

LUMBAR PLASTERING: A MODIFIED BANDHANA TECHNIQUE TO TREAT LUMBAR SPONDYLOLISTHESIS - A CASE REPORT

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ABSTRACT

According to Ayurveda, Kati Shoola is a disease with pain in lumbar region. Lumbar spondylolisthesis, Disc bulges, are the common causes. Low back pain will be the presenting symptom, but there will be a displacement of vertebrae or intervertebral discs. Considering this, it can also be correlated with dislocations. Even though our conventional Ayurveda therapies have got good result on these diseases, but the chances of recurrence is more. Because proper rest and maintain good posture is necessary to treat Low back pain, but in the present day, following these advises will not go longer. Acharya Susrutha has mentioned *Bandhana karma* in treating *sandhi moksha*. Lumbar plastering is a modern technique of *Bandhana* which will give the patient proper rest and helps to maintain proper posture. This is a case of 53-year-old male with 10 year history of lumbar spondylolisthesis was treated with this procedure. The patient had low back pain, radiating pain to both legs and weakness of legs. Patient feels difficulty while walking and sitting/standing for long duration. X-ray of lumbo sacral region indicated that patient was suffering from Grade 1 lumbar spondylolisthesis. He was treated for 14 days with therapies and followed by lumbar plastering and later rest for 30 days. The treatment shows significant relief of the symptoms and moreover the X-ray taken after the rest shows normal. This treatment is effective in treating *Kati Shoola* (lumbar spondylolisthesis, Disc bulges) by helping to reduce the symptoms and improving the condition.

Keywords: Spondylolisthesis, *Kati Shoola*, *Bandhana*, Lumbar plastering

INTRODUCTION

Kati Shoola is a disease which is mainly caused by vitiation of Vata Dosha. There are other diseases explained in classics where kati shoola as the main symptom such as *Kati Graham*, *Trika Shoola*, *Prushta Graham*, *Grudrasi* etc^{1, 2, 3}. Usually Kati shoola or low back pain will be the presenting symptom to any other underlying condition. The word “spondylolisthesis” comes from the Greek words

“spondylos” meaning spine or vertebra and “listhesis” meaning to slip or slide. Spondylolisthesis is the anterior displacement of a vertebra above the adjacent vertebra. It occurs most often in the lumbar spine because of the maximum movements. Most patients are asymptomatic. Sometimes pain in the low back, which radiates into the buttocks and legs, stiffness, muscle spasms, weak-

ness of lower limbs and irregular gait can be seen⁴. By considering the symptoms it can be correlated with Kati Shoola and also Sandhi Moksha. Bandhana karma is the treatment for sandhimoksha⁵. Here Vatahara chikitsa along with treatment of Sandhi Moksha were adopted. In this, 14 days of Panchakarma therapies followed by Lumbar plastering and internal medicines were given. Thereafter 30 days rest was advised.

Case Study:

A 53 year old male, who attended the OPD of Parathuvayalil Ayurveda Hospital, Kerala, complained of low back pain since 10 years. He also had stiffness, radiating pain to legs and weakness of the lower limbs. He had consulted an orthopedician and diagnosed as Spondylolisthesis. He was managed conservatively with oral medication. Due to the persisting complaints he approached our hospital for the further management.

On physical examination, tenderness were present on the Lumbar region, Straight leg raising test was positive in both legs. Movements were reduced. Motor and sensory functions were normal in right and left legs and both deep and superficial reflexes were also normal. Xray of Lumbo sacral spine reveals Grade I Spondylolisthesis.

Treatment Given:

- Choorna pinda sweda - For the first 7 days(Sahacharadi+Kottamchukkadi taila)
- Kayasekam/Pizhichil - Next 7 days (with Prabhanjana vimardhana tailam)
- Kati basti with traction - 7 days(with Sahacharadi+Kottamchukkadi tailam)
- Lumbar plastering - On the 14 day after Kayasekam and Kati basti

Lumbar plastering:

Bandhana karma is the treatment for *Bhagna/Sandhimoksha*. Acharya Susruta mentioned different types of *Bandhana's* for different conditions. *Mandala Bandhana* (circular/cylindrical) is mentioned for the part which is round/cylindrical⁶. There is also mentioning of *Kapala sayana* (lying in a box) in case of *Prushtavamsa* (vertebral column) fracture/dislocation for preventing movements⁷. So this Lumbar plastering is a modified *bandhana karma* which is done to restrict the movements. The procedure is done in prone position with continuous traction on both upperlimb and lower limb. The plaster should cover the whole thoracic and lumbar area. Thickness of the plaster will be around 0.5 to 1 mm. Atlast corrections will be done and apply fiber plast.



Internal Medicines:

- | | | |
|--|---|--|
| • <i>Rasnaerandadi kashayam</i> - 15ml | } | With 60ml of warm water BD before food |
| +
• <i>Ashtavargam Kashayam</i> - 15ml | | |
| • <i>Yogaraja Guggulu</i> - 1 BD before food | | |
| • <i>Eranda taila</i> - 1 tsp with <i>Kashaya</i> in the morning | | |

Treatment Outcome

Patient came for the follow-up after 30 days of discharge and the plaster was removed. At the time the symptoms were reduced significantly. The lumbar pain, sciatic pain and weakness of the lower limbs got complete relief. There was only little stiffness over the back due the plastering. And also the check x-ray taken after the removal of plaster shows normal.

DISCUSSION

According to the Ayurveda, Shoola (pain) occurs due to vitiation of Vata Dosha. In this condition (Spondylolisthesis), there is displacement of vertebrae i.e Sandhi moksha. So considering these, here *Vatahara* chikitsa and Sandhi moksha chikitsa were adopted. Choorna pinda sweda and kati basti will reduce pain, stiffness, swelling and it is vata kaphahara. Kayaseka/Pizhichil is a special procedure where warm oil is continuously poured and massaged. It improves the circulation, strengthens the muscles and also it is Balya. Lumbar plastering is a modern

technique of *Bandhana*, which will restrict the movements and keep the patient in proper posture (while sitting, standing & walking etc). Following proper postures will reduce the extra strain on the muscles which further improves the condition. It is also seen that even after removing the plaster, the patients were still maintaining the proper postures. This is because, over the time it becomes their routines. The internal medicines such as Rasna erandadi kashaya and Ashtavargam kashaya are vatahara which alleviates pain and swelling form the joints. Eranda taila is Vata kaphahara and also does mrudhu virechana.

Results

It was observed that, clinical symptoms were reduced gradually during the treatment period. The patient was completely relieved from the clinical symptoms when the patient came for the follow up after 30 days of discharge. Moreover, X-ray taken after removing the lumbar plaster of lumbar sacral region showed normal.

Before Treatment



After Treatment



CONCLUSION

It is concluded that this treatment completely relieves the symptoms such as lumbar pain, radiating pain to legs and weakness of lower limbs. This procedure (Lumbar plastering) can also be utilized in treating the disc related conditions (Bulges, Protrusion etc). It is proposed that the therapy may be ac-

cepted as a unique treatment method of Kati Shoola (lumbar spondylolisthesis).

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