

AYURVEDIC MANAGEMENT OF GHRIDHRASI WITH SPECIAL REFERENCE TO SCIATICA: A CASE STUDY

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ABSTRACT

Sciatica is the neuralgic pain that starts in the back and radiates along the posterior aspect of lower limb to heel. The lifetime incidence of this condition is estimated to be between 13% to 40%. Sciatica resembles the disease Gridhrasi of Ayurveda, which is one among the 80 Nanatmaja Vata vyadhi. The vitiated Vata dosha gets localised in the Sphika-Kati (Lumbo- Sacral) region, producing pain which radiates through posterior aspect of Uru, Janu, Jangha, and Pada. This study deals with diagnosed case of Right sided Sciatica. Ayurvedic diagnosis of Dakshinpada Gridhrasi was made and managed with Shodhana (Purification therapy) like Yoga Basti and Panchatikta ksheer Ghruta

Basti, along with Shamana (Alleviating therapy) and Sthanika Chikitsa (Agnikarma and Patrapottali Swedana). Patient was admitted in our institute for 21 days and significant relief was observed in his symptoms. At the end of treatment, patient could walk confidently and happily.

KEYWORDS: Ghridhrasi, Sciatica, Basti, Agnikarma.

INTRODUCTION

Sciatica is also known as sciatic neuritis, sciatic neuralgia or Lumbar radiculopathy. It is the neuralgic pain, in the distribution of sciatic nerve, characterized by intense pain, numbness, burning or tingling sensation.

The pain usually starts in the lumbar region and radiates along the posterior aspect of lower limb to heels. The lifetime incidence of this condition is estimated to be between 13% and 40%. Sciatica caused by lumbar nerve root pain usually arises from a prolapsed intervertebral disc, nerve root compression, trauma, tumour, spinal stenosis etc.

Sciatica resembles the disease “Ghridhrasi” of Ayurveda, which is one among the 80 Nanatmaja vata vyadhi. The vitiated vata dosha gets localised in the sphika-kati (lumbo-sacral) region producing shooting/pricking pain which radiates through posterior aspect of Uru, Janu, Jangha till Pada.

Ghridhrasi, means the ‘ghruthvath gati’, wherein the affected individuals walks like a vulture, hence termed as ghridhrasi. Depending upon the dominancy of doshas, it is divided into Vataja and Vatakaphaja. If the pain is characterised with stiffness, pricking and throbbing in nature, then it is vataja ghridhrasi and if the pain is associated with heaviness, drowsiness and lassitude, it is vatakaphaja ghridhrasi.

CASE REPORT

A 70 year old male patient came to our institute on 11/07/18 with presenting complaints of

- Pain at the lumbar region radiating to right leg
- Difficulty in walking since 8 months

Past history

K/C/O – DM (Type II) since 10 years

On Rx Tb Metformin (500mg) 1-0-1

H/O – PTB in 2008 (Rx taken for 9 months)

S/H/O – Cholecystectomy & Umbilical Herniactomy

H/O – Alcohol & smoking addiction, stopped since 10 years

O/E – GC – Fair, Afebrile

BP – 110/70mmhg

P – 78/min

Local Examination

| | Right leg | Left leg |
|---------------------|------------------|-----------------|
| Crepitation | Present | Present |
| Swelling | Absent | Absent |
| Local temp | Absent | Absent |
| Tenderness | Present | Absent |
| Flexion & extension | Painful | Painless |

SLRT: - RIGHT LEG – 60 degree

LEFT LEG – 90 degree

BOTH – 60 degree

| | |
|------------------|----------|
| Sndt | Positive |
| Pump handle test | Positive |

LOCAL TENDERNESS – L3, L4, L5 Spinal and Para spinal region.

INVESTIGATION: - BSL- F&PP- 120mg/dl &200mg/dl

OTHER – WNL

TREATMENT

| Shodhana | Shamana | Sthanika |
|---|---|---|
| 1. Yoga basti with dashamool & eranda mool kwatha 2. Panchatikta Panchaprasrutika basti.(Ch.si 8). | 1. Yogaraj guggulu 2 bid 2. Gokshuradi guggulu 2 bid 3. Aarogyavardhini vati 2 bid 4. Dashamool+ rasna kwatha 30ml bid 5. Balaadi Kshirpaka 30 ml bid 6. Haritaki churna 3g hs | 1. Agnikarma at L4,L5,S1 S2 & tendo achilles ligament(Antra kandra gulf Madhya, Ch.chi 28), 2. Katibasti with bala tail 3. Patrapottali Swedan at Lumbar region & right leg 4. Sallaki Liniment..L/A 5. Sarvang abhyanga with Til taila & Nadi Swedana. |

ASSESMENT CRITERIA**1. Pricking Pain.**

| | |
|----------|---|
| Absent | 0 |
| Mild | 1 |
| Moderate | 2 |
| Severe | 3 |

2. Stiffness.

| | |
|----------|---|
| Absent | 0 |
| Mild | 1 |
| Moderate | 2 |
| Severe | 3 |

3. Slrt.

| | |
|---------|---|
| 80 - 90 | 0 |
| 60 - 80 | 1 |
| 30 - 60 | 2 |
| 0 - 30 | 3 |

4. Distance walked by patient within 5mins

| | |
|-------------------|---|
| 40 FEET | 0 |
| 30 FEET | 1 |
| 10 FEET | 2 |
| LESS THAN 10 FEET | 3 |

OBSERVATION

| EXAMINATION | SCORE (B.T) | SCORE (A.T) |
|---------------------------|-------------|-------------|
| Pricking Pain | 3 | 1 |
| Stiffness | 3 | 1 |
| SLRT | 2 | 1 |
| Pump Handle Test | Positive | Negative |
| Distance walked in 5 mins | 2 | 1 |

DISCUSSION

1. The two main causative factors of vataprakopa includes Dhatukshyajanya Vataprakopa and Margavarodhajanya vataprakopa.
2. The present case dealt with dhatukshyajanya vataprakopa, so along with shodhana and shamana chikitsa, patient also required balya and brihan chikitsa.
3. According to Charakacharya, Basti is the best treatment for any vata vyadhi and Ghridhrasi being one among the 80 nanatmaja vata vyadhi, Yoga basti was administered & it was followed by Panchatikta Panchaprasrutika basti for 15 days.
4. Since the patient was Madhumehi and had developed Ghridhrasi as an upadrava, it was important to treat the underlying cause. So as to do Samprapti bhanga, Panchatikta Panchaprasrutika basti, mentioned in Ch.si 8, was given.
5. After that, patient was given Agnikarma at L4, L5, S1 & S2 region, since the heat induces metabolism at muscle fibre cells and removes waste product, thereby releasing the stiffness of muscles & reducing pain. Moreover, 2-3 therapeutic burns longitudinally marked on tendo achilles ligament(Antra kandra gulf Madhya, Ch.chi 28), for agni's ushna, tikshna and vatashamana gunas.
6. Sthanika vatashamanartha, Sarvanga abhyanga & nadi swedana, Patrapottali swedana and Katibasti were given

7. Dashmool and rasna is considered as the best combination among any vatanashaka dravya, that treats all types of vatadushti, is an anti-oxidant & detoxifies the body.
8. Balaadi Kshirpaka works as balya, brihana, along with vatanashana.
9. Rest other kalpa, were given for pain management vata anulomana and vata shaman and rasayana.

CONCLUSION

Thus, it is concluded that Ayurvedic management of Ghridhrasi (Sciatica) is very effective & promising. The treatment given for Ghridhrasi was Snehana, Swedana, Basti & Agnikarma which helped in Vatadosha Shaman, relief in symptoms of disease and also an attempt to provide safe and effective treatment to the patient.

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