

CASE STUDY

# A Case Report of *Urusthambha Vyadhi*

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## ABSTRACT

The science of long-term health and vitality is known as Ayurveda. *Vata*, *pitta*, and *kapha* (*tridosha*) kinds are used to categorise all potential *vyadhis* (diseases) and their therapies. According to traditional Ayurvedic writings, 80 different *vata vyadhis* (disease types) have been identified. In addition to the 80 varieties of *vata vyadhi* *Urustambha vyadhi* is mentioned. Acharya Charak also explains 80 types of *vata vyadhi* but *urustambha vyadhi* separately mentioned in the Charak Samhita.

*Urustambha* is a condition marked by stiffness (*stambha*), heaviness (*gouravta*), and numbness in the thigh area (the *uru* region). Resulting in limited mobility and functional impairment of the lower limbs.

Stiffness in the thighs due to *kapha* and *meda* obstructing the *vata dosha*, which causes symptoms like numbness, stiffness, and a restriction or lack of movement in the lower body.

At the Shree Vishwamrut Ayurvedic Chikitsalaya and Panchakarma Centre in Somwari Peth, Nagpur, Maharashtra, we received a 41-year-old male patient (registration number: 2338) who reported experiencing extreme pain and stiffness in the thigh region (*Uru Pradesh*). Making walking challenging for him. After we diagnosed and treated *Urustambha* with the classical medications described in the ayurvedic book Charak Samhita, the patient recovered completely. After a year of internal (*abhyantara*) and external (*bahya chikitsa*) treatment for lower body immobility, the patient demonstrated consistent improvement and fully recovered.

**Key Words:** *Vata vyadhi*, *Thigh stiffness*, *Kapha obstruction*, *Meda obstruction*

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## INTRODUCTION

*Vata vyadhi* are commonly seen in society as *vata* is the main among *tridosha* which facilitates all actions in body. Ayurved also explains that 80 types of *vata vyadhis* occur in patients. But in all types of *vata vyadhis* *urustambha vyadhi* is not commonly seen in day-to-day life. Hence, Charak Acharya has mentioned separate explanation for *urustambha vyadhi*. *Urustambha vyadhi* described by Acharya Charak in Charak samhita sutrasthana literary meaning of word

*urustambha* is *uru* (thigh)+*stambha* (column)= *urustambha* (1) *Urustambha* is the condition in which patient's thigh become painful, numbness and immobile as a column or a pillar. It is the only type of *vata vyadhi* (type if disease classification as per ayurved) in which *panchakrama* (type of treatment procedure) doesn't work at all as stated by Acharya Charak in Charak Samhita Chikitsasthana. Hetu (causes) associated with *urustambha vyadhi* in following

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case which match the classical picture are as follows-

1. *Shita* (cold in nature/potency), *ushna* (heat), *laghu* (light), and *snigdha* (slimy) are all repeated before the digestion of previously ingested food.
2. *Drava* (liquidity), *shushkata* (dryness), *dadhi sevan* (curd), milk, and *mamsa sevan* (eating meat) are all food items that patients consume in excess of what is necessary.
3. *Pisthanna* (also known as *madira sevan*) (rice, moong, horse gramme, wheat, and sura).
4. *Diwaswaap*, or sleeping during the day.
5. *Atilanghan* (*kshudha vegadharan*, or not eating even when hungry as a result of effort)
6. *Adhyashan* (continuing to chew on appetisers after eating).
7. *Atishram* (exertion beyond capacity, or over exertion)
8. *Bhaya* (situational anxiety).
9. *Vegvidharan* (preventing or suppressing hunger and natural urges)<sup>1</sup>.

## AIMS AND OBJECTIVES

To assess the extent to which ayurvedic treatment is effective for *urustambha*.

## MATERIALS AND METHODS

| Type of study  | Single observational case without control group Study  |
|----------------|--|
| Centre         | Shree Vishwamrut Ayurvedic Chikitsalaya and Panchakarma centre Nagpur, Maharashtra.  |
| Medicines used | <i>Suwarnabhupati ras</i> ,<br><i>Amrutottar kwath</i><br><i>Mahayogaraaj guggul</i> ,<br><i>Shilajit</i><br><i>Shadadharan Churna</i><br><i>Pippalyadi churna</i><br><i>Gandharva haritaki vati</i> |

|                                       |   |
|---------------------------------------|---|
|                                       | ( <i>Musta choorna</i> , <i>Lodhra</i> , <i>Pippali</i> , <i>Pippalimoola</i> , <i>Devdaru</i> , <i>Medopachak</i> ( <i>ash.hruday</i> ), <i>Shilajeet vati</i> , <i>shankha vati</i> .)  |
| Administration route for medicines    | Oral route of administration  |
| <i>Ruksha pinda swedana</i> Procedure | <i>Vatanashak</i> medicines <i>rasna</i> , <i>tejapatra</i> , <i>gawati chaha</i> , <i>dashmule</i> , taken in the cloth and tied to make a pottali, this is used for <i>sewdan</i> (fomentation process) of thigh region when patient was suffering from intense pain. |
| Lepa                                  | <i>Kottamchukkyadi lepa</i> + <i>arka patra/eranda patra</i> , <i>sarso</i> + <i>gomutra</i>  |
| Diagnostic method                     | As per madhav nidana <sup>2</sup> .   |

The patient's *hetu* (cause factors), such as *kaphakara ahar* (diet that increases *kapha*) and *vihar* (activity that increases *kapha*), have resulted in *ama* (indigested part of digestion), which has blocked the *karya* (action) of *vata* in the patient's *uru pradesh* (thigh region), causing *stambha* (stiffness) and *shula* (pain) in the patient's *uru pradesh*.

Case report: A 41-year-old man who deals in real estate brought the following symptoms to Shree Vishwamrut Ayurvedic Chikitsalay & Panchakarma Centre in Nagpur, Maharashtra (Registration number: 2338)

C/O: - Bilateral discomfort and stiffness in the thigh area for three years, *baddha koshtata* since four years interminantly. Explained as *virrudha hetu sevan* by patient in lifestyle.

For three years, the patient has been taking medications from homoeopathy, Ayurveda, and allopathy, but there has been no improvement.

The patient's *hetu*, such as *kaphakara ahar* (diet increasing *kapha*), drinking 20 glasses of water a

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day, eating nonvegetarian three to four times a week, and *vihar* (activity which increases *kapha*), have resulted in *ama* (indigested part of digestion), which has obstructed the *karya* (action) of *vata* in the patient's *uru pradesh* (thigh region), causing *stambha* (stiffness) and *shula* (pain) in the patient's *uru pradesh*.

h/o Tuberculosis history prior to two years of treatment and recovery with allopathy medicines, once-daily alcoholic, *amlapitta*, *nidranash*, *mallasanga*, and occasionally indicate that the patient had already experienced *rasa* and *rakta dushti* (vitaliation of blood and lymphatic system), which may have caused the *avrodh* (obstruction) of *medadhatu* (fatty tissue) to *prakruta vaata karya* (normal function of *vata*) in *uru pradeshi* (thigh region).

On inspection with a heart rate of 76 beats per minute, the *vata pradhanta* of *doshas* was discovered via *naadi pareeksha*. When the patient reported sinking their stools in water during defecation and having a terrible stench, *Mala preeksha* (stool examination) revealed *saamata* (indigestion), which suggests inadequate digestion. The patient did not disclose any complaints during the urine examination, or *mutra pareekshan*. During the tongue inspection, or *jivha pareekshana*, a white thrush with foul breath was seen in the centre. On local palpation, *sthanik pareeksha* (local examination of the thigh) revealed soreness (pain). *Yakruta pradeshi shula*, or discomfort in the right hypochondrium, was felt during *udara pareekshana*, or abdominal palpation.

The patient's digestive examination or *agni pareekshana*, revealed that he was *vishama* (uneven) since he was not routinely experiencing a healthy appetite and was only eating meals according to schedule and quantity, whether or not he was hungry<sup>3</sup>.

The patient reported constipation, which is known as *koshta pareekshana* (bowel examination) and *krura koshta*<sup>4</sup>.

- Treatment given included- Medicine
  - Combination - (as per below table number 1 mentioned properties) *Musta choorna* (*Cyperus rotundus* L.) 1.5gm, *Lodhra* (*Symplocos recemosa* Roxb.) 1.5gm, *Pippali* (*Piper longum* L.) 1.5gm, *Pippalimoola* (*Piper longum* L.) 1.5gm, *Devdaru* (*Cedrus deodara* (Roxb.) G.Don) 1.5gm<sup>5</sup>
  - *Shilajeet vati* 125mg/dose (product of Bhradwaaj Pharmacy)
  - *Mahayogaraaj guggul* 1 tablet/dose (product of Dhootpapeshwar pharmacy)
  - *Suwarna bhupati rasa* 125mg/dose (product of Dhootpapeshwar pharmacy)<sup>6</sup>.
  - *Shadadharan churna* 15– 2.5gm /dose
  - *Amruttottar kwath* - used as *jwarahar* and *meda dhatu pachana*.(kottakkal Ayurveda)
  - *Gandharva haritaki vati* 500mg tab/dose *Anupana* (medium of medicine)- With *ushnodaka* (hot water) after meals BD daily.
- Shadadharan churna* - used for *amashayagat vata* and *kapha*, *vatanulomak* and *pachnartha* (promoting digestion)<sup>7</sup>.

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• *Gandharva haritaki- sreshtha vatashamak* (chief to decrease *vata*) and *vatanulomak* (forcing *vata* in right direction) • *Mahayogaraaj guggulu-vatanashak*, (decrease *vata*) *amapachak* (facilitates digestion of indigested food particles)

• *Gomutra- lekhaneya* (scraping action), works on *meda dhatu* due to *laghu* (light) & *ruksha* (dry) quality.

*Suwarna bhupati ras* – pt has history of *rajyakshma*, so for that as *rasayana*

*Anupana*: With *gomutra* + *ushna jala* or honey + *jala*. We used both *anupanas*; for the first eight weeks, we used medicines with honey and *jala*. After that, we started using *gomutra* and *jala* as *anupana*, which had positive results for *meda pachana*

Externa treatment-

*Sthanik Upchar* (localised treatment) - *pottali shake*.

*Gomutra lekhaneya karma* (scraping action) but *gomutra* also acts *vedanasthapana* (management

of pain) due to *vatashamak guna* of *kottamchukyadi churna* and other ingredients (decrease *vata* qualities)

The Kerala Ayurvedic tradition is the foundation of *Kottamchukkadi choornam*. When the patient began *abhyantara chikitsa* (internal treatment) with external treatment of *pottali* and *lepa*, there was a noticeable reduction in pain and stiffness. (As per below table number 2 mentioned properties ) *Kushta, shunti, vacha, shigru, lashuna, kartoti, devadaru, sarshapa*, and *rasna* are the constituents of *Kottamchukkadi lepa choorna*, an herbal preparation. *Kushta* has antiarthritic properties and is *vatakaphahara, ushna veerya*, and *laghu guna*. The medication's ingredients include *tridosahara, dipana, pachana, shothahara, vedanasthapana guna*, and anti-inflammatory and anti-arthritic properties, which are mostly required for the treatment of *ama lakshana* <sup>8</sup>.

**Table 1** Properties of the drugs used Name of the drug

| Name of drug        | Rasa  | Virya                          | Vipak          | Guna                 | karma          |
|---------------------|---|--------------------------------|----------------|----------------------|----------------|
| <i>Mustaka</i>      | <i>Tikta Kashaya Katu</i>                   | <i>Shita</i>                   | <i>Katu</i>    | <i>Laghu Ruksha</i>  | <i>Lekhana</i> |
| <i>Lodhra</i>       | <i>Tikta Kashaya</i>                        | <i>Shita</i>                   | <i>Katu</i>    | <i>Laghu Ruksha</i>  | <i>Lekhana</i> |
| <i>Pippali</i>      | <i>katu</i>                                 | <i>Ushna</i>                   | <i>Madhura</i> | <i>Laghu Ruksha</i>  | <i>Lekhana</i> |
| <i>Pippali Mula</i> | <i>Katu</i>                                 | <i>Ushna</i>                   | <i>Katu</i>    | <i>Laghu Snigdha</i> | <i>Lekhana</i> |
| <i>Devadaru</i>     | <i>Tikta Kashaya Katu</i>                   | <i>Ushna</i>                   | <i>Katu</i>    | <i>Laghu Ruksha</i>  | <i>Lekhana</i> |
| <i>Shilajeet</i>    | <i>tikta</i>                                | <i>Ushna</i>                   | <i>Katu</i>    | <i>Laghu Ruksha</i>  | <i>Lekhana</i> |
| <i>Haritak</i>      | <i>Pancharas</i>                            | <i>Ushna</i>                   | <i>Madhura</i> | <i>Laghu Ruksha</i>  | <i>Lekhana</i> |
| <i>Kushta</i>       | <i>Tikta, katu, madhura</i>                 | <i>Laghu, ruksha, teekshna</i> | <i>Ushna</i>   | <i>Katu</i>          |                |
| <i>Shunti</i>       | <i>Katu</i>                                 | <i>Guru, Ruksha, teekshna</i>  | <i>Ushna</i>   | <i>Madhur</i>        |                |
| <i>Vacha</i>        | <i>Katu, tikta</i>                          | <i>Laghu, teekshna</i>         | <i>Ushna</i>   | <i>Katu</i>          |                |
| <i>Shigru</i>       | <i>Katu, tikta</i>                          | <i>Laghu, ruksha, teekshna</i> | <i>Ushna</i>   | <i>Katu</i>          |                |
| <i>Lashuna</i>      | <i>Lavana, madhua, katu, tikta, kashaya</i> | <i>Snigdha, guru, teekshna</i> | <i>Ushna</i>   | <i>Katu</i>          |                |
| <i>Kartoti</i>      | <i>Kashaya, Madhura, tikta</i>              | <i>Guru</i>                    | <i>Sheet</i>   | <i>Katu</i>          |                |
| <i>Devada</i>       | <i>Katu, tikta, kashay</i>                  | <i>Rooksha, laghu</i>          | <i>Ushna</i>   | <i>Katu</i>          |                |
| <i>Sarshapa</i>     | <i>Tikta</i>                                | <i>Tikshna</i>                 | <i>Ushna</i>   | <i>Katu</i>          |                |

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| Rasna | Tikta | Guru | Ushna | Katu <sup>10</sup> . |
|-------|-------|------|-------|----------------------|
|-------|-------|------|-------|----------------------|

### Ahara –

*Langhan* (fasting) also was given whenever patient complained of *kshudha mandya* (low appetite) In *langhana chikitsa* (fasting) just *drava ahara* (liquid diet) like *yusha*, *lajamanda* etc was advised with progressive improvement of food intake day by day as mentioned in *sansarjana karma* (diet schedule). Medicines were continued with same mentioned pattern during the *langhan chikitsa*.

### Details of Drugs used for treatment

All the below used drugs are having *katu* (pungent), *tikta* (bitter) *pradhan rasa* (dominant taste) with majority having *ushna virya* (hot potency) which tends to work on *medha dhatu* with its *lekhana* (scraping) properties. Due to these *dravya* (substance), *medavrodh* (obstruction by fat) of *vata* in *urupradesh* reduced with *prakruta gati* (normal movement) of *vata* and its functions with improvement in patient.

When located in *pakvasaya* all the three *dosas*, *vayu*, *pitta*, and *kapha* can be rooted out by enema therapy. But when associated with *ama* and fat and specially when these are firmly located in the thighs, it is impossible to eliminate them by *panchakarma* therapies<sup>11</sup>.

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## OBSERVATION

Subjective standards worldwide Stanford pain scale is a numerical rating system used to describe pain that patients have expressed while receiving treatment for *urustambha*<sup>12</sup>.

**Table 2** Properties of the drugs used in *Kottamchukkadi choornam*

| Sr No. | Date of follow up | Unit for pain (uru Pradesh) |
|--------|-------------------|-----------------------------|
| 1      | 20/12/2021        | 10 unit                     |
| 2      | 27/02/2022        | 9 unit                      |
| 3      | 24/03/2022        | 7 unit                      |
| 4      | 23/04/2022        | 6 unit                      |
| 5      | 20/05/2022        | 5 unit                      |
| 6      | 24/06/2022        | 4 unit                      |
| 7      | 26/07/2022        | 3 unit                      |

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|    |            |        |
|----|------------|--------|
| 8  | 22/08/2022 | 2 unit |
| 9  | 20/10/2022 | 1 unit |
| 10 | 24/12/2022 | 0 unit |

At each follow-up, we asked the patient to rate their level of discomfort using the Stanford pain scale, and following a gradual course of treatment, there was a noticeable decrease in pain.

Pain grading according to the Stanford Pain Scale<sup>13</sup>.

Units Graduation's meaning:

|    |                     |          |
|----|---------------------|----------|
| 10 | Unthinkable         | Unspoken |
| 9  | Infuriatingly       | painful  |
| 8  | absolutely          | awful    |
| 7  | extremely intense   |          |
| 6  | Intense             |          |
| 5  | Extremely upsetting |          |
| 4  | upsetting           |          |
| 3  | Tolerable           |          |
| 2  | Uncomfortable       |          |
| 1  | Extremely mild      |          |
| 0  | Painless            |          |

Objective criteria Walking time, walking distance, SLR tes<sup>14</sup>.

| Before treatment   |                                 |
|--------------------|---------------------------------|
| Objective criteria | Gradation                       |
| Walking distance   | 20 min for 100steps             |
| Walking distance   | pain after walking 100 meters   |
| SLR                | Positive in both legs with 45   |
| After treatment    |                                 |
| Objective criteria | Gradation                       |
| Walking distance   | 5 min for 100steps              |
| Walking distance   | Walking without pain 100 meters |
| SLR                | Negative                        |

### DISCUSSION

Pain arises from the obstruction or aggravation of *vata* at the location of discomfort. This condition results from the blockage of fatty tissue in the *uru*

*pradesh*, hindering the normal functioning of *vata*. Therefore, to address the issue, it is essential to eliminate the obstruction through *medo vilayan* (fat reduction) using *lekhaniya dravya* (antilipidemic agents) along with *abhyantar chikitsa* (internal therapy). The medications employed, such as *shilajeet vati*, *medopachak*, *gomutra*, *mahayograj guggulu*, *musta choorna*, *pippalimoola choorna*, and *devadaru choorna*, target the *meda dhatu* by clearing the blockage through their scraping effects and restoring normal *vata* function, which alleviates the pain experienced by the patient. This particular *vata vyadhi* (type of disease) does not respond positively to *basti chikitsa* (a treatment method) within *panchakarma* therapy, which is the primary treatment option outlined for *vata rog* in Ayurveda

### CONCLUSION

In conclusion, *Urusthambha vyadhi* is an uncommon ailment seen in contemporary times and can solely be treated with *Ayurvedic shaman aushadhis* (internal medicines) as outlined in the *Samhitas*. According to the *Charak Samhita*, none of the *panchakarma* treatments are beneficial for patients suffering from *urusthambha*.

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