



Efficacy of SRDP-Based *Ayurvedic* Medicine Protocol in the Management of Chronic Low Back Pain with HLA-B27 Positive A Case Report

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Background:

HLA-B27 positive chronic low back pain (CLBP) is often associated with inflammatory spondyloarthropathies, presenting with persistent pain and stiffness. Long-term management through conventional therapy may provide only temporary relief. Ayurveda, through the concept of *Vata shaman* and *Ama pachana*, offers a holistic alternative. The SRDP (Scientific Reversal Detox Process) protocol integrates traditional *Ayurvedic* formulations designed to address chronic musculoskeletal inflammation and restore *Doshic* balance.

Objective:

To evaluate the clinical efficacy of SRDP-based internal *Ayurvedic* medication in a case of chronic lower back pain with HLA-B27 positivity.

Case Summary:

A 47-year-old male visited *Parasnath Speciality Clinic* on **21/08/2025** with complaints of **low back pain for 21 years**, mild radiation to the right leg, and **morning stiffness lasting 30 minutes**. Pain increased with prolonged sitting and standing. The patient had lifted heavy weights one month before exacerbation. His weight was **74.45 kg**, and **HLA-B27 was positive**. Bilateral SLR was **80°**, and baseline **VAS pain score was 9/10**. There was **no history of diabetes or hypertension**.

He was prescribed **SRDP-based Ayurvedic medicines only**, without any Panchakarma or physiotherapy. After **two treatment cycles (total 4 weeks)**, pain score reduced from **9 to 1**, stiffness disappeared, and mobility improved markedly.

Conclusion:

This case demonstrates that SRDP-based Ayurvedic internal medicines effectively reduce chronic inflammatory back pain and stiffness in HLA-B27 positive conditions. The approach addresses underlying pathophysiology through *Dosha* balancing and *Dhatu Pachana*, suggesting a safe, sustainable, and non-invasive therapeutic option.

Keywords: *Ayurveda*, SRDP protocol, Low back pain, HLA-B27, *Katigraha*, *Guggulu*, Spondyloarthropathy

Introduction

Chronic low back pain (CLBP) is a major global health concern, and when associated with **HLA-B27 positive**, it often indicates an inflammatory spondyloarthropathy such as ankylosing spondylitis. ^(1,2) Patients frequently experience progressive stiffness, pain, and limited spinal mobility, significantly affecting quality of life. Modern treatment approaches rely on NSAIDs and biologics, which offer symptomatic relief but carry potential side effects and do not always prevent disease progression. ⁽³⁾

According to *Ayurveda*, this condition aligns with *Katigraha* or *Gridhrasi* involving aggravated *Vata Dosha* and *Ama*, leading to stiffness (*stabdhata*), pain (*shoola*), and functional limitation. ^(4,5) The therapeutic goal is to pacify *Vata*, digest *Ama*, and strengthen *Asthi* and *Mamsa Dhatus*.

The **SRDP (Scientific Reversal Detox Process)**, developed at *Parasnath Speciality Clinic*, integrates classical Ayurvedic formulations in a structured sequence to detoxify the metabolic pathways (*Strotoshodhana*), correct *Agni*, and restore tissue health (*Dhatu Poshana*). This case highlights successful management of chronic HLA-B27 positive low back pain using **SRDP** internal medicine therapy alone.

Case Presentation

Patient Details:

- **Age/Sex:** 47 years / Male
- **Date of Visit:** 21/08/2025
- **Weight:** 74.45 kg
- **Occupation:** Sedentary work pattern
- **History of Illness:**
 - Chronic low back pain for 21 years

- Mild radiation to right leg
- Morning stiffness for 30 minutes
- Pain aggravated by prolonged standing/sitting
- History of weight lifting 1 month before pain aggravation
- **Associated Symptoms:** None
- **Past History:** No HTN, No DM
- **Investigation:** HLA-B27 Positive
- **Clinical Findings:**
 - Bilateral SLR: 80°
 - Pain score (VAS): 9/10
 - Mild tenderness at lumbosacral junction
 - No neurological deficit

Ayurvedic Assessment:

- **Dosha:** Vata-Kapha dominance
- **Dushya:** Asthi, Mamsa
- **Agni:** Mandagni
- **Ama:** Present
- **Strotas involved:** Mamsavaha, Asthivaha
- **Diagnosis:** Katigraha with Aamvata anubandha

Treatment Protocol (SRDP Medicine Therapy Only)

The SRDP internal protocol was customized in two phases, focusing on *Ama pachana*, *Vata shaman*, and *Dhatu poshana*.

Table 1 showing First follow up (21/08/2025 – 06/09/2025)

Medicine	Ingredients	Dose	Timing	Action
Tab. Uriflex (Phalatrikadi Guggulu + Gokshuradi Guggulu)	Diuretic, Mutravirechaka, Anti-inflammatory	2 tabs	After food BD	Reduces inflammation, supports urinary detox
Tab. Shulaghna (Mahayograj Guggulu + Dashamoola + Roupya Bhasma)	Vata-shamak, Shoolahara	2 tabs	Before food BD	Pain relief, tissue repair
Tab. SRDP (Yograj Guggulu + Kaishor Guggulu + Dhatupachak Dravyas)	Metabolic enhancer, Rasayana	2 tabs	After food BD	Corrects Agni, reduces Ama
Laxoflex oil (Internal oil)	Eranda taila-based	1 tsp	At bedtime	Vatanulomaka, mild virechana

Dietary & Lifestyle Advice:

- Warm, light, easily digestible diet (*laghu ahara*)
- Avoid cold, fermented, and heavy foods
- Gentle spinal mobility exercises
- Regular sleep pattern
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Table 2 showing Second follow up (08/09/2025 – 21/09/2025)

Medicine	Composition	Dose	Timing	Action
Tab. Spino (Trayodashang Guggulu + Mahavat Vidhvans Ras + Ekangveer Ras + Shuddha Kuchla)	Vatahara, Neuro- muscular tonic	2 tabs	After food BD	Strengthens spine and nerve function
Tab. Shulaghna	As above	2 tabs	Before food BD	Continued pain modulation
Tab. SRDP	As above	2 tabs	After food BD	Continued detox and regeneration

Syp. Edo (Mutravishodhana gana kadha)	Dashamoola, Gokshura, Varuna- based decoction	10 ml	BD after food	Detoxifies urinary and systemic pathways
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Results:

Parameter	Before Treatment	After 21 Days
Morning Stiffness	10 min	Absent
Pain (VAS)	9/10	1/10
SLR (Right/Left)	80°/80°	90°/90°
Lumbar Mobility	Restricted	Normal
Functional Status	Impaired	Fully Active

The patient reported significant improvement in pain, stiffness, and posture within 15 days, with complete recovery by the second follow-up. No adverse effects were observed.

Discussion:

This case demonstrates the potential of SRDP-based Ayurvedic therapy in chronic inflammatory spinal disorders linked to HLA-B27 positivity. The combination of **Guggulu based formulations** targets inflammation and *Ama*, while **Dashamoola**, **Ekangveer Ras**, and **Kuchla** act on neuromuscular tissues to enhance mobility and strength.^(6,7)

- *Yograj Guggulu* and *Kaishor Guggulu* possess proven anti-inflammatory and *Vata-Kapha* pacifying properties.⁽⁸⁾
- *Mahayograj Guggulu* and *Trayodashang Guggulu* aid in pain reduction and restore musculoskeletal tone.⁽⁹⁾
- *Mahavat Vidhvas Ras* and *Ekangveer Ras* stimulate *Agni* and correct neuromuscular imbalance.⁽¹⁰⁾
- *Mutravishodhana gana dravyas* like *Gokshura*, *Varuna*, and *Punarnava* enhance systemic detoxification and reduce inflammation.⁽¹¹⁾

The significant reduction in VAS score (from 9 → 1) and complete elimination of stiffness suggest that *Ama pachana* and *Vata shaman* mechanisms worked synergistically. The SRDP protocol, emphasizing cellular detox and *Dhatu* correction, restored the spinal tissue environment to functional normalcy.

Conclusion

SRDP based internal Ayurvedic medicine was highly effective in managing chronic low back pain with HLA-B27 positivity. Pain and stiffness resolved within four weeks using a structured herbal regimen without *Panchakarma* or physiotherapy. This case highlights *Ayurveda's* potential in managing chronic inflammatory spine conditions through targeted detoxification, *Dosha* balancing, and *Dshatu* rejuvenation.

Future Scope: Further clinical studies with larger sample sizes and objective inflammatory markers (ESR, CRP) are warranted to establish the evidence base for SRDP-based interventions.

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