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Efficacy of *Siravedha* in the Management of *Gridhrasi* (Sciatica): A Case Report

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ABSTRACT

A 19years old female patient with complain of low back pain radiating to right leg, numbness in right foot & difficulty in walking, diagnosed as a case of sciatica was treated with *Siravedha*. In Ayurveda disease may be correlated with *gridhrasi*. The management was done with *Siravedha*, on the basis of line of treatment of *Gridhrasi* as mentioned in *Charaka samhita* - “अन्तराकण्डरागुल्फं सिरा बस्त्यग्निकर्म च”. (Blood-letting by venous puncture at the site of ankle joint. Two sittings of *Siravedha* were done with interval of 10 days in between. After 1st sitting there was mild improvement in pain & numbness and after 2nd sitting there was significantly improvement in pain and numbness. Assessment was done with Oswestry low back pain questionnaire and SLR test. Before treatment Oswestry low back pain questionnaire score & SLR was 40% and 45 degree, respectively. After treatment Oswestry low back pain questionnaire score and SLR was 13.3% and 85degree, respectively. Conclusion: *Siravedha* provides instant relief in *Gridhrasi* thus found significant value in the management of *Gridhrasi* (Sciatica).

KEYWORDS

Sciatica, Gridhrasi, Siravedha



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INTRODUCTION

Gridhrasi is an intractable physical complaint which affects the ambulatory function of the patient. The people who are suffering from *Gridhrasi* can't stand or sit properly due to pain. The word *Gridhrasi* itself suggest the gait similar to Vulture. *Gidhrasi* is one among 80 *nanatmaj vatavyadhi* having vitiation of *vata* and sometimes *kapha dosha*. The cardinal features of *Gridhrasi* are *Stambha*(stiffness), *Ruk*(Pain), *Toda*(Pricking pain) and *muhuspandan*(twitching) in *sphik* , *kati* , *uru* , *janu* , *jangha* , *pada* in order . In *kaphanubandata Tandra*, *Gaurav*, *arochak* are observed.¹

A similar condition in modern science is Sciatica. The chances of occurrence are expected to be increasing through the upcoming years due to increasing tendency for computerization and the hectic routines which results in postural abnormalities, increasing body weight, mental stress etc., all of which leads to the occurrence of *Gridhrasi*. Due to this, *Gridhrasi* now possess challenge to health care providers. Exact data on the incidence and prevalence of sciatica are lacking. Low back pain is second major complaint after upper respiratory tract illness as a cause of visiting a physician in outer patient

department.² In general an estimated 5%-10% of patients with low back pain have sciatica , whereas reported lifetime prevalence of low back pain ranges from 49%-70%. The annual prevalence of disc related sciatica in the general population is estimated at 2.2%.

In reference to management of sciatica syndrome modern medical science has only symptomatic management with analgesics like NSAID's. In some cases, if nerve compression is more, surgical procedures are indicated, but these procedures have their limitation.

Hence it is the need of time to find a safe and effective management for the treatment of Sciatica for betterment of the patients suffering with same.

CASE REPORT

A 19years old female patient from Gurgaon, Haryana, came to OPD of Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi on 10/01/2018 with following complaints :-

Patient Name:-ABC

Age/ Sex:-19/F

Built:-Medium

Days of Visit:- 10Jan2018, 15Jan2018, 22Jan2018, 10Feb2018.

OPD No.:-3123

Chief Complaints:-

1. Low Back Pain radiates to right leg (From hip to foot)
 2. Numbness in right foot
 3. Difficulty in walking
- Since 8months

History of present illness:-

Patient was asymptomatic 8 months back; then she complaint of lower back pain slowly leads to numbness in right foot and difficulty in walking. The symptoms are gradual in onset. There is no history of trauma. She took treatment from various local physicians but got no relief, so she came here for better management.

DIAGNOSIS:-

Patient was diagnosed as a case of Sciatica on the basis of sign and symptoms.

According to Ayurveda patient was diagnosed as a case of *Gridhrasi*.

Total treatment schedule:- Table 1

Table1 *Siravedha* Schedule

Days	Amount of blood letting	Relief in %
1st	40ml	50%
2nd	40ml	85%

Siravedha was done at the site of *Antrakandragulf* (Ankle joint). 40ml of bloodletting was done under all aseptic precautions twice with the interval of 10 days in between.

ASSESSMENT CRITERIA:-

Subjective Parameters:-

Oswestry Low Back Pain Questionnaire⁴:
Table 2

Table 2 Oswestry Low Back Pain Questionnaire

S.NO.	SIGN AND SYMPTOMS	CRITERIA	SCORE
1	Pain intensity	I have no pain at the moment	0
		The pain is very mild at the moment	1
		The pain is moderate at the moment	2
		The pain is fairly severe at the moment	3
		The pain is very severe at the moment	4
		The pain is the worst imaginable at the	5
2	Personal care (washing, dressing etc)	I can look after myself normally without Causing extra pain	0
		I can look after myself normally but it causes extra pain	1
		It is painful to look after myself and I am slow and careful	2
		I need some help but manage most of my personal care	3
		I need help every day in most aspects of self-care	4
		I do not get dressed, I wash with difficulty and stay in bed	5
3	Lifting	I can lift heavy weights without extra pain	0
		I can lift heavy weights but it gives extra pain	1
		Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently placed eg. on a table	2
		Pain prevents me from lifting heavy weights, but I can manage light to medium weights if they are conveniently positioned	3
		I can lift very light weights	4
		I cannot lift or carry anything at all	5

4	Walking	Pain does not prevent me walking any distance	0
		Pain prevents me from walking more than 1 mile	1
		Pain prevents me from walking more than ½ mile	2
		Pain prevents me from walking more than 100 yard	3
		I can only walk using a stick or crutches	4
		I am in bed most of the time	5
5	Sitting	I can sit in any chair as long as I like	0
		I can only sit in my favourite chair as long as I like	1
		Pain prevents me sitting more than one hour	2
		Pain prevents me from sitting more than 30 minutes	3
		Pain prevents me from sitting more than 10 minutes	4
		Pain prevents me from sitting at all	5
6	Standing	I can stand as long as I want without extra pain	0
		I can stand as long as I want but it gives me extra pain	1
		Pain prevents me from standing for more than 1 hour	2
		Pain prevents me from standing for more than 30min.	3
		Pain prevents me from standing for more than 10 min.	4
		Pain prevents me from standing at all	5
7	Sleeping	My sleep is never disturbed by pain	0
		My sleep is occasionally disturbed by pain	1
		Because of pain I have less than 6 hours sleep	2
		Because of pain I have less than 4 hours sleep	3
		Because of pain I have less than 2 hours sleep	4
		Pain prevents me from sleeping at all	5
8	Sex life	My sex life is normal and causes no extra pain	0
		My sex life is normal but causes some extra pain	1
		My sex life is nearly normal but is very painful	2
		My sex life is severely restricted by pain	3
		My sex life is nearly absent because of pain	4
		Pain prevents any sex life at all	5
9	Social life	My social life is normal and gives me no extra pain	0
		My social life is normal but increases the degree of pain	1
		Pain has no significant effect on my social life apart from limiting my more energetic interests eg, sport	2
		Pain has restricted my social life and I do not go out as often	3
		Pain has restricted my social life to my home	4
		I have no social life because of pain	5
10	Travelling	I can travel anywhere without pain	0
		I can travel anywhere but it gives me extra pain	1
		Pain is bad but I manage journeys over 2 hours	2
		Pain restricts me to journeys of less than 1 hour	3
		Pain restricts me to short necessary journeys under 30 minutes	4
		Pain prevents me from travelling except to receive treatment	5

Objective Parameter:–

1. SLR test : Table 3

Table 3 SLR Test

Parameter	Grading
90 ⁰ -76 ⁰	0
75 ⁰ -61 ⁰	1
60 ⁰ -46 ⁰	2
45 ⁰ -31 ⁰	3
Below 30 ⁰	4

2. Lasegues test: Table 4

Table 4 Lasegue`s Sign

Parameter	Grading
Positive	1
Negative	0

OBSERVATIONS

Subjective Parameter: Table 5

Objective Parameter: Table 6

Table 5 Subjective Parameter

Parameter	Before Treatment	After Treatment	Relief
Oswestry Low Back Pain Questionnaire	40%	13.3%	70%

Table 6 Objective Parameter

Parameter	Before Treatment	After Treatment	Relief
SLR Test	45	85	90%
lasegues test	Positive	Negative	100%

DISCUSSION

Acharya Charaka has mentioned “अन्तराकण्डरागुल्फं सिरा बस्त्यग्निकर्म च⁴”

in the treatment of *Gridhrasi*, one of the *Vata Vyadhis*.

Pathogenesis of any *Vatavyadhi* takes place either by *Dhatukshaya* or *Margavarodh*. In this case it was *Margavrodhjanya* as pain was associated with *Supti*(numbness). By following *Siravedha* at specific site as directed by *Acharya Charaka* there was break down of pathogenesis due to *Shodhan* of vitiated *Rakta* restoring the normal function of *Vata* at that site resulting in immediate pain relief. Here the principle of adopting *Raktamokshana* in *SuptiVata* has also been followed⁵.

CONCLUSION

According to the observations in the present study, this can be concluded that

Siravedha chikitsa is significantly effective in the management of *Sciatica*. However, it is advisable to repeat procedure to achieve better results and further work should be done by conducting trials on large samples.

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