

## EFFECT OF VIDDHAKARMA IN GRUDHRASI (SCIATICA) – A CASE STUDY

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### ABSTRACT

One of the most prevalent conditions in today's culture is severe low back pain that radiates to the toes of one or both lower limbs. Men are slightly more likely than women to experience low back pain, which is particularly common among those who work. Sciatica is the most prevalent cause among its many manifestations. Sciatica is a disorder where pain spreads from the low back, usually to one leg, though it can also be bilateral in some cases. From an Ayurvedic point of view, its characteristics are like those of *Grudhrasi*. Two types of *Grudhrasi*, *Vataja* and *Vata-kaphaja*, have been mentioned in Ayurvedic texts. According to Ayurveda, *Grudhrasi* is one of the diseases brought on by a vitiation of Vata, which is one of the body's primaries doshas and oversees movement and function. *Grudhrasi* can occasionally result from both *Vata* and *Kapha* vitiation (*vata kaphaj*). The only options are surgery with adverse effects or conservative treatment that provides momentary pain relief. Today's patients need to find fast pain

treatment because pain has an impact on their physical, mental, and social well-being. Thus, the present research has been conducted.

**KEYWORDS:** *Grudhrasi*, *Viddhakrama*, Sciatica,

### INTRODUCTION

Eighty *Vata pradhana* diseases are described in the *Charaka Samhita*. Among the *Vata pradhana Vyadhi* is *Grudhrasi*.<sup>[1]</sup>

The age group of 30 to 50 is the most susceptible to Sciatica.<sup>[2]</sup> The incidence of sciatica resulting from lumbar disc prolapse is only 4-6% of the population, but the lifetime incidence of low back pain is 50-70%.<sup>[3]</sup> *Grudhasi* is commonly seen in individuals having sedentary lifestyles, poor posture, and excessive stress on the lower back muscles. The excruciating pain associated with sciatica makes it difficult for patients to walk, which interferes with daily activities. Modern medicine offers no adequate treatment; alternatively, patients must depend on painkillers, which function only temporarily. The cardinal sign of almost every *Vatavyadhi* is *shoola*. According to *Charaka*, *Grudhrasi* is also *Rujapradhana vatavyadhi*.

स्फिक्पूर्वा कटिपृष्ठोरुजानुजङ्घापदं क्रमात् । गृध्रसी स्तम्भरुक्तोदैर्गृह्णाति स्पन्दते मुहुः ॥ च.चि. २८/५६

The sciatic nerve in cases of sciatica radiates pain from the buttock to the outside edge of the foot, the posterior area of the thigh, and the calf.<sup>[4]</sup>

According to the *Charaka*, when *Vata* is vitiated—that is, when *Vata* alone or in combination with *Kapha* accumulates over *Katijangha Pardesh*—it results in the disease *Grudhrasi*. This is because increased intake of *Vatavardhak aahar* and *Vihar* vitiates *Vata*. The word *Grudhrasi* itself says the gait of patient i.e. *Grudhravat Chalan*. This gait is due to pain. In *Charaka Samhita*, there is description of main symptom in *Grudhrasi* i.e. *Ruja* (pain). To reduce this pain *aacharya sushruta* stated pain management like *siravedha* (*viddhakarma*), *agnikarma*, *jalaaukaavcharan*.

In *Sushruta Samhita*, *Sushruta acharya* has mentioned *Ashtavidha shastrakarma*.<sup>[5]</sup>

तच्च शस्त्रकर्माष्टविधम् । तद्यथा—छेदं, भेदं, लेख्यं, वेध्यम्, एष्यम्, आहार्यम्, विस्राव्यं, सीव्यमिति ॥ सु.सु. ५/५

Out of these eight types of surgical procedures. Here '*Viddha*' or *vedhana* is a Sanskrit word meaning 'to pierce or penetrate something.'

*Viddhakarma* is used for para-surgical procedure for pain management in various disorders.

## MATERIALS AND METHODS

### CASE REPORT

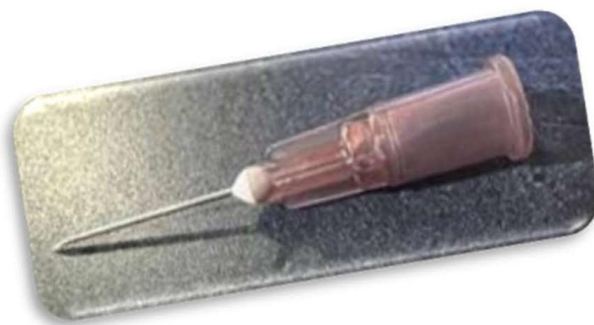
A 49 yr male patient came with chief complaints of pain in right lumbar region radiating towards right thigh, calf and foot, tingling sensation and stiffness, difficulty in walking for 1

year.

Patient had MRI of lumbar spine recently done suggest that herniation at L4-L5, and compression at sciatic nerve.

### ➤ Materials

Needle no. 26½, Surgical Spirit, Sterile Cotton



### ➤ Methods

#### *Purvakarma*

Informed written consent were taken. Whole procedure has been described to patient in details.

#### *Pradhankarma*

जानुसंधिरूपर्यधोवा चतुरंगुले गृध्रस्यां ॥ सु.शा. ८/१७

As *aacharaya sushruta* stated in *sharirsthan*, point marked on four fingers above the knee on lateral aspect of thigh.<sup>[6]</sup> The site then cleans with spirit swab. With the help of disposable needle no. 26½, point has been pierced at 45-degree angle and up to depth 3-4mm. after piercing point needle took out.

#### *Pashchatkarma*

The site then cleans with plane gauze piece. Same procedure had done 3 days in a week for three weeks.

## DISCUSSION

➤ Sciatic Nerve pathway – Situated near the rear of the leg, the sciatic nerve nourishes the muscles in the lower leg and back of the knee. It also gives sensation to the sole of the foot, the back of the thigh, and part of the lower leg.

- When *prakrita vayu* moves in its own direction, mental and bodily functions are smoothly carried out. Different *Vatavyadhi* are produced by vitiated *vayu* moving in *sira*. *Sira* always carry *vata*, *pitta*, *kapha* along with *rakta*<sup>7</sup>. When *Viddhakarma* performed, the most vitiated is expelled out first as *sushruta* stated.
- As per *Acharya Sushrut*, *marma* is *sannipata* of *mansa*, *sira*, *snayu*, *kandara*, *asthi*, *sandhi*, where *prana* stays.
- In the vicinity of *Kukundar Marma*, the precise point where the sciatic nerve passes through - dermatomes and myotomes are work for *viddhakarma*.
- So, in *Grudhrasi*, after performing *Viddhakrama* vitiated *dosha-vata* along with *kapha* and toxins also released out. Resulting relieves of symptoms and muscle relaxation of affected area.
- Local vasodilation increases after *viddhakarma*, due to peripheral tactile receptors and large sensory fibers stimulate which inhibits the local pain.

## CONCLUSION

*Grudhrasi* is lacking in a permanent cure. Analgesics are used temporarily. Numerous problems arise from surgical procedures. Therefore, as compared to other therapy methods *viddhakarma* is the para-surgical procedure that is most reliable, quick, and affordable. The patient can complete his routine work throughout the *Viddhakrama* settings. *Grudhrasi* is better off being managed by *Viddhakarma*. The process can be stated up as follows: Tactile receptors and sensory stimuli block the pain pathway. For local *Vata & Kaphaja Doshaj Vyadhi*, *viddhakarma* is better since it provides patients with immediate relief. Even after one or two sittings, there was an improvement that was noticeable, indicating how quickly this therapy responds.

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