Ayurvedic Intervention in the Management of Ghridrasi w.s.r. to Sciatica-A Case Study

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ABSTRACT
Man has eventually forgotten the absolute enjoyment and solitary affection for nature, and as a result he is facing many health problems. The prime factors that are responsible for the decline of health are irregular food habits, stress, suppression of natural urges, lack of proper sleep and relaxation. Sciatica pain is often caused by pressure on the sciatic nerve from a herniated disc, bone spurs or muscle spasm. Sciatica being considered as a chronic disease needs a long lasting treatment with non-steroidal anti-inflammatory drugs, muscle relaxant and analgesics. The symptoms similarity and radiation of pain from back to the foot describe the correlation of sciatica with Gridrasi. Here a case study was done on a patient with right leg acute sciatica symptoms from 3 months treated successfully with ayurvedic intervention for 2 months.

KEYWORDS
Ayurvedic Intervention, Herniated disc, Bone Spurs, Sciatica, Gridrasi

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INTRODUCTION
Various surveys have found the prevalence of sciatic pain in adult population to be between 15% and 40%. This incidence is related to age, regular walking is also a cause for increase in the incidence of sciatica. In addition, occupations with greater physical labour, such as carpenters and machine operators, have a higher likelihood of developing sciatica compared to less mobile office workers. Sciatica being a chronic ailment needs long lasting treatment, which if taken from modern medicine largely has a disease oriented approach, while Ayurveda has a health oriented approach.

According to Acharya Charaka, person affected with this disease, walks like vulture, hence the name Gridra. The pain starts from the lumbar region on back and spreads downwards on the backside of thigh, knee and leg to the feet.

CASE REPORT
A male Patient, aged 30 years was presented with acute pain in right leg since last 3 months. Patient was thoroughly examined locally as well as systematically. His back was examined for any tenderness around spine. MRI scan revealed a lumbar disc herniation at L3-L4 level. Patient gave a history that he has a habit of travelling long distances on a two wheeler every day. He took many allopathic treatments which gave him symptomatic relief and was advised to go for surgery being in very acute pain.

PRESENT COMPLAINTS
- Severe radiating pain in Right leg
- Difficulty in walking
- Insomnia
- Tension
- Decreased Appetite

PERSONAL HISTORY
Bowel: Irregular
Appetite: Decreased
Sleep: Disturbed being in acute pain
Habits: Driving bike for long distances

FAMILY HISTORY
Not any specific history

PHYSICAL EXAMINATION:
B.P-110/70 mmHg
PULSE-74/min
R.R-20/min

SPECIFIC EXAMINATION:
SLR (STRAIGHT LEG RISING)- 45 degrees (right leg) Painful
SLR (STRAIGHT LEG RISING) - 85 Degrees(left leg)

SYSTEMIC EXAMINATION:
CNS- Conscious and oriented
CVS- S1 and S2 normal
RS - Both side air entry equal
GIT - Recurrent constipation

**SAMANYA PARIKSHA** -
- **NADI** - Sarpagati, tivra
- **SHABDA** – kshin
- **SPARSHA** – samshiosha
- **JIVHA** – Sam, lipta
- **DRIKA** – Samanya
- **AAKRITI** – Aturvat
- **MUTRA** – Prakrut-4-5/day
- **MALA** – Asamadhankarak, aniyamit, rukshamalapavratti.

**STOTAS PARIKSHAN** -
- Rasvaha Strotas:
  - Aashrdha, Aruchi, Sharirgorav
- Astivaha Strotas: Asthisulam, Adhiasthi
- Majjavaha Strotas: RukParvanam

**DIFFERENTIAL DIAGNOSIS:**
*Sandhigatavata, Vatrakta, Ghradrasi, aamvat.*

Table 1 “Karma basti”

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A – Anuvasana =120ml, Tila Tail N – Niruhan=500 ml approx., Dashmula Kwatha

*Karma basti* as followed: for 30 days

**NIRUH BASTI INGRDIENTS:**
- Dashmula kwath-400 ml
- Tila Tail-50 ml
- Madhu-30 ml

**DIAGNOSIS:** Dakshinpad Gridhrasi (Vataj)
**PROGNOSIS:** Sadhya
**TREATMENT:** Shamanachikitsa-
- Kaishor Guggulu 250 mg TDS with milk
- Mahavatavidhvansak rasa 125 mg 2 TDS with jala
- Dashmularishta 20 ml TDS After meals with koshnjala
- Gandharv Haritki-2 tabs with koshnjala

**SHODHAN CHIKITSA**
(PANCHKARMA SCHUDLE):
Total 30 days Karmabasti Table 1

**PURVAKARMA** – Snehana-
- Sarvangasnehana-Tila Tail

**SWEDANA** - Nadhiswedan-
- katiPradesh, dakshin pad, Sarvangaswedan.

**PRADHANKARMA** - Table 1 – Karma basti

**OBSERVATION**
Characteristic of Gradhrasi Pain and insomnia started decreasing simultaneously
with Karma Basti procedures followed on the patient and internal medications given. Takradhara worked on the mental condition of the patient. The patient was completely cured and was relieved from symptoms within 2 months.

CONCLUSION

Gridrasi being a vatavyadi needs a number of scheduled panchkarma which includes Basti as a major contributor, along with various samana drugs. A single case study highlighted the systemic effect of basti and saman treatment or internal medication very effective in treating Gridrasi.
REFERENCES

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