

MANAGEMENT OF GRIDHRASI – A CLINICAL PERSPECTIVE**¹*Dr. P. V. N. R. Prasad, ²Dr. K. J. Lavanya Lakshmi and Dr. P. L. Alaekhya**¹Professor, Dept. of Rasa Shastra and Bhaishajya Kalpana, Dr. NRS. Govt. Ayurvedic College, Vijayawada-AP.²Associate Professor, Dept. of Agada Tantra and Vidhi Vaidyaka.³P.G. Scholar, Dept. of Panchakarma.Article Received on
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Kalpana, Dr. NRS. Govt.Ayurvedic College,
Vijayawada-AP.**ABSTRACT**

Gridhrasi is a crippling disease that hampers the routine of life. It is considered one amongst the most Obstinate & Prominent types of Vata Vyadhis and is categorized under Nanatmaja Vata Vyadhi though occasional Kaphanubandha is seen. Its description is available in almost all the Classics of Ayurveda. The classics of Ayurveda have not mentioned any specific etiological factors but etiology of Vata Vyadhi is usually considered for Gridhrasi also. Gridhrasi is correlated to Sciatica of contemporary Medicine where it is considered as a symptom but not disease. It originates in the lumbar region, specifically in Sphik, Kati and Pakvashaya travelling along the sciatic nerve's path, before ending at the outside of the foot. The most frequent causes are disc herniation and degenerative changes, trauma such as spine twisting, carrying heavy objects, or exposure to cold which are frequently present in the past. The modern life style, dietary habits, injudicious ways of physical activities and also mental strain are said

to have definite role in the occurrence. But the remedial measures & modalities available so far are unsatisfactory. Ayurveda offers a range of better options in the management of Gridhrasi. Though Apana and Vyana Vayu vitiation is observed, most of the times Kapha remains as associated Dosha. Hence, Ayurveda recommends drug with Madhura, Amla, Lavana rasa, Snigdha, Ushna guna, Vata shamaka, Kapha shamaka, Vatanulomaka, Dipana Pachana (digestive carminative), and Shula prashamana properties. Sushruta has advocated Agnikarma and Siravedha in Gridhrasi as superior to other treatment modalities and in addition to the conventional Panchakarma procedures.

KEYWORDS: Vata Vyadhi, Nanatmaja Vyadhi, Gridhrasi, Sciatica, Siravedha.

INTRODUCTION

Gridhrasi (Sciatica) is one amongst the most Obstinate & Prominent types discussed by all the Acharyas of Ayurveda under Vata Vyadhi and is considered as a Nanatmaja Vata Vyadhi^[1] though occasional Kaphanubandha is seen. It is a crippling disease that explains a set of symptoms starting from the low back, hip and or buttocks and radiating towards the foot along posterior or lateral aspect of thigh, knee joint and leg due to either irritation or compression of one or more of the five nerve roots forming the sciatica nerve or prolapsed Inter Vertebral Disc. The disease is so named since the gait of the patient indicates walks like a Grudhra, the Vulture due to severe persistent migrating pain.

According to contemporary medicine, Gridhrasi is a symptom not a disease which is progressive and hampers the routine life. It is first described by Contugno in 1770 and is called as Contugno's disease. But the terminology sciatica came into use about the beginning of 19th century. The condition is gaining prevalence three times more in males than the female sex in the present scenario with lifetime incidence of Sciatica more than 40%, and Clinically significant Sciatica occurring only in 4-6% of population.

The pain is caused in the hip and to the whole path of sciatic nerve. The modern life style, dietary habits, injudicious ways of physical activities and also mental strain are said to have definite role in the occurrence and the remedial measures & modalities available so far are unsatisfactory.

NIDANA

In Ayurvedic works, no specific Nidana has been mentioned for Gridhrasi, but the causative factors mentioned for Vata Vyadhi and also the provocative factors of Vata are taken as the causes of Gridhrasi. These factors are explained in the following four categories.^[2]

S.No.	Category	Details
1.	Aharaja Nidana	Ruksha, Sheeta, Laghu, Alpa Anna, Katu, Tikta, Kashaya Rasa, Langhana, Abhojana
2.	Viharaja Nidana	Ativyayama, Ativyavaya, Atiprajagara, Vishama Upachara, Plavana, Atiadhva, Diwaswapna, Vegadharana
3.	Manasika Nidana	Chinta, Shoka, Krodha & Bhaya
4.	AnyaNidana	Ati Asruk Sravana, Dhatukshaya, Varsharitu, Marmabhighata, Margavarana, Rogatikarshana etc.

Charaka Samhita also makes a mention of Trauma on Lumbo-sacral spine (Abhighata), Postural defects (Vishamachesta), Overloading (Bharavahana), Abrupt unbalanced movements (Atichesta), Continuous jerky movements, Sedentary lifestyle as well as Psychological factors like Chinta, Shoka, etc., as contributory factors for Sciatica.^[3]

SAMPRAPTI GHATAKA

S.No.	Factor	Details
1.	Dosha	Vata, Vata-Kapha, Rarely Pitta
2.	Dushya	Rasa, Rakta, Mamsa, Asthi, Majja, Sira, Snayu
3.	Marma Involved	Kukundara, Nitamba
4.	Srotas	Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha
5.	Sroto-Dushti	Sanga, Margavarodha
6.	Roga Marga	Madhyama
7.	Udbhava Sthana	Pakwashaya (Vataja), Amashaya (Vata-Kaphaja)
8.	Vyakta Sthana	Sphik, Kati, Prishtha, Uru, Janu, Jangha, Pada
9.	Vyadhi Swabhava	Chirakari
10.	Sadhyasadhyata	Yapya

CLASSIFICATION^[4]

S.No.	Category	Cause	Conditions Included
1.	Vataja (Degenerative)	Dhatu Kshaya	Degenerative Disc Disease, Lumbar Spondylosis, Degenerative Spondylosis, Lumbar Arthritis, Disc Herniation, Lumbar Compression Fracture
2.	Vata – Kaphaja (Cauda Equina Syndrome)	Margavarana	Spinal lesions and Tumors, Spinal Infections or Inflammation, Lumbar Spinal Stenosis, Birth Abnormalities, Violent injuries to the Lower Back (gunshots, falls, auto accidents), Spinal Arterio-Venous Malformations (AVMs), Spinal Hemorrhages (subarachnoid, subdural, epidural), Post-operative Lumbar Spine Surgery Complications, Radiculopathies, Compressive Myelopathies, Listhesis.

SYMPTOMS

S.No.	Category	Symptoms
1.	Vataja	Ruk (pain), Toda(pricking sensation), Stambha (stiffness), Muhuh Spandana (tingling sensation) ^[5] , Sakti Kshepana Nigrahanti ^[6] , Sakti Utkshepana Nirgrahanti ^[7] , Pada Uddharane Asakthi (Aruna Dutta), Dehasyapi Pravaktrata ^[8]
2.	Vata – Kaphaja	In addition to the above symptoms the following additional symptoms are seen. Tandra (drowsiness), Gaurava (heaviness), Agnimandya (loss of appetite), Arochaka (anorexia) ^[9] , Mukha praseka (hyper salivation) ^[10] , Pain and stiffness in the neck, back, or lower back, Burning pain that spreads to the arms, buttocks, or down into the legs (sciatica), Numbness, cramping, or weakness in the arms, hands, or legs, Loss of sensation in the feet, Trouble with

		hand coordination, “Foot drop”, weakness in a foot that causes a limp, Loss of sexual ability, Loss of bowel or bladder control, Severe or increasing numbness, between the legs, inner thighs, and back of the legs, Severe pain and weakness that spreads into one or both legs, making it hard to walk or get out of a chair.
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SYMPTOMS OF NERVE INVOLVEMENT

S.No.	Nerve Involved	Symptoms
1.	D - 12	Sudden onset of back pain, Increase of pain intensity while standing or walking, A decrease in pain intensity while lying on the back, Limited spinal mobility, Eventual height loss, Eventual deformity and disability.
2.	L - 1	Tingling or numbness, Weakness of muscles, Increased sensitivity, Pain in the back, and limbs
3.	L - 2	Difficulty in walking up the Stairs, Radiation of pain into the front of Thigh, Weakness of Ileo – Psoas Muscle, Numbness, Tingling, Burning sensation around Psoas area
4.	L - 3	Sharp shooting pain in the Thigh, Burning pain in the inner part of the leg, Diminished or absent patellar reflex, Diminished Knee-Jerk, Mid-Thigh Paraesthesias, Quadriceps weakness, Diminished sensation in Front of Lower thigh
5.	L - 4	Tingling, numbness (pins & needles), burning sensations in the foot and legs, Weakness in the feet and legs, May have trouble to Stand or Walk, Diminished or absent patellar reflex, Altered sensation in front of lower thigh, Knee, Weakness of Quadriceps and Tibialis Anterior, Diminished Knee-jerk and Heel walk
6.	L - 5	Numbness down the side of the leg, Numbness into the top of the foot, Diminished or absent Achilles reflex, altered sensation in Back of Thigh, Lateral Aspect of Leg, Dorsum of Foot & Big Toe, Weakness in Extensor Hallusis Longus muscle, Diminished Knee-jerk, Pain & Numbness in the Top of the Foot, particularly in the Wave Between the Great Toe and The 2 nd Toe
7.	S - 1	Numbness down the back of the leg into the outside or bottom of the foot, Weakness is another symptom of nerve root compression, Decreased function in the muscles supplied by the compressed nerve root, Diminished or absent Achilles reflex, sensory loss at Back of Leg, Lateral aspect of the Foot and Sole, Wasting of Calf Muscles and Plantar Reflexors weakness, Diminished Knee-jerk, Difficulty in walking on Toe - tips

DIAGNOSIS

Thorough Clinical Examination and Lasegue’s Test (SLR), Bragard Test, Bowstring Test, X – Ray, C.T. Scan, M. R. I., E. M. G.

DIFFERENTIAL DIAGNOSIS

Lumbar Radiculopathies, Peripheral Artery Disease, Meralgia Paraesthetica, GTPS, Hip – OA, S.I.J., Deep-Gluteal / Piriformis Syndrome, AVN of Hip, Focal Neuropathies, Inflammatory / Metabolic causes.

PROGNOSIS

The prognosis in Gridhrasi depends upon the chronicity of the onset, Intensity of Etiological factors, Severity of the condition and Extent of damage and also associated conditions & Co-morbidities and it can be explained as under:

S.No	Category	Conditions
1.	Sukha Sadhya	Recent Origin with no associated conditions
2.	Kashta Sadhya	Conditions associated with Avruta Vata and where the treatment is delayed
3.	Asadhya	If associated with Vatarakta, Madhumeha, Kshaya, Malignancies and Compressive Myelopathies

UPASAYA & ANUPASAYA

S.No	Category	Upasaya	Anupasaya
1.	Ahara	Godhuma, masha, Purna Shali, Patola, Vartaka, Rasona Taila, Ghrita, Taila and Ksheera	Mudga, Kalaya, Brihat Shali, Yava, Kodrava, Kshara, Tikta and Kashaya Rasa
2.	Vihara	Abhyanga, Tarpana, Swedana, Nirvata Sthana, Atapa Sevana, Nasya and Vasti	Chinta, Bhaya, Krodha, Chankramana, Anasana, Vega-vidharana, Jagarana

CHIKITSA

SAMANYA CHIKITSA

S.No	System	Treatment Modalities
1.	Ayurveda	Nidana Parivarjana, Shamana Chikitsa, Vata-Vyadhi Chikitsa, Rasayana Chikitsa
2.	Modern Medicine	Conservative Management, Epidural Steroid Injection, Peri-Radicular Infiltration, Physiotherapy, Surgery

Ayurveda offers a range of better options in the management of Gridhrasi. Though Apana and Vyana Vayu vitiation is observed, most of the times Kapha remains as associated Dosha. Hence, Ayurveda recommends drug with Madhura, Amla, Lavana, Snigdha, Ushna guna, Vatashamaka, Kaphashamaka, Vatanulomaka, Dipana-Pachana (digestive-carminative), and Shulaprashamana properties.^[11]

Sushruta has advocated Agnikarma and Siravedha procedures in gridhrasi as superior to other treatment modalities.^[12] In Vata-Kaphaja Gridhrasi Vamana plays important role in Kaphaja

symptoms. It expels the antigens causing inflammatory changes in body especially in vertebral column region thereby inflammation will be reduced and the compression over the nerves is released. Though Chakrapani indicated Urdhwa Shodhana^[13] (Vamana) in Gridhrasi, Vagbhata and Sushruta have contraindicated Vamana in Vata Vyadhi.

VISHESHA CHIKITSA OF GRIDHRASI

S.No	Text	Treatment Modalities
1.	Charaka Samhita ^[14]	Vamana, Virechana, Dipana, Pachana, Vasti, Siravyadha, Agnikarma & Shirovasti (in some commentaries)
2.	Susruta Samhita ^[15]	Siravedha along with all the conventional treatment modalities explained for Vatavyadhi as applicable basing on the presenting symptomatology
3.	Ashtanga Hridaya ^[16]	Snehana, Swedana, Mrudu Samshodhana, Vasti, Agnikarma, Siravedha at Indravasti marma & all the general measures of Vatavyadhi
4.	Vrindamadhava ^[17]	Vamana, Virechana, Vasti, Vidarana & Agnikarma
5.	Chakradatta ^[18]	Pachana, Vamana, Vasti, Vidarana, Siravedhana, Agnikarma, Dagdha Karma, Lepana
6.	Vangasena Samhita ^[19]	Karshana, Rookshana, Dipana, Pachana, Ishtika Sweda, Upanaha Sweda, Siravedhana followed by Gunja kalpa lepana
7.	Harita Samhita ^[20]	Abhyanga, Swedana, Rakta Mokshana
8.	Bhela Samhita ^[21]	Rakta Mokshana
9.	Yoga Ratnakara ^[22]	Agnikarma, Siravedhana

SNEHANA^[23]

S.No	Category	Oils
1.	Acute Pain	Kottamchukkadi, Prabhanjana Vimardana, Murivenna, Nirgundi, Maha Narayana Taila
2.	Rigidity/Spasticity	Karpasastyadi, Maharaja Prasarinyadi, Laghu Chinchadi, Sahacharadi, Vishagarbha Taila
3.	Degenerative	Gandha, Maha Masha, Ksheerabala, Balaswagandha Taila
4.	Paraesthesias	Karpasastyadi, Dhanwantara, Narayana, Bala, Ketaki Muladi, Chandana Bala Lakshadi, Khajita Pinda Taila
5.	Listhesis	Dhanwantara, Mahanarayana Taila
6.	Compressions	Prabhanjana Vimardana, Narayana, Maha Vishagarbha Taila
7.	Muscular	Karpasastyadi Taila, Kottamchukkadi Taila, Nirgundi Taila, Karpuradi Taila
8.	Tendons & Ligaments	Gandha Taila, Murivenna, Karpasastyadi Taila, Chinchadi Taila

SWEDANA^[24]

S.No	Category	Swedana
1.	Vataja	Nadi Sweda, Shashtika Shali Pinda Sweda, Kaya Seka
2.	Vata Kaphaja	Nadi Sweda, Valuka Sweda, Churna Pinda Sweda, Jambeera Pinda Sweda, Patra Pottali Sweda

VIRECHANA^[25]

S.No	Category	Virechana
1.	Vataja	Gandharva Hastadi, Eranda Taila
2.	Vata Kaphaja	Misraka Sneha, Nirgundi – Eranda Taila, Trivrit Leha

VASTI^[26]

S.No.	Vasti	Condition
1.	Panchatikta Ksheera Basti	Pain, Tenderness, and Positive SLR test, Bragard's sign
2.	Mustadiyapana Yoga Basti	Pain and Positive SLR test
3.	Vaitarana Basti	Pain, Pricking sensation, stiffness, Catching type of pain, Twitching sensation, Drowsiness, Gourava, Aruchi and Positive SLR test
4.	Bhrimhana Ksheera Basti	Pain, Stiffness, Positive SLR test
5.	Dashamula Kwata Niruha Basti	Pain, Stiffness, Pulsation, Aruchi and Positive SLR test
6.	Eradamula Ksheera Basti	Pain, Stiffness, Numbness and Positive SLR test
7.	Dashamula Niruha Basti	Pain, Pricking sensation, Stiffness, Twitching sensation, Positive SLR test and Bragard's sign
8.	Vrishyadi Niruha Basti	Pain, Pricking sensation, Numbness, Twitching sensation, Anorexia, Drowsiness, Gourava and Positive SLR test, Walking distance
9.	Karma Basti	Pain, Pricking sensation, Numbness, Twitching sensation and Positive SLR test
10.	Vajigandhadi Taila Kala Basti	Pain, Tenderness, Positive Bragard's sign

The final outcome of Vasti Karma vary basing on the method of administration, Pratyagamana Kala, Drugs selected, Condition of the disease in which Vasti is given, Age of the patient, Matra and quality of Vastidravya, Season and skill of the person administering the Vasti.

RAKTA MOKSHANA

Rakta mokshana is one of the fascinating and satisfactory answers for Gridhrasi. It is predominantly indicated in rakta, pitta and kapha's vyadhis or when pitta or kapha is in anubandha to vata dosha. Sushruta has mentioned that when measures like snehana, swedana, lepadhi kriya are ineffective, Rakta Mokshana gives quick relief. It is the only shodhana procedure where the vitiated dosha's are taken out from the shakha's by creating an artificial route. Rakta takes important role in spreading the disease from one part to the other part of the body by carrying the toxins or vikruta dosha's.^[27]

Siravyadha is considered as the procedure of choice amongst Rakta Mokshana in Gridhrasi since it offers satisfactory answers and quick relief in Gridhrasi and was advocated by many

Acharya, including Charaka, Sushruta, Vagbhata, Chakradatta, and Yogratanakara with various sites for Siravyadha. Bhela claimed that Gridhrasi responds well to Raktamokshana.

Siravedha is done in an acute condition of diseases having pain as prominent feature and also in conditions of Vata prakopa due to Kapha avarana, to remove the avarana of Kapha dosha giving way for anulomana gati of vitiated vata thus directly cures the Vatika symptoms along with symptoms produced by Kapha dosha.^[28]

SITES FOR RAKTA MOKSHANA

S.No	Author	Site for Rakta Mokshana
1.	Charaka ^[29]	Antara kandara of Gulpha sthana
2.	Sushruta ^[30]	At Janu sandhi after sankocha (Flexion) of Janu sandhi
3.	Vagbhata ^[31]	Four angula above or below Janu pradesha
4.	Yoga Ratnakara ^[32]	In the area of four angula around Basti and Mutrendriya

AGNI KARMA^[33]

According to Sushruta and Vagbhata, in the management of sira, snayu, asthi, and sandhigata vyadhi, Agnikarma is indicated and Gridhrasi being one of the diseases of these samprapti, Agnikarma is very effective in treating the chief complaint of pain in patient suffering from sciatica. Acharyas have suggested different sites for agnikarma as under:

S.No	Author	Site for Agni Karma
1.	Charaka ^[34]	Antara kandara of Gulpha sthana
2.	Harita ^[35]	Four angula above the gulpha in tiryak gati
3.	Chakradatta ^[36]	Pada kanishthika Anguli (little toe of the affected leg)
4.	Susruta ^[37]	Posterior side of the leg at four angulas below the Indra Basti Marma
5.	Vrindamadhava ^[38]	Pada kanishthika Anguli (little toe of the affected leg)
6.	Yoga Ratnakara ^[39]	Pada kanishthika Anguli (little toe of the affected leg)

INTERNAL ADMINISTRATION

GUGGULU YOGA

S.No.	Category	Guggulu Yoga
1.	Vataja – Degenerative	Lakshadi Guggulu, Panchatiktaka Ghrita Guggulu, Shiva Guggulu, Swayambhuva Guggulu
2.	Vata – Kaphaja	Kaisora Guggulu, Navaka Guggulu, Punarnavadi Guggulu, Simhanada Guggulu, Vyadhi Shardula Guggulu, Yogaraja Guggulu
3.	Desiccation – Protrusion – Prolapsed	Lakshadi Guggulu, Sama Sharkara Guggulu, Shadushana Guggulu, Suddha Guggulu, Vatari Guggulu, Maha Yoga-rajaguggulu
4.	Involvement of Muscles –	Abha Guggulu, Rasnadi Guggulu, Swayambhuva

	Tendons - Ligaments	Guggulu, Trayodasanga Guggulu
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RASAUSHADHA

S.No.	Rasaushadha	Indications
1.	Vata Gajankusha Rasa	Acute, Non-inflammatory, Aruchi, Tandra & Gaurava
2.	Vata Vidhwamsana Rasa	Acute, Inflammatory, Arachnoiditis, Neuritis etc...
3.	Mahavata Vidhwamsana Rasa	Acute, Inflammatory, Fever, Pain-Chest, Nausea/Vomiting
4.	Vata Rakshasa Rasa	Chronic, Recurrent, Radiculopathies, Muscle Wasting etc.
5.	Rasaraja Rasa	Degenerative, Neuropathies, Neuro-Muscular, Palsies
6.	Ekanagaveera Rasa	Myelopathies, Radiculopathies, Intense & Pulsating pain, Spasticity, Rigidity etc.
7.	Samirapannaga Rasa	Vata-Kaphaja, Stenosis, Listhesis, Stiffness etc.
8.	Brihadvata Chintamani Rasa	Chronic, Neuropathies, Paraesthesias etc.
9.	Yogendra Rasa	Rigidity, Spasticity, Emaciation etc..
10.	Chaturmukha Rasa	Rigidity of Ligaments & Tendons, Wasting of Muscles, Nerve Debility, Spondylosis
11.	Agni Tundi Vati	Deepana, Pachana, Shulaghna, Vata – Kaphaja Gridhrasi
12.	Vishatinduka Vati	Inflammatory pathologies, Vata-Kaphaja, Spondylitis

PATHYA^[40]

S.No.	Category	Details
1.	Rasa	Lavana
2.	Shuka Dhanya	Godhuma
3.	Simbi Dhanya	Masha, Kulattha
4.	Mamsa Varga	Kukkuta, Chataka, Jangala Mamsa
5.	Shaka Varga	Patola, Kushamanda, Shigru, Mulaka
6.	Phala Varga	Dadima, Badara, Draksha
7.	Anyā Dravya	Lashuna, Punarnava, Jeeraka
8.	Karma	Abhyanga

APATHYA^[41]

S.No.	Category	Details
1.	Rasa	Kashaya, Tikta, Kat
2.	Simbi Dhanya	Mudga, Kalaya, Chanaka
3.	Shaka Varga	Bimba, Kareera
4.	Vihara	Chinta, Prajagara, Vegadharana, Shrama
5.	Karma	Chardi, Langhana

PHYSIOTHERAPY

S.No.	Modality	Benefits
1.	Ultra Sound	Reduce pain, Increase Circulation, Increase mobility of Soft Tissues, Muscle Spasm & Tendinopathy, Muscle Injury secondary to IVPD, Muscle Strain Injuries
2.	Interferential Therapy	Delivers continuous deep stimulation into the affected tissue, Pain Relief, Increased Blood Flow, Muscle Stimulation, Decrease Oedema

3.	Trans-cutaneous Electrical Nerve Stimulation	Useful in both Acute & Chronic Pain, Neuropathies, Radiculopathies
4.	Lumbar Traction	Increase the inter-vertebral space by distraction, Exert centripetal force at the back of the joint and suction to draw the disc protrusion towards the center of the joint
5.	Stretching Exercises	Boosts Flexibility & Mobility in muscles, Improve performance in physical activities, Decrease risk of injuries, Help joints move through their full range of motion, Increase muscle blood flow, Enable muscles to work most effectively, Improve ability to do daily activities
6.	Strengthening Exercises	Increase the strength of specific or groups of muscles, Encourages the growth, increasing the Muscle Strength, Decrease energy expenditure as muscles are more efficient, Reduce risk of injury, Improve function & Improve quality of movement

YOGA

S.No.	Yogasana	Benefits
1.	Pada Hastasana	Improves Balance, Flexibility & Posture, Tone up & Energize Spinal Nerves & Muscles, Stretches Thigh Muscles, Improve the strength of Calf, Thigh & Gluteus Muscles, Improves flexibility of Hamstrings, Strengthens Quadriceps, Hip – Flexors and Knee Joints and Stretches Lower – Back and Piriformis muscle thereby relieving Sciatic Pain
2.	Balasana	Releases tension in the Back, Shoulders & Chest, Stretches & Lengthens the Spine, Gently stretches Hips, Thighs & Ankles, Stretches Muscles, Tendons & Ligaments in the Knee – Joint
3.	Adhomukha Svanasana	Helps stretch and tone the back muscles, strengthens the legs and feet, Lengthens the spine, Strengthen the arms, legs and lower body, Stretch the chest, back, calves and feet and relieve lower back pain, Increase strength and flexibility, Relieves Spasm in Tendons & Ligaments
4.	Bhujangasana	Enhance flexibility and decrease the stiffness of the lower back, Gives the upper & lower back a reasonable extension. Thus, helping in strengthening spine
5.	Shalabhasana	Helps to strengthen back muscles, Helps in repairing and replenishing the entire spinal cord, Strengthens the hip bones
6.	Ardha Kati Chakrasana	Provides stretch to Spine & Keeps it Flexible, Tones the Muscles around Hip, Waist & Abdomen, Strengthens the hip bones
7.	Ardha Matsyendra-sana	Helps in the agility of the spine, Elongate and restores natural alignment of Spine, Release stiffness in lower-back muscles, Increase the flexibility of Skeletal muscles and Para-spinal ligaments & Tendons, Increase Blood circulation in the Pelvic area.
8.	Setu Baddhasana	Stretches Hip Flexors, Strengthens Lower-back, Decompresses Spine, Strengthens Lower Back
9.	Pavana Muktasana	Strengthens back and abdominal muscles, Tones up the core

		muscles of legs and arms, Stimulates pelvic muscles, Stretches neck and back effectively, Loosens spinal vertebrae and makes it flexible, Cures back pain.
10.	Marjaryasana	It stimulates spine and neck, Provides good stretch to neck, back, hips and abdomen, Increase the flexibility of the spinal cord and improve the blood flow to the lower back muscles.
11.	Padangushtasana	Strengthens the muscles of the spine and legs, improve their Flexibility and Range of Motion, Increases the flexibility of the thigh muscles and Increases range of motion of the spine and the hip joint.
12.	Supta Padangushtasana	Strengthens the body's core muscular system, Helps in toning hamstrings, hips and leg muscles, Helps in lower back pain through dynamic control of core-stabilizing muscles
13.	Supta Kapotasana	Releases lower body tension and improve circulation in the hips, lower back and legs, and thighs, Stretches Gluteus, Hamstring & Quadriceps, Strengthens Hip – Flexors, Improves Range of Motion & Flexibility of Hip
14.	Ekapada Raja Kapotasana	Increases hip mobility, Uses core strength to keep hips level, Targets the Psoas Muscle and Hip flexors.
15.	Viparita Karini	Promotes relaxation by activating the parasympathetic nervous system, Alleviates stress, Enhances self-healing, Aids in better Circulation, Eases tension in the lower back and hamstrings, Reduces Muscle cramps
16.	Gomukhasana	Elongates spine and corrects bad posture, Strengthens the muscles of the back, hips, ankles, shoulders, thighs, inner armpits, triceps, and chest.

DISCUSSION

Gridhrasi is one of 80 Nanatmaja Vata Vyadhi i.e., it is caused only because of vitiated Vata and hence, Vataprakopaka Lakshanas are seen as the cardinal symptoms in the disease. Depending on the Karma & Sthana, the influence of Apana and Vyana Vayu Dusti can be assessed. The Vitiating Vata is reflected through Dhatushaya and Margavarodha. Because of the Samprapti Vishesha, the same Nidanas produce different manifestations according to the Sthana where Dosha-Dushya Sammurchhana takes place and also Vyanjaka Hetu (exciting cause).

The internal medications used in the treatment of Gridhrasi possess Vatashamaka, Kaphashamaka, Amapachana, Dipana, Vedana Sthapana and Rasayana properties. Due to Ushna Virya and Vatanulomana properties, they normalize the movement of Apana Vaayu and Vyana Vayu. Furthermore, it checks blockage of path occurred due to Kapha and so helps to relieve Stambha and Shotha (edema) and they corrects Agni and relieves generalized symptoms such as Aruchi, Tandra, and Gaurava too.

According to Sushruta and Vagbhata, in the management of sira, snayu, asthi, and sandhigata vyadhi, Agnikarma is indicated and Gridhrasi being one of the diseases of these samprapti, Agnikarma is very effective in treating Gridhrasi.

The Panchakarma procedures advocated liquefies the Doshas and expand the srotas, thereby facilitating the doshas to travel toward their own sthana resulting in the Sroto sanga vighatana (breakdown the pathogenesis by removing obstruction in the micro channels). With each therapy being tailor made to suit the severity and requirements specific to the patient, the benefit is quite encouraging.

CONCLUSION

Ayurveda has identified since ancient times and uniquely named this disease as Gridhrasi. Ayurvedic classics have described various treatment modalities in the management of Gridhrasi since ancient times. These have stood the test of time and even today, are useful in bringing relief to the sufferers of this dreadful disease. With each therapy being tailor made to suit the severity and requirements specific to the patient.

As per the Ayurvedic treatment principle, Shodhana with Shamana followed by Vasti is the line of treatment of Vata situated in Adhobhaga. The overall therapeutic effect of the above mentioned therapies indicate that the collaborative approach of various Panchakarma procedures can results in comprehensive cure and recovery in Sciatica.

Physiotherapy and regular practice of prescribed Yogasana helps in increasing the Strength and flexibility of Muscles decrease the rigidity and Stiffness in Tendons & Ligaments, improves range of Motion of Joints and functional capacity of Muscles and Joints and thus contribute significantly in comprehensive recovery of the patient from sciatica and its associated issues.

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