

THERAPEUTIC EFFICACY OF AYURVEDA IN LUMBER DISC HERNIATION, [GRIDHRASI] – A CASE STUDY

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ABSTRACT

A disc bulge or herniated disc occurs when the inner gel-like material (nucleus pulposus) of a spinal disc pushes through a tear in the outer layer (annulus fibrosus), potentially compressing nearby nerves. This can lead to localized pain, radiating pain, numbness, tingling, and muscle weakness, affecting daily tasks. Globalization has caused lifestyle changes, leading to poor posture and stress, contributing to spinal issues like low back pain and sciatica. *Gridhrasi*, a *Vata* disorder, benefits from *Snehana* therapy. This study compares the effectiveness of *Abhyantara Snehana* through *Matra Basti* (internal therapy) and *Bahya Snehana* through *Sarvang Abhyang Swedan* (external therapy) in treating this condition. A 39-year-old female, diagnosed with disc bulging at Pt. Khushilal Sharma Ayurvedic College OPD, presented with lower back pain and tingling sensations in her right leg. She underwent a comprehensive *Ayurvedic* treatment plan, which included *Panchakarma* procedures such as *Sarvang Abhyanga Swedan*, *Patra Pinda Swedan*, and *Matra Basti* with

Sahacharadi Tail, along with *Shaman Aushadis* to balance *Vata dosha* and alleviate symptoms associated with disc bulging and nerve compression. After completing the treatment and subsequent follow-ups, the patient reported significant improvement in both lower back pain and the tingling sensation in her right leg. The pain was notably reduced, and

mobility was enhanced. This case study highlights the efficacy of *Ayurvedic* therapies, especially *Panchakarma*, in managing lumbar disc bulging and associated nerve pain. The results demonstrate *Ayurveda's* potential as an effective alternative or adjunctive treatment for musculoskeletal and nerve-related disorders.

KEYWORDS: *Gridhrasi, Panchakarma, Matra Basti, Patra Pinda Swedan*, lower back pain.

INTRODUCTION

Herniated lumbar disc is a displacement of disc material (nucleus pulposus or annulus fibrosis) beyond the intervertebral disc space^[1] Lumbar disc herniation consists of displacement of the content of the intervertebral disc (the pulpous nucleus) through its external membrane (the fibrous ring), generally in its posterolateral region. Depending on the volume of herniated material, there may be compression and irritation of the lumbar nerve roots and the dural sac, represented clinically by the pain known as sciatica. This pain has been known since ancient times, but its relationship with disc herniation was only discovered at the start of the twentieth century, when it was described by Mixter and Bar.^[2]

A lumbar disc bulge, also referred to as a lumbar disc herniation, occurs when one or more of the intervertebral discs in the lower back protrude beyond their normal boundary. The intervertebral discs, located between the vertebrae, serve to cushion and absorb shocks, while allowing flexibility and movement in the spine. When a disc bulges or herniates, it can lead to various symptoms, including pain, numbness, or weakness, often affecting the lower back, legs, or feet.^[3]

Gridhrasi is one among the *Vataja nanatmaja Vyadhi* hence *Samanya nidana* and *samprapti* of *Vatavyadhi* can be considered for eliciting the pathology of the disease. In *Gridhrasi*, *sphik* (buttocks), *Kati* (lumbar), *Prushta* (back), *Uru* (posterior of thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot) are affected by *Ruk* (pain), *Toda* (pricking pain), *Sthamba* (stiffness) and *Muhuspandana* (tingling sensation) are the symptoms found in *Vataja* type of *Gridhrasi* whereas in *Vata-Kaphaja* type of *Gridhrasi*, *Tandra* (fatigue), *Gourava* (heaviness) and *Arochaka* (aversion) in addition to *Vataja* type is found.^[4]

In *Ayurveda*, *Gridhrasi* is primarily treated through *Snehana* (oleation) therapy, which includes both *Abhyantara Snehana* (internal oiling) and *Bahya Snehana* (external oiling). These therapies help to pacify the *Vata dosha*, ease pain, and restore balance to the body.^[5]

The use of *Abhyantara Snehana* (internal oiling) is done through *Matra Basti*, an internal therapy that directly helps to nourish the *Vata dosha* and alleviate deep-seated pain. *Bahya Snehana*, such as *Sarvang Abhyanga* and *Sarvang Patra Pinda Swedan*, involves external applications to soothe the muscles and improve circulation, which is particularly beneficial for managing the symptoms of *Gridhrasi*.^[6]

CASE REPORT

A 39 year-old Female patient came to the IPD of Pt. Khushilal Sharma Govt. Ayurveda Institute, Bhopal with.

Demographic data

- Name of patient – ABCD
- Age – 39 years
- Gender – female
- Education – high school
- Marital status –Married
- Occupation – house wife

Chief Complaints

- 1). Pain in lower back region and radiating to left leg toe - 6 months
- 2). Difficulty and pain in waking and bending forward- 4 months
- 3). Stiffness in lower back region and left leg -4 months
- 4). Numbness in left leg -4 months
- 5] Tingling sensation in left leg -4 months

Examination

Pallor	Absent
Icterus	Absent
Clubbing	Absent
Oedema	Absent
Cyanosis	Absent
Blood pressure	110/70 mm/hg
Pulse	76/ min

Rhythm	Regular
Respiration rate	18 /min

Ashtasthana pariksha

Nadi: vataj,kaphaj	Shabda: Spashtha
Mutra samyak pravrutti	Sparsha: Anushnasheeta
Mala samyak pravrutti	Drika: Samyaka
Jihva Niram	Aakriti: Madhyam

S.N.	HISTORY	DETAILS OF THE PATIENT
1.	Past history	No H/O Diabetes mellitus Hypertension, Thyroid No any past surgical history No any drug history No any other major illness
2.	Family history	No, any important family history
3.	Personal history	Diet – Vegetarian Addiction – tea Bowel – clear Sleep – Disturb during pain

Locomotor system examination

- Inspection - Gait – limping
- Discomfort in walking and sitting for long duration
- No localized swelling and redness.
- Reflexes are intact
- No varicosities

Palpation - Tenderness at L 4 – L -5 Region

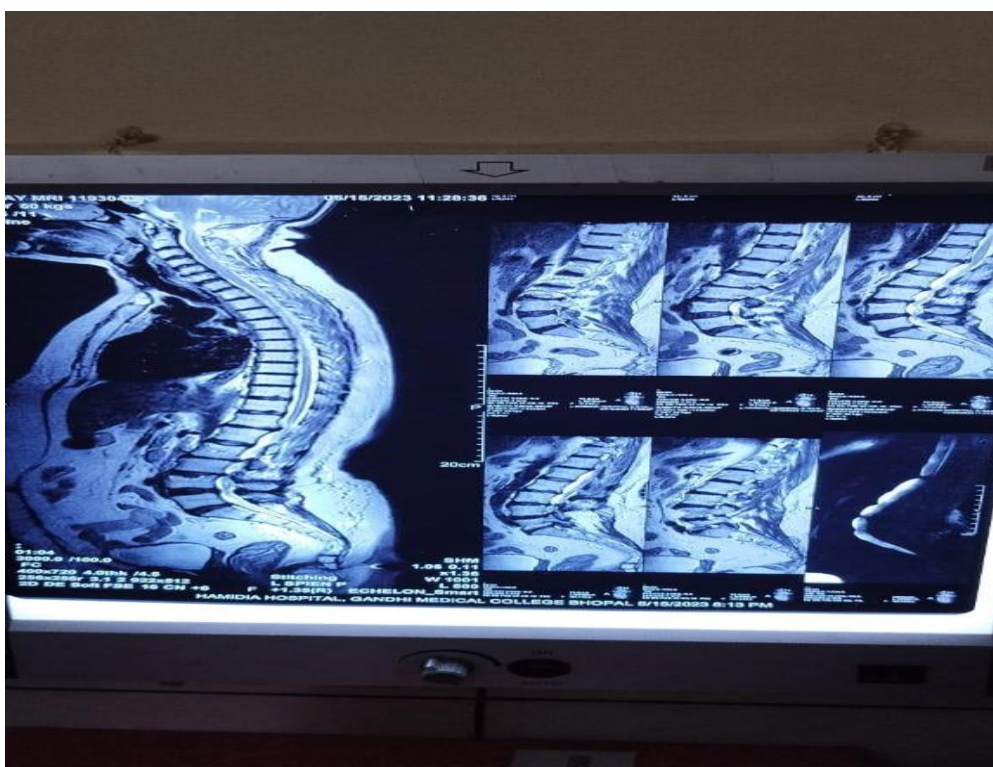
- Muscle tone good
- Muscle power grade right extremities [upper and lower 5/5]
- Left extremities [upper and lower]
- Range of movement of lumbar spine [ROM]
- Forward flexion of lumbar spine is limited to 20 cm above ground

Specific test - SLR Test

- Left leg positive – 30 °
- Right leg positive – 40 °
- Bragards test – positive in left leg
- Lasegue test – positive in left leg

Mri report finding

- L4-5 Disc Bulge
- L3-4 Disc Bulge: L1-2 Disc Bulge
- D11-12 Disc Bulge
- D9-10 and L1-2 Intervertebral Space Reduced:
- Schmorl's Node at L3 Vertebral Body
- Disc Desiccation Multiple Levels.



	TREATMENT	DURATION	DRUG
PANCHAKARMA PROCEDURE	SARVANG ABHYANGA SWEDAN	30 MIN PER DAY 25 DAYS	MAHAVISHGHARBHA TAIL
	SARVANG PATRA PINDA SWEDAN	30 MIN PER DAY 25 DAYS	MAHAVISHGHARBHA TAIL
	MATRA BASTI	15 DAYS 60 MI PER DAY	SAHACHARADI TAIL
SHAMAN DRUGS	TRIYODASHANG GUGGUL 3 GM	BD 30 DAYS	LUKEWARM WATER
	ABHA GUGGUL	2 BD 30 DAYS	
	VATAVIDHAWANSAN RAS	2 BD 30 DAYS	
	PARIJATPATRA KWATH	10 ML BD 30 DAYS	

Mid point and progress

- On initial day the symptoms were severe to moderate, however on 1st day of *panchakarma* and *shaman aushadhi* the symptoms such as pain in lower back region to radiating to left leg reduced from severe [+++] to moderate, Difficulty and pain in waking and bending forward relieved moderate [+++] to mild [++], Stiffness in lower back region subsided from moderate [++] to mild [+],
- Numbness and tingling sensation in left leg to decreased severe [+++] to mild [++]
- Type of assessment**

Type of assessment	Before treatment	After treatment
1.Pain in lower back region and radiating to left leg toe	6 + [VAS Score]	2+ [VAS Score]
2.Difficulty and pain in waking and bending forward	6 + [VAS Score]	1+ [VAS Score]
3.Stiffness in lower back region and left leg	3+	1+
4.Numbness in left leg	2+	0
5.Tingling Sensation left leg	3+	0
6.SLR test right leg left leg	+ve at 40 ° +ve at 30 °	Negative + ve at 70 °
7. Bragards test right leg Left leg	Negative Positive	Negative Negative
8. Lasegue test left leg	Positive	Negative

Endpoint finding

- The patient came for follow up on day 14th and 30th day.
- During assessment it was observed that on 30th day the patient got relief from all the symptoms of disc Bulging [*Gridhrasi*].

CONCLUSION

- The present study shows the ayurvedic mode of treatment works effectively in the management of lumbar disc bulge. Though *gridhrasi* and lumbar disc bulge similar etiology and clinical symptoms. *Gridhrasi* is a common disorder of present era. It is *vata Pradhan vyadhi* which is treated by *vata shaman* therapy like *sarvang patra pinda swedan*, *sarvang abhagya swedan*, *matra basti*, and *shaman* medicine.
- On giving 30 days treatment to patient their 80 % relief to the patient by t/t given with the positive changes in symptoms.
- The change in SLR test from right 40° to negative and left leg 30° to 70 °change of relief was found as per the t/t given to the patient.

- After the following the treatment and follow up 30 days, there were improvement lower back region and radiating to left leg toe, difficulty and pain in waking and bending forward, relief in stiffness in lower back region and left leg and relief in numbness and tingling sensation.
- **Triyodashang Guggul** is a potent Ayurvedic formulation that offers a range of benefits, especially for musculoskeletal, neurological, and inflammatory conditions. It helps reduce pain, inflammation, and stiffness while promoting overall healing and rejuvenation. As with all Ayurvedic treatments, it is important to use Triyodashang Guggul under the guidance of a qualified Ayurvedic practitioner to ensure safe and effective use tailored to your specific needs.
- **Abha Guggul** is widely used for its ability to reduce inflammation in the body, making it particularly effective in treating conditions such as arthritis, rheumatism, gout, and various types of joint pain. The anti-inflammatory properties of Guggul and the additional herbs in this formulation work together to alleviate swelling, stiffness, and discomfort in the affected areas.
- **Vatavidhawan Ras** is an effective Ayurvedic treatment for Vata imbalances, particularly for pain, inflammation, and stiffness in conditions like arthritis, joint pain, muscle spasms, and nerve disorders.
- **Parijatpatra Kwath** is a highly effective Ayurvedic remedy for managing a variety of Vata and Kapha imbalances, especially those related to joint health, gout, arthritis, inflammation, and skin conditions. Its anti-inflammatory, antioxidant, blood-purifying, and detoxifying properties make it a powerful tool for pain relief, improving mobility, and supporting overall health.
- Sarvang abhyanga swedan improved circulation it enhances blood circulation, aiding in nutrient delivery and wasteremoval, muscle tension, stiffness and joint pain
- Sarvang patra pinda swedan is an eddective ayurvedic therapy that combines the healing properties of medicated herbal leaves with heat therapy to restore balances and health in the body. it is highly beneficial treatment to joint pain, muscle stiffness.
- Matra basti is a therapeutic ayurvedic treatment designed to nourish and rejuvenate the body, with a particular focus on the digestive and nervous systems. This treatment involves the administration of small amounts of medicated oil though the rectum.

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