

## Holistic approach towards disc regeneration in degenerative spine



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### Abstract

**Introduction:** Disc degenerative is the worldwide problem which burden major economic to society and nation. Chronic back pain and neuropathy symptoms are devastating symptoms in disc degenerative diseases. Multiple Surgeries are performed as discectomy, fusion, and even replacement surgery of disc. Understanding bio-mechanism and physiology is important to design and work on regenerative medicine toward degeneration. Although Stem cell therapy is under experiment, its proper outcome is not that much high. Physiotherapy and naturopathy alone are working toward it. Proper integrated medical system is required to work on the disc regeneration. The purpose of this study is to find out integrated approach for treating lumbar disc degenerative.

**Material & Methods:** 100 patients were selected for study design having clinical parameters chronic back pain (CLB), claudication, neuropathy, pain scale measured by VAS. Chronic back pain defined as failed conservative treatment beyond 6 month. Radiological parameters like x-ray, MRI were done. All the patients were treated with Vitamin D3 60,000 IU once/week, Ubiquinone 100 mg once/day, Duloxetine hydrochloride 30 mg once/day for 12 weeks. Healing done by Chakra healing at sacral plexus (muladar No.1 chakra) by treating doctor and produce vibration toward that chakras with peace –Om mantras, every day to practice by self for 12 weeks. Every 2 weeks follow up to evaluate VAS, clinical parameters psychological and spiritual well-being.

**Results:** 12 weeks treatments shows marked change in the VAS score ( $p < .05$ ) and clinical parameters. Out of 100, 90 % resolved its symptoms and 10 went into discectomy. L4/L5 was most commonly affected (70 %, L5/S1 30 %). Post Treatment was evaluated with SLRT, extension, flexion and lateral and side bending. There were marked changes in disc height on radiological parameters. Mental and social being was markedly changed in all cases.

**Conclusion:** Integrated approach is very crucial step toward the regenerative for disc diseases. Use of charkas healing can help vibrated the energy toward the nerves plexus helping to regenerative the changes.

### Biography

Santosh Kumar Bashyal MD(Ortho), PhD(Spine), PhD Scholar(Buddhism), Clinical scientist (Harvard Medical School) Orthopaedic and Spine Surgeon, Professional leader, Author, academician, chartered member of Rotatory International. Working as lecturer and Consultant Orthopaedic and Spine Surgeon at Kathmandu University affiliated Hospital, Nepal. Core member at Value Committee of NASS, reviewer board Spine, JOCR, OAT publication, DMJ. He had attained many National and International conferences in clinical researches, awards, Founder of Doctor Saint San Foundation worldwide.



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