



INTEGRATED AYURVEDIC APPROACH IN THE MANAGEMENT OF OBESITY WITH LUMBAR SPONDYLOSIS – A SUCCESSFUL CASE STUDY

Samin Shaikh¹, Sunil Bhaskare²

¹M.D (Kayachikitsa), Ph.D (Sch), R. A. Podar Medical (Ayu) College, Mumbai, Maharashtra, India

²M.D., Ph.D (Kayachikitsa), Associate Professor, Kayachikitsa Department, R.A.Podar Medical (Ayu) College, Mumbai, Maharashtra, India

Corresponding Author: drsamin16@gmail.com

<https://doi.org/10.46607/iamj4412012024>

(Published Online: January 2024)

Open Access

© International Ayurvedic Medical Journal, India 2024

Article Received: 16/12/2023 - Peer Reviewed: 30/12/2023 - Accepted for Publication: 15/01/2024.



INTRODUCTION

In Ayurveda, Obesity (*Sthaulya*) is described as excessive accumulation of *Meda* (fat/adipose tissue) and *Mamsa* (flesh/muscle tissue) leading to flabbiness of hips, abdomen, and breast. It is considered as one of *Santarpanotha Vikaras* (disease due to consumption of excessive calories) in *Ayurveda*¹. Obesity has emerged as a global health challenge and is linked with several comorbidities and various risk factors that has a negative impact on physical, mental, and social wellbeing of a person.² Obesity itself is associated with high mechanical stresses on the body and high tissue inflammation³, resulting in various Musculo skeletal disorders of spine including osteoarthritis, intervertebral disc disease (IVDD), sciatica & Low back pain.⁴ It is also one of the major risk factors for Cardiovas-

cular heart disease, Diabetes Mellitus, Hypertension, Sleep apnea syndrome etc. This case study explores the effectiveness of an integrated & comprehensive *Ayurvedic* approach in addressing obesity and lumbar spondylosis in a patient, which included complex treatment approaches like Diet & lifestyle Modification, *Ayurvedic* daily routine (*dinacharya*), Anti-inflammatory & Pain-relieving medications, Instant pain management.

targeted therapies & detoxifying *Panchkarma* procedures along with metabolism boosting elements that also aid in weight loss. Thus, highlighting the holistic nature of *Ayurveda* in combatting the dual challenges & promoting overall wellbeing.

CASE HISTORY –

A 41-year-old female patient came to OPD with

complaints of excessive body weight, lowerbackache radiating to Right Lower limb with numbness, burning & tingling sensation, Right heel pain, Neck pain, bilateral lower limb swelling, and difficulty in standing after sitting, for 2-3 years. History of present illness – The Patient used to have a sedentary lifestyle with excessive junk food, untimely food, lack of physical activity & late sleeping habits. She used to stay awake whole night most of the time and binge eat. And that is how slowly she started gaining weight. 3 years ago, she fell in her home and got back pain radiating to right lower leg that slowly got severe. She showed to other allopathic doctors but

only got symptomatic relief, that's when her sister advised to visit an ayurvedic clinic for her treatment.
 k/c/o – DM /HTN / Hypothyroidism / IHD
 h/o/addiction – wine /vodka twice a week n/h/o – any Surgery
 n/h/o – fall/trauma/h/o – any allergy
 O/E – P - 70/min, BP – 130/90mmhg, Spo2 – 99 %
 1. Bilateral Pedal Oedema +++
 2. SLR – Positive
 3. Pump Handle test – Negative
 4. Waist circumference – 40 inches
 5. BMI -36.3⁵



Investigation – MRI of LS spine – 26/06/23

Early changes of Lumbar Spondylosis.

Diffuse posterior Intervertebral disc bulge at L2-L5 and S1

USG (A+P) – 26/06/23

Grade 1 fatty liver Uterine Intramural fibroid Left small Para ovarian cyst.

Lipid Profile – total cholesterol – 220mg/dl, Serum triglycerides – 200mg/dl Serum vitamin D3 - 14

Other investigations – WNL

Table no 1 – ASHTHA VIDHA PARIKSHA⁶

Nadi	Vaat Kapha, Mand Gati
Mala	2-3times, Sabandh
Mutra	4-5 Times A Day
Jivha	Saam
Sparsha	Ushna
Druta	Pitabha
Aakruti	Sthool
Agni	Manda

Table no 2 - DASHVIDHA PRIKSHA⁷

Prakriti	Kapha Pradhan Vaat
Vikruti	Meda, Kapha, Vata
Sara	Meda, Mansa, Rasa
Samhanan	Uttam

<i>Praman</i>	<i>Sthool</i>
<i>Satmya</i>	<i>Madhyam</i>
<i>Sattva</i>	<i>Alpa</i>
<i>Ahara Shakti</i>	<i>Alpa</i>
<i>Vyayam Shakti</i>	<i>Alpa</i>
<i>Vaya</i>	<i>Madhyam</i>

Table no 3 – *SAMPRAPTI GHATAK*⁸

<i>Dosha</i>	<i>Kapha Pradhan Tridosh</i>
<i>Dushya</i>	<i>Medas</i>
<i>Adhishtana</i>	<i>Sarva Sharir</i>
<i>Strotas</i>	<i>Medovaha, Swedavaha</i>
<i>Agni</i>	<i>Dhatvaagni Mandya</i>
<i>Ama</i>	<i>Saama</i>
<i>Strotodushti</i>	<i>Sanga</i>
<i>Udhhawasthan</i>	<i>Amashaya</i>
<i>Sadhya Asadhyata</i>	<i>Kruccha Sadhya</i>

THERAPEUTIC FOCUS –

The line of treatment was focused on reducing the musculoskeletal pain and improving the reduced digestive fire (*mandaagni*). It included the *Medo –Kaphahar* pacifying drugs, *vatashaman & anulomana*, *panchkarma*, dietary & lifestyle modification, *Vyayama, Yoga & Pranayam* to improve stability, flexibility & Strength.

Treatment was planned considering the following criterias.

1. *DEEPAN – PACHAN (AGNI + DHATU Level)*
2. *SHOTHA NASHAN*
3. *VAATA SHAMAN (SHAMAN + INSTANT PAIN MANAGEMENT)*
4. *SHODHAN CHIKITSA*
5. *RASAYAN – APUNARBHAVA CHIKITSA*

Table no – 4 – Medicinal treatment from 7/6/23 to 6/10/23

<i>AUSHADH YOGA</i>	<i>MATRA/DOSE</i>	<i>ANUPANA</i>	<i>DURATION</i>
<i>Musta+Shunthi+Parpatak</i>	<i>5GM</i>	<i>Siddha jal in 1litre water</i>	<i>21 days 7/6/23-28/6/23</i>
<i>Aampachak vati</i>	<i>250MG twice a day, adhobhakta</i>	<i>Koshna jal</i>	<i>1 month 7/6/23-7/7/23</i>
<i>Trikatu churna</i>	<i>1g twice a day prag bhakta</i>	<i>Koshna jal</i>	<i>15 days 7/6/23-21/6/23</i>
<i>Trayodashang guggulu</i>	<i>250mg twice a day, adhobhakta</i>	<i>Koshna jal</i>	<i>1 month 7/6/23-7/6/23</i>

<i>Cap Palsynorm</i>	<i>125mg thrice a day adhobhakta</i>	<i>Madhu + Koshna jal</i>	<i>3 Months 7/6/23-7/9/23</i>
<i>Punarnaavshthak kwath</i>	<i>20ml twice a day prag-bhakta</i>	<i>Mix with 100ml Koshna jal</i>	<i>3 months 7/6/23-7/9/23</i>
<i>Kanchnar guggulu</i>	<i>250mg twice a day, prag-bhakt</i>	<i>Koshna jal</i>	<i>3 months 7/7/23-6/10/23</i>
<i>Aarogyavardhini vati</i>	<i>250mg twice a day, adhobhakta</i>	<i>Koshna jal</i>	<i>40days 11/7/23-21/8/23</i>

<i>Lakshaadi guggulu</i>	250mg twice a day, adbhakta	<i>Koshna jal</i>	2 months 10 days 28/7/23-6/10/23
<i>Varunaadi kwath</i>	20ml twice a day prabhakta	Mix in 100ml koshna jal	45 days 21/8/23-6/10/23

Table no 5 – Pain management & *Panchkarma* Interventions

Therapy	Purpose
1. Cupping therapy / <i>Alabu Chikitsa</i> ⁹ On 3/7/23 & 2/8/23	To alleviate stiffness spasm and Pain over Cervical, thoracic & lumbar area. Also, to improve blood circulation at the area, and reduce the intense pain. 2 sessions done in an interval of 1 month
2. <i>Vidhakarman chikitsa</i> ¹⁰ On 3/7/23, 2/8/23 & 3/9/23	For intense pain over both Heels & at the site of sciatic nerve, 3 sessions done in an interval of 1 month.
3. <i>Erand mulaadi Niruha basti</i> ¹¹ – 15 DAYS (6/7/23-21/7/23)	To pacify <i>vata</i> & eliminate toxins from the body & also as <i>Lekhan karya</i> . A – <i>Sahcharaadi tail</i> (60ml) + <i>Saindhav</i> (3g) N – <i>Erandmulaadi kadha</i> (500ml) 2 <i>Niruha</i> & 1 <i>Anuvasan</i> given.
4. <i>Sarvang Snehan</i> + <i>Bashpa Swedan</i> ¹² 15 days (6/7/23-21/7/23)	Detoxify, relax, rejuvenate & nourish the muscles, alleviate the vitiated doshas & expel the toxins.
5. <i>Kati Basti</i> – 15 days (6/7/23-21/7/23)	To reduce pain, stiffness & inflammation associated with lumbar spondylosis. done with <i>Kottamchukkadi</i> + <i>Murivenna Oil</i>
6. <i>Abhyanga</i> & <i>Udvartan</i> ¹³ Daily Early Morning 3 months 15 days (21/6/23-6/10/23)	Sesame oil massage followed by <i>Triphalaadi churna udvartan</i> to promote circulation, tone & nourish muscles & reduce excessive fat
7. <i>Murivenna oil</i> 45 days (21/8/23-6/10/23)	Massage at painful area followed by local heat fomentation to reduce pain, pacify <i>vata</i> , & nourish muscles

Table no 6 – Diet, Yoga & lifestyle modification

Sr.No	Guidelines
1	Waking up early every day, following ayurvedic <i>dinacharya</i> , warm sesame oil massage, followed by <i>triphala churna Udvartan</i>
2	Herbal infused drink of <i>Mustaadi</i> yoga, throughout the day.
3	Stretching & loosening exercises, 8-12 rounds <i>Suryanamaskar</i> , pranayama & meditation
4	Eat only & only when intensely hungry, for light hunger can have Rajgira Laddoo, khakhra, ½ serving of fruit
5	Include millets like jowar, Ragi and barley in Lunch & <i>Kulitha</i> , drumsticks etc Soups in dinner
6	Have early & light dinner like Dalia, Soups, brown Rice Veg Khichdi.
7	<i>Shatpavali</i> after every meal. Warm water after 30 minutes of food.
8	Forty-five minutes of brisk walking every day, dividing into morning & evening walks
9	Go to bed by 10pm followed by 10 minutes of meditation & gratitude.

OBSERVATION & RESULTS –

Table no – 7 - Assessment criteria for Pain, Stiffness & Difficulty in walking.

Assessment Criteria	Score
Absent	0
Mild	1
Moderate	2
Severe	3

Table no 8 – Subjective parameters assessment

SUBJECTIVE PARAMETERS	BEFORE TREATMENT	AFTER TREATMENT
Lower backache radiating to right lower limb with numbness, tingling & burning sensation	3	1
Neck pain	3	0
Right heel Pain	3	0
Difficulty in Standing after Sitting	3	0
Delayed Periods	3	3

Table no 9 – Objective criteria assessment

Assessment Parameters -Objective	Before Treatment	After Treatment
Slr Test	Positive At 60 Degrees	Negative
Waist Circumference	101.6cm	86.36cm
Weight (Kg)	93kg	75kg
Bmi	36.3	29.3

Table no 10 – follow ups in every 15 days.

FOLLOWUP	0 Day	15 days 1ST	1 Month 2ND	45 days 3RD	2 months 4TH	75 Days 5TH	3 months 6TH	105 days 7TH	4 months 8TH

WEIGHT (KG)	93	90	88	86	84	82	80	78	75
	BEFORE TREATMENT					AFTER TREATMENT			



BEFORE TREATMENT

AFTER TREATMENT



DISCUSSION

The patient, presenting with both conditions of Obesity & Lumbar spondylosis, was given a personalized *Ayurvedic* intervention, emphasizing on anti-inflammatory herbs, dietary & lifestyle modifications, detoxifying *Panchkarma* procedure, *Yoga* & breathing techniques¹⁴, and targeted Pain management modalities to address lumbar spondylosis and incorporating metabolism-boosting elements for effective weight management. She not only lost massive 18kg in 4-month duration, but all her severe lumbar pain, heel pain, & leg pain reduced drastically. The Pain Management through Cupping therapy¹⁵ & *vidhha karma*¹⁶ really alleviated the pain & helped her in continuing the exercises & yoga efficiently. The breathing exercises & meditation helped her focus on the goal, be consistent &

gave a positive outcome in overall health.

Panchkarma Shodhan through *Erandmulaadi niruha basti*¹⁷ is a treatment of choice for lumbar spondylosis & sciatica¹⁸ like symptoms which not only pacifies the vitiated *vata dosha* but also acts as a *lekhan karya* helping to expel the toxins, cleanse & heal the root cause. *Kati basti* is ideal for lumbar region pain, stiffness & inflammation. Soothing & healing at the intervertebral disc level. The patient lost further 5 kgs solely through the *Ayurvedic* diet, *Yoga* & lifestyle.

modification. Currently she weighs 70kg & is very happy to lead a confident & Pain free life only because of integrated *Ayurvedic* treatment.

CONCLUSION

The case study highlights the positive and unbelievable

ble outcomes achieved through *Ayurvedic* interventions, including gross weight reduction, improved mobility, and a notable reduction in musculoskeletal pain associated with lumbar spondylosis.

REFERENCES

- 1 Bhagwan das, R.k Sharma, Charaka Samhita. 1st ed. Varanasi: Chaukamba Sanskrit series; 2009, Vol-1, Santarpaniya Adhyaya, Chapter 23, Verse 6. p.395
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6510065/>
- 3 Cesari M, Kritchevsky SB, Baumgartner RN, et al. Sarcopenia, obesity, and inflammation – results from the Trial of Angiotensin Converting Enzyme Inhibition and Novel Cardiovascular Risk Factors study. *Am J Clin Nutr.* 2005;**82**(2):428–434. [[PubMed](#)] [[Google Scholar](#)]
- 4 <https://www.frontiersin.org/articles/10.3389/fendo.2021.740200/full>
- 5 https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html
- 6 Bydgi P.S., Rogi Pariksha and Roga Pariksha, (2007), Paramoswarappa's Ayurvediya Vikriti Vijnana, 1st edition, Varanasi, Chaukhambha Sanskrit Asthana, p. 376
- 7 Bydgi P.S., Rogi Pariksha and Roga Pariksha, (2007), Paramoswarappa's Ayurvediya Vikriti Vijnana, 1st edition, Varanasi, Chaukhambha Sanskrit Asthana, p. 376
- 8 Bagwan das R.k Sharma, Charaka Samhitha. 1st ed. Varanasi: Chaukamba Sanskrit Series; 2004, vol-1, AstuninditiyaAdhyaya, Chapter 21, Verse 17. P.377. ISBN:81-7080-012-9
- 9 Ahmedi M, Siddiqui MR. The value of wet cupping as a therapy in modern medicine e an Islamic perspective. *Webmedcentral* 2014;5(12). WMC004785.
- 10 Gogate R. B; Viddha ani Agnikarma Chikitsa, Vaidyamitra Prakashana, Pune, 2006, pg 12
- 11 Agnivesha, Charaka, Dridhbala . Charaka Samhita, Siddhi Sthana, Uttarbasti-Siddhi 12/16. 2nd edition. Vol. 6. Varanasi: Chaukhambha Sanskrit Series Office; 2002. Text with English Translation and Critical Exposition on Chakrapani Datta's Ayurveda Dipika Commentary by R.K. Sharma and Bhagvandas; pp. 409–11.
- 12 Lohith B.A, Textbook on PanchaKarama. 1st ed. Varanasi: Chaukamba Orientalia; 2016, Vol-1, Snehana Adhyaya, Chapter 2, p.107-08. ISSN: 978-81-7637-365-4
- 13 Lohith B.A, Textbook on PanchaKarama. 1st ed. Varanasi: Chaukamba Orientalia; 2016, Vol-1, Snehana Adhyaya, Chapter 2, p.107-08. ISSN: 978-81-7637-365-4
- 14 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6510065/>
15. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6248735/>
16. <https://journal.envirocnj.in/index.php/ecj/article/view/114>
17. <https://ijapr.in/index.php/ijapr/article/download/1129/895/>
18. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3764877/>

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Samin Shaikh & Sunil Bhaskare: Integrated ayurvedic approach in the management of obesity with lumbar spondylosis – a successful case study. *International Ayurvedic Medical Journal* {online} 2024 {cited January 2024} Available from: http://www.iamj.in/posts/images/upload/272_278.pdf