

8th World Congress on SPINE AND SPINAL DISORDERS

June 12, 2023 | Webinar

Received date: 25.02.2023 | Accepted date: 28.02.2023 | Published date: 30.06.2023

Panchakarma Therapy followed by VC Care Oil Capsules is one promising approach in Sciatica

Sachin Mallinath Zadabuke and Sou Chandralekha Sachin Zadabuke

Achintya Ayurveda Evam Panchakarma Chikitsalaya, India

Statement of the problem: Degenerative disease of the lumbar spine is significant cause of disability in the world. In this, low back pain and sciatica pain is a very common symptom countered in day today clinical practice. It is difficult to slowdown degenerative process by conservative treatment or surgical treatment. Many patients are not ready for surgical treatment due to high fare for surgery and some side effects. In such condition, due to lack of treatment disability of lower limb may develops. For this reason, Panchakarma therapy followed by VC care oil cap. is one promising approach in sciatica. In Ayurveda, 7000 years back Sciatica and its treatment was mentioned in Vataj Vikar, this disease named as Grudhrasi. Ayurvedic disorder Grudhrasi symptomatically very well correlates with sciatica. Panchakarma therapy includes Abhyangam, Katibasti Shastikashali Pindiswed, Anuvasan and Niruh Basti. This treatment helps to improve some amount of glycosaminoglycan, collagen which helps for regeneration and hydration of disc. This also increases endorphin in CSF which increases Sattva Guna of mind that can helps to reduce pain intensity. Because, Pain is subjective in nature.

Methodology: 1000 patients are selected of either sex age between 18 to 80 yrs. after assessing inclusion and exclusion criteria, Panchakarma therapy given for 8 days followed by VC Care oil cap. (Contains Ayurvedic Herbs extracted in sesame oil) for 90 days. This Treatment is Non-Operative, Easy, cost-effective and not any complication. Also, treatment is designed to cure painful conditions without any pain killer and surgery. This Treatment helps to reduce future deformity which can be develops due to sciatica. This is key point for further researchers

Keywords: vataj vikar -degenerative painful disorder, abhyngam -oil massage, swed- sudation by herbs, pindiswed -sudation by bolus of rice, anuvasan bast-oil inserted through rectum, Niruh basti- Oil medicated pest, decoction, honey tratuated and insert through rectum.

Recent publications

1. Zhang, Yingrong et al. "Acupoint catgut embedding for the treatment of sciatica: A protocol for a systematic review." *Medicine* vol. 100,1 (2021): e23951. doi:10.1097/MD.0000000000023951
2. Cao, Fang et al. "Warm acupuncture therapy for Primary sciatica: A protocol of systematic review and meta-analysis." *Medicine* vol. 100,8 (2021): e24551. doi:10.1097/MD.0000000000024551
3. Yan, Huixin et al. "Therapeutic effect and safety of Tuina on sciatica: A protocol for systematic review and meta-analysis." *Medicine* vol. 100,48 (2021): e28097. doi:10.1097/MD.0000000000028097

Biography

Sachin Mallinath Zadabuke is a Gold Medallist and Specialisation in spinal disorders. He is a Founder of Achintya Ayurveda Evam Panchakarma Chikitsalaya -Spine care center, Pune, India. Till today he has treated more than 20000 patients and received so many awards. He has delivered speech on ayurveda and spinal diseases in many conferences, 5-6 paper publication in journals, always engaged in social and spiritual work.

smzadbuke@gamil.com