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Research Article

AYURVEDIC MANAGEMENT OF *GRIDHRASI* WITH SPECIAL REFERENCE TO SCIATICA: A CASE REPORT

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ABSTRACT

Background: *Gridhrasi* is one of the most common disorders of *Vata Dosha* described in Ayurveda classics according to sign and symptom it can be related to sciatica. Sciatica is characterized by pain & discomfort associated with the pathology of sciatic nerve root in people. It is associated with Low back pain, pain radiates to lower limb till toes, tingling and numbness sensation in the buttock region. This is an epidemic disease of modern era with industrial region and more common with office workers. Methodology: The present case study was carried out by following good clinical practice guidelines, studies on *Gridhrasi* and Ayurveda textual references. Written informed consent of the patient was taken before starting the treatment. A detailed patient history with all necessary clinical and physical examination and laboratory investigations were carried out. This is a single case study. A 49-year-old male patient presented with the complaint of low back pain radiating to left lower limb, tenderness at L4 and L5 region difficulty in walking for long distance and with associated symptom like fever, cough and cold. *Sahacharadi Kashayam*, *Dhanwataram 101 Avarthi*, *Vyoshadi Vatakam*, *Dasamoolakadutranyam Kashayam* were given for 20 days along with external therapy. Result and conclusion: After 20 days of treatment there was significant changes in subjective and Objective parameter of patient like reduction in pain (VAS scale), tenderness, & other symptoms.

Keywords: *Basti*, *Gridhrasi*, *Kashayadhara*, *Sahacharadi Kashayam*, Sciatica, *Vaitaran Basti*.

INTRODUCTION

Low back pain is a commonest symptom that affects 60-80% people at some point of time in their life. Although the prevalence of low back pain has not increased, reported disability from back pain has risen significantly in last 30 years. The causative factor of low back pain due mechanical back pain (Jerky movement, Heavy lifting, Bike riding for long distance) Prolapsed intervertebral disc, Osteo arthritis, Spinal stenosis¹.

The mechanical back pain is most common cause of acute back pain with sciatica syndrome in people with 20-55 years of ages it is exacerbated by activity and generally relieved by rest¹. Sciatica is debilitating condition which result from sciatic nerve root pathology in which the onset may be sudden or gradual and patient started experience constant aching pain in Low back region and may radiates to the buttocks, thigh, calf & foot and causes difficulty in walking. Sometimes it interferes with daily routine work. Pain is exacerbated by coughing or straining, jerky movement & bending. The 90% of patient with sciatica recovers by following conservative treatment like NSAIDS (Analgesic) & Early mobilization². In Ayurveda classics, the *Gridhrasi* is mentioned under *Nanatmaja Vataja Vikara*³. *Gridhrasi*, the name indicates the gait of patient is like a *Grudhra* (Vulture) and this happens due to severe, constant aching migrating pain. The patient tries to compensate the pain by bending to same side while walking this called as Antalgic gait. The cardinal feature *Vataja Gridhrasi* type are *Ruk* (pain), *Toda* (pricking sensation) *Muhuspandana* (tingling sensation), and in *Vataja- Kaphaja* type

along with above symptom there is *Stambhana* in *Sphika* (Stiffness in buttock), *Kati* (lumbar region), *Uru* (legs), *Janu* (knee), *Jangha* (thigh) and *Pada* (foot)⁴.

Ayurvedic management of *Gridhrasi* (Sciatica) involves *Basti karma*, *Siravyedha* & *Agni karma*⁵. In this case study *Vaitarana Basti* were followed by *Yoga Basti*, *Kashayadhara* followed by *Sarvanga Abhyangam*, *Nadi Swedana* then *Patra-pottali Pinda Swedana*, *Sthanika Chikitsa* as *Katibasti* and *Pizhichil* along with Internal medication.

Case Report

A 49-year-old male patient hailed from middle class income family from Chennai. His occupation was a teacher. The patient was apparently good before 1 year ago, then he started complaining of pain in lower lumbar region then gradually pain radiates to left lower limb for 8 months. He also had complaints of stiffness in lower back region and left lower limb with difficulty in walking. Patient had taken allopathy medicine for same and got relief. then now since last one month the pain got aggravated. The pain usually aggravated when he does exercise or sitting for longer duration & subsided by rest. He also had complaints of fever, cough and cold since a week. So, he approached to *Kayachikitsa* OPD of Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarethpet, Chennai, Tamilnadu 600123, for further treatment. After careful examination he was admitted to IPD of *Kayachikitsa* ward. The examination details are mentioned as table 1 and 2.

History of past illness

Patient was known case of Bronchial Asthma from 31 years back

At the age of 18 years, he underwent Septoplasty surgery for nasal septum deviation.

From 2009 to 2012, he took medication for bronchial Asthma got relief completely, then he discontinued the medication till 2016.

After that the symptom related to respiratory system are gradually reoccurred in 2018 to till now seasonally (November to March). Symptoms were like stuffy nose, mild chest tightness, dry cough, dyspnea with headache intermittently. The aggravating factor of bronchial asthma in patient was head bath by cold water, cold wind/cold weather and intake of ice-cream or cold beverages and symptoms were relieved by hot beverages and some home remedy like kadha made with *Shunthi, Tulsi, Dhaniya, Marich*.

No History of trauma or fall.

No History of HTN and DM

Family history: His grandfather, grandmother and his paternal uncle they were known case of Bronchial Asthma.

Personal History: The patient was Vegetarian, his appetite was reduced, his bladder and bowel habits are normal, and he has habit of intake of Tea or coffee twice in day. He doesn't have any addiction. His sleep was disturbed due to pain.

Table 1: Clinical Finding: General examination

General Examination	Asthavidha Pariksha
BP: 110/80	Nadi: Kapha- Vataja
Pulse rate: 75 bpm	Mala: Nirama (Samyaka)
RR: 18/min	Mutra: Samyaka
temp: 97.8 ° F	Jihwa: Nirlipta
Weight: 79 kgs	Shabda: Prakruta
Height: 5.9 ft	Sparsha: Anushnasheeta
BMI:24.7 Kg/m2	Druk: Madhayam
	Aakruti: Madhayam

Table 2: Detailed Locomotor Examination

Inspection	° Physical Deformity: Absent ° sign of swelling: Absent ° Cyanosis: Absent	
Palpation	°Tenderness: L4 - L5 region 3+ °Muscle tone: Good °Muscle power: Grade 5 B/L upper and lower limb	
TEST	Left	Right
SLR TEST	Positive at 45°	Negative
Patrick's [FABER] test:	° Positive °Pain at hip region and thigh region	° Positive ° Pain at hip region
Range of Movement of Lumbar spine (ROM)		
Forward Flexion	Restricted and painful	
Right Lateral Flexion	Restricted to 30° with pain	
Left lateral Flexion	Restricted to 30° with pain	

Diagnosis

Gridhrasi (Sciatica)with Tamaka Swasa.

Therapeutic Intervention: *Shamana* Therapy: Internal medication is mentioned as Table 3.

Table 3: Shamana Chikitsa (Internal Medication)

No.	Drugs	Dose	Time of administration	Anupana
1.	<i>Sahacharadi Kashayam</i>	15 ml with 45ml water BD Daily at 6:30am and 6:30pm	Before Food	lukewarm water
2.	<i>Dhanwantaram 101 Avarthi</i>	10 drops BD Daily	Before Food	<i>Sahacharadi Kashayam</i>
	<i>Dasamoola Kadutravam Kashayam</i>	15 ml with 45ml water BD Daily at 7:30am and 7:30pm	Before Food	luke warmwater
3.	Sciatilon Softgel Cap	2 Cap BD Daily	After Food	lukewarm water
4.	Tab Myostaal	2 Tab BD Daily	After Food	lukewarm water
5.	<i>Vyoshadi Vatakam</i>	1 tsp 3-4 times Daily	After Food	lukewarm water

Table 4: External Treatment Procedure

No.	Treatment procedures	Drugs	From	No. of days
1.	<i>Kashaya Dhara</i>	<i>Dasamoola And Balamoola</i>	22-06-22	3 days
2.	<i>Basti</i>	<i>Saindhava- 15gms, Guda- 30gms, Chinchwa Swarasa- 60ml, M oil- 120 ml, Dhanyamla- 240ml</i>	23-06-22	3 days
3.	<i>Sarvanga Abhyangam</i>	<i>Kottamchukkadi Thailam and Dhanwantaram Thailam</i>	25-06-22	7 days
4.	<i>Nadi Swedana</i>	<i>Erandamoola Kashayam</i>	25-06-22	7 days
5.	<i>Yoga Basti. 26-06-22 to 03-07-22 for 8days</i>			
	<i>Sneha Basti</i>	<i>Sahacharadi Mazhupakkam Thailam 200ml</i>	1st, 2nd, 4th, 6th and 8th day	5 days
	<i>Niruha (Kashaya) Basti</i>	<i>Erandamoola Kashayam Basti</i>	3rd, 5th and 7th day	3 days
6.	<i>PPS</i>	<i>Kottamchukkadi Thailam and Dhanwataram Thailam</i>	02-07-22	5 days
7.	<i>Kati Basti</i>	<i>Kottamchukkadi Thailam, Karpooradi Thailam and Sahacharadi Thailam</i>	04-07-22	8 days
8.	<i>Pizhichil</i>	<i>Kottamchukkadi Thailam, Karpooradi Thailam and Sahacharadi Thailam</i>	07-07-22	5 days
9.	<i>Yoga</i>	<i>Padottanasana ,Bhujangasa, Shalabhasana are advised to patient.</i>	Advised	

Table 5: Date-wise Yoga Basti Chart

Day	26-06-22	27-06-22	28-06-22	29-06-22	30-06-22	01-07-22	02-07-22	03-07-22
Basti	<i>Sneha</i>	<i>Sneha</i>	<i>Niruha</i>	<i>Sneha</i>	<i>Niruha</i>	<i>Sneha</i>	<i>Niruha</i>	<i>Sneha</i>

Pathya Apathya: Usual diet & complete Rest, avoid bike riding, sitting for longer duration, Heavy lifting and Strenuous activity.

pain was reduced pain reduced in the left lower limb. The range of movement was improved. The vital record was normal.

OBSERVATION AND RESULTS

By the end of 20 days of treatment in IPD, the patient had found significant reduction in his symptom like Lower Lumbar region

The subjective & objective criteria were assessed before & After treatment, The assessment Parameters portrayed as Tables 6 and 7.

Table 6: Details assessment chart of Subjective Parameters

Subjective parameter	Before Treatment	After treatment
Pain in lower lumbar region radiating to left lower Limb	5+ Vas scale	1 Vas scale
Stiffness in lower limb	3+	0
Pain and difficulty in walking	3+ vas scale	0
Heaviness in left leg	2+	0
Sleep disturbed due to pain	2+	0

Table 7: Detail assessment chart of objective parameter

Objective Parameter	Before treatment	After treatment
Range of movement (ROM) of Lumbar Spine:		
Forward Flexion	Restricted with Pain	Restricted without pain
Left lateral Flexion	30° painful and restricted	30° with mild pain
Right lateral flexion	30° pain and restricted	30° without pain
SLR TEST:		
Left	positive at 45°	positive at 90 °
Right	Negative	Negative
Patrick's Faber test		
Right	Positive, pain at hip region	Negative
Left	Positive, pain at hip and thigh region	Reduction in pain

DISCUSSION

Ayurvedic management of *Gridhrasi* involves *Basti karma, Siravyadha and Agnikarma*⁵. In this case *Shodhana Chikitsa* was done with *Basti* followed by *Yogabasti, Dasamoola Kashayadhara* followed by *Sarvanga Abhyangam* with *Nadi Swedana*, then *Patra Pottali Pinda Sweda, Pizhichil* along with *Shamana Chikitsa* as Internal medication As mentioned in table no.3 and 4. All the measures and Medication has *Shothahara* (Anti- Inflammatory), *Shoola-hara* (Analgesic), And Alleviates *Vata -Kapha Dosha* and it reduces the pain, inflammation and provides strength to body.

Kashayadhara with Dasamoola and Balamoola Kashayam

The *Dashmoola*⁶ and *Balamoola* has *Shothahara* (anti-inflammatory), *Vatahara, Kshaya-nashaka, Balya, Rasayana* and *Brimhaniya* It also promotes the fat metabolism & ease the muscle activity due to these properties it is highly effective in reducing the pain⁶.

Basti Chikitsa

Basti is a very important procedure in *Panchkarma* that it is often said as *Ardha Chikitsa* (Half of the whole treatment)⁷. Pharmacokinetic studies also confirmed that drug administrated

via rectum can reach higher blood levels than Oral route due to partial avoidance of hepatic first pass metabolism⁸. Therefore, drug has more efficient action when it used as *Basti*. **Basti:** *Basti*⁹ is a combination of medicine, and it works by alleviating *Vata* and *Kapha Dosha*. *Basti* consider as *Laghu*, *Ushna*, *Tikshma*, *Vata- Kapha-Shamaka* in nature. Content and proportion of medicine are mentioned in table 4. In *Basti* each drug has their own action which make *Basti* as *Shodhana* therapy in body. **Yoga Basti:** *Yoga Basti* is a combination of *Sneha Basti* and *Niruha(Kashaya) Basti*. The contains of *Basti* which are used in this case is mentioned in table 4. **Erandamoola Kashaya Basti:** *Erandmoola*⁷ is a *Shreshtha* (Best) *Vatahara* drug. It has *Vata-Kaphahara* properties, anti-inflammatory, antioxidant, central analgesic, anti-nociceptive & bone regeneration activity. *Erandamooladi Niruha Basti* is Indicated in *Trika, Prishtashoola* (Pain in low back) & act as *Maruta Nigraha* (Controls *Vata*)¹⁰.

Patra- Pottali Pinda Sweda (PPS)

Gridhrasi is *Vata-Kaphaja Pradhana* disease and *Patra pottali pinda sweda* act as *Vedanasthapana*, *Vata Shamaka* (analgesic), *Shothahara* (anti-inflammatory), *Dhatuposhaka* (Strengthening & nutritive therapy) by these properties it relieves pain, swelling, inflammation and stiffness of joint or musculoskeletal pain¹¹.

Kati Basti

*Kati Basti*¹² with *Sahacharadi Thailam* has *Snigdha Guna* and *Ushna Virya*, *Vata Kaphahara*. It increases regional circulation, nourishes and strengthens muscles and nerves and thus helps relieve pain, stiffness, spasm and restore flexibility.

Pizhichil

Pizhichil provide relief from *Stambha*(stiffness), *Gaurav* (heaviness) & *Sheeta*(coldness) in body. It alleviates the morbid *Vata* and *Kapha* and destroying the disease manifested due to morbid *Vata* and *Kapha*¹³. In this case *Pizhichil* was done with *Kottamchukkadi Thailam*, *Sahacharadi Thailam*, *Karpooradi Thailam* they are having anti- inflammatory & analgesic effect due it's properly and they overcome the inflammation and reduces the pain in *Gridhrasi* by alleviating *Vata* & *Kapha Dosha* in body.

Shamana Chikitsa

Sahacharadi Kashayam

*Sahacharadi Kashayam*¹⁴ are having *Vata-kapha Shamaka*, *Vedana-sthapana*, *Shoola-hara* and *Nadi-uttejaka* (Nerve Stimulant) properties along with Strengthening & Nutritive therapy for various musculature & structure in lumbar Region & extremities which is very much effective in the treatment of *sciatica*.

Vyoshadi Vatakam

*Vyoshadi Vatakam*¹⁵ used for secondary symptoms like fever, cough, cold as patient is K/C/O Bronchial Asthma, balance the *Vata* and *Kapha*. It has decongestant, Bronchodilator, Antitussive, Anti-bacterial, Anti allergic property

Dasamoolakaduthrayam Kashayam

*Dasamoolakaduthraya*¹⁶ has anti-inflammatory and antitussive⁸ activity which helps in dilatation of bronchioles thus, eases symptoms like difficulty in breathing and clears the air pathways and relieves breathlessness, cough and cold by balancing *Vata* and *Kapha Dosha* in the body

CONCLUSION

The patient with *Gridhrasi* (*Sciatica*) and secondary symptoms like fever, cough and cold was treated very well and on the basis of observations and results of this case study. There was significant change in subjective parameter and objective parameter which can be interpret that *Shamana* and *Shodhana Chikitsa* were very effective in management of *Gridhrasi* (*Sciatica*).

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