Extend Abstract

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Orthopaedics-2020: New approach toward regenerative medicine for disc degenerative diseases: A Review Article-

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Intervertebral disc degeneration is a disease of the discs connecting adjoining vertebrae in which structural damage leads to loss of disc integrity. Degeneration of the disc can be a normal process of ageing, but can also be precipitated by other factors. Literature has made substantial progress in understanding the biological basis of intervertebral disc, which is reviewed here. Current medical and surgical management strategies have shortcomings that do not lend promise to be effective solutions in the coming years. With advances in understanding the cell biology and characteristics of the intervertebral disc at the molecular and cellular level that have been made, alternative strategies for addressing disc pathology can be discovered. A brief overview of the anatomic, cellular, and molecular structure of the intervertebral disc is provided as well as cellular and molecular pathophysiology surrounding intervertebral disc degeneration

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 physiotherapy is important to design and work on regenerative medicine toward degeneration. Although Stem celled therapy is under experiment its proper outcome is not that much high. Physiotherapy and naturopathy alone are working toward it. Proper integrated medical is required to work on the disc regeneration. The purpose of this study is to find out integrated approach for treating lumbar disc degenerative.
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 Vit D3 60,000 IU once/week, Ubiquinone 100 mg once/day, Duloxine hydrochloride 30 mg once/ day for 12 weeks. Healing done by Chakra healing at sacral plexus(muladar No.1 chakra) 1by 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 wellbeing

A 12 weeks treatments shows marked changed 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 wide bending. There was marked changed in disc height on radiological parameters. Mental and social being was markedly changed in all cases.

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.

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