

# An Unusual Presentation of Lumbar Disc Prolapse – A Case Study Managed with Majja-Basti

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**Abstract:** A case report- 49 yr old postmenopausal female approached us with acute retention of urine, low backache, pain radiating down in left lower limb, tingling numbness since last 15-20 days. She had history of PCNL done for right renal calculi 3 months back & had DJ stent in situ for 1&1/2 month. After removal of stent having lifted heavy weight she had above complaints. MRI spine was done s/o disc protrusion at L4-L5, L5-S1 space. The modern line of treatment is mainly surgical consisting of laminectomy, discectomy, which is expensive & has chances of recurrence. So Ayurvedic treatment with Majjabasti (bone marrow enema) was tried.

**Keywords:** Majjabasti, Asthisoushrya, Majjadhatukshaya, Brihan, Prolapsed intervertebral disc

## 1. Introduction

Prolapse of intervertebral discs is commonly noticed in the cervical & lumbar spine. Discs act as shock absorber for vertebral column. 80% cases of PID<sub>a</sub> are traumatic in origin, 15% cases are degenerative & remaining are due to increased tension in discs. Lumbar disc prolapse is common problem in young & middle aged persons doing strenuous work. The symptoms seen are low backache, referred sciatic pain, parasthesia, tingling numbness in lower limbs. Neurological signs like muscle wasting, motor weakness, sensory impairment, bladder & bowel involvement causing retention of urine, constipation, are also noticed depending on compression of various nerve roots. We refer these symptoms to *majjadhatu shaya* (bone marrow loss)

## 2. Method

She was treated with *Majjabasti* (bone marrow enema) (100ml) prepared from *aja majja* (goat bone marrow & *saindhav* (type of salt) administered after morning meals for 15 days (*kaalbasti kram*) Enema procedure along with *sarvang snehna* & *swedana* (whole body oleation & fomentation).

## 3. Result

Improvement was seen regarding symptoms low backache, tingling numbness, retention of urine.

## 4. Discussion

According to *ayurveda* this was considered to be a case of *Asthisoushrya* (osteoporosis), *Majjadhatukshaya* (bone marrow lysis) due to vata prakop (vitiation) requiring *Majjadhatu brihan* (nutrition) & *Vatashaman*. So *Majjabasti* with *sarvang snehna swedana* proved better option.

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