

# Understanding Spine Disorders and Its Management in Ayurveda Parlance

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## Abstract

Spine disorders are a growing health concern worldwide, affecting millions of people. Ayurveda, the ancient Indian system of medicine, offers a comprehensive and holistic approach in managing Spine disorders. This review aims to provide an overview of the Ayurvedic perspective on Spine disorders, their classification, etiology, and management. Ayurvedic management of Spine disorders involves a multidimensional approach, including Panchakarma therapies (Abhyanga, Swedana, Katibasti, and Anuvasana Basti), herbal remedies and yoga. Dietary modifications based on Dosha-specific diets and lifestyle changes (Dinacharya and Rutucharya) are also emphasized. Case studies and research evidence demonstrate the efficacy of Ayurvedic management in reducing pain, improving functional ability, and enhancing quality of life. Prevention strategies focus on maintaining spinal health through regular exercise, stress management, and balanced lifestyle routines. This review highlights the potential of Ayurveda in addressing the growing burden of Spine disorders. By integrating Ayurvedic principles with conventional medicine, healthcare providers can offer comprehensive and patient-centered care. Future research directions include investigating the efficacy of Ayurvedic interventions in randomized controlled trials and exploring the role of Ayurveda in preventive spine care.

## Keywords

Spine disorders, Ayurveda, Management, Kasheruka asthi vikaras

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## 1. Introduction

Spine or vertebral column is the core part of axial skeleton that is made up of segmented series of mineralized irregular bone called vertebrae, separated by fibro-cartilaginous intervertebral discs. The dorsal portion of vertebral column known as vertebral foramina, houses the spinal canal with spinal nerves exiting via the intervertebral foramina to innervate each body segments[1]. Any abnormality or problem that affects the spine in anyway, including the vertebrae, spinal cord or nerves is called as Spine disorders.

Degenerative, traumatic, inflammatory and scoliosis diseases are the most frequent conditions that can affect the spine in its different parts. The symptoms of Spine disorders may vary from a range of local pain, discomfort to radiating pain, muscle weakness, numbness or tingling to the part innervated by the nerves affected by Spine disorder [2] and in conditions where spinal cord compression occurs will lead to paralysis, disability or death [3]. Spine disorders can also be classified according to the part of spine affected. Low back pain is among the top ten causes for the highest number of disability adjusted life years lost worldwide[4]. There were 568.4 million prevalent cases of low back pain in 2019, with age-standardized point prevalence estimate of 6972.5 per 10,000 population globally[5]. A prevalence study on Spine disorders which was conducted in Saudi Arabia reveals that 28% of patients had Spine disorders. Most commonly affected was Lumbar spine (53.1%), followed by Cervical spine (27.1%) [6].

As spine is the basic support of the human being in holding a posture, anything affecting it, affects the daily activities from mild to severe form. Hence managing Spine disorders becomes crucial. In conventional system of medicine, Spine disorders are managed either by physical therapies or activity modifications or conservational therapy like management of pain using steroids or analgesics and by surgery. This could cause dependency, managing it symptomatically and is expensive or reluctant.

A light can be thrown in Ayurvedic science in the management of Spine disorders which provides holistic approach, trying to manage and treat the root cause and not merely symptoms. Different diseases that affect the spine and the nerves have been explained in Ayurveda and different therapies and formulations that can control and manage these diseases have been dealt.

## 2. Materials and Methods

### 2.1. List of Spine Disorders [7, 8]

Spine disorders can be classified according to the part or region of spine/vertebral column affected, as follows.

#### 2.1.1. Cervical Spine

- C0-C1: Cranial invagination- Dens entering foramen magnum, which can cause sudden death.
- C1-C3: Atlanto-axial subluxation due to Rheumatoid arthritis or spondylolisthesis.
- C3-C5: Phrenic nerve involvement causing ventilator dependent.
- C5-C6: Cervical spondylosis, Disc prolapses.
- Ankylosing spondylitis
- Osteoporosis

- Curvature disorders- Increased lordosis or loss of lordosis

### 2.1.2. Thoracic Spine

- Tuberculosis/ Pott's spine – Most common due to proximity to the lungs.
- Metastasis – Most common at mid-thoracic level.
- Curvature disorders- Gibbus/Kyphosis, Scoliosis, Kypho-scoliosis
- Tumors
- Rheumatoid arthritis, Osteoarthritis

### 2.1.3. Lumbar Spine

- Lumbar spondylosis
- Spondylolisthesis
- Disc prolapse
- Rheumatoid arthritis, Osteoarthritis, Ankylosing spondylitis
- Osteoporosis

### 2.1.4. Sacral Spine

- Spina bifida occulta
- Spina bifida apperta
- Spinal chordomas – common in sacro-coccygeal region

### 2.1.5. Discogenic (Diseases of Intervertebral discs)

- Degeneration
- Disc prolapse
- Disc Herniation
- Diffuse Idiopathic Skeletal Hyperostosis (DISH)

Hence, based on the cause, Spine disorders can be classified as follows:

- Congenital- Curvature disorders like Scoliosis and Spina bifida
- Degenerative- Osteoarthritis of spine or Spondylosis, Osteoporosis and Diffuse Idiopathic Skeletal Hyperostosis (DISH)
- Inflammatory- Rheumatoid arthritis, Ankylosing spondylitis and Pott's spine
- Traumatic- Fractures, Spondylolisthesis, Disc prolapse and Cranial invagination
- Tumors- Benign or Cancerous or Metastasis.

## 2.2. Overview of Spine Disorders in Ayurveda

Spine is a line of bones that runs down the center of the back that provides support to the body and protects the spinal cord [9]. The vertebral column in Ayurvedic term is Kasheruka asthi[10]. Bone as per Ayurveda is referred as Asthi. As defined by Ayurveda Vachaspathya, Asthi is said to be something hardcore by which a human being is able to stand like Hardwood of a tree. Asthi is one among the Sapta dhatu (tissues) according to Ayurveda which forms the structural component of the body. Vata dosha is the Ashrayi (Resident) of Asthi dhatu [11] and they remain in an inseparable relationship. Hence the disorders affecting spine or vertebral column can be considered as that affecting Asthi dhatu and Vata dosha in particular according to Ayurveda.

### 2.2.1. Causes of Spine Disorders

Problems affecting the spine or vertebral column including the intervertebral discs cause Spine disorders. As discussed above, Asthi dhatu and Vata dosha are affected in Spine disorders. The intervertebral disc is the fibrocartilage which is present in between each vertebra and serves as a shock absorber[12]. Any problem with this disrupts the nerve conduction and causes pain. This fibrocartilage is considered as Tarunasthi [13], a type of Asthi, in Ayurveda.



As Asthi dhatu and Vata dosha remain in ashraya-ashrayi bhava, the causes dealt for causation of Vatavyadhi[14] can be considered for Kasheruka ashthi vikara as well. They are

- Excessive intake of un-unctuous, cold, scanty and light food.
- Excessive indulgence in sex, excess vigilance.
- Improper therapeutic procedures
- Excessive movements such as leaping, jumping, war faring and physical exercise.
- Depletion of dhatus.
- Sleeping over uneven beds, sitting in improper postures.
- Suppression of natural urges.
- Ama dosha
- Trauma
- Falling down from elephants, horses and other moving objects, injuries to vital body parts.

These above causes can be considered as general causes of all spine disorders. Other causes might include

- Infection, inflammatory diseases of joints and bones
- Tumor and malignancy
- Genetics or structural deformity

### 2.2.2. Spine Disorders in Ayurveda

The vertebral column in Ayurvedic term is called a Kasheruka asthi. The name for different regions of spine is as follows [15]:

- Cervical vertebra- Greeva kasheruka asthi
- Thoracic vertebra- Prushtha kashereka asthi
- Lumbar vertebra- Kati kasheruka asthi
- Sacral vertebra- Trika kasheruka asthi
- Intervertebral disc- Tarunasthi

The diseases that affect the Kasheruka Asthi are called as Spine disorders. There is variety of diseases explained in classics of Ayurveda, which affect different regions of Kasheruka asthi. These are dealt in the following:

#### 2.2.2.1. Spine Disorders affecting Greevapradesha [16] (Cervical region)

- Greeva shoola- Shoola or pain is the symptom of increased Vata. In this condition, neck pain is the only symptom. It can occur as a symptom in different conditions of neck like Sandhigata vata, Manyasthambha, Greeva hundana, Greeva sthambha and Vishwachi.
- Manyasthambha- The word 'Manya' refers to the back or nape of the neck; it is also correlated to the blood vessels of neck and sternomastoid muscle. 'Sthambha' refers to Nischalikarana which means immovable or stiffness. Manyasthambha is caused by the conjugation of Vata and Kapha dosha which causes ruk (pain), stabdhata (stiffness), daurbalya (weakness), bhrama (vertigo) and shirograha (Stiffness of head).

Based on the symptoms, it can be correlated to Cervical spondylitis or early stage of Ankylosing spondylitis, which includes symptoms like neck stiffness, pain and restricted mobility.

- Ghreeva hundana- This was first mentioned by Acharya Charaka in Vatavyadhi adhyaya. Chakrapani defines Greeva hundana as inward contracture of head and its allied parts. This occurs due to shoshana of Asthi dhatu.

This condition can be correlated to curvature disorder of spine - increased cervical lordosis.

- Vishwachi- It is a condition that manifests in neck, shoulder, arms and forearm, up to the fingers. It causes ruk(pain), Sthambha(stiffness), toda (pricking pain), karma kshya and cheshta aphanana of bahu (restricted movements of arms).

This condition can be correlated to Cervical radiculopathy.

#### 2.2.2.2. Spine Disorders affecting Prushtha pradesha (Thoracic region)



- Prushta Shoola- Pain at the region of Prushtha kasheruka asthi i.e. thoracic region of spine is prushta shoola. This is the lakshana or symptom of aggravated Vata [17].

This can be correlated to the pain in the thoracic region which can be occurred due to number of causes like Inflammatory (Amavata/Arthritis, Spondylitis and Infection like Tb.), Trauma, Tumors and Metastasis, Degenerative (Sandhigata vata) and Curvature disorders (Kyphosis, scoliosis).

### 2.2.2.3. Spine Disorders affecting Kati pradesha and Trika pradesha (Lumbo-sacral region)

- Kati shoola and Trika shoola- In Ayurveda, Kati refers to Low back and shoola refers to pain and Trika can be considered as sacral region [18]. Shoola is the lakshana of vata as discussed earlier too. It is the main symptom in all lumbo-sacral vertebral diseases.

This can be correlated to low back pain which can be caused due to number of following causes like mechanical or structural problems (Degenerative disc disease, Spondylolisthesis, Herniated or ruptured discs, Spinal stenosis, Fracture, Scoliosis), Inflammatory conditions (Ankylosing spondylitis, Arthritis) and other medical conditions (Osteoporosis, Tumors)

- Kati graha and Trika graha- Graha refers to holding as per Amarakosha. Thus, katigraha or trika graha refers to a disease condition of the back (Lumbar and Sacral region) which is associated with pain and stiffness. They are mentioned in Vataja nanatmaja vyadhi [19]. These can be correlated to lumbo-sacral stiffness.
- Gridhrasi [20]- It is a condition that affects the lower back which causes pain, rigidity and pricking pain which usually radiates to lower back, thighs, knees, calves and legs. It can be purely Vataja or both Vata-Kaphaja which will be associated with other complaints like tandra, gourava and aruchi.

This condition can be correlated to Sciatica or Lumbar radiculopathy which is characterized by radiation pain from back of pelvis to the innervations of sciatic nerve. It occurs due to number of causes of vertebra and disc which applies pressure on the sciatic nerve.

### 2.2.2.4. Spine Disorders affecting the Curvature of Spine

- Vakri [21]- It is a congenital condition explained in Samhita. The child born with curved shape of the body as a result of weak semen quality of the man and due to curve posture of female during sexual activity and non-sexual desire.

This can be correlated to Scoliosis.

- Antaraayama- This condition is explained by Acharya Charaka while explaining Manyasthambha as a synonym [22]. Acharya Sushruta and Vagbhata has explained this as Snayugata vata[23]. It occurs when aggravated vata dosha enters the siras of manya(blood vessels of neck region). It causes internal contracture of neck region and stiffness.

This condition can be correlated to increased cervical lordosis and increased thoracic kyphosis or emprosthotonus.

- Bahirayama [24] – In this condition the body bends like a bow which bends backwards, the head is drawn backwards, the chest bulges upwards, the neck is twisted, patient starts to crack his teeth, yawns, and drooling starts.

This can be correlated to loss of kyphosis and lordosis or ophisthotonus.

- Kubjatva [25]- Acharya Charaka has given the term in Vataja Nanatmaja vikaras in Snayugata vata. Acharya Sushruta has explained it as the disease which is caused due to non-fulfillment of wishes of Dauhrudi (Pregnant) woman causing Vata prakopa leading to destruction of tissues in a larger scale.

This can be correlated to scoliosis.

### 2.2.2.5. Spine Disorders due to other medical conditions

- Sandhigata vata [26]- This is the condition in which Vata gets lodged in sandhi. This is the most common condition in vatavyadhi. It causes pain, swelling, stiffness and crepitus.

This can be correlated to Degenerative osteoarthritis, Ankylosing spondylosis.

- Majjagata vata or Asthikshay [27]- This condition causes loss in the density of the bones causing severe continuous pain in the joints and bones.

This condition can be correlated to Osteoporosis.

- Amavata [28]- It is a condition caused due to vitiation of vata dosha and accumulation of ama in the joints. It causes pain, stiffness, swelling, tenderness, etc. at the affected joints. The features of Amavata are much identical to RA, an autoimmune disorder.
- Vatarakta (gambira) [29]- In these conditions, there is development of lumps in the swelling which becomes festering. It moves in the body due to aggravated vata causing cutting like pain the joints, bones and marrow.

This condition is correlated to Gouty arthritis of spine.

- Bhagna and Sandhichyuti [30]- Bhagna is breached on the bone due to injury such as fall, pressure, striking, excessive movements, attack from wild animals, fighting with strong people. Sandhichyuti is dislocation of joints.

This is correlated with Fractures, Spondylolisthesis.

- Kasheruka asthi kshaya or Pott's disease– The spine is the commonest site of the bone and joints tuberculosis, most frequently in the dorso-lumbar region. It is secondary to lung or lymphnode tuberculosis.
- Asthi granthi [31] – Tumor growth that grow outside of the normal area of the bone. It is caused due to the injuries to the bone that accumulated Vata.
- Asthi arbuda [32]- Arbuda is described as a round, large, muscular, immovable, deeply rooted, slowly growing swelling produced owing to the aggravation of doshas vitiating blood, muscle and fatty tissues. The cancerous growth on the bone is called Asthyarbuda.

## 2.3. Investigations

### 2.3.1. Laboratory Tests

These rules out metabolic abnormalities.

- Complete blood count
- Erythrocyte Sedimentation Rate (ESR) – This shows if any inflammation is running in the body.
- C - reactive protein (CRP) – Detects any inflammatory conditions in the body. Helps in detecting rheumatoid arthritis.
- RA factor- Differentiating any inflammatory conditions from Rheumatoid Arthritis.
- Uric acid- Differentiating any inflammatory conditions from Gouty arthritis.

### 2.3.2. Radiology [33]

- X-Rays – Produces images of tissues, bones and organs. Helps to detect bone injuries or tumors.
- Myelogram – To evaluate the abnormalities of the spinal canal, the spinal cord, nerve roots and other tissues.
- Magnetic Resonance Imaging (MRI) – Produces detailed images of soft tissues within the body. Bones does not obscure the images.
- EOS imaging system – This can take postero-anterior and lateral images simultaneously and construct the 3D reconstruction of skeletal structures.
- Bone scan – It uses several types of radioactive materials that congregate at specific portions of the bone with highly active areas in metabolism like pain source.



- Computed Tomography (CT) – Produces many different views of the same body part. The images provide detailed image of bones and soft tissues.
- Nerve Conduction Velocity (NCV) – Detect problems with nerves and often used along the EMG to differentiate a nerve disorder from a muscle disorder.
- Central motor conduction time study (CMCT) – It is used to determine the presence or absence of pathology in the brain and in spine.

#### 2.4. Management of Spine Disorders through Ayurveda

Spine disorders or Kasheruka asthi vikaras are mainly caused to Vata dosha as Asthi and Vata dosha are in samavayi sambandha (Inseparable relationship) due to Ashraya-ashrayi bhavas. Asthi is the hardest body tissue which provides framework and support to the body. The hardness of the Asthi is due to the presence of Pruthvi mahabhuta in it. Alongside, the presence of Vata dosha in Asthi makes it light and also helps in locomotory function because of laghu and Chala guna of Vata [34]. This Ashraya-ashrayi bhava relation helps in the diagnosis, prevention and management of disease. Normally, the increase in ashrayi (Doshas) leads to increase in the ashraya (Dhatus/adobe) they are in and vice versa. But, in case of Asthi and Vata dosha it is inversely proportional. With the increase in Vata, Asthi is decreased [35].

Considering these points, Management of the Spine diseases can be outlined to the following principles:

- Nidana Parivarjana
- Asthivaha stroto chikitsa siddhanta
- Majjavaha stroto chikitsa siddhanta
- Kevala vatavyadhi chikitsa
- Upastambhita vatavyadhi chikitsa

##### 2.4.1. Nidana Parivarjana [36]

This is the first sutra to be followed in every disease which means avoidance of causative factors.

##### 2.4.2. Asthivaha stroto chikitsa Siddhanta [37]

This siddhanta says that diseases caused due to vitiation of Asthivaha strotas are treated with,

###### 2.4.2.1. Panchakarma Chikitsa

As the Vatadosha residing in the Asthi dhatu vitiates, it leads to the formation of Asthi pradoshaja vikaras. It also vitiates other doshas. The purificatory measures like vamana, virechana, basti, nasya and raktamokshana, helps in expelling out the vitiates doshas out of the body.

###### 2.4.2.2. Basti karma

Vata dosha is the main culprit in Asthi pradoshaja vikaras. Hence, Basti is considered in managing Asthi pradoshaja vikaras, as Basti is termed as Ardhachikitsa of Vatadosha [38].

###### 2.4.2.3. Tikta ksheera sarpi as Basti and Pana

The ghrita and ksheera has snigdha property. Tikta rasa has shoshana or drying property. The dravyas or substances having both snigdha and shoshana properties produces kharatwa (roughness/compactness), which is the property of asthi dhatu. Thus leading to asthi dhatu poshana and vardhana. Tikta ksheera basti also does Vatanulomana and Asthiposhana [39].

Hence, the siddhanta of Asthivaha stoto vikaras is applicable in both Asthi Kshaya and Vruddhi conditions as it balances Vatadosha.



### 2.4.3. Majjavaha stroto chikitsa Siddhanta [40]

The treatment principle of majjavaha stroto vikaras is as follows.

- Medicines of Madhura-Tikta rasa – They pacify Vata Dosha which is related to Majja Dhatu.
- Samyak ahara- Healing Majjadhatu means restoring the proper balances of the qualities of Aap and Vayu within the dhatu. This is achieved by ingesting proper food containing these qualities and then properly digesting them. Pathya ahara is always the most important factor in healing the physical body.
- Samyak vyayama- Samyak vyayama means appropriate and proper exercise. It increases sthirata in the body and helps with majja dhatu restoration.
- Timely elimination of doshas through panchhakarma
- Basti chikitsa- This should be preferred in Majja dhatu vitiation. As the Basti dravya is being absorbed through Pakwashaya which extends from Grahani to Guda which in turn is the Mulasthana of Purishaavaha strotas. Grahani is considered as Pittadhara kala which is not different from Majjadhara kala and Pusrishadhara kala is not different from Asthidhara kala.

Hence, Basti chikitsa is helpful in both Asthi and Majja dhatu vikaras [41].

### 2.4.4. Kevala/Nirupasthambhita vatavyadhi chikitsa [42]

In the condition of disease where only Vata is the causative factor, the following managing principles are applied.

- Snehana Karma- Bahya and Abhyantara
  - Swedana Karma- After proper oleation, Swedana karma should be performed.
- Benefits-
- Elasticity is generated in the body and gradually movements will be easier.
  - Pain, pricking pain, edema, stiffness, body ache and other such Vataja symptoms get relieved.
- Virechana karma- Tilvaka ghrita, saphthala ghrita , eranda taila with milk are some virechana yogas helpful in this condition.
  - Basti Chikitsa
  - Rasayana Chikitsa- In the chronic disease conditions where the patient has lost his strength and tissues have been depleted.

### 2.4.5. Upasthambhita Vatavyadhi Chikitsa [43]

In conditions where Vata alone is not involved in the pathology of the diseases, first the avaraka doshas should be cleared.

- In case of Ama, deepana- pachana drugs should be given and ama dosha should be cleared.
- In case of Pittavruta vata, sheeta- ushna chikitsa should be given alternatively.
- In case of Kaphavruta vata, Tikshnasweda, Niruha basti, Vamana, Virechana, etc. should be done first.
- In case of both Pitta and Kapha doshas are involved, Pitta should be treated first.

### 2.4.6. Other Medical Conditions

Medical conditions like Infectious diseases, Arbuda (Tumor), Bhagna (Fractures and dislocations) should be treated accordingly.





## 2.5. Treatment Plan

On considering all the above points, the treatment of Spine disorders can be systematically arranged as.

### 2.5.1. Panchakarma

**Table 1.** Panchakarma.

Sl.No.	Name of Panchakarma	Description
1	Snehapana	In Kevala vata conditions using Tikta-Madhura Rasa Ghrita- Taila
2	Vamana karma	In Kaphavruta conditions
3	Virechana karma	In Kaphavruta and Pittavruta conditions
4	Basti karma	Niruha and Tiksha basti – Upasthambhita conditions Sneha basti – Nirupasthambha conditions

### 2.5.2. Bahirparimarjana Chikitsa

**Table 2.** Bahirparimarjana Chikitsa.

Sl.No.	Chikitsa	Description
1	Snehana	<ul style="list-style-type: none"> <li>Abhyanga</li> <li>Greevabasti</li> <li>Katibasti</li> <li>Kasheruka basti</li> </ul>
2	Swedana	<ul style="list-style-type: none"> <li>Ruksha sweda like Valuka sweda, Ishtika sweda in upasthambhita conditions</li> <li>Snigdha sweda like Shasthika shali pinda sweda, Patra pottali pinda sweda, etc. in Kevala vata conditions.</li> </ul>
3	Agnikarma	In Painful conditions
4	Raktamokshana	In Painful conditions

### 2.5.3. Shamana Chikitsa [44]

It is palliative treatment which uses drugs that does not expel doshas out of the body and does not increase the balanced doshas, but calms or pacifies the aggravated or increased doshas.

**Table 3.** Shamana Chikitsa.

Sl.No.	Kalpna	Formulations
1	Rasa/Bhasma/Pishti	Vatagajankusha Rasa Mahavatagajankusha rasa Chintamani rasa Vatari rasa Vatavidhwamsa rasa Swarna bhasma Abhraka bhasma
2	Churna	Aswagandha churna Nagaradya churna Narasimha Churna
3	Kwatha/ Kashaya	Maharasnadi kwatha Rasnasaptaka kwatha Mashabalaadi kwatha

4	Taila (Abhyantara prayogaartha)	Rasona taila Moolakadya taila Bala taila Ashwagandha taila
5	Taila (Bahya prayogarth)	Narayana taila Prasarini taila Nakula taila Masha taila
6	Ghrita	Dashamuladya ghrita Ashwagandha taila Chagaladya ghrita Majja sneha Chatuh sneha
7	Guggulu	Yogaraja guggulu Mahayogaraja guggulu Kaishora guggulu Amruta guggulu Lakshadi guggulu Shatavari guggulu
8	Asava/Arishta	Dashamularishrta Balarishta Ashwagandharishta Drakshasava
9	Rasayana	Chyavana prasha Brahma rasayana Shilajatu Shiva gutika
10	Ekamulika dravya	Nirgundi, Balaa, guggulu, Shunthi, Lasuna, Bhallataka, Dashamula, Pippali, Vatsanabha, Jatamamsi, Shilajatu etc.

#### 2.5.4. Physiotherapy [45]

Physical therapy can be effective in treating a range of spine conditions. By increasing strength. Endurance and flexibility, pain reduces and improves function.

It helps in the range of conditions like

- Back and neck pain
- Disc degeneration
- Herniated disc
- Kyphosis
- Radiculopathy and Sciatica
- Spinal arthritis and Spondylosis
- Spondylolisthesis
- Spinal fractures



### 2.5.5. Pathya-Apathya [46]

**Table 4.** Pathya-Apathya.

	Ahara	Vihara
<b>Pathya</b>	Ghee, oil, animal fat, bone marrow, wheat, sesamum, Black gram, gramya – anupa mamsa, Madhura- tikta dravya	Oil application, oil massage, hot water bath, steam, fomentation, yoga, exercises, Sitting and sleeping in proper postures
<b>Apathya</b>	Pulses, contaminated water, exposure to infection, leafy vegetables, dry meat, alkaline substances, excess honey, etc.	Suppression of natural urges, Lifting heavy objects, heavy exercises, excessive walking, trauma, fighting, excess walking, stress, depression, etc

### 2.6. Research Updates

- Ayurvedic approach in the management of spinal cord injury.  
[https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://pmc.ncbi.nlm.nih.gov/articles/PMC4535072/&ved=2ahUKEwjQ9MK5r4uKAxXKZmwGHZfJNg0QFnoECBoQAQ&usg=AOvVaw0FcXUJC8KKKU65CFC\\_9FvS](https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://pmc.ncbi.nlm.nih.gov/articles/PMC4535072/&ved=2ahUKEwjQ9MK5r4uKAxXKZmwGHZfJNg0QFnoECBoQAQ&usg=AOvVaw0FcXUJC8KKKU65CFC_9FvS)
- Ayurvedic approach for management of Ankylosing spondylitis: A case report  
[https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://pmc.ncbi.nlm.nih.gov/articles/PMC4910574/&ved=2ahUKEwjQ9MK5r4uKAxXKZmwGHZfJNg0QFnoECC4QAQ&usg=AOvVaw2XruUly\\_8y5A5q40\\_VJPkm](https://www.google.com/url?sa=t&source=web&rct=j&opi=89978449&url=https://pmc.ncbi.nlm.nih.gov/articles/PMC4910574/&ved=2ahUKEwjQ9MK5r4uKAxXKZmwGHZfJNg0QFnoECC4QAQ&usg=AOvVaw2XruUly_8y5A5q40_VJPkm)
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## 3. Results and Discussion

Ayurvedic management of spine disorders focuses on restoring balance to Vata dosha and nourishing Asthi dhatu. Treatment principles include:

- Panchakarma (Purificatory measures)
- Basti karma (Medicated enema)
- Tikta ksheera sarpi (Medicated ghee and milk)
- Snehana karma (Oleation therapy)
- Swedana karma (Sudation therapy)
- Virechana karma (Purgation therapy)



- Rasayana Chikitsa (Rejuvenation therapy)

Physiotherapy plays a crucial role in improving strength, endurance, and flexibility, reducing pain and improving function.

Dietary recommendations include avoiding exacerbating factors and consuming nourishing foods.

#### 4. Conclusions and Future Scope

Ayurveda offers a comprehensive approach to managing Spine disorders, focusing on the root cause rather than just symptoms. By understanding the individual's dosha imbalance and tailoring treatment accordingly, Ayurveda can provide effective relief from Spine disorders. The management principles outlined above can be tailored to specific conditions and individual needs.

Ayurvedic treatment not only alleviates symptoms but also promotes overall well-being and quality of life. Integration of Ayurvedic principles with conventional medical approaches can provide optimal outcomes. Further research is necessary to explore the efficacy of Ayurvedic interventions in Spine disorder management.

By embracing the holistic approach of Ayurveda, individuals can experience significant improvements in their spinal health, reducing discomfort and disability. As the ancient Indian system of medicine, Ayurveda continues to offer valuable insights into promoting health and well-being in the modern era.

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