



## Ayurveda

## A INTERESTING CASE STUDY PERTAINING TO PRATILOM VATGATI ITS DIAGNOSIS AND ASSOCIATED TREATMENT.

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**ABSTRACT**

constipation a common complain today. Many a times it is a symptom associated with some other disease. But here constipation and its wrong patient's self treatment had lead to sciatica.

**KEYWORDS :** vata vrudhhi, vata vyadhi, dhatu kshaya janya vata prakop.

**INTRODUCTION.**

VATA is the only dosa in the body which has movement or as it is called in Ayurved as having Gati. Five types of vata govern all the body activities namely PRAN, VYAN, UDAN, APAN AND SAMAN. Every vayu has a particular path of motion and particular functions to carry on. Any of the vayu changing its path and taking a opposite path is termed as Pratilome vata.

Vata vyadhi in Ayurved are mainly caused due to Vata vrudhhi [i.e Vata prakop].

KAPHA, PITTA, AND VATA are the three doshas which run the whole physiology of the body. Of these vata dosha is mainly involved in all types of voluntary and involuntary movements of the body, right from breathing, heartbeats, blood circulation, peristalsis, to walking, talking, all reflex actions. Majority of vata vyadhi are neurological conditions.

**CASE STUDY**

an 69 year old male patient came to the opd with the aid of a cane, and limping slightly. His slow walk indicating the pain he was experiencing. He entered the consulting room and sat on the chair opposite me as if exhausted. Though he had to climb very few steps to climb he appeared completely exhausted. which appeared completely unnatural. It took him few minutes to begin talking.

**The only complaints told by the patient were:**

- 1] severe chronic constipation—the main reason why patient approached me. { He was already taking market advertised curma of bhedhan gunnadharna.
- 2] tremendous weakness after defecation [ideally person should feel light and energetic.

**My observation of the patient was**

- 1; limping walk
- 2] weakness
- 3] patient's voice too feeble and it seemed as if it was coming out of a deep pit. I had to strain my ears to hear as he was saying. Also mere speaking was a strenuous task for him.

**PATIENT HISTORY.**

- 1] Patient known diabetic since last 15 years and was on anti diabetic oral medication.
- 2] Severe constipation since last eight years.
- 3] Sciatica since 6 to 8 years. He had been admitted in hospital for traction for N number of time with very little relief.

**DIETARY HISTORY.**

- 1] Past history of abundant non-vegetarian diet.
- 2] since last 2 years patient had shifted to vegetarian diet. patient following strict diabetic regime.

**Examination**

- 1] Abdomen soft.
- Tongue clear.  
Gait slow and dragging.

Loss of confidence.

In sitting posture shoulders in sagging position.

DIAGNOSIS.

VATA VYADHI.

PRATILOME UDAN AND PRAKUPIT APAN.

**UDAN** due to repeated bhedan karma had become APANANUG [ref swas samprapti]

Hence showing decreased udan karma and increased apan karma.

**FUNCTIONS OF UDAN KARMA**---controls voice modulation, speech, strength[bal], varna[skin colour], Intelligence, courage, understanding, and retention of knowledge[dharana shakti]

**FUNCTIONS OF APAN**---stan adhodar

Functions passing out of stools, urine, sperms, menstrual flow, foetus etc.

**FINAL DIAGNOSIS**---PRATILOME UDAN AND PRAKUPIT APAN LEADING TO DHATU KSHAY JANYA VATA PRAKOP.

**TREATMENT GIVEN.**

- 1] MAHAVATAVIDDYVAIS RAS—1 BD [APAN KAAL]
- 2] MAHAYOGRAJ GUGGULU-1 TDS [VYAN KAAL]
- 3] MAHARASNADI KWATH 2 tsf TDS [APAN KAAL]
- 4] AROGYA VARDHINI 1 TDS

**EVERYWHERE ANUPANUSHNAJAL.**

Abhantar snehan with warm til tailan dose of 15 ml thrice a day. Local application of bala taila and taap sweda for sciatica. Mrudu anuloman of triphala churna 2 tsf Hs.

**PATHAYA**

Laghu aahar. mainly moog, rice, ghrut, buttermilk, no vegavarodh, no vegodiran, light regular exercise.

Follow up after 7 days.

After 7 days drastic change in volume, pitch of voice, voice was 60% more clear and effortless. sciatic pain 80% relieved, complain of constipation resolved.

Treatment given for 3 months and patient relieved of all symptoms.