

EVALUATION OF EFFECT OF VIDDHAKARMA IN GRIDHRASI WSR TO SCIATICA

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ABSTRACT

Gridhrasi(Sciatica) is a musculoskeletal disorder in *ayurveda*, in which patient walks like *gridha*(vulture), So named as gridhrasi. In this disease, extreme and radiating pain occurs from the lower back to thighs and legs. *Viddha karma* is explained in *Sushrut Samhita* which works very good in pain management and does eradication of *Avrodhaof vata* [Obstruction]. In *ayurveda avrutavatais* the main cause of pain in *Gridhrasi*. A case study of a 54years old female patient with the complaints of shool in kati Pradesh, sancharivedana from kati to Dakshin pada, pricking pain in thighs, stambha. right leg SLR positive was treated with *ayurveda*. This whole study was completed in 14days, where *Viddha karma* was performed on every alternate day in 7 settings. *ViddhaKarma* is effective in alleviating sciatica pain and related symptoms.

KEYWORDS: Gridhrasi, Sciatica, Ayurvedic Chikitsa, Viddha karma.

INTRODUCTION

Gridhrasi (sciatica) is a vatavyadhi explain in Ayurvedclassics.^[1] According to Acharya Sushrut, when the kandara (nerve) is affected due to vitiated vata then the movements of lower limb get restricted, that is known as Gridhrasi (Sciatica).In that Pain starting from the gluteal region and radiating towards the area of the waist, low back, thigh, knee and toes are the common complaints of sciatica.

The prevalence of sciatica is appeared to have no gender predominance. The peak incidence of sciatica is reported in the fourth decade of life and the lifetime incidence is between 10% to 40%, with an annual incidence is between 1% to 5%.

According to ayurveda the etiological factor of Gridhrasi (Sciatica) are – Ratrijagaran (Night awakening), laghutikta-kshaya-katuaaharsevan (Light, spicy, pungent, bitter diet), Atishram (excess physical work), Aghataj (trauma) and Mansikhetu (mental causes) like Krodha (anger), Shoka (sorrow), and Bhaya (fear).

The common symptoms of Gridhrasiare Ruka (pain), Toda (pricking sensation), Stambha(stiffness), and Muhuspandana(twisting in the gluteal region) in Kati(waist), Prishtha(low Back), Uru(thigh), Janu(Knee), Jangha(calf), and Pada(toes).^[2]

Due to changing lifestyle more number of patients have suffering from sciatica. In modern science there is treatment like NSAIDs but get temporary relief, lots of side effects and Surgery is last resort. So, there is need of study on sciatica according to Ayurvedic view.

In Ayurveda, there are specific line of treatment described for vatavyadhi, but Acharya Sushrut has particularly explained Viddha karma in Gridhrasi (Sciatica).^[3] As Gridhrasi (Sciatica) is a vatavyadhi, in which the symptom is severe pain due to vata and Viddha karma is an intense pain reliever. It decreases the pain by eliminating the avrutavata (obstruction) around the place where is pain present and vata is the causative factor of all the pain.

Aim of the present study was to evaluate the effect of viddhakarma in Gridhrasi.

CASE HISTORY

MATERIALS AND METHODS

- Study design – Single-arm clinical case study.
- Study Place- Panchkarma OPD Ayurved Hospital.
- Informed consent was taken from the patient.

Plan of Study

Sr.No	1	2	3	4	5	6	7
Days	1 st day	3 rd day	5 th day	7 th day	9 th day	11 th day	13 th day
Viddha karma done	✓	✓	✓	✓	✓	✓	✓

Procedures

Pre procedure

For Viddha Karma material required

- 26 number needle
- gauze piece
- Spirit
- marker

Procedure

- Lie down in left lateral position.
- Marked the area with marker, where the four Anguli (distance between the first finger to the fourth finger of patient) below and above the right knee joint.
- Clean that area with spirit.
- Then injected the needle into the marked area and remove back within 60 second.

Post-Procedure

- Clean the blood with gauze.
- Rest

Case Presentation

A fifty-four-year-old, married house wife was suffering with shool in kati Pradesh, sancharivedana from kati to Dakshin pada, pricking pain in thighs, stambha since 1 year and came to the Panchakarma OPD at Ayurveda Hospital.

Chief Complaints

1. Ruka (Pain) in kati Pradesh
2. Toda (Pricking Pain) in thighs
3. Stambha (Stiffness) – Difficulty in movements such as walking and front bending.
4. Radiating pain from lumber region to the right leg.

Past History- There is no history of any illness or accident or fall.

Family History –Nil.

On Examination

Blood pressure – 120/90 mm of Hg

Pulse-74/minute

Nadi – Vata Pradhan pitta

Mala– 1 time/day unsatisfied

Mutra – 4–5 times/day

Jivha – Niram

Nidra – Normal

Kshudha – Normal

Weight – 60 kg

Local Examination

SLRT – Right leg positive at 45 degree

Left leg negative

Therapeutic intervention

Viddha Karma : The patient was advised seven settings of Viddha Karma on alternate day. In this study location of Viddha Karma was four Anguli (distance between the first finger to the fourth finger of patient) below and above the right knee joint.

Assessment criteria.

Subjective parameter.

Table 1: Ruka (Pain).

Sr.no	Pain	Grade
1	No pain	0
2	Mild pain	1
3	Moderate pain	2
4	Severe pain	3

Table 2: Toda (pricking pain).

Sr.no	Toda (pricking pain)	Grade
1	No pricking pain sensation	0
2	Mild pricking pain sensation	1
3	Moderate pricking pain sensation	2
4	Severe pricking pain sensation	3

Table 3: Stambha (Stiffness).

Sr.no	stiffness	Grade
1	No stiffness	0
2	Mild	1
3	Moderate	2
4	Severe	3

Objective Parameter

Table 4: Straight leg rise test.

Sr.no	Degree	Grade
1	More than 90 degree	0
2	61-90	1
3	31-60	2
4	Up to 30	3

Ayurvedic Anulomak medicine.

Gandharva haritaki 500mg HS with lukewarm water for 7 days.

RESULTS AND OBSERVATION**Table 5: Assessment Before and After Treatment.**

Sr. No	Parameters	Grades Before Treatment	Grades After Treatment
1	Ruka (Pain)	3	1
2	Toda (Pricking pain)	2	1
3	Stambha (Stiffness)	2	0
4	SLR	45 degree right leg	60 degree right leg

After above observation it was seen that their was significant result in the symptoms of gridhrasi. After 7 settings of the viddhakarma and improvement in flexibility was seen.

DISCUSSION

Mode of Action of Viddha

In viddha karma, when we insert the needle into the painful site first aavruttavata (obstruction) which comes out (vatanuloman) by which the pain relieved immediately. At the time of vatanuloman, little quantity of blood also came out which gives the raktamokshan (bloodletting) effect.^[4] Acharya Sushrut advised specific points for viddha karma along with the area of pain. When needles go inside it causes the release of neurotransmitters like endorphins pain killers that may inhibit pain pathways.^[5]

CONCLUSION

In this study, the patient got almost 75% relief which is very high that is also in a very short time of period. Above results reveal that Viddha Karma is a potential management option for the pain-related condition of sciatica.

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