



MANAGEMENT OF *GHRIDHASI* BY USING AYURVEDIC PRINCIPLE A CASE STUDY

Ayurveda

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ABSTRACT

Gridhrasi is characterised by pain or discomfort connected to the sciatic nerve and is quite similar to Sciatica. In the working population, the prevalence of sciatica is 3.8%, while it is 7.9% in the nonworking population. Sciatica is not life threatening disease but its life affecting disease. Contemporary medicine has limitations giving short-term relief in pain or surgical intervention with side effect, so the purpose of this study was to access the efficacy of Ayurvedic management including Shodhana and Shamana Chikitsa in Gridhrasi.

KEYWORDS

INTRODUCTION:-

Sciatica is a condition in which pain going down the leg from the lower back. This pain may go down the back, outside, or front of the leg. It may affect unilateral or bilateral leg. In India, low back pain is among the most prevalent complaints, affecting 70% to 80% of the population. The most typical intervertebral disc prolapses among the numerous causes of low back pain. L4-L5 and L5-S1 discs are most frequently impacted in 95% of lumbar disc herniations, and the pain may be limited to the lower back exclusively or described as affecting the leg, buttock, or hip, which frequently describes the characteristics of Sciatica syndrome¹. Sciatica is not life threatening disease but its life affecting disease. According to *Acharya Charaka Gridhrasi* is one of the *Vataja nanatmaja vikara*². Gridhrasi has been discussed by all the *Acharyas* under the heading of *Vatavyadhi*. Symptoms of *Gridhrasi* is *Spikapurva*³ i.e., pain starts at hip and radiates to *Kati* (waist), *Prusta* (back), *Uru* (thigh), *Jaanu* (knee joint), *Janga* (calf muscle), *Paada* (foot) along with pain there is other complaints like *Stamba* (stiffness), *Toda* (pricking type pain), *Muhur spandana* (tingling sensation)⁴, and if there is association of *Vatakapsha dosha* than the symptoms like *Tandra* (lethargic), *Gourava* (heaviness) and *Arochaka* (anorexia) will be present⁵. The symptoms of *Gridhrasi* will closely resemble Sciatica and treatment modalities told are *Basti*, *Agnikarma* and *Siravyadha*. As there is major role of *Vatadosha Snehana* and *Swedanakarma* plays the major role in *Vatashamana*⁶.

AIM & OBJECTIVE:-

- Role of ayurvedic principle in management of *ghridhasi*.
- To explore the fundamental principle and techniques of *Snehan, Swedana, Basti, Matra basti, arka patra agni karma* in *ghridhasi*.
- To evaluate the effect of classical *ayurvedic* treatment in *ghridhasi*.

MATERIALS AND METHODS:-

A male patient 38 years old came to the opd of panchakarma department at R.A Podar Medical (Ayu) college, worli Mumbai with the complaints of *katischoola, kati te dakshin pad shoola, urodaha chakraman kashata, anag gauravta, chimchimayan Kati te pad sanchari vedna* (RT), *aruchi* since 4 years. He was unable to walk properly. Diagnosis was done on the basis of classical signs and symptoms of *Ghriddhasi* and confirmed by xray and MRI reports.

Family History- Diabetes mellitus (mother)

Past history – History of Malaria (before 4 year).

Surgical history - Cholecystectomy {before 5 yr}.

PERSONAL HISTORY:

History of addiction – Tobacco and alcohol

Aahar - *Mansahaar* (3-4/7), *pisthamaye aahar sevan* (biscuit, better, *medu vada*), *katu rasa aadhikya, dadhi sevan*

Vihar - Standing work 10hr (daily), fall on staircase (before 5yr)

Asthavidha	Pariksha
Nadi	Vata -pittaj
Mala	1-2 / day
Mutra	6 -7 /day
Aakruti	Krusha
Jivha	Saam
Shabda	Spastha
Sparsha	Prakrut
Druk	Prakrut

Investigation MRI Report :- (20/3/2019)

- At L4 and L5 diffuse disc bulge causes anterior thecal indentation with significant narrowing of the bilateral neural foramen, thus abutting the exiting nerve root (R>L).
- At L5 –S1, Broad bases left foraminal disc bulge causes anterior thecal indentation with narrowing of the bilateral neural foramen (L>R), thus abutting the left L5 exiting nerve root.

SAMPRAPTI:-

Vataprakopaka hetu

Nija hetu (Dhatukshayanya) ↓ *Agantuja hetu* (sitting work)

Swasthana sanchaya

Vitiated vata spreads at vatasthan (kati, sakthi, pad, asthi)

Dosha, dusya sammurchhana occurs at site of kha- vaigunya

(strotas sthanvaigunya, Rikta strotas vayu puran)

Shira – dhamani get aawaran by vata

Gridharavat chalan, kati to pad radiating pain

GRIDHRASI

SAMPRAPTI GHATAKA:-

- *Dosha* – *Vata, kapha*
- *Dusya* - *Rasa, Rakta, Mamsa, Asthi, Majja*
- *Srotas* - *Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha*
- *Srotodusti prakara* - *Srotosanga*
- *Rogamarga* - *Madyama*
- *Udbhavasthana* - *Pakwashaya*
- *Vyaktsthana* - *Sphik, Kati, Prusta, Uru, Jaanu, Jangha, Paada*
- *Rogaswabhava* - *Chirakari*
- *Sadhyasadyata* - *yapya*

LOCOMOTORS EXAMINATION

Inspection

- Gait- Antalgic gait
- Deformity- No any deformity

Palpation

- Tenderness–Positive at L4 and L5
- Muscle tone–Good

Muscle Power–

- Right upper limb and lower limb–5/5
- Left upper limb and lower limb–5/5

Range Of Movement Of Spine

- Forward flexion– limited to 20cm above ground.
- Right lateral flexion– limited to 30° with pain.
- Left lateral flexion– limited to 30° with pain
- Extension– limited to 10° with pain.
- Schober's Test– less than 10cm of distance.

Treatment :-

SR NO	AUSHADI CHIKITSA	KALA	DOSE	MODE OF ACTION
1	Yograj guggul ⁷	Vyonodane	500mg	Vatanashak, shooghna
2	Rasna saptak kwath ⁸	Vyonodane	20ml	Vataghana
3	Vatagajankush ras ⁹	Vyonodane	250mg	Vata-khaphana Shamak, shooghana
4	Gandharavharitaki churna ¹⁰	Ratri	5 mg	Malasudhi and vatanuloman

Treatment Given :-

Sr no	Procedure	Dravya	Duration	Mode Of action
1	Sarvang snehana	Til tailam	23 days	Guru, snigdha, Sukshama, vata shamak
2	Sarvang swedna	Dashmoola	23days	Vatahar, stabhaghana Gaurav nashana
3	Patra pottali swedna	Kottan chukadi tail	20 days	Lekhana, srotoavrodghna, Vedna stapna, sthothhar
4	Yoga basti	Anuvasan-sahacharadi tail (120ml) Niruha basti-triphala +dashmool a kwath (700ml)	A-5 DAYS N-3 DAYS	taila containing drug having ushna virya & kapha-vata shamak properties and dashmoola having tridoshaghna properties.
5	Matra basti	Prabhanjan vimardan tail	14 days	Balya, bruhan, vata-khapha shamak, vatanuloman
6	Arka patra agnikarma	Arka patra	3 times	Agni has ushna tikshna, Sushkshma opposite to (kv)
7	Waluka swedna	Waluka	20days	Shoola & shothghna

Assessment Of Patient :-

Sr no.	Criteria	Before treatment (1/06/23)	After treatment (24/06/23)
1	Pain while walking & sit	8 (Vas scale)	2 (Vas scale)
2	SLRT Right Leg Left Leg Bilateral leg	40° (+ve) 80° (-ve) 20°	80° 90° 50°
3	Schober's test	< 10cm of distance	>10cm without pain

Range Of Movement Of Spine:-

Sr no	Criteria	Before treatment (1/06/23)	After treatment (24/06/23)
1	Forward flexion	Limited to 20cm above ground with pain	Limited to 10cm above ground with pain
2	Left lateral flexion	30° with pain	20° without pain

3	Right lateral flexion	30° with pain	20° without pain
4	Extension	10° with pain	20° without pain

DISCUSSION

Gridhrasi (sciatica) is treated using *Bastikarma*, *waluka swedna*, and *Agnikarma* in an Ayurvedic manner. The *Sarvanga Abhyanga Swedana*, *Patrapinda Swedana*, *waluka sweda*, *matra basti*, and *Shamana Chikitsa* protocols have been suggested in this situation. *Sarvanga Abhyanga* with *Til Taila- Abhyanga* has been praised as *Vata Shamaka* by *Acharya Shushrut*. Also, according to *Charaka*, *Vayu* dominates *Sparshaendriya*, and *Abhyanga* is extremely beneficial for *Vata Vyadhi* as per *Charaka*¹. According to *Dalhana*, *Sneha* reaches to *Majja Dhatu*, when *Abhyanga* is done for 900 *Matra*. In *Gridhrasi*, *Asthi Majja Vaha Strotas Asthi* get disturbed, *Sneha* strengthens *Strotas* and pacify increased *Vata Dosha* at the site of affliction. *Sarvanga Nadi Swedana* with *Dashmool Kwatha - Swedana* is *Vata Hara*, cures stiffness, heaviness and is best treatment considered to relieve pain. *Swedana* with *Dashmool Kwath* which is *Ushna Virya*, *Guru* and *Snigdha* helped in relieving symptoms of *Vata* like pain and stiffness in the patient. *Patra Pinda Sweda* is a type of *Sankara Sweda*. It is an unparalleled treatment for painful conditions mainly caused by *Vata Dosha* and *Vatakapsha Dosha* owing to the properties of ingredients used. It is mainly used to relieve pain, swelling, inflammation and stiffness associated with bone, joint and or musculoskeletal pain. By promoting the release of toxins, reducing inflammation, and strengthening the joints, muscles, and nerves (by reducing compression of the nerve root) in the affected area, the *Vedanasthapana*, *Vata Shamaka* (analgesic), *Shothahara* (anti-inflammatory), and *Dhatuposhaka* properties (strengthening and nutritive therapy) of *Patra Pinda Swedana* can help improve muscle tone and tissues function and may alleviate the symptoms¹².

Yoga basti krama are performed with *sahacharadi tail* for *anuvasana basti*. *Sahacharadi taila* contain main ingredients like *Sahachara* which is *Vatakapsha shamaka* and *Dashamoola* which is *Tridosahara* it is potent oil to combat *Vatavyadhi*, *Kampha* and *Shosha*. And *niruha basti* with *triphala* and *dashmoola kwath* which is having *vata-khapha shamak*, *tridosahar*, *shoolar*, *shoph* har properties. *yoga basti krama* is very actively work on *dosha* having *saama Avastha* (painful condition) and *strotoshodhan*. *Matra basti* is done with *prabhajan vimardan tail* for 14 days. *prabhanjan vimardan tail* having properties of *Balya*, *bruhan*, *vata-khapha shamak*, *vatanuloman*. *matra basti* play important role in *vata khapha dosha shaman* and *Dhatu poshak*. *arka patra agni karma* are done 3 times. In which *Agni* has *ushna*, *tikshna*, *Sushkshma* opposite to *khapha -vata* and act as *khapha vata shamak*. *waluka swedana* are done having properties of *shoolagna* and *shothghna*. *Yogaraja Guggulu* has *Vata Kapha Shamana*, *Ama Pachana*, and *Agni Deepana* properties. These medicines were suitable for subdue remaining vitiated *Dosha*. Considering all of the above, the overall effect of all planned treatments on this patient this patient induces *Vedanasthapana Vata Shamaka* (analgesic), *Shothahara* (anti-inflammatory) and *Dhatuposhaka* properties (strengthening and nutritive therapy) can help providing a significant improvement in the symptoms of *Gridhrasi* and also the functional ability which in turn improves the range of motion at the Spine. *Vatagajan kush ras* having properties of *Vata-khaphana Shamak*, *shoolghana*, *Rasana saptak Kashayam* have *Vata Kapha Shamaka*, *Vedanasthapana Shulahara*, *Shothahara*, and *Nadiuttejaka* (Nerve Stimulant) properties in addition to strengthening and nutritional therapy for different musculature and structure in the lumbar region and extremities, which is very effective in the treatment of *Sciatica*.

CONCLUSION

Sciatica is painful condition considered as *Vataja nanatmaja vikara*, possesses symptoms of pain, stiffness and tenderness. *Gridhrasi* can be treated with internal medicines and *Panchakarma*. The present case study reported successful treatment of *Gridhrasi* using Ayurveda therapy. We can conclude that with proper assessment and treatment *Gridhrasi* can be successfully managed through Ayurvedic treatment of *Panchakarma* and *Shamana aushadhi* with giving patient satisfactory result without any side effects.

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