



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

**Prof. Ravi Sharma**

Head Of P.G. Deptt. Of kayachikitsa M.M.M. Govt. Ayurveda College Udaipur, Rajasthan

### ABSTRACT

Almost every human being would have suffered from back pain. As per the available data, 80% of population in society experience back pain at sometime in their life. Some patients may recover, but unfortunately as many as 70% of these, pain recurs and out of these many of them converts into sciatica as time passes. The disease "Gridhrasi" (sciatica) is commonly seen in the society as a prominent problem. In this condition patient become incapable to do his daily routine work because of severe pain from kati (lumbar) to padanguli (foot). The disease Gridhrasi is said to cause an abnormal throwing action in the affecting leg. It is one among Vata-Vyadhi, characterized by pain, stiffness, twitching, restricted movements of leg, etc. In spite of the technological and pharmacological advancement in modern system of medicine, the management of sciatica is still a medical problem where permanent medical treatment is unavailable except some palliative measures. Chances of recurrence are high even after surgery. Ayurveda is one and only medical system, which advocates the way of perfect living in harmony with the nature. Purpose of this study was to ameliorate the clinical manifestation of Gridhrasi. In this group study totally 158 were taken randomly depending upon the classical signs & symptoms of sciatica irrespective of age, sex, and duration of disease. Patients were admitted in hospital IPD & treated with Panchkarma as well as oral medication for different time periods.

**KEYWORDS :** gridhrasi, panchkarma, Ayurveda, sciatica, vata-vyadhi.

### INTRODUCTION

The word Gridhrasi is derived from the Sanskrit word "Gridhra" that means the name of a bird – "vulture", the name given so is because the patient suffering from this disease walks like a vulture.

It implies the typical gait of the patient, slightly tilted at the affected side & affected leg in the flexed position and another leg being extended.

The sciatic nerve is the longest & thickest nerve in human body. It originates from the vertebral column at the level of 4th lumbar to 3rd sacral vertebra & ends up to feet.

This disease is very painful & sometimes it hampers the routine life of individual concern. It's a progressive disease but not fatal by nature, most common in the 3rd to 6th decade of life & occurs about three times as frequently in male as in the female sex. This can also occur due to disc prolapsed or any injury to the vertebral column.

According to Ayurveda, Vata is considered as a chief factor for physiological maintenance, so factors provoking it results in instantaneous manifestation of disease, which can prove even fatal. Therefore today's lifestyle has become a major cause for aggravation of Vata Dosha. Vata is the control factor for the mechanism of mind and body and when it is deranged, it affects both the mind and body adversely.

In modern point of view under vatavyadhi, the disease involving neurological, musculo-skeletal, psychosomatic and gastro-intestinal system disorders can be considered. It indicates the wide-ranging involvement of Vata in various systems of body. Due to more intake of Vatavardhak ahara-vihara, Vata gets vitiated & when this vitiated Vata alone or vata along with kapha gets sited over "Gridhrasi nadi" then it leads to disease Gridhrasi.

Sciatica is a crippling disease cause pain in hip and to the whole path of sciatic nerve. It referred down back of the leg and sometimes to the foot. Trauma on lumbosacral spine (abhighata), abrupt unbalanced movements (atichesta), continuous jerky movements, sedentary lifestyle as well as physiological factors (chinta, shoka) are considered as causative factors of the disease.

### Methods & material-

The study has been carried out in the IPD of RAJ. AYURVED ANUSANDHAN KENRA, GULAB BAGH, UDAIPUR during the period of January 2015 to December 2015 among 158 patients between

the age group 20-60yrs irrespective of sex.

The selection was made referring to classical sign and symptoms of Gridhrasi. The following parameters have been adopted during selection & assessment.

### 1. SUBJECTIVE PARAMETERS

- (1) Stambha (stiffness in waist & leg)
- (2) Ruk (low backache radiating to foot)
- (3) Toda (pricking sensation)
- (4) Spandan (feeling of pulsation along the nerve)
- (5) Dehavakrata (scoliosis)
- (6) Sakthi utkshepa nigrha (straight leg raising)
- (7) Aruchi (anorexia)
- (8) Gourava (heaviness)

### 2. OBJECTIVE PARAMETERS

- (1) S.L.R. test positive
- (2) L.S. Spine X-ray or MRI
- (3) Lasegue's sign positive

### INCLUSION CRITERIA-

- (1) Patient having clinical features of gridhrasi or sciatica.
- (2) Either sex or age between 20-60 yrs
- (3) Subjects with or without disc bulge.

### EXCLUSION CRITERIA-

- (1) Age group below 20 yrs or above 60 yrs.
- (2) Major traumatic cases & tuberculosis of spine.
- (3) Infective, malignancy or any other acute emergency condition.
- (4) Pregnant women or lactating mothers.
- (5) Patients suffering from major systemic disease.
- (6) Congenital anomalies of spine.

### STUDY DESIGN-

patients coming with the signs and symptoms of sciatica in the hospital, were selected, registered & admitted in the hospital IPD and treated with -

1. Kati basti with Sahacharadi & Nirgundiadi tailam, followed by Sarwang Abhyanga & Swedana.
2. Basti karma (according to their hospital stay - karma basti, kala basti, Yoga basti)
3. Erand pak (Vatari pak) & Vatari guggulu (oral)

It was a controlled single blind clinical trial, total 158 patients were selected & registered for the trial & were divided into 4 groups on the basis of their IPD duration.

- 16 patients out of 158 were treated with "Kati basti" followed by Sarwang Snehana-Swedana & "Yoga basti" & oral medication for 8 days.
- 61 patients were treated with "Kati basti" followed by Sarwang Snehana-Swedana & "Kala basti" & oral medication for 16 days.
- 30 patients were treated with "Kati basti" followed by Sarwang Snehana-Swedana & "Karma basti" & oral medication for 30 days.
- 56 patients were treated with "Kati basti" followed by Sarwang Snehana-Swedana & "Karma basti" & oral medication for 30 days.
- 25 patients were treated with "Kati basti" followed by Sarwang Snehana-Swedana & "Karma basti" & oral medication for more than 30 days.

Study type - It was a controlled single blind clinical study.  
Study period - January 2015- December 2015  
Total no. of patients - 158

#### DATA OF STUDY-

**TABLE 1.1- SHOWING SEX IN 158 PATIENTS OF SCIATICA**

SEX	NO.OF PATIENTS	PERCENTAGE
Male	100	63.29%
Female	58	36.70%
Total	158	100%

**TABLE 1.2- SHOWING AGE IN 158 PATIENTS OF SCIATICA**

AGE GROUP	NO. OF PATIENTS	PERCENTAGE
20-35 yrs	35	22.15%
36-50yrs	59	37.34%
Above 50 yrs	64	40.5%
Total	158	100%

**TABLE 1.3- SHOWING CHRONICITY IN 158 PATIENTS OF SCIATICA**

PERIOD	NO. OF PATIENTS	PERCENTAGE
0-1 yrs	19	12.02%
1-3 yrs	110	69.62%
>3yrs	29	18.35%
Total	158	100%

**TABLE 1.4- SHOWING PREVIOUS TREATMENT IN 158 PATIENTS OF SCIATICA**

HISTROY OF TREATMENT	NO.OF PATIENTS	PERCENTAGE
Yes	158	100%
No	0	0%
Total	158	100%

**TABLE 1.5- SHOWING SURGERY SUGGESTED IN 158 PATIENTS OF SCIATICA**

SURGERY	NO.OF PATIENTS	PERCENTAGE
Suggested	107	67.62%
Not suggested	51	32.27%
Total	158	100%

**TABLE NO. 6- SHOWING TREATMENT DURATION (HOSPITAL STAY) IN 158 PATIENTS OF SCIATICA**

TREATMENT DURATION	NO. OF PATIENTS	PERCENTAGE
0-8 days	16	10.12%
9-16 days	61	38.60%
17-30 days	56	35.44%
More than 1 month	25	15.82%

#### DISCUSSION-

Treatment of sciatica can be considered under following principals :

- Vedna shamak chikitsa-to pacify the severity of pain.
- Vatahara chikitsa-pacification of vitiated vatadosha.
- Kaphahara chikitsa-pacification of vitiated kaphadosha
- Deepana & pachana chikitsa-to balance the agni

Acharya Charaka has defined Basti as the procedure in which drug prepared and administered through the anus (which is the habitat of Vata dosha), that reaches upto Nabhi pradesha (umbilical region), Kati pradesha (lumber region), Parsva & Kukshi (flanks) pradesha. it churns the accumulated Doshas and Mala, spreads the unctuousness (potency of the drugs) all over the body and easily comes out along with the stool and Doshas.

The virya of basti reaches into the whole body through the channels (srotas) as the water, when poured at the root of the tree reaches the whole plant.

Basti administered into pakvashya draws the Dosha & Mala all over the body from head to toe by virtue of its Virya (potency), just as the sun situated in the sky draws the moisture from the earth by its heat. Vata is considered to be the main controller of the body. If Vata alone or in combination with other Dosha get vitiated, then Basti by the way of evacuation or elimination normalizes the path of Vayu along with Pitta, Kapha & faecal matter. not only for Vata it is also effective in Pittaja, Kaphaja, Raktja disorders and even in conditions where more than one Dosha are involved.

The first priority of this treatment was to subside the pain (pain relieving treatment), which was indirectly Vata shamak Chikitsa.

- first of all "Kati Basti" was done with Nirgundiadi and Sahacharadi Tailam, for 20 minutes followed by Sarwang Snehana and Swedana. Which instantly works on pain stiffness, spasm and are excellent to correct vitiated Vata dosha.
- Erandmooladi Niruha Basti with alternate Anuvasana with Dhanwantaram Tailam was used as the second procedure. Vata dosha is responsible for movements and disease related to movements in the body.

#### OBSERVATION

The incidence of male patients were reported higher than females, as per text males are more prone to this disease, that may be because of their fieldwork & heavy weight lifting work or hard labour. 40.5% patients were belonging to the age group of above 50 yrs, so the cause behind this can be said by predominance of Vata dosha & Dhatukshaya (age factor).

patients with weight lifting injury were noted in a major counting.

regarding to occupation, cycle riders & rickshaw pullers were maximum, which causes more pressure on L.S. spine and leads to sciatica.

females with post-menopausal stage were also noted more prone to this disease instead of other females.

#### RESULTS-

**After completion of the study findings were as such – Table 2.1**

Result	No.of patients	%
Complete cure	45	24.48%
Moderate cure	66	41.77%
Mild cure	27	17.08%
Symptomatic relief	16	10.12%
No improvement	4	2.53%

As per table, this treatment shows significant results in sciatica.

### CONCLUSION-

Gridhrasi can be equated with sciatica or sciatica syndrome in modern parlance. Most of the patients in this trial were afraid of adverse events of modern medicine, they were looking for such treatment which is long lasting and free from unwanted secondary effects.

Ayurvedic management eradicates the root cause and brings about substantial relief. Combination of Basti & kati basti along with oral medication found highly significant in the management of sciatica. It covered all the symptoms like pain, stiffness. All the drugs used in treatment had properties like anti-inflammatory, analgesic Balya, Rasayna, Vata-Kaphahara. As Gridhrasi is a life style disorder & may be a chronic disease, so followup must go on time to time with limitation of heavy work & factors aggravating this disease.

### REFERENCES –

1. Charak samhita chikitsa sthana chapter 28th vatavyadhi, vidyotini hindi commententary by kashinath shastri and gorakhnath chaturvedi, published by chaukambha bharty academy varansi, Re-print year 2016 page no.757&765
2. Charak samhita siddhi sthana chapter 1, vidyotini hindi commententary by kashinath shastri and gorakhnath chaturvedi, published by chaukambha bharty academy varansi, Re-print year 2016 page no.671-672
3. Charak samhita chikitsa sthana chapter 28th ,vidyotini hindi commententary by kashinath shastri and gorakhnath chaturvedi, published by chaukambha bharty academy varansi, Re-print year 2016 page no.802 & 803.
4. Dr. Brahmanand tripathi, maharogadhaya, charak samhita sutrasthana chapter 20th, edition, pub. Chaukambha surbharti prakashan, varanasi; 2008 p.860.
5. Yoga ratnakar- vidyotini hindi commentary by vaidya shri laxmipati shastri, edited by bhisak ratna shri braham sankar shastri, published by chowkhamba sanskrit sansthan varanasi, reprint year 2005.
6. Chakradutta, chakradutta of shri chakrapanidatta with "vaidyaprabha" hindi commententary by dr. indradeva tripathi, published by chaukambha sanskrit bhawan varanasi.