

**MANAGEMENT OF GRIDHRASI (SCIATICA) IN AYURVEDA-A
REVIEW*****¹Dr. V. Shirisha, ²Dr. N. Rajeshwari and ³Dr. K.V. Ram Subba Rao**

^{1,2}PG Scholar, Department of Kayachikitsa, Dr.BRKR Govt. Ayurvedic College, Erragadda,
Hyderabad, Telangana.

³Professor and HOD, Department of Kayachikitsa, Dr.BRKR Govt. Ayurvedic College,
Erragadda, Hyderabad, Telangana.

Article Received on
10 July 2019,

Revised on 31 July 2019,
Accepted on 21 Aug. 2019

DOI: 10.20959/wjpr201910-15743

Corresponding Author*Dr. V. Shirisha**

PG Scholar, Department of
Kayachikitsa, Dr.BRKR
Govt. Ayurvedic College,
Erragadda, Hyderabad,
Telangana.

ABSTRACT

In Present era, the lifestyle is gradually shifting away from healthy living. Therefore the people fall victim of various diseases, sciatica is one among such ailments. Gridhrasi is a Vataja Nanatmaja vyadhi. Gridhrasi is derived from Sanskrit word **Gridhra** i.e Vulture, a bird, as the patient walks like a vulture that implies the typical gait. Slightly tilted on affected side and effected leg is in flexed position and another leg being extended. Sciatica, a crippling disease causes pain in hip and radiation of pain all along the Sciatic nerve Path i.e., up to feet. It is the demand of time to search for management of ailment through heritage of Ayurveda. An attempt has been made with all Herbal, Mineral and Herbomineral drugs by compiling available References from Classical

Authentic texts. The main objective of this review is to focus on the Monographs of individual drugs and specific drugs, so as to give a tentative solution to the existing problem. An attempt has been made to draw the attention of Researchers for evaluation of efficacy by conducting Pharmaceutical and Clinical Researches on Gridhrasi.

KEYWORDS: Gridhrasi, Sciatica, Ayurveda.**INTRODUCTION**

Sciatica is a crippling disease. Sedentary lifestyle, stress, improper posture (vishamachesta), continuous jerky movements, long travelling, trauma (Abhighata), overloading (Bharavahana), abrupt movements (Atichesta) as well as psychological factors (Chinta, Shoka etc.,) are etiological factors. Pain in hip that radiates down to back of the leg and

sometimes to the feet, all along the whole path of Sciatic Nerve. It restricts the lower limbs movement there by hampering daily routine activity of victim. Shooting pain occurs from buttock and radiates up to feet. Ruk (severe pain), pricking pain (Toda), twitching or trembling sensation (Spandana) and Stambha (stiffness), Gourava (heaviness), Paraesthesia (Supti) are the symptoms experienced by the patient Gridhrasi resemble with disease Sciatica.

Diagnosis is based on history taking with Straight Leg Raising (SLR) Test i.e **Sakthiniutkshepa Nigrahnyath**, the characteristic feature of the Gridhrasi.

As far as treatment of the Sciatica is concerned, use of analgesics and physiotherapy will help to certain extent but not the ultimate cure. Surgeries are moreover expensive and recurrence chances are more. Ayurveda offers ample of better options in the management of this painful disorder. Thus, this is the need of time to conduct wide range of Clinical & Pharmaceutical Researches to establish proper module for the management of Gridhrasi. Ayurvedic classical texts have a plethora of the drugs for the management of Gridhrasi. This work is an attempt for facilitating further Clinical and Pharmaceutical Researches for establishing proper and effective therapies by availing the herbal, mineral and herbomineral formulations from the Ayurvedic classical texts for the treatment of Gridhrasi.

Table no. 1: Herbal drugs Recommended for Gridhrasi.

S.no.	Name of The Drug	Latin Name	Reference	Monograph
1	Prahari pippali	Piper longum	R.T.S.S.P ¹ , 1, 47.	The Ayurvedic Pharmacopoeia of India ² , Part-I, Vol-II, p 133-134
2	Suchi	Atropa belladonna	R.T.S.S.P, 2, 315.	Not available

Table no. 2: Mineral drugs Recommended for Gridhrasi.

S.no.	Name Of The Drug	Reference	Monograph
1	Neela ratna	R.T.S.S.P, vol 1, p 169	Not available
2	Haratala bhasma	R.T.S.S.P, vol 1, p 205 B.B.R ³ , 2 nd volume, 2668 sloka, p 459	Not available
3	Parada bhasma	B.B.R, 3 rd volume, 4357 sloka, p 470	Not available

Table no. 3: Choornas Recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Punarnavadhi choorna	B.B.R, 3 rd volume 3976 sloka, p 309 B.R ⁴ , 2 nd volume 29/55-56, p 296	Not available
2	Abhadhya choorna	V.M ⁵ , part-1, 22/103, p 321 G.N.P.K ⁶ 3/30, p 153 B.R, 2 nd volume, 29/57-61, p 296	Not available
3	Ajamodhadhi choorna	R.T.S.S.P, 1 st volume, p 686 G.N.P.K 3/24, p 153 H.S ⁷ 22/8, p 364 Sa.S.M.K ⁸ 6/116, p 133 B.P.M.K ⁹ 2 nd volume 26/91-96, p 377	Not available
4	Mahatalisadhi choorna	B.B.R, 4 th volume 5121 sloka, p 31	Not available
5	Aseethaka choorna	B.B.R, 5 th volume 8827 sloka, p 56 B.P.M.K 2 nd volume 26/75-77, p 375	Not available
6	Hareethakiprayoga choorna	G.N.D. K 22/25 p 550 V.M part -1, 25/21, p 390 B.R 2 nd volume 29/14, p 286 B.P.M.K 2 nd volume 26/51, p 372 C.D ¹⁰ 25/11, p 228	Not available
7	Usheeradhi choorna	B.B.R, 5 th volume 9112 sloka, p 661	Not available
8	Krushna choorna	B.R 2 nd volume 26/40, p 137	Not available
9	Bakuchyadi choorna	R.T.S.S.P, 2 nd volume, p 458 G.N.P.K 3/293, p 193	Not available
10	Dashamooladhiyoga choorna	G.N.D.K 19/142, p 505	Not available
11	Narasimha choorna	S.Y. Choorna Prakarana ¹¹ , p 215 C.D 67/15-24, p 597	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-II, p 88
12	Abhadhi choorna	V.M part-1, 24/38, p 386 Y.R.Vatavyadhi ¹² /1-3, p 527	Not available
13	Kumkumadhya choorna	R.Chi ¹³ 9/ 7, p 198	Not available
14	Rasnadhi choorna	Y.R.Vatavyadhi/3, p 527	Not available

Table no. 4: Kalkas Recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Mahanimba kalka	Sa.Sam.M.K 5/6, p 111 Y.R.Vatavyadhi/4, p 522	Not available
2	Rasona kalka	Sa.Sam.M.K 5/13, p 111 Y.R.Vatavyadhi/6, p 544	Not available
3	Svalparasona pinda	V.M part-1, 22/46, p 311 C.D 22/32-35, p 187	Not available
4	Rasona prayoga	V.M part-1, 25/104, p 403	Not available
5	Rasona panda	R.T.S.S.P, 1st volume, p 302	Not available
6	Rasonashtaka kalka	B.P.M.K 2 nd volume 24/348-359, p 357	Not available
7	Laghulashuna pinda	G.N.D.K 19/123, p 501	Not available

Table no. 5: Kashayas Recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Dashamoola kwath	R.T.S.S.P , 1st volume, p 695 Sa.Sam.M.K 2/84, p 89 B.B.R,3 rd volume, 2836 sloka, p 6 C.D 22/42, p 188	Not available
2	Panchamooli kashaya	V.M part-1, 22/71, p 316 B.B.R,3 rd volume, 3701 sloka, p 257 C.D 22/44, p 188 Y.R.Vatavyadhi/1, p 521 B.R, 2 nd volume 26/38 p 135	Not available
3	Mahanimbha yoga	B.B.R, 4 th volume, 5011sloka, p 9	Not available
4	Guduchi kalpa	G.N.T.K 2/202, p 644 B.B.R,2 nd volume, 1485 sloka, p 81	The Ayurvedic Formulary Of India Part-II ¹⁴ , p 61
5	Rasona saptaka kwath	B.B.R, 4 th volume , 5860 sloka, p 323 Y.T ¹⁵ 40/8-10, p 244	The Ayurvedic Formulary Of India Part-II, p 75
6	Bruhathrasnadhi kwath	S.Y kashaya prakarana 1, p 48 B.B.R, 3 rd volume, 4884 sloka, p 330	Not available
7	Bruhathnimbadhi yoga	B.B.R, 4 th volume, 6461 sloka, p 583	Not available
8	Shephalika kwath	G.N.D.K 19/224, p 521 V.M part-1,22/82, p 318 B.B.R,5 th volume, 7260 sloka, p 18 C.D 22/43, p 188	Not available
9	Rasnadhi kwath	V.M part-1, 22/377, p 362 B.B.R,3 rd volume 4883 sloka,p 329	Not available
10	Maharasnadhi kwath	V.M part-1, 22/110, p 323 B.B.R, 3 rd volume, 4885 sloka, p 330 Y.T.40/123-129, p 255 B.P.M.K 26/132-142, p 382 Y.R.Vatavyadhi/3, p 525	Not available
11	Rasnadhidvatrishaka kwath	G.N.D.K 19/106, p 499 B.B.R, 3 rd volume, 4887 sloka, p 331	Not available
12	Rasna panchaka kwath	H.S 22/7, p 364	Not available
13	Shephalipatra kwath	B.R, 2 nd volume 26/47, p 138	Not available
14	Erandadhi kwath	B.R, 2 nd volume 26/67, p 142 H.S 20/68, p 351	Not available
15	Simhasyadhi kwath	B.R, 2 nd volume 26/68, p 142	Not available
16	Maharasnadhi pachanam	B.R, 2 nd volume 29/28-35, p 290	Not available
17	Guduchi kwath	G.N.T.K 2/197, p 644	Not available
18	Maharasnadhi kwath	R.T.S.S.P , 1st volume, p 705	Not available
19	Koushikokta rasnadhi kwath	S.Y kashaya prakarana 1, p 49	Not available
20	Rucu kwath	V.M part-1, 22/42, p 323	Not available

Table no. 6: Gutika and Vati Recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Ajamodhadhi vataka	B.R, 2 nd volume 29/122-126 B.B.R, 1 st volume, 102 sloka, p 31 V.M part-1, 25/65, p 397 C.D 22/52-56, p 233	Not available
2	Amruthanama gutika	B.B.R, 1 st volume, 125 sloka, p 39	Not available
3	Amavathari vatika	B.B.R, 1 st volume, 398 sloka, p 137 B.R, 2 nd volume 29/65-70 R.T.S.S.P , 2 nd volume, p 324 R.S.S ¹⁶ 2/1-6, p 662 R.K.D.Uttarardham ¹⁷ .39/18-23, p 115	Not available
4	Kamagnisandeepanomodhaka	B.B.R, 1 st volume, 754 sloka, p 227	Not available
5	Chandraprabha gutika	B.B.R, 2 nd volume, 1738 sloka, p 153 B.P.M.K 29/193-202, p 411 R.K.D.Uttarardham.48/23-25, p 307	Not available
6	Maharasonapinda	B.B.R, 4 th volume, 5173 sloka, p 45 Y.R.Vatavyadhi/8, p 570	Not available
7	Vatanashini vati	B.B.R, 4 th volume, 6987 sloka, p 741 R.Chi. 9/102, p 219	Not available
8	Vatarajavati	B.B.R, 4 th volume, 6994 sloka, p 745	Not available
9	Suryaprabha gutika	B.B.R, 5 th volume, 8281 sloka, p 381	Not available
10	Rasnadhi gutika	B.R, 2 nd volume 26/43, p 137	Not available
11	Chinchabhallataka vati	R.T.S.S.P , 1 st volume, p 628	Not available
12	Gridhrasihara gutika	R.T.S.S.P , 1 st volume, p 298	Not available
13	Vishatindhuka vati	R.T.S.S.P , 2 nd volume, p 317	Not available
14	Pathyabhallataka modhak	R.T.S.S.P , 2 nd volume, p 467	Not available
15	Visha gutika	B.B.R, 4 th volume, 7072 sloka, p 781 G.N.P.K 4/129, p 238	Not available
16	Vijaya gutika	G.N.P.K 4/467, p 276	Not available
17	Yogottama gutika	G.N.P.K 4/477, p 287	Not available
18	Triphala modhak	Y.R.Kushta/7, p 222	Not available
19	Panchananaras loha	B.R, 2 nd volume 29/111-121, p 305	Not available
20	Sarvathobhadraloha	B.B.R, 5 th volume, 8173 sloka, p 324	Not available
21	Drakshadi gutika	Bas.R ¹⁸ .6 th Chap. P 248	Not available

Table no. 7: Guggulu recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Trayodashanga guggulu	R.T.S.S.P, 1 st volume, p 301 G.N.D.K 19/164, p 508 B.B.R, 2 nd volume, 2419 sloka, p 358 Y.R.Vatvyadhi/5, p 528 V.M part-1, 22/92, p 320 Y.T.40/96-99, p 252 B.P.M.K 24/117-121, p 330 C.D 22/72-75, p 192	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-II, p 132
2	Dvatrishaka guggulu	B.B.R, 2 nd volume, 3012 sloka, p 42 Y.R.Vatavyadhi/6, p 528	Not available
3	Pathyadhi guggulu	B.B.R, 3 rd volume, 4011 sloka, p 320 B.P.M.K 24/145-150, p 333	Not available
4	Punarnava guggulu	B.B.R, 3 rd volume, 4012 sloka, p 321 B.P.M.K 2 nd volume 29/165-169, p 408 R.K.D.Uttarardham.40/71-75, p 127	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-II, p 124
5	Bruhatyogaraja guggulu	B.B.R, 4 th volume, 5782 sloka, p 297	Not available
6	Ekavimshatika guggulu	B.B.R, 1 st volume, 568 sloka, p 190 B.P.M.K 2 nd volume 54/68-72, p 609 C.D 50/85-89, p 401	Not available
7	Vishvadhi guggulu	B.B.R, 4 th volume, 6692 sloka, p 619	Not available
8	Shiva guggulu	B.B.R, 5 th volume, 7346 sloka, p 38 B.R, 2 nd volume 29/196-199 R.S.S 2/17-20, p 667	Not available
9	Shatavari guggulu	R.T.S.S.P, 2 nd volume, p 880	Not available
10	Panchamruthaloha guggulu	R.T.S.S.P, 2 nd volume, p 302	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-II, p 119
11	Bruhatsimhanada guggulu	R.T.S.S.P, 2 nd volume, p 318	Not available
12	Rasnadhya guggulu	G.N.P.K 4/322, p 266 Y.R.Vatavyadhi/2, p 523	Not available
13	Kamsadhya guggulu	G.N.P.K 4/355, p 271	Not available
14	Ashtachatvarishatsanjna guggulu	G.N.P.K 4/394, p 276	Not available
15	Rasna guggulu	G.N.D.K 19/146, p 506 V.M part-1, 22/73, p 316 B.P.M.K 2 nd volume 24/143, p 333 C.D 22/50, p 189	Not available
16	Yogaraja guggulu	Y.T. 40/112-122, p 254	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-II, p 141
17	Samasarkara guggulu	B.P.M.K 2 nd volume 29/170-176, p 409	Not available

Table no. 8: Paaka and Paayasa recommended for Gridhrasi.

S.no.	Name of The Drug	Reference	Monograph
1	Eranda paaka	R.T.S.S.P, 2 nd volume, p 306 B.B.R, 1 st volume, 569 sloka, p 190	The Ayurvedic Formulary Of India Part-II, p 45
2	Rasona paaka	B.B.R, 4 th volume, 5935 sloka, p 348 R.T.S.S.P, 2 nd volume, p 305	Not available
3	Lashunaksheera paaka	Ca.Chi ¹⁹ .5/95, p 277 B.B.R, 4 th volume, 6447 sloka, p 558 C.D 30/9-10, p 267	Not available
4	Shuntyadhi paayasa	B.B.R, 5 th volume, 7727 sloka, p 173 R.T.S.S.P, 1 st volume, p 890 G.N.D.K 19/147, p 506	Not available
5	Erandabeeja paayasa	G.N.D.K 19/143, p 505 B.B.R, 5 th volume, 9178 sloka, p 682 V.M part-1, 22/70, p 316 B.P.M.K 2 nd volume 26/57, p 373 Y.R.Vatavyadhi/1, p 571	Not available
6	Shuntyagandharvabeeja paayasa	V.M part-1, 22/75, p 317	Not available
7	Erandaphala paayasa	B.R, 2 nd volume 26/42, p 137 C.D 22/49, p 189	Not available

Table no. 9: Herbomineral recommended for Gridhrasi.

S.no.	Name of The Drug	Reference	Monograph
1	Ekgaveera ras	B.B.R, 1 st volume, 585 sloka, p 195 R.T.S.S.P, 1 st volume, p 470	Not available
2	Jvaramurari ras	B.B.R, 1 st volume, 2150 sloka, p 297 B.R 1 st volume 5/996, p 297	Not available
3	Nrupathivallabharas	B.B.R, 2 nd volume, 3664 sloka, p 248	The Ayurvedic Formulary Of India Part-II, p 230
4	Panchananoras	B.B.R, 2 nd volume, 4278 sloka, p 417	The Ayurvedic Formulary Of India Part-II, p 231
5	Vadavaanalaras	B.B.R, 4 th volume, 6947 sloka, p 722	Not available
6	Vatagajankusha ras	B.B.R, 4 th volume, 6981 sloka, p 739 R.S.S 2/4-8, p 601 Bas.R.6 th Chap. P 256 R.T.S.S.P, 1 st volume, p 459	The Ayurvedic Formulary Of India Part-II, p 259
7	Sarvavatari ras	R.R.S ²⁰ 21/89-95, p 276	Not available
8	Vyadhigajakeshari ras	B.B.R, 4 th volume, 7142 sloka, p 814	Not available
9	Sameeragajakesari ras	B.B.R, 5 th volume, 8153 sloka, p 396	Not available
10	Sarvangasundar ras	B.B.R, 5 th volume, 8183 sloka, p 331	Not available
11	Amruthanthaka ras	Bas.R.8 th Chap. P 358	Not available
12	Sreenrupathivallabharas	B.R, 1 st volume 8/351-365, p 533	Not available
13	Kanchanabhraras	B.R, 1 st volume 14/137-142, p 797	The Ayurvedic Formulary Of India

			Part-II, p 264-269
14	Sameerapannaga ras	R.T.S.S.P, 1 st volume, p 273	Not available
15	Lakshmivilas ras	R.T.S.S.P, 1 st volume, p 427	Not available
16	Mahavatavidvamsini ras	R.T.S.S.P, 1 st volume, p 459	The Ayurvedic Formulary Of India Part-II, p 251
17	Kalagnirudraras	Bas.R.6 th Chap. P 262	Not available
18	Sameeragajakesari ras	R.T.S.S.P, 1 st volume, p 463	Not available
19	Prathapalankeshvararas	R.T.S.S.P, 1 st volume, p 555	The Ayurvedic Formulary Of India Part-II, p 235
20	Ardhangavatari ras	R.T.S.S.P, 1 st volume, p 588	Not available
21	Rasarajaras	R.T.S.S.P, 1 st volume, p 286	Not available
22	Vatagajendrasimha ras	R.T.S.S.P, 1 st volume, p 321	Not available
23	Varishoshana ras	R.Chi. 4/23, p 62	Not available
24	Hiranyagarbha pottali ras	R.Chi. 7/199, p 166	The Ayurvedic Formulary Of India Part-II, p 271
25	Vataharaprayoga ras	R.Chi. 10/14, p 239	Not available
26	Rasakalpa	R.R.S 30/71, p 510	Not available
28	Nagarasayan	R.R.S 4/184-190, p 71	Not available
29	Vatavidhvamsini ras	R.R.S 21/93-107, p 277	Not available
30	Vatantaka ras	Bas.R.6 th Chap. P 250	Not available
31	Kanakasundara ras	Bas.R.6 th Chap. P 271	Not available
32	Gandhakalpam	Bas.R.6 th Chap. P 280	The Ayurvedic Pharmacopoeia of India, Part-I, Vol-VII, p 8

Table no. 10: Tailas recommended for Gridhrasi.

S.NO.	NAME OF THE DRUG	REFERENCE	MONOGRAPH
1	Arkadhi taila	B.B.R, 1 st volume, 187 sloka, p 68 Bas.R.6 th Chap. P 299	Not available
2	Ashtakatvara taila	B.B.R, 1 st volume, 190 sloka, p 69 V.M part-1, 24/31, p 385 G.N.D.K 21/26, p 540 Ca.Chi.27/47, p 13 B.P 25/36-37, p 363 C.D 24/12, p 225 Y.R.Vatavyadhi/1, p 563	Not available
3	Erandatailayoga	B.B.R, 1 st volume, 573 sloka, p 193 G.N.D.K 19/154, p 507 B.R, 2 nd volume 26/46, p 138	Not available
4	Erandatailahareetaki	B.B.R, 1 st volume, 577 sloka, p 193	Not available
5	Kubjaprasarini taila	B.R, 2 nd volume 26/363-367, p 192 B.B.R, 1 st volume, 873 sloka, p 265 V.M part-1, 22/248, p 343 C.D 22/195-199, p 204	The Ayurvedic Formulary Of India Part-II, p 126
6	Gridhrasihara taila	B.B.R, 2 nd volume, 1397 sloka, p 63	Not available
7	Narayana taila	B.B.R, 3 rd volume, 3502 sloka, p 196	The Ayurvedic Formulary

		Sa.Sam.M.K 9/108, p 175 B.P.M.K 2 nd volume 24/281-290, p 35	Of India Part-II, p 137
8	Prasarani taila	B.B.R, 3 rd volume, 4140 sloka, p 375 Sa.Sam.M.K 9/123, p 178 G.N.P.K 2/38, p 78 Y.T.40/49-60, p 248 B.P.M.K 2 nd volume 24/32-42, p 319	Not available
9	Mahabala taila	B.B.R, 4 th volume, 5300 sloka, p 107	Not available
10	Mahamasha taila	B.B.R, 4 th volume, 5304 sloka, p 111 B.R, 2 nd volume 26/570-577, p 228 V.M part-1, 22/208, p 338 R.T.S.S.P, 2 nd volume, p 308 B.P.M.K 2 nd volume 24/265-272, p 349 C.D 22/165-171, p 202	Not available
11	Bruhatmasha taila	V.M part-1, 22/192, p 335 B.B.R, 4 th volume, 5314 sloka, p 119 G.N.P.K 2/152, p 92	Not available
12	Mulakadhya taila	B.B.R, 4 th volume, 5321 sloka, p 122 G.N.P.K 2/100, p 86	Not available
13	Rasnaphuthika taila	B.B.R, 4 th volume, 5962 sloka, p 360 Y.R.Vatavyadhi/10, p 541	Not available
14	Vatari taila	B.B.R, 4 th volume, 6787 sloka, p 658	Not available
15	Vajigandhya taila	G.N.D.K 19/178, p 511	The Ayurvedic Formulary Of India Part-II, p 125
16	Mahavishagarbha taila	B.B.R, 4 th volume, 6801 sloka, p 664 B.R, 2 nd volume 26/596-606, p 233 R.T.S.S.P, 1 st volume, p 842	Not available
17	Vishagarbha taila	B.B.R, 4 th volume, 6802 sloka, p 664	Not available
18	Shatavari taila	B.B.R, 5 th volume, 7800 sloka, p 56 Sa.Sam.M.K 9/139, p 180	Not available
19	Svadamshtadhi taila	B.B.R, 5 th volume, 7830 sloka, p 69	Not available
20	Bruhatsahacharadhi taila	B.B.R, 5 th volume, 7983 sloka, p 259 G.N.P.K 2/107, p 87	Not available
21	Saindhavadhya taila	B.B.R, 5 th volume, 8001 sloka, p 268 G.N.P.K 2/169, p 95 V.M part-1, 22/273, p 349 Ca.Chi.27/46, p 13 C.D 22/153-154, p 200 Y.R.Vatavyadhi/1, p 522	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-I, p 126
22	Ashvagandhadhya taila	B.B.R, 5 th volume, 8867 sloka, p 579 G.N.P.K 2/194, p 98	The Ayurvedic Formulary Of India Part-II, p 125
23	Kusumbhadhya taila	B.B.R, 5 th volume, 9369 sloka, p 731 G.N.P.K 2/172, p 95	Not available
24	Pushparajaprasaranitaila	B.R, 2 nd volume 26/355-362, p 191	Not available
25	Trishathiprasarani taila	B.R, 2 nd volume 26/368-382, p 193 C.D 22/200-213, p 205	Not available
26	Nakula taila	B.R, 2 nd volume 26/536-544, p 222	Not available
27	Mahakukkutamamsataila	B.R, 2 nd volume 26/545-554, p 223	Not available
28	Mashataila	B.R, 2 nd volume 26/565-569, p 227	Not available

	sapthaprastham		
29	Chitrakadhi taila	Su.Sam ²¹ .37/14-18, p 348	Not available
30	Panchaguna taila	R.T.S.S.P , 2 nd volume, p 310	The Ayurvedic Formulary Of India Part-II, p 133
31	Shirishadhya taila	G.N.P.K 2/290, p 111	Not available
32	Tarakshvadhya taila	G.N.P.K 2/442, p 133	Not available
33	Vyagri taila	G.N.P.K 2/452, p 135	The Ayurvedic Formulary Of India Part-II, p 145
34	Eranda taila	Ca.Chi.26/28, p 476 H.S 22/8, 364 V.M part-1, 22/71, p 316 V.M part-1, 25/21, p 390 C.D 22/46, p 189	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-I, p 120
35	Ksheerabala taila	S.Y.Taila prakarana , p 111	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-I, p 124
36	Prabhanjanavimardhana taila	S.Y.Taila prakarana , p 113	Not available
37	Chinchadhi taila	S.Y.Taila prakarana , p 114	Not available
38	Vajigandhadhya taila	V.M part-1, 22/224, p 340	Not available
39	Vyoshadhya taila	V.M part-1, 22/230, p 341	Not available
40	Vruddha narayana taila	V.M part-1, 22/332, p 355	Not available
41	Suryaprakasha taila	V.M part-1, 22/365, p 361	Not available
42	Bala taila	Bhela. Sam ²² . Chi.24/44, p 454	Not available
43	Mulaka taila	Bhela. Sam. Chi.24/45, p 454	Not available
44	Sahachara taila	Bhela. Sam. Chi.24/45, p 454	Not available
45	Mahanarayana taila	Y.T.40/61-83, p 250 B.P.M.K 2 nd volume 24/291-326, p 35	Not available
46	Mahasaindhavadhi taila	B.P.M.K 2 nd volume 25/50-51, p 365	Not available
47	Tailagrithadhiprayoga	C.D 22/45, p 188	Not available
48	Vatadhi taila	R.K.D.Uttarardham.53/9-10, p 355	Not available

Table no.11: Gritha recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Naracha gritha	B.R, 2 nd volume 40/143-146, B.B.R, 3 rd volume, 3483 sloka, p 188 R.T.S.S.P, 1 st volume, p 819	Not available
2	Mahaguduchi gritha	B.B.R, 4 th volume, 5232 sloka, p 72 B.P.M.K 2 nd volume 29/110-117, p 401	Not available
3	Bruhadakhadhya gritha	B.B.R, 4 th volume, 6758 sloka, p 646	Not available
4	Chagaladhya gritha	B.R, 2 nd volume 26/227-231, p 173 V.M part-1, 22/119, p 324 C.D 22/95-99, p 195	Not available
5	Bruhatchagaladhya gritha	B.R, 2 nd volume 26/232-256, p 174	The Ayurvedic Formulary Of India Part-II, p 92
6	Panchatiktha gritha	R.T.S.S.P, 1 st volume, p 881	Not available
7	Dadhika gritha	Bhela. Sam. Chi.5/30, p 322	Not available

Table no.12: Arka, Asava and Arishta recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Rasonadhi arka	R.T.S.S.P, 1 st volume, p 158	Not available
2	Vatarkaprayoga	B.R, 2 nd volume 26/136, p 41	Not available
3	Panchamutraasava	G.N.P.K 6/234, p 383	Not available
4	Ksharagada	A.S ²³ 2 nd volume 16/16, p 450	Not available
5	Dashamularishta	R.T.S.S.P, 1 st volume, p 730	The Ayurvedic Pharmacopoeia of India, Part-II, Vol-II, p 21

Table no. 13: Lepa recommended for Gridhrasi.

S.no.	Name of the Drug	Reference	Monograph
1	Gunjaphala lepa	B.B.R, 2 nd volume, 1429 sloka, p 71	Not available

Table no. 14: Panchakarma Procedures recommended for Gridhrasi.

S.no.	Name of the Procedure	Reference
1	Snehana	C.D 22/53, p 189
2	Svedana	C.D 22/53, p 189
3	Vamana	B.P.M.K 24/133-134
4	Virechana	B.P.M.K 24/133-134
5	Vasti	C.D 22/51-52, p 189 Ca.Chi. 5 th volume 28/101, p 51
6	Siravyadha	Ca.Chi. 5 th volume 28/101, p 51 Su.Chi. 2 nd volume 5/23, p 72 Y.R.Vatavyadhi/3, p 522
7	Agnikarma	Ca.Chi. 5 th volume 28/101, p 51
8	Vaitarana vasti	Vangasena.Samhitha ²⁴ 79/1000

CONCLUSION

Sciatica or the radicular pain in the course of the Sciatic Nerve, due to any underlying condition is a frequent and rather debilitating event. The lifetime incidence of this condition is estimated to be between 13% and 40%. However many cases resolve through minor therapy of analgesics and physical exercises, the condition has the potential to become chronic and intractable with major socio-economic implications. In this condition with severe sciatica, patient experienced sustained improvement after a short treatment. For this Ayurveda offers a ray of hope for the satisfactory management of Gridhrasi through Shamana (Pacification) and Shodhana (Purification) treatment modalities. Clinically efficient, safe and economical single and compound formulations and panchakarma procedures for the management of Gridhrasi are reviewed from classical Ayurvedic texts and enlisted in the form of tables. Hence an attempt has been made to glance at all the formulations encrypted in different classics of Ayurveda on Gridhrasi, still appreciating results were elicited. An

innovative approach and a readymade recliner has been designed for Researches to select with best option from this above.

REFERENCES

1. Krishna Gopala Granthamalaka prathamaratna, Rasa Tantra Sara Siddha Prayoga Sangraha, Krishna Gopala Ayurveda Bhavan, Hindhi version.
2. The Ayurvedic Pharmacopoeia of India, First edition, English version, New Delhi.
3. Sri Chaganlaala Saaha Rasavaidya, Bharata Baisajya Ratnakara, B. Jaina Palbhisasra, New Delhi, Hindhi version, Edtn, 2005.
4. Dr. Kanjiv Lochan, Bhaisajya Ratnavali of Govinda Dasji Bhisagrata Commented by Vaidya Shri Ambika Datta Shastri, chaukambha Sanskrit Sansthan, Varanasi, English version, Edtn, 2006.
5. Dr. Premavathi & Dr.Asha kumara, Vrunda Madhava/ Sidda Yogam, Chaukambha Bharathi Academy, Varanasi, Part-1, English version, Edtn, 2006.
6. Sri Indra Deva Tripathi, Gada Nigraha of Vaidya Sodala, Chaukambha Sanskrit sansthan, Varanasi, Hindhi version Edtn, 2005.
7. Hariprasada Tripathi, Haritha Samhitha, Chaukambha Series, Varanasi, Hindhi version, Edtn-2005.
8. Prof. K.R. Srikantha Murthy, Sarangadhara Samhitha Chaukambha Orientalia, Varanasi, English version, Edtn-2007.
9. Prof. K.R. Srikantha Murthy Bhavaprakasha of Bhavamisra, Chaukambha Krishandas Academy, Varanasi, English version, 4th Edtn-2009.
10. Priyavath Sharma, Cakradatta, Chaukambha Publishers, Varanasi, English version, Edtn-2007.
11. Dr. K. Nishteshwar & Dr.R.Vidyanath, Sahasra Yogam, Chaukambha Sanskrit Series, Varanasi, English version, Edtn-2006.
12. Brahmasankar Sastri, Yogaratnakara, Chaukambha Sanskrit Bhavan, Varanasi, Hindhi version, Edtn-2002.
13. Prof. Siddhinandan Mishra, Rasa Chintamani, Chaukhambha Publishers, Varanasi, Hindi version,
14. The Ayurvedic Formulary Of India, First Edition, English version, New Delhi.
15. Dr.Nirmala Saxena, Yogatarangini , Chaukambha Orientalia, Varanasi, English version, Edtn-2007.

16. Dr. Parimi Suresh, Dr. V.K. Dhannapuneni, Rasendra Sara Sangraha Of Sri Gopalam Krishna Bhatta, Chaukambha Sanskrit Bhavan, Varanasi, English version, Edtn-2007.
17. VD. Shri Santosh Kumar Sharma, Rasa kamadenuvu, Acharya Shree Gularj Sharma Mishra, Uttarardhah
18. Vavilla Ramaswamy satri, Basavarajiyam, Vavilla press, Madras, Edtn-1951.
19. R.K.Sharma, Charaka Samhitha, Chaukhambha Sanskritsamsthan, Varanasi, English Version,
Vol-3 Edtn-2007.
20. Sri Indra Deva Tripathi, Rasa Ratna Samucchaya of Vagbhatacharya, Chaukhambha Sanskrit Bhavan, Varanasi, Hindhi version, Edtn-2007.
21. Prof. K.R.Srikantha Murthy Susrutha Samhitha, Chaukhambha Oriantalia, Varanasi, Volume-2, English Version, Edtn-2008.
22. Dr. P. Srinivasa Rao, Bhela Samhitha, Chaukhambha Krishnadas Academy, English version
23. Prof. K.R. Srikantha Murthy, Ashtanga Sangraha, Chaukambha Oriantalia, Varanasi, volume-2, English version, Edtn-2001.
24. Vangasena by Kemraj Srikrishna Das Sresti. With Vidyotini Hindhi commentary by Vaidya Laxmipathi Sastry, Edited by Bhisagratna.