

## IMPORTANCE OF RADIO IMAGING TECHNIQUES IN DIAGNOSIS OF SARVANGHAT – A VATA VYADHI

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### ABSTRACT

Ayurveda's impeccable approach is understanding the '*Prakriti*' of individual, *Awastha* of disease and then planning treatment. In today's era of evidence-based medicine, it becomes crucial to specify treatment procedures. *Sarvanghat vyadhi* mentioned in Samhita's which has *lakshanas* of Quadriplegia can occur due to multiple causes. With the recent advances in Radio Imaging Techniques, concrete diagnosis of most of the cases is acquired. This clears the dilemma of treatment – whether '*Bheshaj- sadhya*' or '*Shastrakarma sadhya*'. It helps in Differential Diagnosis and aids in planning the treatment. For instance, a patient with *lakshana* of *Sarvanghat* ignites a heapful of questions in *vaidya*'s mind. Through MRI of spine it becomes clear whether it is

multiple sclerosis, space occupying lesion, Pott's spine or spinal cord injury in cervical region. It also helps to detect site of lesion. When correct diagnosis is achieved, prognosis of disease and proper treatment can be given for early cure of disease.

**KEYWORDS:-** Radio Imaging Techniques, *Sarvanghat*, Diagnosis.

### INTRODUCTION

There are several methods mentioned in various Ayurveda classics which elaborate the *Nidan* – diagnosis like *Nidanpanchak*, *Shatkriyakala*, *Trividh-roga-pariksha*. These are stated to be disease causing and disease knowing types.<sup>[1]</sup> Many *Vata vyadhi* are diagnosed by taking into consideration the *Hetu* and the *Lakshana* which can be in combination also. Present study emphasis on enlisting these techniques which are complementary with contemporary diagnostic techniques. Prognosis of any disease is important part of treatment protocol.

*Asadhya*, *Vyapya vyadhi* needs to be diagnosed properly from *Sadhya* and *Krich-sadhya vyadhi*. *Vata-vyadhi* are *Krichsadhya*, *Yapya* or *Asadhya* in nature.<sup>[2]</sup>

Healthy state of body and mind is necessary to attain for which Ayurveda states solution. Lifestyle modification –*Aachar Rasayana*, use of specific herbs and daily routine according to *Prakruti* for prevention from various disease and also for curative purpose if diseased. While on other hand the contemporary health science addresses the issue by providing pin point and micro level diagnosis and treatment modalities. The ramification of diagnostic techniques enables us to gain a cellular informatics about the disease. While many times it misses the etiological factor i.e. causative factor – *Hetu* which is well described in Ayurveda classics. To protect health and cure from disease, it is the utmost aim of Ayurveda. Three sutra are mentioned as *Hetu Gyan*, *Linga Gyan*, and *Aushadha Gyan*.<sup>[3]</sup> Knowledge of *Linga Gyan* is most important in the above three sutras because only after the knowledge of the disease, *Hetu* (cause), and *Aushadha* is reviewed and administered and then the treatment is also successful. *Nidan Panchaka* plays vitalrole to identify types of disease.

In *Vata vyadhi* it is seen that *Purva roopa* dosen't occur or in mild form, so disease can't be stopped in initial phase. But after the occurrence we can rule out the causative factor and can treat accordingly. One of *Vata vyadhi* is *Sarvanghat*, it is a condition in which all four limbs as well as whole body is affected.<sup>[4]</sup> Patient is unable to mobilize properly his limbs and also his trunk. *Nidan* of *Sarvanghat* is easy to make from its *Lakshanas*. But it is seen as some cases get cured while others get worsened over a period of time. The basic pathology can be evaluated through investigations. *Hetu*(causative factor) of *Sarvanghat* is essential for its better treatment.

Modern science has explained various causes of quadriplegia according to Pathology. Some causes are Spinal Cord Injury at Cervical region, Space Occupying Lesions like Neoplasia, Multiple Sclerosis, Pott's Spine etc. Radio Imaging Techniques like CT scan, MRI scan and other test like NCV and EMG plays important role in diagnosis of these diseases. If patient of neoplasia or spinal cord trauma comes with *lakshanas* of *Sarvanghat* then only operative procedure are the solution rather than *bheshaj* and *Panchkarma*.

## MATERIALS AND METHODS

For the study literature of *Sarvanghat*, *Vata-vyadhi* from *Charak Samhita*, *Sushruta Samhita*, *Ashtang Hrudyam*, *Madhav Nidanam* was studied.

Radio Imaging Techniques, Quadriplegia was studied from modern medicine text book. Cases of patient from OPD and IPD.

## RESULTS

Ayurved Chikitsa majorly focuses on *Nidan* before treatment. *Nidan* has to be definite for treatment or prognosis that is *Sadhya – Asadhyatva* of any disease. *Sarvanghat* is one of the *Vata vyadhi* which is very difficult to understand and treat. The causes of *Sarvanghat* or quadriplegia could be easily understood by radio imaging or other techniques like NCV and EMG, and these would give proper diagnose of causative factor (*Nidan*) of *Sarvanghat*. If *Sarvanghat* is due to spinal cord injury or space occupying lesion then it is *Shastrakarma sadhya*. If it is due to multiple sclerosis or pott's spine then *Bheshaj Chikitsa and Panchkarma* can be used for treatment or to improve the quality of life of patient. Thus, modern diagnostic acts as a tool to achieve the proper *Nidan of Sarvanghat*.

## DISCUSSION

In Ayurveda, Vaidya's are advised to do proper *Nidan* or diagnosis before treating any disease.<sup>[5]</sup> Prognosis and treatment part of any disease mainly depends on the proper diagnosis of it. As the science advances the evolution of cutting edge technology follows. It has vast impact on health sciences by providing finer and finer imaging techniques for diagnosis of a particular disease. These advancements in diagnosis can detect changes at cellular level. With the help of modern diagnostics like MRI, CT scan one can diagnose any Roga properly as well as it helps in prognosis and further treatment of any disease. In classics of Ayurveda, the Tridosha, Saptadhatu and Trimala concept forms the functional structure of the body.<sup>[6]</sup> While contemporary science focuses on the disease condition at the given time of investigation and Ayurvedic science rather make an endeavor to find out the causative factor – Hetu to the observed changes we get through investigations. According to principles of Ayurveda, the treatment should be done on causative factor – Hetu in order to disrupt the further orderly sequence of a disease i.e. Samprapti.<sup>[7]</sup>

Sarvang-ghat is a condition in which all four limbs as well as whole body is affected. Patient is unable to function properly from his limbs. *Nidan* of sarvang-ghat is easy to make from its Lakshanas. But it is seen as some cases get cured while others get worsened over a period of time. The basic pathology can be evaluated through investigations. Modern medicine has explained various causes of quadriplegia according to Pathology. Some causes are Spinal Cord Injury at Cervical region, Space Occupying Lesions like Neoplasia, Multiple Sclerosis,

Pott's Spine etc. Radio Imaging Techniques play important role in diagnosis of these diseases.

Ayurveda has well classified diseases as *Bheshaj sadhya*, *Shastrakarma sadhya* and *daiv-vyapashray* according to treatment. *Sarvang-ghat* caused by injury and neoplasia are *shastra karma sadhya*. Multiple Sclerosis is seen as *yapya* or *asadhya vyadhi*. Without proper diagnosis, a Chikitsak cannot treat it properly. That is why radio imaging techniques play important role in diagnosis of these diseases.

## CONCLUSION

Globally, the incidence of non-communicable diseases is on the rise, drawing attention for its prevention and treatment. Quadriplegia is one among them, causing physical and mental instabilities. As told by Acharya Charak, Shushrut, Vagbhat- *Vatvyadhi* is *Mahagada* or *Maharoga*. It has been also said that all the *Maharogas* are *dushchikistya* by nature. *Sarvanghat* is also one of the *vatavyadhi*.

Nidan of any disease is very important entity in disease treatment. Ayurveda focuses on proper Nidan or diagnoses before treatment of any disease. Here modern diagnostic like CT scan or MRI helps in proper Nidan or diagnosis of *Sarvanghat*. Through MRI of spine it becomes clear whether it is multiple sclerosis, space occupying lesion, Pott's spine or spinal cord injury in cervical region.<sup>[8]</sup> It also helps to detect site of lesion. When correct diagnosis is achieved, prognosis of disease and proper treatment can be given for early cure of disease.

Ayurveda has well classified diseases as *Bheshaj sadhya*, *Shastrakarma sadhya* and *daiv-vyapashray* according to treatment.<sup>[9]</sup> *Sarvanghat* caused by injury and neoplasia are *Shashtra karma sadhya*. Multiple Sclerosis is seen as *Vyapya* or *asadhya vyadhi*. Knowledge of these is attained only after investigations.

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