

MANAGEMENT OF *GRIDHRASI*, WITH SPECIAL REFERENCE TO *SCIATICA*, THROUGH PANCHAKARMA: A CASE STUDY

Dr. Rinal A. Patel^{*1}, Dr. Dinesh Patil², Dr. Mahesh M.P.³ and Dr. Kritika Thakur⁴

¹3rd Year P,G Scholar Department of Panchkarma, Parul University, Parul Institute of Ayurveda, Vadodara Gujrat, India.

²Guide & Associate Professor, Department of Panchkarma, Parul University, Parul Institute of Ayurveda, Vadodara Gujrat, India.

³Co Guide & Assistant Professor, Department of Panchkarma, Parul University, Parul Institute of Ayurveda, Vadodara Gujrat, India.

⁴3rd Year PG scholar Department of Panchkarma, Parul University, Parul Institute of Ayurveda, Vadodara Gujrat, India.

Article Received on
25 May 2021,

Revised on 13 June 2021,
Accepted on 2 July 2021

DOI: 10.20959/wjpr20218-21050

*Corresponding Author

Dr. Rinal A. Patel

13rd Year P,G Scholar
Department of Panchkarma,
Parul University, Parul
Institute of Ayurveda,
Vadodara Gujrat, India.

ABSTRACT

Gridhrasi is the most obstinate and prominent, in Ayurveda classic it is described amongst the 80 types of *Nanatmaja* disorders. *Gridhrasi* is a painful condition in which the person can't sit and walk properly that hampers his normal activity. Almost all signs *Gridhrasi* is one of the most prevailing health problems in our day to day clinical practice. Modernization of life style of human being has created several disharmonies in his biological system. The prevalence of sciatica varies considerably ranging from 1.6% in general population to 43% in working population.^[1] There are many modern treatment which is Analgesics, NSAIDS and other surgical procedures but it causes many side effects. In *Ayurveda* treatments for *Gridhrasi* concentrate on

bringing back the aggravated *Vata* or *Vata Kapha* to the state of Equilibrium and thereby to the state of health.^[2]

KEYWORDS: A case study, *Gridhrasi*, *Sciatica*, *Basti*.

INTRODUCTION

Sciatica is a disease of peripheral nervous system it is a shooting pain down the back of legs of the Sciatica nerve derived from spinal nerve L4 to S3. In Above 90% of cases Sciatica is

caused by herniation disc with nerve root compression.^[3] The main risk factors are age(45-64yrs) increasing risk with height, smoking, mental stress and physical activity like lifting heavy weight, excessive traveling, jerky movements etc. The sciatica patients with common symptoms like radicular pain in leg, tingling sensation and numbness. It was caused by lumber herniation disc, degenerative disc disease, lumber spinal stenosis there is some other cause like pregnancy, spinal tumor, infection, fracture, ankylosis spondylitis and it was diagnosed by the following indications like unilateral leg pain greater than low back pain, pain radiating to foot and toes, numbness, straight leg raising test induces more leg pain and it was treated with Analgesics or NSAIDS or Surgical procedure.^[4] Despite of all modern technology and Pharmacology in modern medicine, Sciatica control remains a mediational condition in which no permanent mediational cure, aside from palliative, is accessible.^[5]

The signs and symptoms of the Sciatica found in modern medicine are same as *Gridhrasi* mentioned in Ayurveda. *Gridhrasi* is the most obstinate and prominent, one Amongst the 80 types of *Nanatmaja* disorders. *Gridhrasi* name itself indicates the way of gait shown by the patient due to extreme, that is, *Gridha* or Vulture. The cardinal signs and symptoms of *Gridhrasi* are *Ruk* (Pain), *Toda* (pricking sensation), *Muhuspandana* (Tingling sensation), *Sthambha*(stiffness) in *kati*, *Uru*, *Janu*, *Jangha*, and *Pada* in order and *Sakthikshepanigraha*(i.e restriction in upward lifting of lower limbs). In *Gridhrasi*, *Tandra*(Drowsiness), *Gaurav* (Heaviness), and *Aruchi*(Anorexia) may be present in which *kapha* is associated with *Vata*. Here in this study Ayurveda plays important role by the *Shaman Chikitsa* and *Shodhana Chikitsa* according to the symptoms of the *Gridhrasi*.^[6]

Sodhana chikitsa forms the mainstay of treatment for vata disorders in *Ayurveda* which helps to remove the deep seated *Dosha's* from the root itself. Here in treatment *Basti* is planned because *Vata* is the main cause in *Gridhrasi* which can be only treated by the *Basti* treatment.

CASE STUDY

A year 53 year old Male patient registered by the (O.P.D number 21003215) on the Date of 13 February came to the O.P.D no. 105 of Parul Ayurveda Hospital and got admitted in Panchkarma Department, with (IPD number 21003215). He presented himself with the following complaints,

- Low back pain, radiating to the right side of the leg
- Stiffness

- Mild Swelling

Patient was admitted in the Panchkarma IPD ward of Parul Ayurved Hospital, for better treatment.

Associated complaints

Knee joint pain.

Past History

- No H/O – DM, HTN, Surgical procedures.
- No any Family History.

On Examination

- General condition : Moderate
- Pulse rate: 79/min
- B.P : 130/90 mm of hg
- R.R : 17/min
- H.R : 70/min

Ashta Sthana Pariksha

1	Nadi	VP: VK: VK PK: VPK:
2	Mala	Normally formed stool: Normally formed stool Hard stool: Loose stool:
3	Mutra	Prakrita: Prakrita Vikrita:
4	Jihva	Alipta: Alipta Ishtalipta: Lipta:
5	Sabda	Prakrita: Prakrita Vikrita:
6	Sparsha	Mrudu: Khara: Khara
7	Druk	Prakrita: Prakrita Aprakita:
8	Akriti	Sthula: Madhyama: Mahyama Heena:

Systemic Examination

- Respiratory System: B/L chest clear, Airway entry, Breathing enter Clear.
- Cardiovascular System: S1 S2 heard.
- CNS: All superficial reflexes are intact. Patient is conscious and well oriented.
- GIT: Soft Abdomen, Bowel sound heard, No Pain or any other symptoms.

Locomotor system Examination

Gait- Antalgic gait.

SLR Test- Positive on Right side 40degree and negative on left leg.

Lasegue Sign- Positive on Right side and negative on left side.

Flip Test- Positive.

Lumbar Sacral Flexion and Extension- With Pain.

Walking Time- 19sec (20 feet).

History of Present illness

Samprapti Ghatak^[7]

- *Dosha- Vata Dosha prakopa*
- *Dushya-Majja, Asthi*
- *Srotas-Asthivaha, Majjavaha*
- *Srotodushti Prakara – Sanga, Margava-rodha*
- *Adhisthana-Sharira*
- *Agni- Vishamagni, Mandhagni*
- *Udbhava – Pakwashaya, Kati*
- *RogaMarga – Madhyam rogamarga*
- *Sanchara- Adhashakha*

Nidana

Provisional Diagnosis – *Katishoola, Katigraha, Gridhrasi.*

Differential Diagnosis –*Katishoola, Katigraha, Gridhrasi.*

Diagnosis – *Gridhrasi.*

Prognosis – *Yapya.*

Radiological Investigation- In X-ray Spine AP and lateral views.

Anterior marginal osteophytes with end plate sclerosis noted involving visualized vertebrae with reduced body heights of L4-L5 vertebrae.

Impression: Lumbar spondylosis.

Treatment protocol

After proper clinical examination, patient was diagnosed with Sciatica or *Gridhrasi* and was advised to undergo *Basti Karma*.

Basti is important karma in the treatment of *Vata vyadhi*. It is indicated in almost all *vata vyadhies*. *Niruha Basti* if used methodically purifies *mala*, *Tridoshas* and *Saptadhatus*, drives out *Dosha Sanchaya* from the whole body, increases Agni, life span, checks aging process.

In *Anuvasana Basti* *Murcchita Tila Taila* is used. Nothing is as superior as *Taila* in destroying *Vata* as *Taila* with its *Snigdha Guna* destroys *Rukshata* and with its *Guru* and *Usna guna* destroys *Rukshata* and with its *Guru* and *Usna guna* destroys *Laghu* and *Sheeta Guna* of *Vata* respectively. As water poured into root nourishes the whole tree and blossoms, oil given into the anus nourishes the whole body and alleviation of *Vata dosha* also does.

Patient were administered *Basti* as per *Yoga Basti* schedule. *Erandamooladi Niruha Basti* and *Sahacharadi Tail Anuvasana Basti* were given.

▪ ***Basti treatment***

Purva Karma

Sthanika Abhayanaga was done at the *Kati*, *prishtha*, *pada pradeshe* followed by *Nadi swedana*.

Niruha Basti preparation.

Patient was asked to lie down on left lateral position by keeping the left leg stretched out position and right leg flexed.

Pradhana Karma

Both catheter and anal region was lubricated with oil and catheter was inserted into anal region slowly and patient was asked to take breath while drug was injected. Patient was asked to maintain same position for some time.

Pashchat Karma

Basti pratyagamana kala and number of *vega* Observed.

Erandamuladi Niruha Basti^[8]

1. *Abhyanga* at *Nabhi*, *Parshva*, *Prastha*, *Ubhayapada* with *Murchhita Tila Taila* (10 mis).
2. *Nadi Sweda* (3 min).
3. *Anuvasana Basti* with *Murchhita Tila Taila* (140 ml).
4. *Erandamooladi Niruha Basti*- As per Schedule.

Basti Dravyas

Dravya	Quantity
<i>Madhu</i>	90 ml
<i>Lavana</i>	5 gm
<i>Sneha</i>	<i>Sahacharadi Taila</i> - 140 ml
<i>Kalka</i>	<i>Putiyavani</i> - 45 gm
<i>Kwatha</i>	<i>Eranda Mooladi Kwatha</i> - 190 ml
Total	560 ml

Method of administration

1. *Anuvasana Basti* & *Erandamuladi Niruha Basti*
2. Dose : AB- 140 ml and NB- 560 ml
3. Duration of therapy: For 8 days.
4. Follow up: After 15 days.

Yoga Basti Schedule (8 Days)

Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8
AB	NB	AB	NB	AB	NB	AB	AB

*AB-*Murchhita tila taila*.

*NB-*Erandamuladi Niruha Basti*.

Diet & Regimen- *Laghu, Supachhya Aahar*

Basti Protocol

Date	Shodhana
14 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Anuvasana Basti with Murcchita Tila Taila-140 ml</i> <i>Anuvasana Basti Dana kala : 12: 45 PM (After food)</i> <i>Anuvasana Basti Pratyagamana kala: 2:30 PM</i>
15 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Niruha Basti Dana kala : 9:20 AM</i> <i>Niruha Basti Pratyagamana kala : 9: 24AM</i>
16 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Anuvasana Basti with Murcchita Tila Taila-140 ml</i> <i>Anuvasana Basti Dana kala : 12: 30 PM (After food)</i> <i>Anuvasana Basti Pratyagamana kala: 2:00 PM</i>
17 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Niruha Basti Dana kala : 9:40 AM</i> <i>Niruha Basti Pratyagamana kala : 9: 45AM</i>
18 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Anuvasana Basti with Murcchita Tila Taila-140 ml</i> <i>Anuvasana Basti Dana kala : 12: 50 PM (After food)</i> <i>Anuvasana Basti Pratyagamana kala: 2:10 PM</i>
19 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Niruha Basti Dana kala : 9:40 AM</i> <i>Niruha Basti Pratyagamana kala : 9: 45AM</i>
20 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Anuvasana Basti with Murcchita Tila Taila-140 ml</i> <i>Anuvasana Basti Dana kala : 12: 50 PM (After food)</i> <i>Anuvasana Basti Pratyagamana kala: 2:30 PM</i>
21 February 2021	<i>Sthanik Abhayanga with Murcchita Tila Taila followed by Nadi swedana</i> <i>Anuvasana Basti with Murcchita Tila Taila-140 ml</i> <i>Anuvasana Basti Dana kala : 12: 36 PM (After food)</i> <i>Anuvasana Basti Pratyagamana kala: 2:20 PM</i>

Observation

Patient underwent the above -mentioned *Basti* treatment for 8 days. Patient was assess Before, After treatment and After follow up of the treatment.

Assessment criteria	Before treatment	After treatment	After follow-up
(RUK) Low back pain, radiating to the right side of the leg	Moderate	Occasional pain	No pain
(STAMBHA) Stiffness	Mild	No stiffness	No stiffness
(SOTH) Swelling	Mild	No swelling	No swelling
SLR test	50 degree	70 degree	75 degree
Walking Time 20 feet distance	18 sec	12 sec	10 sec

Action of *Erandmula Kwatha*

Sr.NO	Name	Botanical name	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Erandamula</i>	<i>Ricinus communis</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha hara</i>
2.	<i>Palasha</i>	<i>Butea monosperma</i>	<i>Katu, tikta, Kashaya</i>	<i>Laghu, Rooksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pitta Shamaka</i>
3.	<i>Rasna</i>	<i>Alpinia galangal</i>	<i>Tikta</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	Reduced vitiated <i>kaphavata shamaka</i>
4.	<i>Ashwagandha</i>	<i>Withania somnifera</i>	<i>Katu</i>	<i>Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	Balances <i>Tridhosha</i> , especially <i>Kapha</i> and <i>Vata</i>
5.	<i>Atibala</i>	<i>Abutilon indicum</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	Balance <i>Vata</i> and <i>Pitta</i>
6.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	<i>Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	Balance <i>Tridosha</i>
7.	<i>Punarnava</i>	<i>Boerhavia diffusa</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	Balance <i>Vata</i> and <i>Kapha</i>
8.	<i>Aragvadha</i>	<i>Cassia fistula</i>	<i>Madhura</i>	<i>Mrudu</i>	<i>Sheeta</i>	<i>Madhura</i>	Helps to relieve <i>ama</i> and digestive track
9.	<i>Devadaru</i>	<i>Cedrus deodara</i>	<i>Katu, Tikta</i>	<i>Rooksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	Balances <i>Kapha</i> and <i>Vata</i>
10.	<i>Madanaphala</i>	<i>Randia dumetrorum</i>	<i>Madhura, Tikta</i>	<i>Laghu, Rooksha</i>	<i>Ushna</i>	<i>Katu</i>	Balances <i>Kapha-vata Chardana, Lekhana</i>
11.	<i>Laghu panchmoola Bruhati</i>	<i>Solanum indicum</i>	<i>Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	Balances <i>Kapha</i> and <i>Vata</i>
12.	<i>Laghu Panchmoola Shalaparni</i>	<i>Desmodium gangeticum</i>	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	Balance <i>Vata</i> and <i>Kapha</i>

13.	<i>Laghu Panchmoola Kantakari</i>	Solanum Xanthocarpum	<i>Katu, Tikta</i>	<i>Laghu, Rooksha, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	Balances Kapha and Vata dosha
14.	<i>Laghu Panchmoola Gokshura</i>	Tribulus terrestris	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	Balances all Tridosha
15.	<i>Laghu Panchmoola Prishnaparni</i>	Uraria picta	<i>Madhura</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	Balances all Tridosha hara

DISCUSSION

Erandamuladi niruha Basti which is containing homogenous mixture of *Madhu*, *lavana*, *Sneha*, *Kalka* and *Kwatha*. In which *Madhu* having *Yogavahi* and *Sukshma marga anusarita* property acts as catalyst and penetrates into the *Sukshma srotas*. *Saindhava lavana* having *Laghu* and *Tridosha Shamaka guna* was added to it. *Sneha dravya*, *taila* having *Ushna veerya*, *Snighdha guna* combats *Ruksha* and *Laghu guna* of *Vata*, which in turn causes *Vata Shamana*. *Kalka* is the main drug, which gives potency to the whole combination. It helps to disintegrate the *Malas*. *Erandamula Kwatha* does *Anulomana* and *Nirharana* of vitiated *Doshas*. *Erandamula niruha basti* is *Vataghna* and is indicated *Jangha*, *Prushta Shula hara*. *Eranda* being main ingredient, which is having *Snigdha*, *Sukhsma* and *Teekshna* properties does *Srotoshodhana* and thus acts as *Vatahara*, *Balya* and *Vedhanasthapana*.

Anuvasana Basti will retain the oil for a specific period without causing any adverse effect. It protects *Pureeshadhara kala* by giving its *Snehana effect*. *Tila taila* having *Ushna veerya* and *Guru*, *Snighdha guna* combats *Ruksha* and *Laghu guna* of *Vata*, which in turn does *Vata shamana*.^[9]

So overall *Erandmooladi niruha basti* with *Anuvasana basti* does *vata shamana* by which pain reduced and giving good result in *Gridhrasi*.

Probable mode of action of Basti

Acharya Parasara has opined that *guda* is principal route of the body and bears rich blood supply in it.

If we administer the *Basti* in anus, it nourishes all the extremities and organs of body. *Basti* eliminates the vitiated *dosha* via rectal route. Medicines which are administered through rectal route are readily absorbed in rectum and large intestine. *Acharya Charaka* says that *basti* retains in *pakwashaya* and dwells *doshas* from all over the body.

Basti dravya prepared by *Madhu*, *Sneha* etc helps in formation of *Krimis*(friendly bacteria) in large intestine, some bacteria synthesizes vitamins like B and K which are essential for the maintenance and nourishment of nervous system probably to some extent.

Approximately 50% of the drugs that is absorbed from the rectum will bypass the liver, the potential foe hepatic first pass the rectum. Another probable method is based on *Veerya*. It is possible the *veerya* of the *Basti dravya* pass through the autonomic nervous system and expels out movement of fluids in various compartments under the osmotic pressure. When hypertonic solution is given in the form of *Basti dravya* the introduced fluid circulates from low density to high density solution i.e. from blood vessels to the outer fluid in the gastro intestinal tract.

After Follow up Medications

After 15 days *shamana* treatment is given.

1. *Rasanadi Gugulu*

Rasna is an excellent anti-inflammatory and pain relieving herb, useful in headache, neurological pain etc.

Ginger, *Devdaru* and *Eranda* are excellent *Vatahara* herbs – they balance *Vata Dosha*.

They also possess anti-inflammatory effect and hence useful to bring down pain and swelling.

Dose : 1-2 tablets, 1-2 times a day, before or after food.

2. *Rasanasaptaka Kwath*

It is useful in arthritis like inflammation, pain, stiffness etc. As these herbs cumulatively works as an immunosuppressive and antioxidants for management of the arthritic symptoms by countering cellular-mechano-bionmolecular leval. Along with *amapachana* all these herbs are known for their anti-inflammatory activity, analgesic, anti-arthritic activity.^[10]

CONCLUSION

From this case report we may conclude that combined *Ayurvedic* treatment and *shamana* treatment can be effective in the treatment of *Gridhrasi*(Sciatica). No any adverse effect found during the *Basti* treatment. *Erandamuladi shodhana Basti* which is mainly act on *Vata sahaman* so by that *Vata shamana* it is direct recrudesces Pain and stiffness in the sciatica and by that improve the daily life style of the patient.

REFERENCES

1. Sciatica(Gridhrasi) – An Ayurveda Perspective.
2. Conceptual study on the management of Gridhrasi
3. Diagnosis and treatment of Sciatica.
4. Causes of Sciatica and Sciatic Nerve Pain- SpineUniverse
5. Sciatica: causes,symptoms, treatment, prevention& Pain Relief -Cleveland Clinic.
6. Ayurvedic Management Of Gridhrasi WSR to Sciatica: A Review.
7. Parashar Shalini & Pandya D.H:A critical review of Vataj &vatkaphaja Gridhrasi. International Ayurvedic medical Journal {online} 2016{cited 2016 july}Available from: http://www.iamj.in/posts/images/upload/3215_3222.pdf
8. Vaidya Dr Nidhi Gupta, Kshiteeja Choudhary, National Institute of Ayurveda, Jaipur.Katigraha(Lumber Spondylosis) managed by katigraha and Basi : A case report.
9. S Jagadesh kumar et al: Efficacy of erandmooladi Basti in the management of janu sandhigatvata vis-à-vis osteoarthritis of knee joint -An observational clinical study. International Ayurvedic Medical journal {online}2021 {cited Febuary,2021} Available from: http://www.iamj.in/posts/images/upload/360_366.pdf
10. Mohan M, Sawarkar P. Ayurvedic management of gridhrasi with special respect to sciatica: a case report. J Indian sys Medicine, 2019; 7: 131-8.