

## AYURVEDIC MANAGEMENT OF GRIDHRASI- A CASE STUDY

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Article Received on  
25 October 2023,

Revised on 15 Nov. 2023,  
Accepted on 05 Dec. 2023

DOI: 10.20959/wjpr202322-30577



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## ABSTARCT

Today's busy world people are running behind the work and money. With that they forgot to care their health. So they are suffering from various disorders which have no permanent solution. Low back pain affects the people of all ages from children to elder one. Sciatica is a condition in which pain radiating along the sciatica nerve, which runs down one or both legs from the lower back. Sciatica pain sometimes hampers the person daily activities because of its intensity. As per Ayurvedic classics its features closely resembles the *Gridhrasi roga*. In *Gridhrasi* pain starts from *Sphik* (hip) and runs down to *Kati*, *Prusta* (back), *Uru* (thigh), *Jaanu* (knee), *Jangha* (calf), and *Pada* (foot) along with pain it may be associated with stiffness, heaviness based on *Dosha* involvement. Contemporary medicine has limitation with short term pain relief or surgical interventions which are sometime more costly to afford and also long term pain medication will have side effects. 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 both lower limb she was treated with one course of *shodhana ans shamana* therapy.

**KEYWORDS:** low back pain, *gridhrasi*, sciatica, *yoga basti*.

## 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

some to most astonishing intolerable in nature which affect patient physically as well as psychologically.

In ayurveda it is explained under *vataja nanatmaja vydhi*.<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* (waist), *Prusta* (back), *Uru* (thigh), *Jaanu* (knee joint), *Janga* (calf muscle), *Paada* (foot) along with pain there are other complaints like *Stamba* (stiffness), *Toda* (pricking type pain), *Muhur spandana* (tingling sensation), and if there is association of *Vatakapha dosha* then the symptoms like *Tandra* (lethargic), *Gourava* (heaviness) and *Arochaka* (anorexia) will be present.<sup>[2]</sup> The symptoms of *Gridhrasi* will closely resemble Sciatica and treatment modalities told are *Basti*, *Agnikarma* and *Siravyadha*. As there is major role of *Vata dosha* *Snehana* and *Swedana karma* plays the major role in *gridhrasi*.

## CASE REPORT

A 43 year male patient visited *Kayachikitsa* OPD of Ashwini Ayurvedic hospital, Tumkur on date: 1/07/2023 with following details.

Patient name: XYZ

Age/ Sex: 43yr /male

OPD No: 17086

DOA: 10/7/2023

DOD: 19/ 7/2023

Address: Chikanayahalli

## Chief Complain

- Low back pain radiating to both lower limb since 1 year.
- Difficulty and pain while walking and difficulty to sit on flat surface since 3 months.

## H/O Present Illness

Patient is said to be healthy before 1yr then he gradually developed symptoms like low back pain in lumbar region which is radiating to both lower limb and patient is having difficulty to walk for longer distance and facing difficulty to sit on flat surface because of pain. For these complaints patient approached local hospital where he got medication and pain is relieved for some days but there is no complete recovery and there is recurrence of symptoms. Patient

consulted many doctors but didn't get satisfactory result so patient approached to *Kayachikitsa* OPD seeking Ayurvedic cure.

### Past History

- N/H/O DM /HTN /Thyroid /Trauma or fall
- H/O RHD (in childhood- on medication)

### Personal History

- Diet – Mixed
- Appetite – good
- Bowel – clear (2 time / day)
- Micturation – Normal (4–5 times / day)
- Sleep - Disturbed

### Astasthan Pariksha

- *Naadi- Vatakaphaja*
- *Mala- Prakruta*
- *Mutra- Prakruta*
- *Jihva- Aipta*
- *Shabda- Prakruta*
- *Sparsha- Prakruta*
- *Druk- Prakruta*
- *Akruti- Madyama*

### Nidana Panchaka

#### *Nidana*

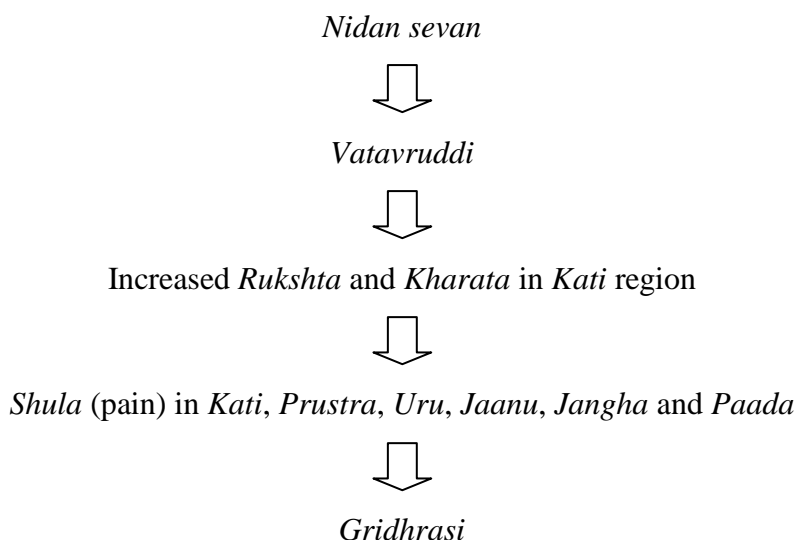
*Ahara*: More intake of *Katu* and *Ruksha ahara*.

*Vihara*: excess field work.

*Poorvarupa*: Not observed.

*Rupa*: *Shula* in *Kati pradesha* (region) radiating to both lower limb.

*Upasay*: By rest

***Samprapti******Samprapti Ghataka***

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

**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.

**Locomotor Examination****Inspection**

- Gait- Antalgic gait
- Deformity- No any deformity

**Palpation**

- Tenderness– Positive at L3, L4 and L5
- Muscle tone– Good
- Muscle power– Right upper limb and lower limb– 5/5
- Left upper limb and lower limb– 5/5

**SPECIAL TEST**

Test	Right leg	Left leg
SLR	Positive 45 <sup>0</sup>	Positive 45 <sup>0</sup>
Bregards test	Positive 45 <sup>0</sup>	Positive 45 <sup>0</sup>

**INVESTIGATION on 22/04/23**

1. Mild Disc Bulge at L1-L2, L2-L3 & L3-L4
2. Disc protrusion L4-L5
3. Moderate spinal canal stenosis
4. Posterior Annular tear

**TREATMENT****SHAMANA AUSHADHIS (for- 7 days)**

1. Tab Agnitundi Vati 2 bd b/f with hot water
2. Cap Palsinuron 2 bd a/f with hot water
3. Sahacharadi Taila
4. Kineaz Liniment

**Shodhana (11-07-23 to 18-07-23)**

1. Sadyovirechana with gandharva hastadi taila 100ml f/b drinking ushna jala
2. Sarvanga abhyanga with prasarini taila
3. Sarvanga patra potali sweda f/b bhaspa sweda

**4. Yoga basti**

- ✓ Anuvasana basti with prasarini taila 50ml
- ✓ Niruha basti - Eranda Moola Niruha Basti

12/7	13/7	14/7	15/7	16/7	17/7	18/7	19/7
AB	NB	AB	NB	AB	NB	AB	AB

**Follow up medication (for 1 month)**

1. Cap Lumbatone 2 BD B/F with ushna jala

2. Tab Ekangaveera Rasa 1 TID A/F with ushna jala
3. Syr. Rasna Saptaka Kasaya 5tsf BD B/F with ushna jala
4. Mahavisha Garbha Taila l/a

#### Assessment of Patient

S No	Criteria	Before Treatment	After Shodhana	After Follow Up
1	Low back pain radiating to both lower limb	8+	5+	1+
2	Difficulty and pain while walking	8+	5+	1+
3	Sleep	Disturbed	improved	improved

Test	Right leg	Left leg
SLR	Negative	Negative
Bregards test	Negative	Negative

#### OBSERVATION AND RESULT

After completion of one and half month of Ayurvedic therapy (*Shodhana* and *Shamana*) patient had found significant relief in the back pain, with increased range of movement of spine. As per patient words, patient is now able to walk more than 500m with not much difficulty, 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.

**Tab Agnitundi vati**<sup>[3]</sup>- it contains *parada*, *triphala*, *visha*, *yava ksara*, *jeeraka*, *vidanga*, *tankana bhasma*, *vishamusti* etc. it helps for *deepana pachana* and *vedana shamaka*.

**Cap Palsinuron**- it contains *mahavata vidwamsa rasa*, *sameerapannaga rasa*, *ekanga veera rasa*, *sootasekhara rasa* etc. It is indicated for neuromuscular disorder.

**Sahacharadi taila**<sup>[4]</sup>- It contains main ingredients like *Sahachara* which is *Vatakapsha shamaka* and *Dashamoola* which is *Tridosahara* it is potent oil to combat *Vatavyadhi*, *Kampha* and *Shosha*.

**Sadyovirechana**- it helps for *vata anulomana* which helps for reducing the *shoola* and *stabdhata*.

**Gandharva hastadi taila**<sup>[5]</sup>- *Gandharva hasta* means *eranda*, it is the best for *dosha recahana* & *vata anulomana*.

**Eranda moola niruha basti**- *Erandamoola* is best *Vatahara*<sup>[5]</sup> *Erandamoola* has the properties of *Kaphavata shamakaa* and act as *Shoolaghna*, *Sothagha*, and also acts as *Vedanasthnapana* and *Adhobhagarogahara*. As *Basti* is main *Chikitsa* in *Gridhrasi* *Erandamoola niruha basti* will play major role to relieve symptoms of *Gridhrasi*.

**Prasarini taila**<sup>[6]</sup>- it is used for *anuvasana basti* as it is directly indicated for *gridhrasi*.

**Cap lumbtone**- it contains *guduchi*, *punarnava*, *eranda*, *devadaru*, *aragwada*, *rasna*, *sahachara*, *guggulu*, *nagara* etc. it is directly indicated in *gridhrasi*.

**Tab ekangaveera rasa**<sup>[7]</sup>- it contains *parade*, *gandhaka kantalo*, *hahasma*, *vanga bhasma*, *naga bhasma*, *tamra bhasma*, *abhraka bhasma*, *tripahal*, *trikatu*, *nirgudi*, *vishamusti* etc, all ingredients are *ushna virya* in nature which act as *kapha hara* and *vedana shamaka*.

**Syp. Rasna saptaka kasaya**<sup>[8]</sup>- it is explained in *chakradatta*. It is indicated for *shoola* in *jangha*, *uru*, *parswa*.

**Mahavishagarbha taila**<sup>[9]</sup>- it contains *nirgundi*, *chitraka*, *langali*, *dasamoola* like *ushna dravya* which is *vatakapsha hara*. It is directly indicated in *gridhrasi*.

## CONCLUSION

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

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