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Ayurvedic Management of *Gridhrasi* w.s.r. to Sciatica: - A Case Report

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ABSTRACT

Sciatica is considered as Gridhrasi in Ayurveda which is characterized by pain or discomfort associated with sciatic nerve. This disease very badly affects the quality of life of patient. Modern medicine has no permanent treatment for sciatica. Aim and Objectives: The aim of this study was to explore the Ayurvedic management including Raktamokshana, Shodhana, Shamana and Rasayana Chikitsa in Gridhrasi. Materials and Methods: It is a single case study. A 49-year-old female patient, came with complaint of difficulty in walking, severe pain in lower back region radiating towards right lower limb, numbness in right foot for past one and half year, stretching pain in left lower limb for past 3 months, approached to Ayurvedic hospital where she was treated with Raktmokshana, Shodhana (Yoga basti), Shaman and Rasayana Chikitsa. The treatment was continued for 3 months. Results: Assessment was carried out during 2 months and satisfactory outcome came and overall quality of life of patient was significantly improved. Conclusion: The above mentioned therapy gives symptomatic relief in patients of Gridhrasi.

KEYWORDS

Sciatica, Gridhrasi, Raktmokshana, Yoga basti, Lashuna Rasayana



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INTRODUCTION

Sciatica is a neuralgic pain referred to the muscles supplied by the sciatic nerve¹. The prevalence of sciatica varies considerably ranging from 3.8% in the working population to 7.9% in nonworking population². Low back pain has been enumerated as fifth most common cause for hospitalization and the third most frequent reason for a surgical procedure³. In *Ayurveda*, sciatica can be correlated with *Gridhrasi* because their same clinical presentation. *Gridhrasi* comes under *Nanatamja Vata vyadhi*⁴. The symptoms of *Gridhrasi* are *Ruka* (pain) that starts from *Sphik* (buttock) and then radiates to *Kati* (lower back), *Prishtha* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot) along with *Stambha* (stiffness), *Toda* (pricking pain), and *Spandana* (twitching)⁵. *Sakthikshepanigraha* (i.e., restriction in upward lifting of lower limbs)⁶. In *Gridhrasi*, *Tandra* (Drowsiness), *Gaurava* (Heaviness), and *Arochaka* (Anorexia) may be present if *Kapha* is associated with *Vata*⁷. On the basis of involvement of *Dosha* it is of two type *vataja* and *vataja-kaphaja*. Management in modern medicine is symptomatic or surgery only that's why there is limitation of treatment in modern medicine. But in *Ayurveda* *Acharya* has described different treatment modalities for

Gridhrasi like *Raktamokshana*, *Bastikarma*, *Agnikarma*⁸.

AIM AND OBJECTIVE

- To explore the *Ayurvedic* management of *Gridhrasi* w.s.r. to sciatica.

CASE REPORT

A 49-year-old female patient came for consultation to the OPD of Kayachikitsa on 10/12/2019 having complaints of difficulty in walking, severe pain in lower back region radiating towards right lower limb, numbness in right foot for past one and half year, stretching pain in left lower limb for last 3 months. She was known case of bronchial asthma from last 12 years. Patient was admitted in IPD for *Panchkarma* procedure. Before 3 years back she was fallen on floor after that she had pain in lower back region. She consulted local physician from where she got symptomatic treatment, but one and half year ago she got pain in lower back region radiate towards right lower limb, again she took treatment but did not get complete relief, 3 month ago she felt stretching pain in left lower limb and numbness in right foot. Magnetic resonance imaging (MRI) Lumbosacral spine suggestive of lumbar spondylosis with diffuse disc desiccation change, diffuse posterior disc bulge at L3-L4, annular tear L4-L5, bilateral terminal



narrowing with compression. She took analgesic drug for pain but there was no improvement in symptoms then she came to Ayurvedic hospital for her better treatment. According to *Ayurveda* Patient was diagnosed as *Gridhrasi*. Treatment protocol has been made on the concept of *Vatavyadhi*.

Personal history uncovered that the patient is a vegetarian with good appetite, disturbed sleep due to pain and having frequency of micturition 5-6 times per day and she had history of constipation. There was no any relevant family history. General physical examination uncovered that GC: Painful, BP: 110/70 mmHg, P.R.: 72/min, regular, Temperature: Afebrile, Pallor –Icterus-Cyanosis-Clubbing- Edema: Not present, JVP: Normal, Tongue: Coated, Trachea: Centrally placed, Thyroid: Not enlarged, other lesion: Not present. On the basis of Ayurvedic principle the *Samprapti Ghataka* is given below.

Samprapti Ghataka

- *Dosha: Vata pradhan Tridosha*
- *Dushya: Rasa, Rakta, Asthi, Majja, Sira, Kandara, and Snayu*
- *Srotas: Rasavaha, Asthivaha, Majjavaha, and Purishavaha*
- *Srotodushti: Sanga*
- *Rogamarga: Madhyama*
- *Agnimandya: Ama, Jathargnimandya, and Dhatvagnimandya*

- *Udbhavasthana: Pakvashaya*
- *Adhishtana: Kati and Prushthavamsha*
- *Vyaktasthana: Sphik, Kati, Prushtha, Uru, Janu, Jangha, and Pada.*

DIAGNOSIS

Vataja Gridhrasi

METHODOLOGY

It is a single case study.

INTERVENTION AND ASSESSMENT

1. Details of *Shodhana Chikitsa (Yoga Basti)*, *Shamana Chikitsa* (Oral medicine), *Lashuna Rasayana* is mentioned in Table - 1, 2, 3 respectively. *Raktmokshana (Siravedhana)* was done prior to *Shodhana* procedure.

After two month of *Shodhana* procedure *Lashuna Rasayana* was given to the patient.

2. Assessment and result: Assessment was done on the basis of subjective and objective parameters. After course of two month of treatment patient got significant relief in her complaints. Assessment and result was shown in Table- 4 and 5 respectively.

Raktmokshana (Siravedha) (Therapeutic bloodletting by vein puncture)

Before *Raktmokshana*, *Snehana-Swedana* was done then 100 ml of blood was drawn with the help of 20 number disposable scalp vein set.



Table 1 *Shodhana Chikitsa (Yoga Basti)*

| S. N. | Type of Chikitsa | Drugs | Duration |
|-------|---|---|--|
| 1. | <i>Sarwanga</i> followed by <i>Abhyanga</i> | <i>Mahavishgarbha Taila</i> | 8 days |
| 2. | <i>Nadi swedana</i> | <i>Dashmoola kwath</i> | 8days |
| 3. | <i>Nirooha Basti</i> | <i>Erandmola kashaya</i> -250ml <i>Goarka</i> – 15ml <i>Nirgundi taila</i> – 100ml <i>Madhu</i> – 80 ml <i>Saindhava</i> – 5 g <i>Bala + shilajatu kalka</i> – 30g | 8days, <i>Yoga basti</i> (alternate <i>Nirooha</i> and <i>Anuvasana Basti</i> has been given) |
| 4. | <i>Anuvasana Basti</i> | <i>Sahacharadi tail</i> – 60 ml | |

Table 2 *Shamana Chikitsa (Oral Medicine)*

| S.N. | Drugs | Dose | Time of administration | Anupana | Duration |
|------|----------------------------------|----------|------------------------|-----------------|----------|
| 1. | <i>Ekanaveer rasa</i> | 1 TDS | After food | Water | 15 days |
| 2. | <i>Vishtinduka vati</i> | 1 BD | After food | Water | 15 days |
| 3. | <i>Shilajatvadi loha</i> | 1 BD | After food | Water | 15 days |
| 4. | <i>Gandharvashadi kwath</i> | 30 ML,BD | Before food | Water | 15 days |
| 5. | <i>Balarishta</i> | 20ML ,BD | After food | Water | 15 days |
| 6. | <i>Gandhrvashadi errand Tail</i> | 10 ML | HS | Luke warm water | 15 days |

Table 3 *Lashuna Rasayana (Rejuvenating therapy)*

| S.N. | Type | Dose | Time of administration | Anupana | Duration |
|------|----------------------|--------|--------------------------|-----------------|---|
| 1. | <i>Cap Lashuna</i> | 12 cap | Empty stomach in morning | Milk | 1 st -4 th day |
| | | 15 cap | | | 5 th – 8 th day |
| | | 10 cap | | | 9 th – 12 th day |
| | | 25 cap | | | 13 th – 16 th day |
| 2. | <i>Trivrut lehya</i> | 10 g | Empty stomach in morning | Milk | 17 th day |
| 3. | <i>Erand tail</i> | 10 ml | HS | Luke warm water | Till 15 th day |

Table 4 Subjective symptoms

| Symptoms/Signs | During admission | After 8 day | After 1 month | After 2 months |
|-------------------------------|--------------------------------|-------------|---------------|----------------|
| <i>Ruka/radiating pain</i> | Present (Rt. Leg 7+) VAS Score | 6+ | 3+ | 0 |
| <i>Toda</i> | Present | Present | Present | Absent |
| <i>Stambha</i> | Present | Present | Absent | Absent |
| <i>Spandana/chimchimayana</i> | Present | Present | Absent | Absent |
| <i>Aruchi</i> | Absent | Absent | Absent | Absent |
| <i>Tandra</i> | Absent | Absent | Absent | Absent |
| <i>Gaurava</i> | Present | Present | Present | Absent |
| <i>DehasyapiPravakrata</i> | Absent | Absent | Absent | Absent |
| <i>Daha</i> | Present(Rt.leg) | 100% relief | Absent | Absent |
| <i>Suptata</i> | Present(Rt.leg) | Present | Present | Reduced |
| <i>Sparshasahatwa</i> | Present | Absent | Absent | Absent |
| <i>Sparshagnyatwa</i> | Present | Present | Present | Absent |



Table 5 Objective symptoms

| | | During admission | After 8 day | After 1 month | After 2 month |
|----------------------|-------|-------------------------|--------------------|----------------------|----------------------|
| SLR | Right | 30 | 40 | 70 | 85 |
| | Left | 60 | 60 | 70 | 80 |
| Lasegues test | | - | - | - | |
| Bragaud test | | +ve | +ve | +ve | -ve |
| Tenderness | | Present (5) | 5 | 5 | Absent |
| ROM | | Movement | Easy movement | Easy movement | |

DISCUSSION

Gridhrasi is a *Vatavyadhi* which is explained in *Vatavyadhi* chapter⁸. As patient had history of fall which is the cause of vitiation of *Vata Dosha* so patient was treated on the line of *Vatavyadhi*. She came with severe pain with difficulty in walking, that's why *Siravedhana* was done for release of pressure of blood which gave relief in severe pain. Treatment principles for *Gridhrasi* is given in classics are *Basti Karma*, *Siravedha*, and *Agnikarma Chikitsa*. Here, in the present study the treatment principle planned was *Siravedha*, *Yoga Basti*, and *Shaman Chikitsa* along with *Rasayana chikitsa*. ***Siravedhana***: It helps in release of pressure of blood that give relief in pain.

(In *Siravedhana*, expulsion of morbid humors (vitiating *Doshas*) accumulated due to inflammatory reaction outside body can give relief in pain. *Stambha* is chiefly due to *Sheeta* and *Ruksha Guna* of *Vata Dosha*. In such conditions of *Vata Prakopa* due to *Kapha* and *Pitta Avarana*, *Siravedha* will facilitate to get rid of the *Avarana* of *Pitta* and *Kapha*

Dosha giving way for *Anuloma Gati* of vitiated *Vata* that indirectly cures the *Vatika* symptoms along with symptoms produced by *Kapha dos*)

From second day treatment had been planned which included *Sarvanga Abhyanga*, *Nadiswedana*, and *Yoga Basti (Enema treatment)* *Erandmooladi Nirooha Basti* alternate with *Anuvasana Basti* with *Sahachraadi tail*, which is shown in Table-1. ***Abhyanga (Local massage)***: It is type of *Snehana* which nourish the *Twak*, *Snayu*, *Mamsa Dhatu*. It acts on *Spershendriya* which is the seat of *Vata Dosha*⁹. *Mahavishgarbha Tail* having property of *Ushna*, *Tiksha* which pacify *Vata dosha*¹⁰. ***Nadiswedana***: it is a type of *Swedana* (sudation) which pacify *Stambha*, *Sankoch*, *Vatakaphashamaka*¹¹. Thus it liquefies the *Dosha* and expands the *Srotas* (channels), helping the *Doshas* to travel towards their own place leading to the *Srotosangavighatana* (breakdown the pathogenesis by removing obstruction in the micro channels) and stiffness of the joint relieved¹². ***Nirooha Basti***: *Basti* is the half treatment of *Vatavyadhi* as per



Acharya Charaka: Basti has systemic action as the active principles (*Virya*) of *Basti* preparation are absorbed through *Pakwashaya* (intestine) and spread to various channels of the body. It reaches at the site of lesion and induces systemic effects and relieves the disease¹³. **Anuvasana Basti** with *Sahachara Taila* get absorbed and spread throughout the body up to subtle channels¹⁴. *Sahachara Taila* is having specific property of *Gati viseshatvam* (helps to move) because of its *Madhura* and *Tikta Rasa* and having *Vatahara*, *Bruhana* (nourishing), and *Pachana* properties¹⁵. **Shamana Chikitsa:** Given in Table- 2: *Ekangaveer Rasa* –It is having anti – inflammatory, analgesic property, antioxidant¹⁶. *Vishtinduka vati* – Due to *Rasa- Tikta, Katu, Vipaka – Katu, Virya – Ushna, Guna - Laghu, Tikshna*. It acts as *Kaphvatashamaka*. Strychnous nux vomica has two important alkaloids which are- Brucin and brucin oxide. These alkaloids are likely to increase glutamic acid levels in brain. Glutamic acid excites muscle contractions by stimulation of excitatory nerve impulses¹⁷. *Shilajatvadi loha-* It contains pure *Shilajit* (black bitumen/mineral pitch), *Swarna Makshika Bhasma* (ash of chalcopyrite), *Shunthi* (*Zingiber officinale* Roscoe), *Maricha* (*Piper nigrum* L.), and *Pippali* (*Piper longum* L.)

in equal amount and *Lauha Bhasma* (calx of iron-turning) are six times to other ingredients¹⁸. *Balarishta:* It predominantly cures diseases that occur due to *Vata* imbalances. These imbalances mainly affect the nervous and musculoskeletal system. *Gandhrvahastadi Errand Tail:* It is used for *Mriduvirechana*, *Vatanulomana*. **Lashuna Rasayana:** *Acharya Vagbhata* has described in brief about *Lashuna Rasyana*, it should be given in the condition of *Stabdha*(Rigidity or Loss of movement), *Bhagna*(Fracture) , *Kutila* (Bedding of bone), *Vyathita Asthi*(Other diseases of bone)¹⁹. *Acharya Vagbhata* considered *Lashuna* as the *Vatahara Dravya*. He emphasized the role of *Lashuna* as a *Rasayana* in the treatment of *Vata Avaranas*. It removes obstruction of channels by its hot and penetrating qualities. It pacifies *Vata* and *Kapha* by its hot and penetrating qualities. At the end of *Rasayana* therapy a mild purgation should be done to expel the excess *Pitta* then only the process of *Rasayana* becomes complete²⁰. The method of taking *Lashuna Rasayana* mentioned in Table- 3. Through this treatment plan patient got complete relief in her complaints, which were shown in Table- 4 and 5. After one month patient was again admitted for 10 days and same *Yoga Basti* had been given and after that *Lashuna Rasayana* was given. From these



treatment modalities significant results were found.

CONCLUSION

The overall effect of the above mentioned treatment shows that sciatica can be cured effectively with *Ayurvedic* treatment. It is also conclude that through this treatment plan patient got complete relief in symptoms and no recurrence of symptoms. After two month of treatment the patient is well and doing her household work easily. This treatment can be adopted for other cases of *Gridhrasi* and for research also which explore the treatment of *Gridhrasi*. Through *Ayurvedic* treatment we gave a new hope for QOL to the patient of *Gridhrasi*.



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