



AYURVEDIC MANAGEMENT OF GRIDHRASI W.S.R. TO SCIATICA: A CASE STUDY

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Abstract-

Acharya Charak has described *Gridhrasi* with in *Samanyaj vikars* as well as 80 types of *Vata nanatamaj Vikaras*. *Gridhrasi* is a frequently encountered problem in the present era produced commonly due to the changed life style. *Gridhrasi* is characterized by severe pain which starts in the back and radiates down to one or both lower limb. It is prevalent all over the world. On the basis of the symptoms, Sciatica can be correlated with *Gridhrasi*. In this case study a patient with specific symptoms of *gridhrasi* is treated by the *shaman chikitsa* method with help of *ayurvedic drugs* one for

oral administration and one oil for local application on the affected part regularly for a duration of 2 months. Before treatment patient was having very severe pain, stiffness, *spandan* (tingling sensation), difficulty in sitting and standing, SLR was 30° of affected side. After treatment patient got 76% relief in his symptoms.

Key words – *gridhrasi, Vata vikar, Sciatica, Ayurvedic medicine.*

Introduction –

Gridhrasi is primarily due to Vata Dosha. Acharya Charak has described it within Samanyaj vikars as well as 80 types of Vata nanatamaj Vikaras.^[1,2] The name itself indicates the way of gait shown by the patient due to extreme pain just like a Griddha (Vulture).^[3] In Gridhrasi, intense shooting pain starts from sphik pradesha and radiates downwards to kati, prusta, uru, janu, jangha and pada in which the patient is unable to walk properly.^[4]

The symptoms of Gridhrasi resemble like sciatica in modern medicine. The most common disorder which affects the movement of leg particularly in most productive period of life is low back pain, in general an estimated 5%-10% of patients with low back pain have Sciatica. The annual prevalence of disc related sciatica in the general population is estimated around 2.2%.^[5]

Case report

A 49 year old male patient, visited in OPD of Shri khudadad dungaji Government ayurved college and hospital, Raipur (C.G.)

on date: 08/05/2019 with the following details :-

Patient name: YXQ

OPD/IPD No. – 19-14290

AGE – 49 years

SEX - Male

Date of admission - 08/05/2019

Address– Street no.– 06, Sector – 02, behind Sadhana bhavan, Professor's colony, Raipur (C.G.)

Chief complaints

1. Severe low back pain radiating towards left leg since 1 week.
2. Tingling sensation in left leg since 1 week.
3. Severe pain on left thigh and calf muscles
4. Difficulty in walking due to pain
5. Pain increases while coughing

Disturbed sleep because of severe pain he awakes many times in night because of his pain.

History of present illness

According to the patient he was absolutely alright one year ago. One night while he was

in a party due to standing for a long time he felt pain and tingling sensation in his low back region and left. This pain and tingling sensation subsided when he took rest with straight legs for sometimes and didn't take any medication but when pain increased and got unbearable then he consulted to a Doctor who suggested him for the surgery according to patient's condition but because patient doesn't want to undergo for surgery, the patient came to our hospital for ayurvedic management.

Clinical findings:

locomotor: **Gait** : Antalgic gait, short stepped. Spinal and hip movements restricted.

SLR Test: Positive on left-30degree and negative on right

Lassegue's sign: Positive.

Radiological investigations: MRI findings:

Dated: 06/05/2019

- Grade -I antero-listhesis noted at L5-S1 level with fracture of bilateral pars interarticularis.
- Diffuse disc desiccation at L5-S1 level with posterior disc bulge

causing narrowing of bilateral neural foramina with compression over bilateral exiting nerve root. No spinal canal narrowing.

- Screening of cervical spine shows posterior disc osteophyte complexes as C5-C6 level causing indentation over cervical cord without any altered cord signal.

Material and Methods –

Centre of study – Shri khudadad dungaji Government ayurved college and hospital, Raipur (C.G.)

Medicines –

For internal application - Dwatrinshik guggulu^[6] – 2 tab – 4 times in a day with milk (mentioned in Yogratnakar)

For external application – Gridhrasihar tail^[7] (mentioned in brihat nighantu ratnankar)

Duration of course – 2 months

Observation and result – The observed score before and after treatment are as follows :

Total score –

S. no.	Signs and Symptoms	Score before treatment	Score after treatment (days)				Result in %
			15	30	45	60	
1.	Pain	3	2	2	1	0	100
2.	Stambha (stiffness)	3	2	2	2	1	67
3.	Toda (pricking pain)	3	2	2	1	1	67
4.	Spandan (cramping)	3	3	3	1	0	100
5.	Suptata (Numbness)	2	2	2	1	1	50
6.	Sitting	2	2	2	1	1	50
7.	Standing	3	2	2	1	1	67
8.	Walking	1	0	0	0	0	50
9.	Nidradash (sleep disturb)	2	0	0	0	0	100
10.	Sakthi utkshepa nigrah (SLR test)	3	2	2	1	1	67
Total		25				6	76

there are improvement in the signs and symptoms of the patient is 76% .

Discussion-

As we can see the patient gets benefited with the shaman therapy for his *gridhrasi* disease. For oral administration he was given *dwatrinshak guggulu* and for

snehan(oliation) *gridhrasihar tail* was used.

The *dwatrinshak guggulu* have 32 contents like *haritaki*, *vibhitaki*, *amalaki* they have *tridoshshamak* property, *marich*, *pippli*, *vidand*, *vacha*, *hapusha*, *surdaru*, *pushkar*,

kushtha, *jeerak* have mainly *vatakaphashamak* properties and as binding agent and main content *guggulu* is used which have *tridoshhar* property and used as *vednasthapak*, *shothhar*, *nadibalya*. *Gridhrasihar* tail have *saidhav lavan*, *shunthi*, *pipplimul*, *chitrak*, *bhallatak* and *til* tail it pacifies *vata dosh* and act as nerve stimulator and *shulprashamak*.

Conclusion –

Patient was very happy with the ayurvedic conservative treatment as he was suggested

for the neurosurgery and afraid of it. The entire treatment procedure was accepted by the patient easily as he have to eat 2 tablet of *dwatrinshik guggulu* for 4 times in a day along with *gridhrasihar* tail for local application on the affected part and yoga continuously for 2 months with *do's* and *don'ts* (*Pathyapathya*). There was no any side effects of treatment on the patient. The medication was simple, economical and can be accepted by patient easily, as he have to just follow the *do's* and *don'ts* to maintain his healthy lifestyle.

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