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Siddha system of Medicine for treating Vathasthambam

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Abstract

The term sciatica describes a symptom pain along the sciatic nerve pathway rather than a specific condition, illness or disease. Some use it to mean any pain starting in the lower back and getting down the leg. Others use the term more specifically to mean a nerve dysfunction caused by compression of one or more lumbar or sacral nerve roots from a spinal disc herniation. Pain typically occurs in the distribution of a dermatome and goes below the knee to the foot. It may be associated with neurological dysfunction such as weakness.

Keywords: Vathasthambam, disc herniation, herbs.

Introduction

The condition has been known since ancient times. About 90% of the time sciatica is due to spinal disc herniation pressing on one of the lumbar or sacral nerve roots. Other problems that may result in sciatica include spondylolisthesis, spinal stenosis, piriform syndrome, pelvic tumors and compression by baby's head during pregnancy. The straight leg-raising test is often helpful in diagnosis. Depending on how it is defined 2% to 40% of people have sciatica at same point in time. It is most common during people's 40's and 50's and men are most frequently affected than women.

Symptoms and Signs

- Low back pain
- Numbness
- Burning Sensation

Symptoms of the disease/ condition

- Pain present in lumbar region, buttock, hip and leg.
- Tingling radiating from the lower back and upper buttock down the back of the thigh to the back of the leg
- Sciatica is often associated with lower back pain (Lumbago). It can be present without low back pain.
- Severe Sciatica can make walking difficult if not possible.
- Sometimes the symptoms of sciatica are aggravated by walking or bending at the waist and relieved by lying down.

Treatment:

Purgation ;

- Vathannasa thylam -
7.5-30 ml with hotwater (50ml.) at early morning .
- Kalarchi thylam -
8-15ml with hotwater (50ml) at early morning.
- Meganatha ennai -
8-30 ml at early morning
- Sithathi ennai -
5ml with milk (50ml) at early morning
- Meganaatha maathirai (100mg) -
1-2 at early morning with hot water (50 ml)

Line of Treatment / Treatment Plan:

- Internal and external medicine
- Give diet regimen
- Medicated oil bath
- Rejuvenation with karpa marunthu and karpa yogam may be advised

Internal Medicine

Kudineer:

- Nilavembu Kudineer - 60ml. twice a day

Chooranam

- Seenthil chooranam -1-2g twice a day with ghee (5ml.)
- Thalishathy Chooranam - 1g . twice a day with milk (50 ml)
- Elathy chooranam -1 g. twice a day with ihoney (5 ml)
- Thirikadugu chooranam -1g. twice a day iwith honeoy (5 ml)
- Amukara chooranam -1-2 g. twice a day iwith honey (5 ml.)
- Thiripala chooranam -1-2 g. twice a day with hot water (50 ml.)

Ilagam:

- Vilvathy Ilagam - 5-10 g. twice a day
- Sarabanga vilvathy Ilagam -5-10 g. twice a day

- Thettran kottai Ilagam - 5-10. twice a day
- Mahavallathy Ilagam - 5-10 twice a day

Nei

Senkottai nei - 5-10 ml. twice a day

Maathirai :

- Bramanantha bairava Mathirai (100mg.) - 1-2 thrice a day with 5 ml. ginger juice and honey (5 ml.)
- Vishnu Sakkara Mathirai (110mg.) - 1-2 twice a day with 1-2 g. of Thirikaduguchooranam with 5 ml. ginger juice andhoney (5ml.)
- pachai karpooora Mathirai (100mg.) - 1 twice a day with 5ml. of ginger juice and honey (5ml)
- Karuppu Vishnu chakkara - 1-2 twice a day Mathirai (100 mg)
- Vatha rakshnatha Maathirai (100mg.) - 1-2 twice a day with a day ginger juice (5ml)

Parpam

- Sangu parpam -100-300mg twice a day with milk (50ml)
- silasathu parpam -125-325 mg. twice a day with millk (50ml.)
- Muthu chippi parpam -200- 400mg. twice a day with milk (50ml)
- Palagari parpam -65-130mg twice a day with milk (50ml)
- Kungiliya parpam - 100-300mg. twice a day with milk (50ml)
- Muthu parpam - 30-65gm twice a day with milk (50ml)
- Pavala parpam - 65-130 mg twice a day with milk 10ml. leave juice of Thoothuvelai (Solanum trilobatum)

Chendooram:

- Aya chendooram - 60 -130mg. twice a day with Honey(5ml.)
- Ayakantha chendooram -65-130 mg., twice a day with honey (5ml.)
- Aarumuga chendooram-65-130mg. twice a day with honey (5ml.)
- Aya veera chendooram - 130mg. twice a day with honey (5 ml.)

- kalamega narayana chendooram-50 -100 mg. twice a day mixed with 1-2g. of Thirikadugu chooranam and honey (5ml)
- Chanda marutha chendooram -30-65 mg. twice a day with honey (5ml.)
- Linga chendooram - 30-65 mg. twice a day with honey (5ml).

Mezhugu

- Sitranda mezhugu- 250mg. twice a day with honey (5ml.)
- Rasagandhi mezhugu - 300 mg. twice a day with plam jaggery (5g.)
- Vaan mezhugu -50-100mg twice a day with palm jaggery (5g)
- Idivallathy mezhugu -500 mg twice a day with palm jaggery (5g.)
- Nandhi mezhugu -65-130 mg - twice a day with palm jaggery (5g.)

Karpa Marunthu:

- Erukku Karpam (Calotropis gigantea) for 48 days.
- Azhinchil karpam (Alangium Salvifolium) for 48 days.
- Thetran karpam (Strychnos Potatorum) for 48 days.
- Nelli karpam (Embelica officinalis) for 48 days.

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