

A Case Report of *Urusthambha Vyadhi*

Case Report

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Abstract

Ayurved is the science of good long health and vitality. All possible *vyadhis* (disease) and their treatments classified under *vata*, *pitta* and *kapha* (tridosha) types. There have been mentioned 80 types of *vata vyadhis* (type of diseases) as per classical texts of ayurved. *Urusthambha vyadhi* (disease) is the type of *vata vyadhi* explained by *acharya charak* separately in *Charak samhita* other than mentioned 80 types. *Urusthambha* is caused due to *avrodh* (obstruction) of *vata* (type of dosha) by *aama* (indigested food) and *meda dhatu* (fat). It obstructs the natural *karya* (function) of *vata* in *urupradesh* (femoral region) due to which the patient has restricted or no movements of thighs. Hence it's the *avran* (covering) of *aama & meda dhatu* to *prakruta vata* (normal vata) which produces difficulty in walking along with symptom as *sthambha* (stiffness) in *uru Pradesh* (thigh region) and hence known as *urusthambha*. *Urustambha* cases are very uncommonly seen and diagnosed in routine clinical practice and hence we thought to present the case which diagnosed & successfully treated with only ayurveda. A male patient aged 39 yrs was reported for OPD by us at Shree gajanan ayurvedic chikitsalay and panchakarma centre, panvel, navi mumbai, Maharashtra (Registration no- 2166) with complaints of difficulty in walking with extreme pain and stiffness in *uru pradesh* (thigh region). We diagnosed and treated for *urusthambha* with classical treatment mentioned as per *charak samhita* (ayurvedic text) and was recovered completely after the regular treatment. Patient showed progressive improvement with complete cure in the period of 1 year & 2 months with *abhyantara* (internal) and *bahya chikitsa* (external treatment).

Key Words: *Avrutta vata, Vata vyadhi, Thigh stiffness, Jala chankraman, Thigh pain, Stambha.*

Introduction

Vata vyadhi are commonly seen in society as *vata* is the main among *tridosha* which facilitates all actions in body. Ayurved also explains that 80 types of *vata vyadhis* occur in patients. But in all types of *vata vyadhis* *urusthambha vyadhi* is not commonly seen in day to day life. Hence *charak acharya* has mentioned separate explanation for *urustambha vyadhi*.

Urusthambha vyadhi described by *Acharya Charak* in *Charak samhita sutrasthana*

Literary meaning of word *urusthambha* is *uru* (thigh)+*stambha* (column)= *urustambha* (3)

Urustambha is the condition in which patient's thigh become painful, numbness and immobile as a column or a pillar. Its is the only type of *vata vyadhi* (type if disease classification as per ayurved) in which *panchakrama* (type of treatment procedure) doesn't work at all as stated by *acharya charak* in *charak samhita chikitsasthana*.

Hetu (causes) associated with *urusthambha vyadhi* in following case which match the classical picture are as follows-

1. *Snigdha* (slimy), *ushna* (heat), *laghu* (light), *shita* (cold in potency/nature) *padartha sevan* (consumption of food product) repeatedly before digestion of previous consumed food.
2. *Drava* (liquidity), *shushkata* (dryness), *dadhi sevan* (curd), milk, *mamsa sevan* (meat consuming) - every mentioned food product excess of intake is done by patient than required.
3. *Pisthanna* (rice, moong, horse gram, wheat & sura i.e. madira sevan).
4. *Diwaswaap* (sleeping in day times).
5. *Atilanghan* (not eating even if hunger due to work i.e. *kshudha vegadharan*)
6. *Adhyashan* (munching snacks even after food is taken).
7. *Atishram* (over exertion i.e.exertion beyond capacity)
8. *Bhaya* (afraid of situations).
9. *Vegvidharan* (obstructing or holding the natural urges and hunger).

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Aims & objectives

To estimate the efficacy of ayurved therapy in management of *urustambha*.

Materials & methods

Type of study	Single observational case without control group
Study centre	Shree Gajanan Ayurvedic Chikitsalay and Panchakarma centre, Panvel 410206, Navi Mumbai, Maharashtra
Medicines used	<i>Musta choorna, Lodhra, Pippali, Pippalimoola, Devdaru, Medopachak (ash.hruday), Shilajeet vati, mahayogaraaj guggul, Brhat vaat chintamani rasa, shankha vati, Gandharvaharitaki choorna.</i> Procedure for administration of medicine-All medicines mentioned above are powdered and mixed together in required amount and dose is given thrice from the total amount of medicines per day.
Administration route for medicines	Oral route of administration
Valuka pottali swedana	Procedure Sand, heated in a pan, is taken in a cloth and tied it to make a <i>pottali</i> . This is used for <i>swedana</i> (fomentation procedure) of <i>Uru Pradesh</i> (thigh region) when patient was suffering from intense pain.
Jala chankramana chikitsa (10)-	Procedure-Patient was asked to walk against the water current in a river for about 10-15 minutes twice a day.
Diagnostic method	As per madhav nidana (5)

The *hetu* (causative factors) done by patient like *kaphakara ahar* (diet increasing kapha) and *vihar* (activity which increase kapha) which have gave rise to *ama* (indigested part of digestion) which have obstructed *karya* (action) of *vata* in *uru pradesh* (thigh region) of the patient giving rise to *stambha* (stiffness) and *shula* (pain) in *uru pradesh* of patient.

Case report

A 39 years aged male businessman and owner of cold storage reported to Shree Gajanan Ayurvedic Chikitsalay & Panchakarma center, Panvel, Navi Mumbai, Maharashtra (Registration no- 2166) with following sets of complaints-

C/O-

- Bilateral pain & stiffness in thigh region since 2 years
- Bilateral pain in knee joints since 3-4 months
- Back pain since 6 years
- Lower back pain since 2 years
- Pain in left greater toe since few days

2 years back patient suffered from same complaint but was relieved with Ayurved treatment details not mentioned for treatment.

1. *Baddha koshtata* (constipation) since 15-20 years.
2. Frothy stool and pain before defecation since 2 years.

Personal history of patient revealed that patient was the owner of cold storage he use to walk every day in temperature difference of -15 degrees to 25 degrees without any necessary precautions which can be explained as *virrudha hetu sevan* by patient in lifestyle.

H/O

- Malaria- 15 years back
- Jaundice- 16 years back
- Skin disease- no details received
- *Shitapitta* (urticaria)- 3 years back

Past history of illness suggest that there was already *rasa, rakta dushti* (vitiation of blood and lymphatic system) in patient which may have cause the *avrodh* (obstruction) of *medadhatu* (fatty tissue) to *prakruta vaata karya* (normal function of vata) in *uru pradeshi* (thigh region)

On Examination

Naadi pareeksha (pulse examination) found the *vata pradhanta* of *doshas* with pulse rate as 76/min. *Mala preeksha* (stool examination) there was *saamata* (indigestion) reported as patient reported sinking of the stools in water during defaecation with bad odour (suggest of incomplete digestion). *Mutra pareekshan* (urine examination) patient didn't report any of complaint. In *jivha pareekshana* (tongue examination) whitish thrush was observed centrally with bad breath. *sthanik pareeksha* (local examination of thigh) tenderness (pain) was observed on palpation locally. *Udara pareekshana* (abdominal palpation) was done and *yakruta pradeshi shula* (pain in right hypochondrium) was observed on palpation. *Agni pareekshana* (digestive examination) reported by patient as *vishama* (uneven) as he was not getting proper appetite regularly and he was only having meals as per protocol for time and quantity with or without hunger. *Koshta pareekshana* (bowel examination) *madhyama koshta* (medium) was reported by patient as he was having bowels well daily twice and not having any type of constipation.

Treatment (Chikitsa)

As per charak chikitsa adhyaya 27/30,31,32 Treatment given included-

Medicine A

- *Musta choorna* (*Cyperus rotundus* L.) 1.5gm
- *Lodhra* (*Symplocos recemosa* Roxb.) 1.5gm
- *Pippali* (*Piper longum* L.) 1.5gm
- *Pippalimoola* (*Piper longum* L.) 1.5gm
- *Devdaru* (*Cedrus deodara* (Roxb.) G.Don) 1.5gm

- Vishama Jwara yog 1.5gm {Combination of Kiratatikta (*Swertia chirata* (Wall.) C. B. Clarke), Amruta (*Tinospora cordifolia* (Thunb.) Miers), Chandana (*Santalum album* L.), shunthi (*Zingiber officinale* Roscoe)}. It was used as this combination can be used as meda dhatu pachana. (ref- Ashtanga hrudaya chikitsa sthana adhyay 1/50)
- Shilajeet vati 125mg/dose (product of Bhradwaj Pharmacy)
- Mahayogaraaj guggul (12) 1 tablet/dose (product of Dhootpapeshwar pharmacy)
- Brihat vaat chintamani rasa (11) 125mg/dose (product of Baidyanath pharmacy)

All mentioned tablets were mixed with all ingredient in mentioned amount in choorna form by us. Anupana- With honey+jala / gomutra + ushna jala. Both anupana were used, initially 8 week we gave medicines with honey+jala and then we started with gomutra+jala as anupana which gave good result for meda pachana. Note: All medicines mentioned above are mixed together in given amount and equal amount of dose is given thrice from the total amount of medicines per day.

Medicine B

- Shankha vati-125mg tab /dose
- Gandharvaharitaki choorna 500mg tab/dose

Anupana (medium of medicine)- With *ushnodaka* (hot water) after meals BD daily.

Sthanik Upchar (localised treatment)-

Sthanik ruksha swedana (local dry foementation) with hot water bag as and when pain aggravates.

Properties of medicines-

- **Shankha vati**- used as a *vatanulomak* (forcing vata in right direction) and *pachnartha* (7) (promoting digestion)
- **Gandharva haritaki**- *sreshtha vatashamak* (chief to decrease vata) and *vatanulomak* (forcing vata in right direction)
- **Mahayogaraaj guggulu**- *vatanashak*, (decrease vata) *amapachak* (facilitates digestion of indigested food particles)
- **Gomutra**- *lekhaniya* (scraping action), works on *meda dhatu* due to *laghu* (light) & *ruksha* (dry) quality.
- **Jwara yog**- includes combination of 4 choorna 1)kiratatikta 2)raktachandan 3) gulvel 4)shunthi
- Gomutra and honey both does *lekhana karma* (scraping action) but gomutra also acts *vedanasthapana* (management of pain) due to *vatashamak guna* (decrease vata qualities)

Vihara

- The most important thing that the patient was asked to swim and *jala chankraman* (walking in water) against

jala pravaha (waterflow) (4). This was followed till we completed the treatment of patient. Later patient was asked to gradually reduced the swimming and finally stopped it after 2 months after complete treatment.

Good improvement was observed in pain and stiffness when patient started swimming along with *abhyantara chikitsa* (internal treatment). But episodes of *Urustambha* (stiffness of thigh region) and *Uru shula* (pain in thigh region) were aggravating whenever patient missed swimming, but it was still very less compared to his previous intensity before starting treatment.

Table no:1: Showing the properties of the drugs used

Name of the Drug	Rasa	Virya	Vipaka	Guna	Karma
Mustaka	Tikta Kashaya Katu	Shita	Katu	Laghu Ruksha	Lekhana
Lodhra	Tikta Kashaya	Shita	Katu	Laghu Ruksha	Lekhana
Pippali	Katu	Ushna	Madhura	Laghu Snigdha	Lekhana
Pippali Mula	Katu	Ushna	Katu	Laghu Ruksha	Lekhana
Devadaru	Tikta Kashaya Katu	Ushna	Katu	Laghu Ruksha	Lekhana
Shilajeet	Tikta	Ushna	Katu	Laghu Ruksha	Lekhana
Haritaki	Pancharas	Ushna	Madhura	Laghu Ruksha	Lekhana

Ahara

Langhan (fasting) also was given whenever patient complained of *kshudha mandya* (low appetite)

In *langhana chikitsa* (fasting) just *drava ahara* (liquid diet) like *yusha*, *lajamanda* etc was advised with progressive improvement of food intake day by day as mentioned in *sansarjana karma* (diet schedule). Medicines were continued with same mentioned pattern during the *langhan chikitsa*.

Details of Drugs used for treatment

All the below used drugs are having *katu* (pungent), *tikta* (bitter) *pradhan rasa* (dominant taste) with majority having *ushna virya* (hot potency) which tends to work on *medha dhatu* with its *lekhana* (scraping) properties as mentioned (6). Due to these *dravya* (substance), *medavrodh* (obstruction by fat) of *vata* in *urupradesh* reduced with *prakruta gati* (normal movement) of *vata* and its functions with improvement in patient.

Observation

Subjective criteria

A numerical rating scale (global Stanford pain scale) to describing pain mentioned by patient during the course of treatment for *urustambha*.

Sr No.	Date of follow up	Unit for pain (uru Pradesh)
1)	31/5/2013	10 units
2)	10/6/2013	8 units
3)	25/6/2013	7 units
4)	14/8/2013	7 units
5)	4/9/2013	6 units
6)	20/9/2013	5 units
7)	26/10/2013	5 units
8)	22/11/2013	3 units
9)	1/2/2014	2 units
10)	1/3/2014	0 units

Patient was interrogated each time at the follow up by us to mention the unit for pain according to the Stanford pain scale and there was considerable dropping of pain seen after gradual treatment course

Gradation of pain as per Stanford pain scale (8)

Units	Gradation meaning
10	Unimaginable unspeakable
9	Excruciating unbearable
8	Utterly horrible
7	Very intense
6	Intense
5	Very distressing
4	Distressing
3	Tolerable
2	Discomforting
1	Very mild
0	No pain

Objective criteria

Walking time, walking distance, SLR test (9)

(Before treatment)

Objective criteria	Gradation
Walking distance	7-10 min for 100steps
Walking distance	severe pain after walking 100 meters
SLR	Positive in both legs with 45 degree

(After treatment)

Objective criteria	Gradation
Walking distance	3 min for 100steps
Walking distance	Walking without pain 500 meters
SLR	Negative

Discussion

Pain is the factor created by obstructed or aggravated *vata* at the sight of pain. This disease is caused by obstruction of fatty tissue in *uru pradesh* to normal functioning of *vata*. Hence to treat the condition we need to remove the obstruction with *medo vilayan* (fat burning) with *lekhaniya dravya* (antilipidimic drugs) with *abhyantar chikitsa*. (internal treatment).

The medicines used like shilajeet vati, medopachak, gomutra, mahayograj guggulu, musta choorna, pippalimoola choorna and devadaru choorna have worked on meda dhatu by removing the obstruction with its scraping properties with bringing back normal functioning of *vata* by reducing pain in patient.

This is the only *vata vyadhi* (type of disease) which is not improved by *basti chikitsa* (type of treatment) in panchakarma therapy which is main *chikitsa* (treatment) mentioned for *vata rog* in ayurved.

Jalachankrama chikitsa- (10)

Jalachankrmana chikitsa (walking in water) is mentioned by charak in charaksamhita is the specialize chikitsa which relieves obstruction of *meda dhatu* (fatty tissue) in *uru pradesh* (thigh region) facilitating normal functioning of *vata*.

Walking against the water flow does the *lekhana* (scraping action) of *meda dhatu* (fatty tissue) in *uru pradesh* internally due to *vyayama* (exercise) in water flow.

Conclusion

Thus we can conclude *Urustambha vyadhi* is a rare *vyadhi* (disease) found these days and is only curable with ayurvedic *shaman aushadhis* (internal medicines) as mentioned in samhitas. Any of *panchakarma* is not at all useful for any patient of *urustambha* as mentioned in charak samhita. *Jalachankrama chikitsa* quoted by charak is very useful for vilayan of *sanchit medha dhatu* (accumulated fatty tissue) in *uru pradeshi* (thigh region) which will facilitate *prakruta gati of avrutta vata* (normal functioning of obstructed vata).

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