

## A CASE REPORT ON MANAGEMENT OF SCIATICA THROUGH AYURVEDIC APPROACHES

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## ABSTRACT

Sciatica is painful condition which described as Gridhrasi in Ayurveda and categorizes as Vataja nanatmaja vikara. The pain in Gridhrasi starts from Kati-Prushta radiating towards Jangha pada with stiffness. Ghridhrasi can be treated with many approaches and ayurveda described specific role of herbs and Panchakarma in the management of Gridhrasi. Considering these all facts this article presented a case report of management of Gridhrasi through Ayurveda approaches. A patient suffering from sciatic pain (pain radiating towards posterior part) reported at clinic and cardinal symptoms of Sciatica were observed during clinical investigation. Patient was treated with Basti followed by Swedana. The Ayurvedic therapy provided marked improvement in intense symptoms of sciatica.

**KEYWORDS:** Ayurveda, Gridhrasi, Sciatica, Pain, Swedana.

## INTRODUCTION

Sciatica is condition of low back pain in which spinal nerves may get affected; the nerve pinched inside or outside of spinal canal passing through the leg. Sciatic pain can develop suddenly or gradually. The condition characterized with pain radiating along the sciatic nerve and associated with tingling numbness, stiffness and pricking sensation. The cases are more common in mid or elderly age group peoples, men's are more prone towards the sciatica than women.<sup>[1-5]</sup>

*Ghridhrasi* is divided into two types depending upon the involvement of *Dosha* as depicted in **Figure 1**.



**Figure 1:** Types of *Ghridhrasi* based on *Dosha* predominance.

The sign and symptoms of *Keval vataja Ghridhrasi* are pain, pricking sensation, twitching in buttock, low back pain and stiffness. The *Vatakaphaja gridhrasi* is associated with symptoms of heaviness, anorexia and drowsiness, etc.

*Katu* and *Ruksha ahara* and *Atisnigda ahara*, improper sleep, physical exertion, riding, lifting of heavy object and awful physical conducts, etc. mainly considered as *Hetu* of disease.

**Samprapti Ghataka**

- *Dosha:* Vata
- *Dusya:* Mamsa, Asthi, Majja
- *Agni:* Jaataragnijanya
- *Srotas:* Asthivaha, Majjavaha
- *Udbhavasthana:* Pakwashaya

The *Ghridhrasi* in Ayurveda treated as *Vata vyadhi*, in this regard Ayurveda suggested *Shodhan karma* and *Shaman chikitsa* for treating sciatica. The *Shaman chikitsa* uses internal medicine and *Shodhan karma* utilizes purification measure like *Basti chikitsa*. This case report presented role of ayurveda in the management of sciatica with clinical case representation.<sup>[5-7]</sup>

## CASE REPORT

Patient of 42 year of age reported with complaints of pain in low back, pain radiating towards the thigh and calf region, patient also complained about difficulty in walking, stiffness and numbness. The history of pain last from 1-2 yrs, no other illness reported by patient, the symptoms of pain developed gradually and he avoided initially but in later stage condition became worst and he moved towards the ayurvedic practitioner.

**Personal history**

| Diet  | Appetite | Bowel | Micturation     | Sleep                             |
|-------|----------|-------|-----------------|-----------------------------------|
| Mixed | Reduced  | Clear | 4-5 times / day | Disturbed, may be due to the pain |

**Astavidha pariksha**

| Naadi       | Mala     | Mutra    | Jihva  | Shabda   | Sparsha  | Druk     | Akruti  |
|-------------|----------|----------|--------|----------|----------|----------|---------|
| Vatakaphaja | Prakruta | Prakruta | Alipta | Prakruta | Prakruta | Prakruta | Madyama |

**Rupa observed**

*Nidan sevan* causes *Vatavruddi* which increases *Rukshta* and *Kharata* in *Kati* region leading to the *Shula* in *Kati*, *Jaanu*, *Jangha* and *Uru* region.

After the examination the patient was diagnosed as sciatica patient, and treated with *Snehan*, *Swedan* and *Shaman Chikitsa*.

**Assessment Criteria and Grading of Symptoms**

| S. No. | Parameters   | Severity/Grade         | Score |
|--------|--------------|------------------------|-------|
| 1      | Pain         | No pain                | 0     |
|        |              | Occasional pain        | 1     |
|        |              | Severe pain            | 2     |
| 2      | Tenderness   | No tenderness          | 0     |
|        |              | Tenderness on pressure | 1     |
|        |              | Tenderness on touching | 2     |
| 3      | Walking Time | Walk without pain      | 0     |
|        |              | Walk with pain         | 1     |
|        |              | Pain on standing       | 2     |

**Treatment Given****External Treatment**

- **Snehan:** With *Dashmool Tail* for 30 days.
- **Swedan:** *Nirgundi Patra pinda* for 30 days

**Aushadhi**

- *Rasnadi Guggulu*, 500 mg with *Koshna Jala*
- *Ashwagandha churna*, 3gm BD with Milk

**RESULTS**

The findings of study depicted as follows on the basis of improvement in symptoms and reduction in grade score of parameters.

| S. No. | Parameters   | Score Before Treatment | Score After Treatment |
|--------|--------------|------------------------|-----------------------|
| 1      | Pain         | 2                      | 0                     |
| 2      | Tenderness   | 2                      | 1                     |
| 3      | Walking Time | 2                      | 0                     |

**DISCUSSION**

The major symptoms of disease are pain, stiffness and tenderness, etc. The ayurveda therapy helps to retard the symptoms of diseases. *Dashmool Tail* was used for *Snehan*, *Nirgundi Patra pinda* was used for *Swedan*. *Rasnadi Guggulu* and *Ashwagandha churna* were used as *Aushadhi* for internal treatment. These therapies reduced pain and stiffness; also expel waste (toxins) from the body and improves circulation of muscles.

The therapy pacifies *Vata* and *Kapha dosha*, provides *Asthiposhaka* effect, the *Stambh* effects provides strength

to muscle and nerve thus improves symptoms of disease. The *Ushna Virya* of therapy gives *Vatashaman* and *Vedanasthapana* effects. Therapy helps to correct *Sanga Srotodusti* and *Deepana* effects imparts *Amapachana* property thus relives accumulated toxins and clear channels thereby boost up circulation. The anti-inflammatory effect of therapy reduces pain and inflammation. The external therapy reduces swelling and relieves muscle spasms thus help to cure back pain. Therapy increases blood flow through the capillaries, imparts *Shoolahar* and *Shothahar* effects therefore relieves symptoms of *Gridhrasi*.<sup>[6-9]</sup>

**CONCLUSION**

Sciatica is painful condition considered as *Vataja nanatmaja vikara*, possesses symptoms of pain, stiffness and tenderness. *Ghridhrasi* can be treated with internal medicines and *Panchakarma*. The present case study reported successful treatment of *Ghridhrasi* using Ayurveda therapy; *Snehan*, *Swedan* and *Aushadhi*, etc. The patient of *Ghridhrasi* treated with Ayurvedic therapies which include *Dashmool Tail* for *Snehan*, *Nirgundi Patra pinda* for *Swedan*, *Rasnadi Guggulu* and *Ashwagandha churna* as *Aushadhi*. The Ayurvedic therapy provided marked improvement in symptoms of sciatica. The study suggested that these Ayurveda approaches can be used as for treating symptoms of *Ghridhrasi*.

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