



# Case Study on Management of *Gridhrasi* (Sciatica)

## by *Rasona Kshirapaka*

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### ABSTRACT

*Gridhrasi* is considered under *Vatavyadhi*. Sciatica is the term for low back pain that radiates into the buttock, hip, thigh and leg to the foot. All the signs and symptoms of sciatica looks like *Gridhrasi* described in Ayurveda. The common symptoms of *Gridhrasi* are pain starts from *Sphik* (buttock) and then radiates to *Kati*, *Prusta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot) along with *Stambha* (stiffness), *Toda* (pricking pain), *Spandan* (twitching) and causes the *Sakthiutkshepada Nighraha* (restricted movement of lifting the leg). Sciatica is a disease which causes torment in hip and to the entire way of sciatic nerve; it alludes down back of the leg and some of the time to the foot. *Rasona* has *Brumhana*, *Vrushya*, *Snigdha*, *Dipana*, *Pachana*, *Rasayana* properties which are work on vitiated *Vata Dosha*. *Rasona* also has *Bhagnashandhankara* and *Shoolhara* properties. It works on vitiated *Vata* and *Kapha Dosha*. In *Gridhrasi* *Rasona Kshirapaka* acts like medicine mentioned in *Charak Samhita*. A 40 years old female patient known case of Sciatica was visited in OPD of P. D. Patel Ayurveda Hospital, Nadiad. She had complaints of backpain with radiating pain from buttocks to leg both side, difficulty in walking and sitting and constipation since 2 years. Patient was on regular allopathic medicine for 1 year but she did not get any satisfactory relief in the sign and symptoms. She was treated for 28 days in O.P.D. with *Rasona kshirapaka*. After treatment a significant improvement was noted in patient's signs and symptoms. There was 80% relief seen in patient in 28 days.

**Key Words:** *Sciatica, Gridhrasi, Radiating Pain, Rasona Kshirapaka*

### INTRODUCTION

*Gridhrasi* is one of the eighty types of *Nanatmaja Vatavyadhi* which develops due to the vitiation of *Vata Dosha*<sup>1</sup>. The major factors of the disease causes trauma on lumbo-sacral spine (*Abhighata*), postural defects (*Vishamachesta*), overloading (*Bharavahana*), abrupt unbalanced movements (*Atichesta*), continuous jerky movements, sedentary lifestyle as well as psychological factors (*Chinta, Shoka* etc.)<sup>2</sup>. Practically all signs and symptoms of sciatica looks like of

*Gridhrasi* described in Ayurveda. Sedentary lifestyle, overweight, improper posture, continuous jerky movements with long traveling are more common in present era due to fast and competitive life. It puts maximum pressure on the spine and lower portion of the pelvic resulted in lower back pain or vertebral pathology<sup>3</sup>. Sciatica is a disease which causes torment in hip and to the entire way of sciatic nerve; it alludes down back of the leg and some of the time to the foot<sup>4</sup>. Individual feels pricking pain (*Toda*), twitching or trembling sensation (*Spandana*) and paresthesia



(*Supti*) due to stretching of sciatic nerve. Diagnosis is based on history taking with straight leg raising (SLR) test. This SLR test can be correlated with the statement mentioned in *Sushruta Samhita* i.e. "*Sakthikshepada Nigraha*."<sup>5</sup>. About 80–90% of people get affected by lower back pain and 5% of those become victims of sciatica<sup>6</sup>. Sciatica is more common between 30 to 50 years of age. In sciatica use of analgesics and physiotherapy will help to certain extent but are not the ultimate cure. Non-steroidal Anti-Inflammatory Drugs (NSAIDs) are widely used as a conventional medicine which is not safe<sup>7</sup>. Spinal cord stimulator implantation having high rate of complications after the surgical process<sup>8</sup>. Among them Ayurveda offers ample of better options in the management of this painful disorder. In this disease, mainly *Apana* and *Vyana Vata* vitiation are observed, but most of the times *Kapha* remains as associated *Dosha*. So for, treatment of *Gridhrasi*, the choice of drug should have *Vatashamaka*, *Kaphashamaka*, *Vatanulomaka*, *Dipana-pachana* and *Shulaprashamana* properties<sup>9</sup>. *Rasona-Kshirpaka* is mentioned in *Charak Samhita Chikitsa Sthana-5*, *Gulma Chikitsa* mentioned as a medicine which is used in sciatica and there is no further studies done on this medicine for the management of sciatica<sup>10</sup>.

## A CASE REPORT

A 40 years old female patient known case of Sciatica was visited in OPD of P. D. Patel Ayurveda Hospital, Nadiad. She had complaints of backpain with radiating pain from buttocks to

leg both side, difficulty in walking and sitting and constipation since 2 years. Subjective and Objective parameters of patient as seen in Table 1 and Table 2.

Patient was on regular allopathic medicine for 1 year but she did not get any satisfactory relief in the sign and symptoms. She came to P. D. Patel Ayurveda hospital, Nadiad, Gujarat for proper treatment. The patient was diagnosed with *Gridhrasi*(Sciatica) in O.P.D. of P. D. Patel Ayurveda Hospital for better management of diseases.

## AYURVEDIC MANAGEMENT

### *Rasona Kshirpaka*

It is mentioned in the *charak-samhita chikitsa sthan - 5*, *gulma chikitsa*. (*Ch.Chi.5/14-15*) and SOP is mentioned in Table 3

*Matra* – 100 ml

*Kala* – 2 times per day before meal

Duration- 4 weeks

Rout of administration- Oral

### *Pathya aahara-vihara*

Boiled green gram and green gram bean soup, boiled vegetables (spiny gourd, bitter gourd, drumstick) and rice, chapati, cow ghee, cow milk, khichadi. Manage the sitting, sleeping and standing posture.

Patients will be treated for 4 weeks of the treatment schedule. They will be instructed to visit the hospital every week.

## DISCUSSION

According to Ayurveda *Rasona* has *Vatashamaka*,



*Kaphashamaka*, *Vatanulomaka*, *Dipana-pachana* and *Shulaprasamana* properties. It has also has a *Bhagnasandhankara* properties and specially worked in *Katishool* as a mentioned in various *Samhitas*. *Rasona Kshirapaka* specially mentioned in *Gridhrasi* in *Gulma Chikitsa Charak Samhita* and *Ashatang Hridaya*. *Rasona* and Milk are opposite properties but in *Rasona Kshirapaka* it works as a medicine which are work like poison which are useful for treat the disease as mentioned in *Charaka Samhita Gulma Chikitsa*. Because of all these properties local inflammation and *Kaphaavarana* is treated with the *Guna* of *Rasona*. *Rasona* also has *Shoolaprasamana* properties this is useful in treated the radiating pain in *Gridhrasi* by reducing inflammation. *Rasona* also worked on *Apanavayu* which seated specially in lower region of the body. All these type of properties this medicine work and patient gets relief in the sign and symptoms. She was treated for 28 days in O.P.D. with above mentioned line of treatment. After starting the treatment patient's sign and symptoms decreased. Significant improvement was seen in patient's Signs and Symptoms after the treatment. The results of the study are given in Table 4 and Table 5.

\*Following the scoring pattern is applied for the subjective and objective parameters in Table 1, Table 2, Table 3 and Table 4.

<b>Ruk (Pain)</b>	Score
No pain	0
Slight pain in only on hard work	1
Pain on movement but do not disturb routine work	2

Pain on movement which disturb routine work	3
Severe pain compelling patient to be bed ridden	4
<b>Toda (Pricking Sensation)</b>	Score
No pricking sensation	0
Occasionally pricking sensation	1
Mild pricking sensation, once in a day	2
Moderate pricking sensation, frequent	3
Severe pricking sensation, persistent	4
<b>Stambha (Stiffness)</b>	Score
No stiffness	0
Sometimes for 5 – 10 minutes	1
Daily for 10 – 30 minutes	2
Daily for 30 – 60 minutes	3
Daily more than 1 hour	4
<b>Gaurava (Heaviness)</b>	Score
No heaviness	0
Heaviness of leg for sometimes	1
Heaviness of leg throughout the day	2
<b>S.L.R. Test</b>	Score
More than 90°	0
71° – 90°	1
51° – 70°	2
31° – 50°	3
Up to 30°	4

## CONCLUSION

From present case study, we are conclude that *Rasona Kshirapaka* with right way of medicinal treatment shows significant improvement in signs and symptoms of *Gridhrasi* patient. There was 80% relief since the starting of treatment. This type of treatment protocol can give hope to the many patients of *Gridhrasi*. This study can be used as a base for carrying out further clinical trials in large number of patient.



**Table 1** Scoring pattern of subjective parameters of patient

SR. No.	Subjective criteria	Score
1	Ruk (Pain)	3
2	Toda (Pricking sensation)	3
3	Stambha (Stiffness)	2
4	Gaurva (Heaviness)	1

**Table 2** Scoring pattern of objective parameters of patient

SR. No.	Objective criteria	Right leg	Left leg
1	SLR test	2	3

**Table 3** SOP of *Rasona Kshirapaka*

No.	Name (Latin Name)	Part used	Proportion
1	<i>Rason</i> (Allium sativum Linn.)	<i>Kanda</i>	12.5gm (1 <i>Tola</i> )
2	Milk	-	100 ml
3	Water	-	100 ml

**Table 4** Improvement in subjective parameters

SR. No.	Subjective criteria	Score
1	Ruk (Pain)	1
2	Toda (Pricking sensation)	1
3	Stambha (Stiffness)	0
4	Gaurva (Heaviness)	0

**Table 5** Improvement in objective parameters

SR. No.	Objective criteria	Right leg	Left leg
1	SLR test	0	1



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