

**AYURVEDIC MANAGEMENT OF GRIDHRASI W.S.R. SCIATICA: A
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Corresponding Author*Dr. Sneha Gutakar**Associate Professor, Babe Ke
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Gridhrasi is a vatavyadhi which has been categorised under the 80 types of Nanatmaja Vikaras. It is characterized by vitiation of vata dosha affecting the kandara or snayu of lower limb. There is severe pain that starts from lower back, radiates downwards to one or both the limbs along the posterior aspect of thigh, knee, calf upto dorsum of foot. On the basis of similarity in clinical features it can be correlated with sciatica in modern science. Gridhrasi is a vatavyadhi which can cause great discomfort and can hamper the routine activities of a person. This case study deals with 45 year old male Patient who

presented with sign and symptoms of gridhrasi. Patient was treated by shamans chikitsa with ayurvedic formulations. After completion of treatment patient got satisfied result.

KEYWORDS: Sciatica, Gridhrasi, Vata vitiation, Ayurveda.**INTRODUCTION**

1. In Ayurveda Gridhrasi is considered as one of the important vatavyadhi (Neurological disorders). The disease, characterized by shooting pain which is the prime symptom, starts from sphikka pradesha, posterior aspect of Kati and gradually radiates downwards along Uru, Janu, Jangha and Pada. This disease also affects the gait of the patient. The symptoms of gridhrasi are Stambha (Stiffness), Toda (pricking sensation), Ruka (Pain), and Muhu Spandan (Tingling). Its clinical features resembles with sciatica. It is the most common disorder in present era, affecting the young as well as old people. It is a symptom that arises due to the inflammation or compression of the sciatic nerve. It has been estimated that 5% to 10% of patients with low back ache develops sciatica over the time and on examination SLR test is found positive. Suptata (numbness) is the main

feature vataja type and Tandra, Gaurav and Arochak are the main symptoms of vatakaphaja type gridhrasi.

CASE REPORT

Chief complaints A 45 year old male patient presented with the chief complaints of in the opd of Govt Ayurvedic Medical College and Hospital, Akhnoor.

- Severe low backache since one month
- Pain radiating towards right leg associated with numbness and tingling sensation from 15 days.
- Unable to walk properly.

History of present illness

Patient was apparently alright one month back suddenly he developed backache that started radiating towards right leg along with tingling sensation and numbness since 15 days. Due to these symptoms he was unable to walk properly with restricted movements at the hip joint.

Clinical findings

On physical examination pulse rate- 80/min, BP – 130/80 mm/Hg Respiration rate- 20/min. The gait of the patient was changed and its more like a vulture with movements restricted at hip joint. On Table examination SLR test was found positive on right leg – 45 degree and negative on the left leg Lassegues sign was found positive. The MRI findings showed the fuse disc desiccation at L5 – S1 level and mild herniation at L4-L5 level causing nerve compression but the patient was having good canal space.

Treatment

- Tablet Shallaki 1BD after food with lukewarm water.
- Yogaraj Guggulu 2 tablet (500MG) BD after food with lukewarm water.
- Rasnasaptak Kwatha 20ml BD with equal quantities of water after food

The treatment was given for one month duration with followup after 15 days.

RESULTS AND OBSERVATION

The results that the patient got after the treatment was quite satisfactory there was improvement in the sign and symptoms of the patient he was comfortable in walking, standing and all his routine activities his gait got improved.

Sr.no	Symptoms	BT	Follow up (15 th day)	AT
1.	pain	3	2	0
2.	Tingling sensation	2	1	1
3.	Numbness	2	1	1
4.	Improper walk	2	1	0
5.	SLR Test	2	1	0

DISCUSSION

In this case the patient was treated with shaman chikitsa and the drugs used were Yograj Gugglu, Tablet Shallaki, and Rasnasaptak Kwatha. The principle action of Gugglu as mentioned in ayurveda are TridoshaShamak, Vednasthapana, Lekhana, Shoolhara and Shothhara. Tablet shallaki is indicated in disorders like Gout, Spondylitis, Inflammatory joint disorders. The main ingredients of Shallaki are Salai Guggulu, Gudduchi and Erandamula. Guggulu is known for its anti-inflammatory action along with Stiffness and joint pain relief. Guduchi is an immuno-modulator whereas Erandamula relieves constipation and subsides inflammation and swelling in joints.

Rasnasaptak Kwatha has Aampachaka as well as Vatashamaka properties. The ingredients have anti-inflammatory, immunomodulatory effects like Guduchi, analgesic property. Some have anti-arthritic effects like Erand, Rasna. Drugs like Aragwadh are mriduvirechaka that relieves constipation.

CONCLUSION

This shows that sciatica can be cured with aforementioned drugs without any side effects. The treatment protocol used in this single case study is effective in treating the disease but still an attempt must be made to study the drugs on large population for further exploration of its effects.

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