁴ “*Sankshepo hi Kriyayogo Nidanaprivrjn*”

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CONCLUSION

In this article musculoskeletal disorders are major health problems in these days. As we know diagnosis of a disease is very important part before its treatment so different pariksha's are given in our classics to make a perfect diagnose and appropriate shadupkram and Shodhan ,Shaman Chikitsa are the best to manage MSD. Prevention is better than cure so for the prevention different and very much effective techniques are given in ancient letrature like Yoga , Pranayam,Meditation, and healthy dietary plans.