

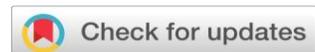
**AYURVEDIC MANAGEMENT OF GRIDHRASI (SCIATICA) - A CASE REPORT
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**ABSTRACT**

BACKGROUND: Low back pain is one of the most common complaints in India that affects 70% to 80% of the population. Low back pain can present as acute and chronic pain. Sciatica is a condition in which runs down one or both legs from the lower back. In Gradhrasi pain starts from *Sphilik* (Hip) and runs down to *Kati Prusta* (back), *Uru* (Thigh), *Janu* (Knee), *Jangha* (Calf muscles) and *Pada* (Foot) along with pain it may be associate with stiffness heaviness based on *Dosha* Involvement .The clinical features of *Gradhrasi* is Low back pain which radiate from the hip to the posterior aspect of thigh and down to leg. It can be correlated to “sciatica” in modern medicine. **AIM AND OBJECTIVE:** The study aimed to assess the efficacy of *Panchkarma* and *Shaman Chikitsa* in *Gridhrashi* (sciatica). **MATERIAL AND METHODS:** It is a single case study. A 47Year old female patient has been suffering from *Gradhrasi* for 2year correlate with Sciatica. The patient complained pain in lower back region with radiate to bilateral lower limbs since 2year (LEFT>RIGHT) along with Stiffness, Numbness and Tingling sensation present and associate complain with tingling sensation in left hand. She was admitted to the private ward in PT KLS GOVERNMENT AYURVEDA HOSPITAL AND INSTITUTE BHOPAL (M.P.). The patient was treated with *Panchkarma* procedures such as *Kati Basti*, *Sarwang Patra Pinda Swedan* and *Anuvasan basti* for 16 days and Oral Medication. Patients were treated for a period of 16 days. **RESULTS:** The response to

the treatment was recorded and therapeutic effect was evaluated though symptomatic relief. **CONCLUSION:** This case shows that *Ayurveda* treatment may be helpful in the management of the *Gridhrasi*.

Keywords: *Gridhrasi*, Low Back Pain, Sciatica, *Katibasti*, *Matrabasti*

INTRODUCTION

In *Ayurveda*, *Gridhrasi* is described as one of the *Vatavyadhi*. It is characterized with the onset of *Ruja* (pain), *Toda* (pricking), and *Stambha* (stiffness), initially in *Sphika* (gluteal region) and then radiating distally to *Kati-Prishtha* (low back), *Janu* (knee), *Jangha* (thigh) till *Pada* (feet). *Gridhrasi* (Sciatica) is one of the *vata vyadhi* mentioned by various *Acharya* in *Ayurveda*. Sciatica resemble the diseases *Gridhrasi* which mention in *ayurvedic* classical textbook which include under *vataj nanatmaja vikar*. Sciatica is characterized by severe pain radiating from lower back to the leg caused by compression, irritation, or inflammation of the sciatic nerve. The prevalence of sciatica varies considerably ranging from 3.8% in the working population to 7.9% in the nonworking population. It is most prevalent in people during their 40s and 50s and men are more common affected than men. The aggravating factors, such as over exertion, sedentary occupation, jerky movements during travelling, and lifting, create mental stress, which leads to low back-ache. The main cause behind the irritation of sciatic nerve is a degenerative pathology of intervertebral disc such as bulging, desiccation, prolapse of the in-

tervertebral disc, reduction in the intervertebral space and sacralization of vertebra and spinal canal stenosis. It can be managed with anti-inflammatory, analgesics and physiotherapy or surgical correction. Furthermore, surgery for this illness is costly, and there is a risk of recurrence.

A CASE STUDY

History of present illness-

A 47-year old female patient comes in a OPD with complaints Pain in lower back region with radiate to bilateral lower limbs since 2-year (LEFT>RIGHT), which increase during activities (walking and sitting) along with Stiffness, Numbness and Tingling sensation present and associate complain with tingling sensation in left hand. During examination tenderness was present at the lumbosacral region. SLR test was found positive during examination. The patient had a history of allopathic treatment for the last 2 years but did not get any relief so approached use for *ayurvedic* treatment.

History of past illness- Hypothyroidism – taken allopathic medication

Chief complaints of patients.

1. Pain in lower back region radiating. towards bilateral lower limb	2 years
2. stiffness in bilateral lower limb and lumber region	2 years
3. Difficulty and Pain while walking and sitting	6 months
4. Numbness present in left leg	6 months
5. Tingling sensation present in left leg	6 months

Clinical Examination-

On Examination

Height- 162 cm., Pigmentation-Absent

Weight- 68kg, Pulse- 72/mint.

Pallor -Mild, Blood Pressure-110/70mmhg

Icterus-Absent, Oedema- Absent

Ayurvedic Examination-

Nadi - *Pitta Kapha*

Mala - *Samyak*

Mutra – *Samyak*

Jivha - *Saam*

Sparsha - *Anushnasheeta*

Akruti -*Madhyam*

Drika -*Samyak*

Shabda – *Spashta*

Locomotory Examination

Gait- Antalgic

Arm- Normal

Leg- B/L limb- Tenderness ++ present, Numbness ++ in left leg, Tingling Sensation ++ in left leg, SLR Test- Right leg- 50°, Left leg – 40°, Bragard’s Test- Right leg- 50 °, Left leg -35° , Spine- Normal Alignment

MRI Report • Disc L4-5 shows mild volume loss with diffuse circumferential bulge and posterior asymmetrical protrusion, causing moderate thecal sac and nerve root compression with spinal canal and neural foramina narrowing.

• Disc L5-S1 shows a mild diffuse bulge with slight right Para central protrusion causing impingement over the right transverse S1 nerve root.

ASSESSMENT CRITERIA –

*Assessment of sign and symptoms before treatment -

Symptoms	Right leg	Left leg
1.Pain in lower back region radiating towards bilateral lower limb	Present	Present
2. Stiffness in lumber region	Present	Present
3. tingling sensation in bilateral lower limb	Absent	Present
4. Pain and Difficulty while walking and sitting	Present	Present
5. Numbness	Absent	Present

* Assessment of sign and symptoms after treatment –

Symptoms	Right leg	Left leg
1.Pain in lower back region radiating towards bilateral lower limb	Relief	Moderate Relief
2. Stiffness in lumber region	Relief	Relief
3. tingling sensation in bilateral lower limb	Relief	Relief
4. Pain and Difficulty while walking and sitting	Relief	Relief
5. Numbness	Absent	Moderate Relief

Shodhan Chikitsa-

S.N .	Type of chikitsa	Drugs	Duration
1.	<i>Kati basti</i>	<i>Mahanarayan Tail</i>	16 days
2.	<i>Sarwang Patrapinda swedan</i>	<i>Mahanarayan Tail</i>	16days
3.	<i>Anuvasan Basti</i>	<i>Sahachar Tail(80ml)</i>	16 days

Shaman Chikitsa-

S.N	Drugs	Time of administration	Anupana	Duration
1.	<i>Ras Rajeshwar Ras (1BD)</i>	After food	Lukewarm water	16 days
2.	<i>Cap. Lumbagest (2BD)</i>	After food	Lukewarm water	16 days
3.	<i>Rhumat 90 liquid (10ML)</i>	Before meal	Lukewarm water	16 days

DISCUSSION

Chikitsa sutra for *gridhrasi* as per classic is *Bastikarma*, *Siravyadha* and *Agnikarma*. As *gridhrasi* is *vata vyadhi*, *Chikitsa* of *vatadosha* is *Snehana* and *Shodhan* is needed to pacify *Vatadosha*. The treat-

ment principle applied for the management of this disease condition is *Vedanasthapan* and *Vatashamak Chikitsa*. The probable mode of action of these *Shodhan* and *Shaman Chikitsa* can be explored as follows.

Sarwang Patrapinda Sweda with *Nirgundi, Arka, Eranda, Mahanarayan* oil: *Patrapinda Sweda* consisting of medicated leaves with oil pacifies *Vata* without increasing *kapha* due to its *Snigdha* and *Ruksha Gunas*. It induces the *Swedan* effect without increasing the *Aam* (toxic waste product) condition. It provides soothing effect to the affected region, that is, nerve and muscle relaxation may result in reduction of compression of nerve root that also reduces radiating pain and numbness. *Patrapinda Sweda* is mainly used to provide relief from pain, inflammation, swelling, and stiffness associated with bone, joint, or musculoskeletal pain. In *Gridhrasi, Snehana, and Swedana* by virtue of their *Vata shamak* and *Dhatu-poshaka* properties are useful in relieving the symptoms of *Gridhrasi* such as *Stambha* and *Ruja*.

Katibasti with mahanarayan tail group is more effective to control *vata* dominance symptoms like *Ruk, Toda*, numbness, burning sensation and *Muhuspan-dana* and also on the functional ability and the functional disability. *Kati basti* is a type of *Snigdha Swedana*. Application of *Kati Basti* (L4-L5 region) was carried out to provide good nourishment and strengthen the affected part due to protrusion and alleviate *vata vyadhi*. In this, there is degeneration of intervertebral disc and lubrication function of *Shleshaka kapha* is affected, which results in compression and irritation.

Basti- *Basti* is called *Ardhachikitsa*. It is the most important procedure among *Panchkarma* procedures and the most appropriate remedial measure for *Vata dosha*. *Basti* acts on the *Vata Sthan* i.e., *Pakwashaya*. **Anuvasana basti with Sahachar tail basti** is *Ayurvedic* herbal oil that treats *vata* imbalance disorders and muscles and joint stiffness. It is heavy and unctuous *Guna* helps to balance *vata dosha*.

Internal Medicine- Patient was advised *Cap. Lumbagast* (2BD), *Rheumat 90 liquid* (10ml) and *Rasra-*

jeshwar Rasa (1BD) twice a day with warm water for the period of 16 days.

Rasrajeswar Rasa- Excellent combination of *Swarn Yukta Rasaraj rasa, Shudh vishamusthi, Awagandha, Rasa sindoor, Dasmoola visesh sodhit guggulu* acts as the best medicine for all kinds of nervous system disorder, relieves nerve irritation, inflammation and pain.

CONCLUSION

On the basis of this case study, it can be concluded that *Kati basti* and *Sarwang patra pinda Swedan* with *Mahanarayan tail, Anuvashan basti* with *Sahachar tail (Sodhan therapy), Saman therapy* and *Physiotherapy* are effective in the management of *gridhrasi*. *Gridhrasi* is one of the *Nanatmaja vata vikara* hence *basti* is the basic treatment all *vata vyadhi* and is thought to be *Ardhachikitsa* in *Ayurveda*.

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