

THE EFFECT OF ASTHAPADA PANCHALOHA SHALAKA AGNIKARMA IN THE PAIN MANAGEMENT OF GRIDHRASI WSR TO SCIATICA: A CASE STUDY

Bhagyashree V. G¹, Shilpa P. N²

¹PG Scholar Dept of Shalya Tantra; ²Associate Professor;
Dept of PG Studies in Shalya Tantra, Govt Ayurvedic Medical College, Bengaluru, Karnataka, India

Email: bygoudar123@gmail.com

ABSTRACT

Gridhrasi is one of the “*Nanatmaja Vyadhis of Vata*”. Sedentary lifestyle, improper sitting posture, continuous and over exertion, jerky movements during travelling and sports, produce structural abnormality in spinal cord. *Vata* is the prime *dosha* in the causation of *Gridhrasi*. The vitiated *Vata dosha* get localized in the *sphik*, *Kati* region. When *vata* associated with *kapha* producing *Vata kaphaj Gridhrasi*. *Gridhrasi* is *shoolpradhan vyadhi*. The pathognomonic sign of sciatica is radiating pain from low back to foot. Both medical and surgical interventions are available but there are no satisfactory results. We have found in classic *Ayurvedic* literature that *Agnikarma* is one of the treatments of Sciatica (*Gridhrasi*). Purpose of the study was to evaluate the efficacy of *Agnikarma* therapy performed by *Asthapada panchaloha shalaka* in case of *Gridhrasi*. Hence in this case study 48 yrs female patient reported with sign and symptoms of pain, pricking sensation and stiffness in the gluteal region, lumbar, thigh, knees, calf region and feet and unable to raise the hip. After *Agnikarma*, we got marked improvement in signs and symptoms of Sciatica within couple of hours and also found moderate improvement in various clinical test of Sciatica like straight leg raise test Lasegue’s test.

Keywords: *Gridhrasi, Agnikarma, Sciatica, Asthapada panchaloha shalaka.*

INTRODUCTION

In Ayurvedic texts, *Gridhrasi* is *Vata* dominant disorder. Where as in this disease the patient walks like vulture (*Gridhra*) and his legs become tense and slightly curved so due to the resemblance with the gait of a vulture, *Gridhrasi* term might have been given to this disease. The symptoms of *Gridhrasi* initially affect *sphik (nitambha pradesha)* as well as posterior aspect of *Kati* and then gradually radiates to posterior aspect of *Uru, Janu, Jangha and pada*¹. The symptoms are - *Stambha, Toda, Ruk, Muhuspandana*. *Acharya Sushruta* opines that when two *kandara* in

the leg get affected with *Vata dosha*, they limit the extension of leg, resulting in *Gridhrasi*. On the basis of signs and symptoms *Gridhrasi* can be equated with the disease Sciatica in modern parlance. Sciatica is basically a symptom that arises due to compression and inflammation of sciatic nerve. On examination when performing SLR test, the patient is positioned in supine without pillow, the examiner lifts the patient’s leg while knee is straight, if patient experiences pain and more specially pain radiating down the leg, when the straight leg is at an angle of between 30 and 70

degrees then test is positive. In general, an estimated 5%-10% of patients with low back pain have sciatica. The annual prevalence of disc related sciatica in the general population is estimated at 2.2%².

Sthamba is effectively relieved by *Agnikarma*. Research studies show that the diseases treated with *Agnikarma* are less recurrence rate³. The procedure of *Agni karma* eliminates the fear of bleeding with minimal scaring. It also yields quick relief. *Acharya Sushruta* and *Acharya Vagbhata* have described 4 types of *Agnikarma* and 6 types of *agnikarma* respectively. The classification done on the different shapes of *shalaka* as well as method of performing *Agnikarma*. According to *Astanga sangraha* he explained *Asthapada* and *swastika akriti*⁴. various metal instruments can be used for *Agnikarma* therapy in Ayurvedic literature but at the end “*Samyak Dagdha Vrana*”⁵ (Therapeutic burn) should be obtained at the site of *Agnikarma* performed by any *dahana upakaranas*.

PATIENT INFORMATION

History Of Present Illness: A female patient aged 48 yrs visited to Shalya Tantra OPD of SJIIM hospital, Bangalore on 03-08-2018. She presented with the complaints of radiating pain in the low back region to left lower limb since 20 days.

CHIEF COMPLAINTS

Radiating pain from lumbar to thigh, knee, calf & foot region in the past 20 days.

Difficulty in walking in the last 4 months.

Past History

N/H/O HTN & DM.

Family History

Nothing significant.

Local Examination

Assessment Criteria

Subjective parameters

Table 01

Sl no	Symptoms
1	<i>Ruk</i>
2	<i>Toda</i>
3	<i>Stambha</i>
4	<i>Spandana</i> in <i>sphik, Kati, uru, janu, jangha</i> and <i>pada</i>

- *Ruk* (pain)

Pain - Pain is assessed by McGill pain score index'

McGill pain score index⁶

Table 02:

Grading	Pain
0	None
1	Mild
2	Discomforting
3	Distressing
4	Horrible
5	Excruciating

Table 03: *Toda*

Grading	Pricking pain
0	No intermittent pain
1	Sometimes for 5-10 mins
2	Daily for 10-30 mins
3	Daily for 30-60 mins
4	Daily more than 1hr

Table 04: *Stambha*

Grading	<i>Stambha</i>
0	Absent
1	Present

Table 05: *Spandana* in *sphik, kati, uru, janu, jangha* and *pada*

Grading	<i>Spandana</i>
0	Absent
1	Present

Objective parameters

Table 06: Straight Leg Raising Test⁷ (30 – 70 DEGREE)

Grading	Degree
0	Above 70 degree
1	60-70 degree
2	50-60 degree
3	40-50 degree
4	30-40 degree

Table 07: Lasegue's Sign⁸

Grading	Lasegues sign
0	Absent
1	Present

Gait of the patient: Limping gait.

SLR TEST: positive at 30 degree.

LASEGUE'S SIGN: Positive.

Power in the Left Lower Limb was slightly lesser than right side.

MATERIALS AND METHODS

Centre of the study: SJIM HOSPITAL BENGALURU

Materials: *Asthapada Panchaloha shalaka.*

Purvakarma

- The patient was explained about the *Agnikarma* procedure & written consent took from the patient.
- Advised to take *Snigdha* and *Pichhila Ahara* prior to the procedure.
- Patient made to lie in prone position over the minor OT table. Lumbar region cleaned with sterilized gauze piece.
- The most tender point marked with a marker in the lumbar region.

Pradhana karma

- The *Asthapada panchaloha shalaka* is heated to red hot.
- *Asthapada* type *Agnikarma* made on marked point till *samyak dagda lakshanas (Shabda pradurbhava, Durgandhata, Twaksankocha)* achieved⁹.
- Total 3 sittings of treatment given at 7 days interval each.

Pashchat Karma

- Immediately after *Pradhana Karma*, *madhu and sarpi* is applied over the area of *Agnikarma* by using sterilized gauze pieces.
- Patient allowed going home with advice not to cover the area of *Agnikarma* with cloth or bandage. She is advised not to use water over that part for at least 24 hours and to avoid *Vatakara Ahara and Vihara*.

OBSERVATION

Patient has got marked improvement in symptoms like stiffness and shooting pain. Stiffness is almost gone and has also got relief in numbness and tingling sensation. Moderate improvement in clinical examinations of Sciatica is observed. SLR TEST before treatment it was 30 degree after treatment it was of 70 degree.

Table 08:

SLR TEST	BEFORE	AFTER
Left side	30degree	70degree

Table 09:

Lasegues Sign	BEFORE	AFTER
Left Side Of Lower Limb	Present	Absent

DISCUSSION

Probable mode of action of *Agnikarma*: According to Gate Control Theory¹⁰, Gate control system is located at the junction of first and second neuron. Large diameter fiber 'AB' is stimulated by touch and temperature. 'C' fibre is stimulated by pain. If 'AB' fiber once gets stimulated, blocks the Gate mechanism, then pain from 'C' fibre does not pass through the Gate to reach to the brain for perception. Thus, by *Agnikarma* pain perception is not felt to the patient. Moreover, Heat Induces metabolism at muscle fibre cells and removes waste products and release the stiffness of the muscles.

The *Asthapada shalaka* have larger circumference and more effectiveness when compared to *bindu shalaka*, as *bindu* will be having very less circumference and transformation of heat will be less, so *Asthapadashalaka* is more effective as it has larger circumference.

The mechanism of action of *Agnikarma* is still obscure. *Agnikarma* acts on a multi factorial level in the body. Mainly it is indicated in the disease caused by *Vata* and *kapha* because of its *teekshna, ushna, sukshma, vyavayi, vikashi* properties to remove *srotorodha*.

CONCLUSION

This case report showed that *Agni karma* therapy is potent, safe and effective in the treatment of Sciatica. The number of *Agni karma* site required per sitting is considerably less. The Research on the subject is the first ever attempt in *Ayurveda* field. The procedure of *Agni karma* eliminates the fear of bleeding with minimal scaring. It also yields quick relief.

ACKNOWLEDGEMENT

The authors sincerely extend their gratitude to the patient and principal, Department of Shalya Tantra and Staff of Govt Ayurvedic Medical College and Hospital Bengaluru, for supporting us to carry this study.

REFERENCES

1. Sharma RK Bhagwan Das Charaka Samhita. Text with English translation and critical exposition Vol. 1. Varanasi: Chowkambha Sanskrit Series Office; 2005. Chikitsa sthana p.618.
2. <https://www.webmd.com>back-pain//> treatment for sciatica.
3. Sushruta, Sushruta samhita- with the Nibandhasangraha Commentry of Sri Dalhanacharya And the Nyayachandrika Panjika of Sri Gayadasacharya on Nidanasthana, edited by yadavaji Trikamji Acharya and 'Narayan Ram Acharya' nidana sthana, Chaukhambha Surbharati Prakashan; Edition-2008. page no. 51
4. Vaghbata. Astanga Hridaya- (Text with English Translation, Notes and Index) Translated by KR Srikanthamurthy. 5 th ed. Varanasi: Chaukhambha Orientalia Publishers; Reprint 2005. Vol. I. page no 374
5. Sushruta, Sushruta samhita- with the Nibandhasangraha Commentry of Sri Dalhanacharya And the Nyayachandrika Panjika of Sri Gayadasacharya on Nidanasthana, edited by yadavaji Trikamji Acharya and 'Narayan Ram Acharya' nidana sthana, Chaukhambha Surbharati Prakashan; Edition-2008. page no. 51
6. https://en.m.wikipedia.org/wiki/Mcgill_pain
7. API textbook of medicine, edited by G.S.Sainani,6th ed. Mumbai: Association of physicians of India;1999;p 1028.
8. API textbook of medicine,edited by G.S.Sainani,6th ed. Mumbai: Association of physicians of India;1999;p 1028.
9. Sushruta, Sushruta samhita- with the Nibandhasangraha Commentry of Sri Dalhanacharya And the Nyayachandrika Panjika of Sri Gayadasacharya on Nidanasthana, edited by yadavaji Trikamji Acharya and 'Narayan Ram Acharya' nidana sthana, Chaukhambha Surbharati Prakashan; Edition-2008. page no. 51
10. https://en.m.wikipedia.org/wiki/Gate_control_theory.

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Bhagyashree V G & Shilpa P N: The Effect Of Asthapada Panchaloha Shalaka Agnikarma In The Pain Management Of Gridhrasi w.s.r. To Sciatica: A Case Study. International Ayurvedic Medical Journal {online} 2019 {cited September, 2019} Available from: http://www.iamj.in/posts/images/upload/1631_1634.pdf