

## CASE REPORT – ROLE OF AGNIKARMA IN THE MANAGEMENT OF GRIDHRASI W.S.R TO SCIATICA

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Article Received on  
24 Feb. 2019,

Revised on 17 March 2019,  
Accepted on 07 April 2019

DOI: 10.20959/wjpps20196-14782

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### ABSTRACT

A case of 35 year old male patient present with complaints of low back pain of acute onset that was complicated by pain radiating down his left leg with mild infliction of right leg since 15 days, came to OPD of Rajiv lochan ayurvedic hospital. Straight leg raising (SLR) test showed limited to 30° on left leg and more than 70° on right leg. By thorough examinations and investigations, he was eventually diagnosed as sciatica. X-ray findings of LS Spine showed osteophytes and Space reduction in L5 –S1. MRI showed classic disc herniation on the left hand side at L5-S1. The patient was shifted to the IPD for further specific treatment and management. In the IPD *parijat patra kashay* (50 ml) was given orally twice a day for 1 months. Agnikarm therapy was carried out within the interval of 10 days for three times in a

month. After completion of the treatment there was observed a significant reduction in the pain and SLR test.

**KEYWORDS:** Gridhrasi, Sciatica, Agnikarma, Parijat patra Kashay.

### INTRODUCTION

Back pain is a global problem with 80% of the world population suffering from it. 8 out of 10 people are affected with back pain at some stage of their life.<sup>[1]</sup> Among which Sciatica is a chronic and recurrent radiating low back pain caused by compression of sciatic nerve. It is a

very painful condition in which pain begins in lumbar region and radiates along the posterior-lateral aspects of thigh and leg, due to which the patient is unable to walk properly. The most common disorder affecting the movement of leg in most productive period of life is low back pain. In this nearly 40% of persons will have radicular pain, which comes under the umbrella of sciatic syndrome. In sciatica there is pain in the region of distribution of Sciatic nerve, which ends to the outer border of foot. Sciatica is a major cause of illness among the working population in a developing countries. The signs and symptoms of 'Sciatica' are similar to those of 'Gridhrasi' in Ayurvedic classics. Gridhrasi is a Sulpradhana Nanatmaja Vatavyadhi which affects the daily routine of patients.<sup>[2]</sup> The Patient suffering from Gridhrasi is not capable to walk properly. According to Acharya Charaka, Stambha (stiffness), Ruka (pain), Toda (pricking sensation) and Spandana (twitching) are the signs and symptoms of Vataja Gridhrasi. While Aruchi (anorexia), Tandra (drowsiness) and Gaurava (heaviness) are the additional symptoms which is known VatakaphajaGridhrasi.<sup>[3]</sup> Ancient Acharyas given the name Gridhrasi as a disease, it may because of patient's gait become similar to the gait of the Gridhra (Eagle).

Ayurvedic texts, there are various method used as a line of treatment, some of which are effective, simple, safe and cost effective for the patient e.g. Siravedha (Venesection), Agnikarma (kind of cauterization), Basti chikitsa (Enema and katibasti), Snehana, Swedana and palliative medicines are used successfully.<sup>[4]</sup> Among these, Agni karma procedure seems to be more effective by providing timely relief. In Chakradatta & Yogratnakara, we find direct reference of Agnikarma indicated for Gridhrasi which is to be done over the Paadakanistakam (little toe).<sup>[5,6]</sup> Patients treated with Agni karma procedure never suffers from the same disease again, i.e. it never reoccurs. Several researches have shown that Agnikarma Chikitsa is more effective compared to the other treatments such as oral drugs, kshar karma, siravyadha or even surgeries etc.<sup>[7]</sup> The process of Agnikarma is normally done by using gold, silver, Pancha Dhatu, Iron shalaka or even with metal coins, ring or with seeds of bhallatak, pippali etc. It is a classical fact that this pain is effectively relieved by the Agni karma and there is no fear of putrefaction and bleeding. Parijat leaves contains D-Mannitol, B-sitosterol along with analgesic and anti-inflammatory activity.<sup>[8]</sup> Keeping all this in mind we used agnikarma therapy along with Parijat patra kashay in Sciatica.

## CASE REPORT

Patient's name – XYZ

Gender – male

Age – 38 years

Built – medium

Date of first visit – 05/01/2019

### History of present illness

A male of 38 years old businessman of urban area came to Rajiv lochan ayurvedic hospital With complaints of low back pain of acute onset that was complicated by pain radiating down to his left leg with mild infliction of right leg which was diagnosed as sciatica by us.

Pain at low back region, (since 15 days).

Continuous radiating pain in left leg, (since 7 day).

Difficulty in walking (since 2 days).

### History of past illness

As per patient version, he was physically fit and healthy before 6 months ago. He had no such history of complaints of pain before. Once while watching television due to wrong sitting posture at late night he felt mild pain in lower back with numbness and tingling in left thigh to foot. At this stage he consulted a general practitioner of local area who prescribed some anti-inflammatory and analgesic drug, which is consumed by patients for 5 months but he did not satisfy with this treatment. Hence he decided to consult any specialist in a hospital.

### Physical examination

General condition -moderate, afebrile.

PR - 76/min, regular.

BP – 120/80mm of Hg.

RR – 18/min, regular

Forward flexion of lumbar spine – reduced

Test	Left leg	Right leg
Straight leg raising (SLR)	limited to 30°	more than 70°
Dorsiflexion of the Left foot (Bragaard test)	Positive	Negative
Bowstring sign	Positive	Negative
Lasegue's sign	Positive	Negative

**Investigations**

Hb- 11.6 gm%

Random blood sugar - 92 mg/dl

ESR- 10mm

X-ray findings of LS Spine - osteophytes and Space reduction in L5 –S1

MRI - This showed classic disc herniation on the left hand side at L5-S1.

**Treatment:** Patient was given *parijat patra kashay* orally in the dose of 50 ml twice a day, morning and evening in empty stomach for 1 month. *Agnikarm* therapy was carried out within the interval of 10 days for three times in a month.

**DISCUSSION**

*Sciatica* is one of the painful condition which hampers the daily routine of the patient. This disease comes under eighty *Vataj Nanatmaj Vyadhi* described by *Acharya Charak* with predominance of *vata dosha* and may have *Kapha Anubandh* with it. Thus radiating pain from lumber region to the lower extremities may show stiffness in the lower limb and patient got difficulty in walking on continuous standing even for short period. *Ayurveda* principles states that *Ushna* treatment acts against the qualities of *Vata* and *Kapha Doshas* and hence cures all the *Vataja* and *Kaphaj* disorders. In this condition *Ushna* treatment like *Agni karma* acts against the properties of *Vata* and *Kapha Doshas*, so by its virtue, it helps in dissolving the *Samprapti* of *Gridhrasi* as it may be a *Vata-Pradhana* or *Kapha-Vata pradhana* disease. Similarly *Kaphaj* disorders also get cured by the *Ushna guna* i.e hot qualities of *Agnikarma*.

*Parijat patra* having *Ushna Virya* and *Kapha-Vata Shamaka*, *Vedanasthapana*, *Kaphaghna*, *Shothahara*, *Deepana*, *Anulomana* properties.<sup>[9]</sup> Its pharmacological activities include Anti-inflammatory, Analgesic, Anti-oxidant and Immunostimulant etc. Therefore it helps in relieving the pain and inflammation of nerve. Relief from Pain and SLR test is negative in left leg (>70°) with treatment were observed in this case in fixed duration of treatment.

According to Gate Control Theory, Gate control system is located at the junction of first and second neuron. Large diameter fibre ‘A’ is stimulated by touch and temperature. Fine ‘C’ fibre is stimulated by pain. If ‘A’ fibre once gets stimulated, blocks the Gate mechanism, then pain from ‘C’ fibre does not pass through the Gate to reach to the brain for perception. Thus, by *agnikarma* pain perception is not felt to the patient.<sup>[10]</sup> Moreover, Heat induces

metabolism at muscle fibre cells and removes waste products and release the stiffness of the muscles.

## CONCLUSION

This case report showed that *Agnikarma therapy* and Parijata Patra Kashay orally is potent, safe and effective in the treatment of Sciatica (*Gridhrasi*), especially in case of pain as it is one of the most uncomfortable factor for patient. The entire treatment was tolerated comfortably by the patients. There was no any adverse effect found during and after the whole procedure in this case.

## FOOTNOTES

Contributors: L.D. Sahu and C.P. Sinha did the writing of the manuscript. N. Parida was responsible for the editing and revision of its contents.

Competing Interests: Non declared

Patients consent: Obtained

Provenance and peer review: Not commissioned, externally peer reviewed.

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