

**AYURVEDIC MANAGEMENT IN GRIDHASI W.S.R. SCIATICA -A  
CASE REPORT****Dr. Shivakumar Yaragal<sup>1\*</sup> and Dr. Rafiyabanu Talikoti<sup>2</sup>**

<sup>1</sup>Associate Professor, Dept. of Rachana Shareera, BLDE Associations' AVS Ayurveda  
Mahavidyalaya Hospital and Research Centre Vijayapura Karnataka – 586109.

<sup>2</sup>Assistant Professor, Dept. of Rachana Shareera, BLDE Associations' AVS Ayurveda  
Mahavidyalaya Hospital and Research Centre Vijayapura Karnataka – 586109.

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**\*Corresponding Author**

**Dr. Shivakumar Yaragal**  
Associate Professor, Dept.  
of Rachana Shareera, BLDE  
Associations' AVS  
Ayurveda Mahavidyalaya  
Hospital and Research  
Centre Vijayapura  
Karnataka – 586109.

**ABSTRACT**

Low back pain is one of the most common diseases affecting 60% to 80% of population. Low back pain affects the people of all ages from children to elder one. Among various causes of low back pain, Sciatica is most appearing one. Sciatica is a condition in which pain radiating along the sciatica nerve, which runs down one or both legs from the lower back. In Gridhrasi pain starts from Sphik and runs down to Kati Prusta, Uru, Jaanu, Jangha, and Pada along with pain it may be associated with stiffness, heaviness based on Dosha involvement. Ayurvedic treatment has good scope in managing Gridhrasi with Panchakarma procedures with oral medication. Here in this case study Patient was suffering from low back pain radiating to right lower limb she was treated with one course of Katibasti followed by Sarvanga basphasweda with one course of Yogabasti with oral medication. After treatment patient showed remarkable improvement in symptoms.

**KEYWORDS:** gridhasi, sciatica, low back pain.

**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. Pain is intolerable in nature which affect patient physically as well as psychologically. According to Acharya Charaka Gridharsa is one of the Vataja nanatmaja vikara.<sup>[1]</sup> Gridhrasi has been discussed by all the Acharyas under the heading of Vatavyadhi. Symptoms of Gridhrasi is

Spikapurva i.e., pain starts at hip and radiates to Kati, Prusta, Uru, Jaanu, Janga, Paada along with pain there is other complaints like Stamba, Toda, Muhur spandana, and if there is association of Vatakapha dosha than the symptoms like Tandra, Gourava and Arochaka will be present.<sup>[2]</sup> The symptoms of Gridhrasi will closely resemble Sciatica and treatment modalities told are Basti, Agnikarma and Siravyadha.<sup>[3]</sup> As there is major role of Vatadosha Snehana and Swedanakarma plays the major role in Vatashamana.

### CASE STUDY

A 42-year female patient visited Panchakarma OPD of DAMCH Ayurvedic hospital, Bareilly on date: 21/7/2022 with following details: Patient name: Ram lali Age/ Sex: 42yr /female DOA: 21/7/2022 DOD: 28/ 7/2022 Address: Muradabad.

### Chief Complaints

Low back pain radiating to right lower limb since 4 yrs. Difficulty and pain while walking and difficulty to sit on flat surface since 4 yrs.

H/o Present Illness: Patient is said to be healthy before 4yrs then she gradually developed symptoms like low back pain in lumbar region which is radiating to right lower limb and patient is having difficult to walk for longer distance and facing difficult to sit on flat surface because of pain. For these complaints patient approached allopathic hospital where she got medication and pain is relieved for some days but there is no complete recovery and there is reoccurrence of symptoms. Patient consulted many doctors but didn't get satisfactory result so patient approached to Panchakarma OPD for Ayurvedic cure.

### Past History

- N/H/O DM /HTN
- N/H/O Trauma or fall
- N/H/O Thyroid

### Personal History

- Diet – Mixed
- Appetite – Reduced
- Bowel – clear (1 time / day)
- Micturation – Normal (4–5 times / day)
- Sleep - Disturbed because of pain

**Astavidha pariksha Naadi:** Vatakaphaja

- Mala: Prakruta
- Mutra: Prakruta
- Jihva: Alipta
- Shabda: Prakruta
- Sparsha: Prakruta
- Druk: Prakruta
- Akrti: Madyama

**Nidan Panchaka**

- Hetu (Etiology)
- Ahara: More intake of Katu and Ruksha ahara, Atisnigda ahara (more oily items).
- Vihara: Lack of proper sleep.
- Others: Age related.
- Poorvarupa: Not observed.
- Rupa: Shula in Kati pradesha (region) radiating to Right lower limb.
- Upasay: By rest

**Samprapti**

Nidan sevan ---Vatavruddi----- Increased Ruksha and Kharata in Kati region -----Shula in Kati, Prusta, Uru, Jaanu, Jangha and Paad.

**Samprapti Ghataka**

- Dosha - Vata
- Dusya - Rasa, Rakta, Mamsa, Asthi, Majja
- Ama - Jaatraghnyama
- Agni- Jaatraghnyama
- Srotas- Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha
- Srotodusti prakara- Srotosanga
- Rogamarga- Madyama
- Udbhavasthana- Pakwashaya
- Vyaktsthana- Sphik, Kati, Prusta, Uru, Jaanu, Jangha, Paada
- Rogaswabhaba - Chirakari
- Sadhyasadyata - Yasya

**Systemic Examination**

- CNS- Conscious and well oriented with time and place.
- CVS- S1 and S2 heard normally.
- RS- Normal vesicular breath sounds heard and no added sounds.
- 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

Investigation MRI Report Date: 18 /5/2020 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). Bilateral lateral recess stenosis with impingement of the traversing nerve roots. 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. Partial to complete disc desiccation at L3 – L4, L4 – L5, L5 – S1 levels.

Treatment (13/3/2021 – 20/ 3/ 2021)

Kati basti - Kottamchukkadi taila followed by Sarvanga basphasweda.

Niruha basti – Eandamoola niruha basti.

Anuvasana basti – Sahacharadi taila (70ml) 13/3 14/3 15/3 16/3 17/3 18/3 19/3 20/3 AB NB  
AB NB AB NB AB AB

Shamana Aoushadi: (21/3/2021 – 3 /4/2021) 1. Cap. Gandha taila -1BD after food 2. Cap. Neuro XT -1 BD after food 3. Sahacharadikasaya – 3tsf BD Before food with warm water.

Follow up Medication: (4/4/2021 – 13/4/2021)

1. Astavarga kasaya – 3tsf BD Before food with warm water
2. Cap. Neuro XT – 1 BD after food

### 3. MM oil – External Application

#### **OBSERVATION AND RESULT**

After completion of one and half month of Ayurvedic therapy (Shodhana and Shamana) patient had found significant relief in the lumbar pain, with increased range of movement of spine. Patient able to sit on flat surface without having much pain and do all daily routine activities without pain.

#### **DISCUSSION**

Chikitsa sutra of Gridhrasi as per classic is Bastikarma, Siravyadha and Agnikarma. As Gridhrasi is Vatavyadhi, Chikitsa of Vatadosha Snehana and Shodhana is needed to pacify Vatadosha. The treatment principle applied for the management of this disease condition is Vedanastapana chikitsa and Vatashamana chikitsa. The probable mode of action of these Shodhana and Shaman Chikitsa can be explored as follow.

Kati basti with Kottamchukkadi taila. Kati basti helps to relieves pain and stiffness in the low back and lower limb. Relives swelling and inflammation in the low back, in the bones and soft tissue of the low back, brings lightness and a sense of health in the lower portion of the body. Kati basti strengths the low back, soothes the nerves supplying the low back and lower limb by enhancing blood supply to the low back.

Kottamchukkadi taila<sup>[4]</sup> contains more than 9 herbs, Chinchha Rasa and Dadhi. The overall properties of the drugs used are Tikta, Katu dominant Rasa, Laghu, Ruksha in nature, Ushna Virya, Katu Vipaka and indicated in Sandhigatavata, Gridhrasi, Kaphavataja, Vataja disorders and Amavata. Due to its properties, it acts as Amapachaka and many ingredients of it produce Lekhaniya, Shotahara and Shoolahara effect.

Erandamoola Niruha Basti Erandamoola is best Vatahara<sup>[5]</sup> Erandamoola has the properties of Kaphavata shamakaa and act as Shulagna, Sothagna, and also acts as Vedanasthnapana and Adhobhagarogahara.

As Basti is main Chikitsa in Gridhrasi Erandamoola niruha basti will plays major role to relieve symptoms of Gridhrasi.

Sahacharadi taila<sup>[6]</sup> Sahacharadi taila contain main ingredients like Sahachara which is Vatakapha shamaka and Dashamoola which is Tridosahara it is potent oil to combat Vatavyadhi, Kampha and Shosha.

Ganda taila<sup>[7]</sup> Ganda taila act as Vatapittahara and it support to Strengthen bones.

Sahacharadi kasaya has main ingredients like Sahachara, Suradaru, Shunti which are act as Vatakaphashamaka. It relieves pain associated with hip and low back.

Astavarga kasaya<sup>[8]</sup> Astavarga kasaya act as Vatakaphahara.

Cap Neuro XT It contains Ekangaveerarasa, Mahavata vidwasarasa, Vatagajankush rasa, Vata kulantaka rasa, these all helps to Vatashamana and Shulahara.

## CONCLUSION

We can conclude that with proper assessment and treatment Gridharsi can be successfully managed through Ayurvedic treatment of Panchakarma and Shamana aoushadhi with giving patient satisfactory result without any side effects.

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