



Complete Clinical Recovery in Lumbar Degenerative Disc Disease with Mild IVDP through Ayurvedic Conservative Management: A Case Report

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ABSTRACT

Background: Lumbar degenerative disc disease associated with annular tear leading to IVDP commonly leads to severe low back pain, radiculopathy and functional limitation. Management in contemporary practice is often restricted to analgesics, physiotherapy, or surgical options in advanced cases. Ayurveda describes comparable clinical presentations under *Vata Vyadhi*, especially *Grdhrasi*, wherein pain radiates from the lumbar region to the lower limb due to aggravated *Vata Dosha*.

Case Summary: A 35-year-old female presented with very severe low back pain with difficulty in walking, standing and sitting accompanied by radicular numbness over the anterolateral aspect of the left thigh, following a history of fall and repeated episodes of sneezing. Radiological evaluation confirmed multilevel lumbar degenerative disc disease with mild

Inter Vertebral Disc Prolapse (IVDP).

Intervention and Outcome: The patient was treated conservatively using Ayurvedic principles focusing on *Vata Shamana* through internal medication, external *Rukshana* therapy followed by external oleation, fomentation and medicated enema (*Basti*). The intervention resulted in complete resolution of pain and radicular symptoms with restoration of functional capacity.

Conclusion: This case illustrates that individualized Ayurvedic conservative management over a short period of 25 days can yield excellent clinical outcomes in lumbar degenerative disc disease with mild IVDP. The patient, who presented to the OPD with severe pain and a markedly slow antalgic gait, was able to walk briskly without pain after treatment, potentially reducing the need for surgical intervention.

Keywords: Lumbar degenerative disc disease, IVDP, Radiculopathy, *Grdhrasi*, Ayurvedic management

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