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**Intervertebral disc prolapse, an innovative line of management derived from Ayurveda principles: A clinical study**

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Low backache is a very commonly encountered clinical condition for many clinicians. Very commonly observed cause of such cases is Intervertebral Disc Prolapse (IDP) into various gradations. In Government hospitals, I decided to look for an economic and effective remedy for such common problem from all required agencies and initiated our clinical work, administered a special combination of medicine by Ano -rectal route, which is popularly called as Basti in Ayurveda. Using this modality, I made a special combination of medicated oil (a special preparation) added with some specially processed calcium product. This is a special procedure – patient is allowed to be on table in left lateral position. After asking him to take deep breath to pronounce numbers in one sequence to make him free from all muscle spasms. Then a judiciously made special combination of Medicated oil added with a special calcium supplement is administered through Ano-rectal route by a special procedure carefully adapting the pre operative, operative and post operative protocols.(A completely non surgical procedure). We will allow patient to minimal amount of movements. This particular treatment modality is administered continuously for (07) days. In 2 to 3 cycles of treatment, patient improves much on his complaints. And when oral medications, responds very significantly allotted a dissertation work on this subject to one of my Post Graduate scholar and collected data properly for sharing on medical platforms. The study gave us much encouraging results. Pain and stiffness, restricted movements are significantly reduced and Quality of life improved remarkably.

**Biography**

Srikanth Babu Perugu is working as a Professor in department of Kayachikitsa in Dr. B.R.K.R. Government Ayurvedic College, Hyderabad, India.

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