A CASE STUDY ON GRIDHRASI (SCIATICA)

1*Gupta Pallavi V., 2Gupta Shashiprabha L. and 3Shaha Pooja V.

1PG Scholar (Rasashastra), Government Ayurvedic College, Osmanabad, Maharashtra.
2Associate professor of Rasashastra Department, Government Ayurvedic College, Osmanabad, Maharashtra.
3PG Scholar (Rasashastra), Government Ayurvedic College, Osmanabad, Maharashtra.

ABSTRACT

Gridhrasi (Sciatica) is one of the Vatavyadhi which is caused by aggravated Vata dosha. It is characterised by ruka (pain), toda (piercing pain), stambha (stiffness) and gourava (heaviness) which starts from sphik pradesh (hip) and radiates downwards through pristhabhaga of kati, pristha, uru, janu, jangha and pada. In modern sciences, it is correlated with sciatica. Sciatica is pain radiating through sciatic nerve trunk. It is mainly caused by compression of nerve root resulting from osteophytes and canal stenosis. Chief symptom of sciatica is pain radiating from buttocks down to the leg. In modern treatment for sciatica which includes internal medications for pain and inflammation, Physical therapy & spinal injections. And lastly surgery is advised for those who do not respond for conservative treatments. But, these are not much successful. Signs and symptoms of sciatica is much similar to "Gridhrasi-Vata Roga" according to Ayurveda classical text. With the procedures of panchakarma and internal medications Gridhrasi can be treated. This case study shows a very good result after Panchakarma Treatment and Ayurveda Shaman (Vitiated) therapy.

KEYWORDS: Gridhrasi, Panchakarma Treatment, Ayurvedic shaman therapy.

INTRODUCTION

Modern human being has created several disharmonies in his biological system by changing of life style. By way of the busy, professional and social sedentary lifestyle, improper sitting posture in offices, factories, continuous and over exertion jerking movements during travelling and sports – all these factors create undue pressure to the spinal cord and play an
important role in producing low back ache and Sciatica. Sciatica is characterized by severe pain radiating from lower back to the leg caused by compression, irritation or inflammation of the sciatic nerve. Based upon the signs and symptoms it can be correlated with Gridhrasi, in Ayurveda. It is explained with the Onset of Ruka, Toda and Stambha initially in Sphika (Gluteal region) and then radiating distally to Kati-Prishtha (low back), Janu (knee), Jangha (thigh) till Pada (feet). In Ayurvedic texts, Gridhrasi is Vata dominant or Vata-Kapha dominant disorder. Further as in this disease the patient walks like vulture (Gridhra) and his legs become tense and slightly curved so due to the resemblance with the gait of a vulture, might be Gridhrasi term have been given to this disease. In modern science on the basis of symptoms Gridhrasi can be compared with the disease Sciatica. Among the panchakarma Basti karma is such a chikitsa that is applicable in all the vatavyadhi. According to Sushruta It can also be used in kaphaja and pittaja disorders by using different ingredients. There is much limitations for wide acceptance of surgical treatment presently available for this ailment in contemporary science due to fear it. Ayurveda offers us good alternative treatment protocol to manage such entity. By taking into consideration more prevalence rate of gridhrasi, there is a great need to find an effective remedy. Hence through the case study is an effort to highlight the efficacy of Ayurvedic treatment in Sciatica.

CASE REPORT

A 39 years male patient had main complaint of severe pain in low back region on her left side that which is radiating to the thighs, calf region and down to the foot, tingling sensation and reduce strength in left lower limb since1 month. he was not able to do her routine work like sitting on floor, climbing upstairs etc. The pain was related with heaviness and numbness of the leg. he also suffered from difficulty in walking and prolong standing.

History of Present Illness

Patient was apparently normal 6 months back after that gradually he felt pain over low back region. He took allopathic treatment and got temporary relief. 1 month back his pain got aggravated. Pain is of pulling type. He felt heaviness and tingling sensation over leg. Pain aggravated on long standing and sitting and relieved in lying position.

Family History

No family history.
Personal History
Bowel – Regular
Appetite – Good
Micturition – Normal
Sleep – Sound

CLINICAL EXAMINATION

Astavidha Pariksha
Nadi- Vata
Mala- Prakruta
Mootra- Prakruta
Jihwa- Alipta
Shabda – Prakruta
Drika- Prakruta
Akruti- Prakruta
Sparsha- Anushnasheeta

Dashavidha-Pareeksha
Prakruti – Vata-kapha
Bala – Madhyama
Samhanana – Madhyama
Pramana – Madhyama
Satwa – Madhyama
Satmya – Sarva rasa
Abhyavarana shakti – Prakruta
Jarana shakti – Prakruta
Vaya – Madhyama

General examination
PR – 72 / min
BP - 130 / 90 mm Hg
RR- 16/min
Temperature – 98.6 F
Conjunctiva – Normal
Nails – little pale
Sclera – Normal
Lymph nodes – Normal

**SYSTEMIC EXAMINATION**

**Lumbosacral Joint**
Flexion – Painful
Extension – Painful
SLR Test – Left leg – Painful at 30 degree

**LAB INVESTIGATION**

Hb % - 15.2gm%
TLC – 7100/cumm
ESR – 20 mm/Hour

**MRI of LS spine**
- Fatty filum terminale showing hyperintense signal.
- Disc bulge at L3-L4 with posterior annular fissure indenting anterior thecal sac. Disc bulge at L4-L5 level with posterior lateral disc protrusion indenting anterior thecal sac

**Samprapti Ghataka**
Dosha – Vata
Dushya – rasa, rakta, mamsa, meda, sira, snayu
Deha sthan- Jangha, kati, uru
Srotas – vatavaha srotasa
Agni – madhyamagni
Ama – nirama
Avastha – Pachyamanavastha

**Treatment**
The treatment was carried out with the following Panchakarma procedures which includes.

**Table No. 1: Basti Table.**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Medicine</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matra basti</td>
<td>Dhanwantharam oil</td>
<td>60 ml</td>
<td>3 days</td>
</tr>
<tr>
<td>Mridu abhyanga</td>
<td>Ashwagandha oil</td>
<td>100 ml</td>
<td>15 days</td>
</tr>
<tr>
<td>Kati basti</td>
<td>Arnopen oil</td>
<td>200 ml</td>
<td>10 days</td>
</tr>
<tr>
<td>Basti</td>
<td>Panchtikta ksheera basti</td>
<td>400ml</td>
<td>15 days</td>
</tr>
</tbody>
</table>
Table no. 2: Samana chikitsa (First Follow up Medicine For 45 days).

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Medicine</th>
<th>Dose</th>
<th>Anupana</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Brahatvatchintamani rasa</td>
<td>125mg</td>
<td>Luck warm water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>2.</td>
<td>Lasunadi vati</td>
<td>500mg</td>
<td>Luck warm water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>3.</td>
<td>Kheera bala capsule</td>
<td>250mg</td>
<td>Water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>4.</td>
<td>Palsineuron</td>
<td>250mg</td>
<td>Water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>5.</td>
<td>Maharasnadi kwath</td>
<td>15ml</td>
<td>Luck warm water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>6.</td>
<td>Triyodashang guggulu</td>
<td>500mg</td>
<td>Luck warm water</td>
<td>Twice daily</td>
</tr>
</tbody>
</table>

Table no. 3: Second follow up medicine for 30 days.

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Medicine</th>
<th>Dose</th>
<th>Anupana</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ashwagandha churna</td>
<td>5gm</td>
<td>Milk</td>
<td>Twice daily</td>
</tr>
<tr>
<td>2.</td>
<td>Lasunadi vati</td>
<td>500mg</td>
<td>Luck warm water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>3.</td>
<td>Kheera bala capsule</td>
<td>250mg</td>
<td>Water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>4.</td>
<td>Palsineuron</td>
<td>250mg</td>
<td>Water</td>
<td>Twice daily</td>
</tr>
<tr>
<td>5.</td>
<td>Dashamoola kwath</td>
<td>15ml</td>
<td>Luck warm water</td>
<td>Twice daily</td>
</tr>
</tbody>
</table>

Table no. 4: Result.

<table>
<thead>
<tr>
<th>S.no.</th>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After panchakarma</th>
<th>1st follow up after 1 month</th>
<th>2nd follow up after 1- 1/2 month</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Radiating pain</td>
<td>Present+++</td>
<td>Reduce 70%</td>
<td>Reduced 85%</td>
<td>Reduced 100%</td>
</tr>
<tr>
<td>2.</td>
<td>Tingling sensation</td>
<td>Present+++</td>
<td>Reduce 55%</td>
<td>Reduced 70%</td>
<td>Reduced 95%</td>
</tr>
<tr>
<td>3.</td>
<td>Muscle wasting</td>
<td>Present++</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>4.</td>
<td>Muscle strength</td>
<td>Reduce</td>
<td>Improve 15%</td>
<td>Improve 50%</td>
<td>Improve 90%</td>
</tr>
<tr>
<td>5.</td>
<td>Able to sit for</td>
<td>5-6 min</td>
<td>15-20 min</td>
<td>1 hour</td>
<td>2 hour</td>
</tr>
<tr>
<td>6.</td>
<td>Able to walk for</td>
<td>5-6 min</td>
<td>15-20 min</td>
<td>1km</td>
<td>2km</td>
</tr>
</tbody>
</table>

Advised Regimen

For the maximum result of Basti Patient was advised for complete bed rest. Any type of physical or mental exertion, walking, exercise, Gym, Yoga, sexual intercourse, exposure to cold-wind-dust, exposure to excessive sunlight etc should be avoided during Basti treatment.

DISCUSSION

Matra Basti

The virya of basti is conveyed to apana and then to samana vata, which may regulate the function of agni. Then it goes to Udana, Vyana and Prana, thus providing its efficacy all over the body. At the same time Basti by pacifying Vata, Restores the disturbed kapha and pitta at their original seats and thus helps in breaking the pathogenesis. Thus, according to Ayurveda, the veerya (active principle) of the ingredients used in the Basti gets absorbed and then, through the general circulation, reaches at the site of the lesion and relieves the disease.
Panchatiktakheera basti
Acharya Charaka describe basti as a treatment for gridhrasi. Pain is produced mainly vata prakopa and basti is best for treatment of vata. So panchatiktakheera basti acts as a vatanulomana and relaxes the spinal muscle controlling apana vayu. Basti is best for vatavyadhi and also for asthigata vata so tikta drugs were beneficial. Asthi is being the site of vata and basti materials purify the pureeshdhara kala. Asthivaha shrotasa get purified and vitiated vata gets subsided. Pakwasaya is the main site of vata and basti mainly possess vata shaman property. So, in this patient panchatiktakheera basti play important role.

Brihatvata Chintamani Rasa
It is used in the treatment of Vata Dosha imbalance diseases such as Hemiplegia, facial palsy, tremors etc.

Ksheer bala Capsule
It arrests degeneration process in joints and also reduces inflammation and pain in joints.

Palsineuron Capsule
It reduces the oedema and inflammation of nerves and also strengthen the nerves and muscles.

Ashwagandha churna
It nourishes all bodily tissues, including joints and nerves. It is also powerful Rasayana which acts as an overall tonic for greater vitality and longevity.

Maharasnadi Kwath
It is very effective in management of Vata Vikara. It is anti-oxidant and also detoxifies body and removes body toxins.

CONCLUSION
Gridhrasi is such a disease which has got no confirmative treatment in modern sciences but Ayurveda has certainly got a lot of potential in treatment of gridhrasi. The treatment principle includes Snehana, Swedana, Mridu Shodhana and Basti karma, Gridhrasi being Vata vyadhi. Hence the present case was treated with Snehana (Mridu abhyang) with kheera bala taila, Kati basti, panchatikta ksheera Niruha basti and matra basti with dhanwantara taila with certain Ayurvedic medicine. After discussing this case study, it is concluded that, if proper
diagnosis of Dosha manifestation in Gridhrasi Vyadhi and its treatment is done thoroughly, then one can cure this disease.

REFERENCES
8. Dr. Praveen Kumar H Bagali, (2017) effectiveness of ayurvedic treatment in Gridhrasi (sciatica): a case study, ISSN:2456:4354, PIJAR.