

Assessing the Efficacy of Ayurveda Treatment Protocol in Mitigating Signs and Symptoms of Myelomeningocele: A Case Study Analysis

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Myelomeningocele is a neural tube defect where the spinal cord protrudes due to incomplete closure during embryonic development. The efficacy of Ayurvedic treatment was evaluated for a 3 ½-year-old girl who was admitted to the National Ayurveda Hospital in Borella during her second rotation, presenting with walking difficulties, joint contractures, and incontinence. This condition was diagnosed as *Balaka vata vyadhi*. The treatment was designed to regulate *Tridosha*, particularly *Vata dosha*, to alleviate the signs and symptoms associated with the condition. During the first week, the patient was given *Trikatukadi* decoction (½ *Patha*), *Chandra kalka* (1.25g) with *Mahadalu anupana*, *Desadun kalka* (1.25g), *Inguru koththamalli phantaya* (1.25g) all administered twice a day. Additionally, *Sarasthwata choornaya* (1.25g) with bee honey in the morning, and *Vachadi choornaya* (1.25g) with bee honey at night, and *Dhatree choornaya* (1.25g) at night were prescribed. In the second week, the decoction was modified to *Trikatukadi* (½ *patha*), and *Chandra kalka* was excluded, while the remaining internal medications were continued. As *Bahihparimarjana chikithsa*, *Sheersha abhyanga* was performed using *Divyanganadi* oil, and *Hasht, Pada Abhyanga* was done with *Nirgunyadi* oil. Bone marrow paste was applied to bilateral lower limbs. *Pichu* 1 with *Narayana* oil was applied to lower back and *Pichu* 2 with *Prasarani* oil was applied to bilateral knee and ankle joints. The external treatment regimen remained consistent throughout both weeks. Following two cycles of treatment, the child exhibited significant improvements: Bladder control was regained, daytime voiding was reduced, bladder and anal sphincter strength increased, and her ability to walk with support improved. The treatment involved *Shodhana*, *Vata shamana*, and *Tarpana* therapies. While the initial outcomes are encouraging, further clinical studies are necessary to validate the efficacy of this treatment protocol.

Keywords: *Apana Vata, Ayurveda Management, Balaka Vata Vyadhi, Sahaja Roga, Myelomeningocele*