



## AN AYURVEDIC MANAGEMENT OF GRIDHRASI (SCIATICA): A CASE STUDY

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## ABSTRACT

*Gridhrasi* is one of the eighty *Nanatmaja Vata Vyadhies* described by *Acharya Charaka*. Clinically, it is distinguished by acute hip or lower back pain that extends from the buttock to the back of one thigh and leg. One of the most prevalent issues in society today is severe low back pain that radiates to the toes of either one or both lower limbs. The sciatica nerve (L4, L5, S1, S2, S3), a sizable nerve stretching from the lower back and down the back of each leg, causes discomfort along its length. The diseased person moves like a vulture when they walk. *Acharya Charaka*, *Bruhad Nighantu Ratnakar*, and *Bharat Bhaishajya Ratnakar* explain the *Gridhrasihar taila* for managing *Gridhrasi*.

Two forms of *Gridhrasi*, *Vataja* and *Vata-Kaphaja*, have been mentioned in classical *Ayurvedic* literature. According to *Ayurveda*, *Gridhrasi* is one of the illnesses brought on by the vitiation of *Vata*, which is one of the fundamentals doshas in the body and is in charge of its movement and functionality. *Gridhrasi* can occasionally be brought on by both *Vata* and *Kapha* vitiation (*Vata Kaphaja*). Only conservative treatments provide temporary pain relief or surgical interventions that have negative effects. The recurrence of sciatica pain after surgery is widespread. *Ayurveda* management provides no recurrenceable cure for *Gridhrasi*.

In this case study, a 46-year-old female patient suffering from *Gridhrasi* was treated with *Ayurvedic Chikitsa* for 45 days in *Kayachikitsa* IPD and OPD of the Post Graduate Institute of Ayurveda, Jodhpur. Treatment is given: *Vishwadi Guggulu* 2 tablets (each 500mg) given twice daily with lukewarm water and *Kati Basti* with *Gridhrasihar tail* for 15 days.

**Keywords:** *Gridhrasi*, *Sciatica*, *Vishwadi Guggulu*, *Gridhrasihar Tail*, *Kati Basti*.

## INTRODUCTION

Modern people have caused some biological disharmonies by changing their way of life. The busy, professional, and socially sedentary lifestyle, bad sitting posture in offices and factories, and continuous, excessively jerky movements during travel and sports are all significant causes of low back pain and sciatica. All of these activities place undue strain on the spinal cord. Sciatica is characterised by intense back pain that travels down one leg as a result of compression, irritation, or inflammation of the sciatic nerve. Based on the symptoms and signs, *Gridhrasi* can be connected to sciatica in *Ayurveda*. It is named *Gridhrasi* because the patient's gait imitates that of a vulture, thus the name. The pain in *Gridhrasi*'s symptoms starts in the hip region (*Sphika*) and spreads to the thigh, knee, leg, and foot (*Uru, Janu, Jangha, and pada*). Intervertebral disc prolapsed (IVDP), one of the primary causes of back pain, is brought on by today's lifestyle, rising trend towards work, overexertion, sedentary profession, in the form of jerky movements generate physical stress during travel, and lifting.

### Case Report

A 46-year-old female patient's primary complaint was significant low back pain that was radiating to her thighs, calf area, and foot. She also reported tingling in her left lower limb and a two-month decline in strength. She was unable to perform her daily tasks, such as sitting on the floor or going upstairs. The heaviness and numbness in the limb were related to the pain. He also had trouble walking and stayed still for a long time.

### History of Present Illness

Five months ago, the patient was healthy. He then complained of a right-sided low backache extending into his thigh and leg. The patient continued working

while ignoring his symptoms. The patient approached our facility for treatment due to excruciating discomfort and trouble walking.

### Family History

No family history

### Personal History

Bowel – Regular

Appetite – Good Micturition – Normal

Sleep – Normal

**History:** There is not any significant past history.

## CLINICAL EXAMINATION

### *Asthavidha Pariksha*

*Nadi-Vata Kaphaja*

*Mala- Samyaka, Nirama*

*Mootra- Shweta Pitabha, Samyaka*

*Jihwa- Alipta*

*Shabda – Prakrita, Spashta*

*Drika- Ishat Pitabha Shweta*

*Akruti- Sama*

*Sparsha- Anushnosheeta*

### *Dashavidha-Pareeksha*

*Prakruti – Vata-Kaphaja*

*Bala – Madhyama*

*Samhanana – Madhyama*

*Pramana – Madhyama*

*Sattwa – Madhyama*

*Satmya – Sarva rasa*

*Abhyavaharana shakti – Prakrita*

*Jarana shakti – Prakrita*

*Vaya – Madhyama*

### General Examination

PR – 72 / min

BP - 110 / 80 mm Hg

RR-

16/min

Temperature – 98.6 F

Conjunctiva – Normal

Nails – Normal  
Sclera – Normal  
Lymph nodes – Normal

Flexion – Painful  
Extension – Painful  
SLR Test – Left leg – Painful at 40 degrees

### SYSTEMIC EXAMINATION

Lumbosacral Joint

The Following oral medicine was administered for treatment:

S.No.	Name of Drug	Dose	Duration
1.2.	<i>Vishwadi Guggulu</i> <i>Gridhrsihar Tail</i>	2 tablets (each 500mg) twice a day with lukewarm water <i>Kati Basti</i> (as per requirement)	45 days 15 Days

### Observation

**Subjective criteria:** *Ruka* (Pain), *Toda* (Pricking sensation), *Stambha* (Stiffness), *Spandana* (Twitching Sensation), *Tandra* (Drowsiness), *Gaurava* (Heaviness), *Arochaka* (Anorexia), *Suptata* (Numbness).

**Objective Criteria:** CBC, ESR, Xray

**Table no. 1 Grading of Subjective Criteria**

Subjective Criteria	Before Treatment (4-0)	After treatment (4-0)	% Relief
<i>Toda</i> (Pricking sensation)	4	1	75 %
<i>Stambha</i> (Stiffness)	4	1	75%
<i>Spandana</i> (Twitching Sensation)	4	1	75%
<i>Tandra</i> (Drowsiness)	1	1	0 %
<i>Gaurava</i> (Heaviness)	2	1	50%
<i>Arochaka</i> (Anorexia)	4	2	50 %
<i>Suptata</i> (Numbness)	2	1	50%

**Table No. 2 Changes in Objective Criteria**

Objective Criteria	Before Treatment	After treatment
Hb	10.8	11.0 ↑
TLC	11000	9000 ↓
ESR	40	20 ↓
S.L.R. Test	Positive	Negative

### DISCUSSION

In *Vishwadi Guggulu*, *Guggulu* is the main ingredient (proportionally equal to all other drugs, i.e., equal 12 parts), and other *Dravyas* are *Trikatu*, *Pippalimoola*, *Vidanga*, *Devadaru*, *Saindhava*, *Rasna*, *Chitaraka*, *Ajwain*, *Vacha*, and *Haritaki*. *Gridhrasi* is a *Vata Pradhana Vyadhi*, and in addition to *Vata Dosha*, there may occasionally be *Kapha Dosha* present as *Anubandhi Dosha*. *Dhatukshaya* or *Margavarodha* may be the cause of the vitiation of the *Vata-Dosha*. Most of the medications in this formulation include

the qualities of *Vatakapha Shamaka*, *Tridoshahara*, *Shothahara*, *Deepana*, *Pachana*, *Vedanasthapanana*, and *Anulomana*.

*Rasayana*- *Rasayana Prabhava* is present in *Haritaki*, *Aamalaki*, and *Pippali*, some components used in research medications. The *Rasayana* medication is meant to improve all of the body's *Dhatu*s on both a qualitative and quantitative level. *Gridhrashi Tail* for *Kati Basti*, prepared by *Saindhava*, *Shunthi*, *Pippalimoola*, *Chitaraka*, *Shudha Bhillava Giri*, and *Tila Taila*. *Gridhrasihar Tail*'s contents are *Shothahara*, *Shoolahara Kapha-Vatahara*, and *Agnideepanam*.

The pathogenesis of “Gridhrasi Roga” is broken by these pharmacodynamic effects. A chemical preparation with these qualities, such as *Vishwadi Guggulu*, is expected to inhibit the etiopathogenesis of the illness *Gridhrasi* and halt its progression. The formulation of *Vishwadi Guggulu* and *Gridhrsihar Tail Kati Basti* with all constituents is enriched for the attributes that unquestionably prove better in *Gridhrasi* (Sciatica) as well as in other *Vata* disorders, according to the aforementioned *Ayurvedic* treatments.

## CONCLUSION

The best treatment option for illnesses brought on by a lifestyle is ayurveda. It is possible to conclude from this single case study that *Gridhrasi* (Sciatica) was successfully treated with *Vishwadi Guggulu* and *Gridhrsihar tail Kati Basti*. I'll plan more research on the same disease.

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