

AYURVEDIC MANAGEMENT IN CASE OF GRIDHRISI W.S.R. SCIATIC NERVE  
PALSY: A CASE REPORTDr Ratnesh Kumar Shukla\*<sup>1</sup> and Dr. Shweta Agrawal<sup>2</sup><sup>1</sup>PG Scholar, 1<sup>st</sup> Year, Pt KLS Govt. Ayurved College and Institute, Bhopal, M.P.<sup>2</sup>Assistant Professor, Panchkarma Department, Govt. Ayurveda College, Rewa, M.P.

\*Corresponding Author: Dr Ratnesh Kumar Shukla

PG Scholar, 1<sup>st</sup> Year, Pt KLS Govt. Ayurved College and Institute, Bhopal, M.P.

Article Received on 29/01/2024

Article Revised on 19/02/2024

Article Accepted on 09/03/2024

**ABSTRACT**

Nowadays, Ayurveda is a new hope has emerged in the medical field of the world. In Ayurveda, the treatment of even the most complex diseases has been done on the basis of Dosha-Dushya Sammoorchanna. Gridhrasi is one such problem in which aggravated Vata dosha is concentrated in the lumbar region and manifests symptoms like stiffness in the buttocks, lumbar region, thighs and legs, pain like needle prick and frequent pulsating in nature. According to modern medical science, sciatica is characterized by unbearable pain and paresthesia in the sciatic nerve distribution or the associated lumbosacral nerve root and can seriously affect the quality of life of those affected. In the modern world, treatment for this disease includes, a short course of NSAIDs, opioid and nonopioid analgesics. Muscle relaxants, anticonvulsants for neurogenic pain, if oral NSAIDs are inadequate, oral corticosteroids may be beneficial in this situation, localized corticosteroid injections, spinal manipulation, deep tissue massage may be helpful. On the basis of symptoms sciatica can be resembles with gridhrisi in Ayurveda. Ayurveda has multi-pronged treatment methods available for this disease, which were tested on a patient and are being described in detail.

**KEYWORDS:** Ayurveda, Gridhrisi, Treatment.**INTRODUCTION**

In the fast-paced lifestyle of modern life, the most common musculoskeletal disorder that affects movement is pain in body parts. Most of the individuals affected by this disease suffer from radicular pain in lumber part which is sometimes radiating towards unilateral or bilateral lower limb. Lower back pain is exceptionally common today. Most of Working people experience lower back pain every year. *Gridhrasi* is a disease enumerated by *Shula Pradhan vyadhi*, which is one of the *Nanatmaja Vata Vyadhis*. According to *Acharya Charak*, stiffness in affected part, pain, pain like needle prick and fluttering are the symptoms of *Gridhrasi*. where loss of appetite, *tandra* and heaviness in affected part are the symptoms of *Gridhrisi* caused by *Vata-Kapha*. The causes of *Gridhrisi* are the same as *samanya Vata* outbreaks. In the aetiology of *Gridhrasi*, *Vyana Vata* becomes clogged with *Kapha*, causing various symptoms when the movement of *vata* is obstructed.<sup>[1,2,3]</sup> According to *Ayurveda*, in this disease the *kandara* is affected by the contaminated *dosha* and the symptoms proves the involvement of *Asthi Sandhi*, because *Asthi* is a major place of *Vata* and there is *Ashraya ashrayi sambandh* between *Asthi* and *Vayu*. (There is an inverse relationship). As far as the aetiology is concerned, there

is a problem in between the Forth lumber to first second third sacral places where the sciatic nerve exits the spinal cord, which together form the sciatic nerve. SLR (straight leg raise), Lasague, vebber etc. tests are used for diagnosis as well as to assess the progress of treatment. The treatment of *Gridhrasi* in *Ayurveda* is extremely effective, safe and economically well. According to various *ayurveda* texts, *Snehana*, *Swedan*, soft purification like purgation and *Basti* are used in all *vata vyadhis*. However, in *Gridhrasi*, since *kandara* and *rakta* are also involved, it is used for the treatment of *Agnikarma* and *rakta mokshana* also.

**CASE HISTORY**

A 40year old patient came on OPD. According to the patient he was healthy before 2 months after that he was suffering from gradually increasing pain which radiate from hip to toe and pain got aggravated day by day, the patient was not able to sit properly, so he came to govt. ayurveda hospital, nipania, Rewa, MP for treatment.

**Patient Information**

opd no.	24051
age	40
sex	male
religion	hindu
education	illiterate
occupation	labor
economic status	lower classes
mental status	conscious and co operative

**Chief Complaints**

- backache radiate to right leg - since 2 months
- difficulty in sitting - since 2month

**MEDICAL HISTORY:-** According to the patient when he felt gradually pain which radiate from hip to toe, he takes some pain killers from medical store.

**PERSONAL HISTORY**

Bowel	Clear
Appetite	Normal
Micturation	Normal
Sleep	Improper (decrease due to pain)
Addiction	Tobacco

**Ashtavidha Pariksha**

Nadi	Samanya
Mutra	Peetabha
Mala	Prakrita
Zivha	Anavritha
Shabda	Spashta
Sparsha	Samasheetoshna
Drika	Samanya
Akriti	Madhyama

**Treatment Execution**

04/12 – 10/12	<ul style="list-style-type: none"> <li>• <i>Patrapinda Seka</i> have done every day along with all <i>shamana aushadh</i>, SLR +ve at 45° to 50°, No marked relief, pain aggravated at night and sitting position</li> </ul>
11/12 - 16/12	<ul style="list-style-type: none"> <li>• <i>Matra basti</i> 50ml of <i>mahanarayana taila</i> started regularly, At night <i>dashanga lepa</i> applied and covered by <i>erandapatra</i> helpful for night pain from second day of use, after 6days SLR test +ve at 50°- 55°, pain during sitting position remain persist <i>shamana aushadha</i> continue</li> </ul>
17/12 – 25/12	<ul style="list-style-type: none"> <li>• Planned for yoga basti (<i>Ianuvasana+3Niruha(dashamoola kwatha)+3anuvasana+Ianuvasana</i>), successfully done, <i>niruha</i> 360 ml with <i>Dashmoola kwath</i> and <i>anuvasana</i> with <i>Mahanarayana tail</i></li> <li>• During the <i>yoga basti</i> patient got relief in all symptoms like pain and weakness</li> <li>• At 25/12 IN SLR test +Ve at 80° - 85°</li> <li>• No marked pain during sitting or night time</li> </ul> <p>Patient feel good and got discharged By 26/12 from ipd</p>

**Assessment of Results on the basis of**

1. Subjective parameters
2. Objective parameters

**Subjective Parameters**

1. *Ruka*
2. *Toda*
3. *Stambha*
4. *Spandan*

**General Examination**

- Blood pressure - 110/80 mm of hg
- Pulse - 75 /min.
- Temperature - normal
- Straight leg raising test: - on right leg - +ve in 45°  
on left leg - -ve at 90°
- lasegue test - +ve in right leg

**Physical examination**

- General appearance - Normal
- Gait - Proper

**Local examination**

- Inflammation - absent
  - Tenderness - present
- \*\*\* Provisional Diagnosis - sciatica (ON THE BASIS OF CLINICAL EXAMINATION)
- Diagnosis - sciatica

**Treatment plan**

- For local application
1. *Abhyanga* - *Mahanarayana tail*
  2. *Swedana* - *Patrapinda Swedana*
  3. *Matra Basti*, *Yoga Basti*
- *Shamanoushadha*
1. *Rasnadi Guggul* 2 BD
  2. *Maha Rasnadi Kwath* 20ml (BD)
  3. Powder
- *Ashwagandha* -3gm
  - *Maha vatavidhwanshaka Rasa*-125mg
  - *Ekangveer Rasa* -125mg
4. *Agnitundi Vati* 2BD

Table 1: Grading of Symptoms.<sup>[4]</sup>

Symptoms	Severity	Score
Ruka	No pain	0
	Occasional pain	1
	Mild pain	2
	Moderate pain	3
	Severe pain	4
Toda (pricking sensation)	None	0
	Occasional	1
	Mild	2
	Moderate	3
	Severe	4
Stambha (stiffness)	No stiffness	0
	Sometimes (5-10 minute)	1
	Daily (10-30 minute)	2
	Daily (30-60 Minute)	3
	Daily more than 1 hr	4
Spandana (Twitching)	None	0
	Sometimes (5-10 minute)	1
	Daily (10-30 minute)	2
	Daily (30-60 Minute)	3
	Daily more than 1 hr	4

#### Evaluation After Treatment

Variable	Before Treatment	After Treatment
Ruka	3	1
Toda	2	0
Stambha	3	1
Spandana	3	1

#### Objective Parameters

Reflex	BT	AT
Knee Jerk	†	††
Ankle Jerk	†	††
Straight Leg Raising Test	40-45°	80-85°
Lasegue Test	Positive	Positive

#### DISCUSSION

*Rasnadi Guggulu* contain *Rasna*, *giloy*, *devdaru*, *erand* and *shunthi* has following medicinal properties like detoxification, Carminative, Anti-inflammatory, Analgesic, Anti-arthritis, Antispasmodic.<sup>[5]</sup>

*Maharasnadhi kwatha*, a polyherbal formulation offering potential relief to lumbar disc patients. Derived from 26 distinct plants, it serves diverse purposes including highly efficient pain reduction, inflammation alleviation, and antipyretic effects, anti arthritic effects.<sup>[6]</sup>

Scientific evidence substantiates *Ashwagandha* as a potent regenerative tonic (*Rasayana in Ayurveda*) attributed to its diverse pharmacological effects, including anti-stress, neuroprotective, antitumor, anti-arthritis, analgesic, and anti-inflammatory properties.<sup>[7]</sup>

In *Rasaratna Samucchaya*, key ingredients of *vatavidhwashaka rasa* such as *vatsanabha*, *haritala*, and *gandhaka* possess a pungent taste and promote digestive fire. *Makshika bhasma* and *kamsya bhasma* are

*vatakaphahara* and digestive in nature. *Bhavanadravyas* like *eranda taila* and *dasamoola* aid in *vatanulomana*. *Panchakola*, *chitraka*, and *varanadi gana* exhibit digestive and *vatakapha shamana* properties. Many diseases addressed in *Rasaratna Samucchaya*, such as *adhmanam*, *anaham*, *udaram*, *gulma*, *swasa*, and *kasa*, involve *agnimandya* and require *anulomana*. This formulation can enhance *agni* and facilitate *anulomana* for *vata dosha* due to its constituent ingredients. *Vatavidhwansak rasa* is known for its ability to enhance the strength of bones and joints while exhibiting excellent anti-inflammatory and analgesic properties.<sup>[8]</sup>

*Ekang Veer Rasa* is an *Ayurvedic* medicine primarily utilized for treating *vata dosha*-related conditions such as Paralysis, Sciatica, and Facial Paralysis. Its key ingredients include *Chitrak*, *Amla*, *Bhringaraja*, *Dhatu*, *Kushta*, *Black Pepper*, *Pippali*, *Ginger*, *Trikatu*, *Triphala*, *Vang bhasma*, *Abhrak bhasma*, *Lauh bhasma*, *Shuddha Gandhak*, *Ras Sindoor*, *Tamra bhasma*, and *Naga Bhasma*.<sup>[9]</sup>

*Agnitundi Vati*, as its name implies ('*Agni*' meaning digestive fire), enhances the digestive fire. This formulation facilitates *Pachana* at the gastrointestinal and *Dhatu* level (cellular and tissue level), rectifying both *Jatharagni* and *Dhatvagni*. It is recommended for conditions like *Adhmana*, *Shula*, and pain associated with *Vata* imbalance. Thus, *agnitundi vati* contain *kuchla*, it could have much more effective in spinal disorders.<sup>[10,11]</sup>

*Narayan taila* possesses potent *vata shamaka* properties. It comprises *vata shamaka* herbs such as *patala*, *ashwagandha*, *agnimantha*, *atibala*, and others. As local application, *narayana tail* could be effective as anti-inflammatory, analgesic medicine.<sup>[12]</sup>

*Dashmooladi niruha basti* followed by *Narayana taila Anuvasana basti* constitutes a comprehensive treatment for *Vata dosha*, as emphasized by *Acharya Charaka*. *Basti* offers systemic action as its active principles (*Virya*) are absorbed through the *Pakwashaya* (intestine), dispersing throughout the body's channels to reach the site of affliction, thereby alleviating the ailment. It effectively addresses *Kapha Avarana over Vata*, particularly in the *Pakwashaya*, the primary site of *Vata dosha*. *Basti* aids in relieving constipation and mitigates edema, inflammation, and necrosis through its *Srotoshodhana* effect, attributed to the *Vata kaphahara* properties of *Kwatha* drugs. *Dashmoola* possesses *Tridosahara* properties, while *Guduchi* exhibits *Vedanasthapana* and *Vataghna* actions due to its *Snigdha* and *Ushna gunas*, stimulating *dhatvagni* with its *tikta rasa* and nourishing the *dhatu* with *Madhura vipaka*. These treatments are valued for their *Balya*, *Vedanasthapana*, and *Shothahara* qualities.<sup>[12,13]</sup>

*Swedana* operates through its qualities such as *Ushna* and *Tikhna*, thereby elevating the body's metabolic rate. The *Ushna Guna* of *Swedana* induces vasodilation, expanding the capillaries and enhancing circulation. Consequently, it aids in the elimination of waste products and facilitates increased absorption of *Sneha* or drugs through the skin. In treatments like *Patra Pinda Sweda*, *VataKaphahara* drugs are utilized, and upon absorption into the body, they perform their intended actions in conjunction with *Swedana*. Moreover, *Swedana* stimulates muscles and nerves, promoting their rejuvenation.<sup>[14]</sup>

## CONCLUSION

- Total number of days treatment given – 22 days
- On giving 22 days treatment to patient there was 80% relief to the patient by T/t given with the Positive changes in symptoms.
- The changes in SLR test from 40-45° to 80-85° total 40° changes of relief was found as per the T/t given to the patient.

This shows how *Ayurveda* line of treatment is help-full in treating all patients with spinal issue.

## REFERENCE

1. Sharma PV, editor. Sutrasthana; Maharog Adhyaya. Charaka Samhita of Agnivesha. Varanasi, India: Chaukhamba Orientalia, 2007; 8,20, 11: 139.
2. Sharma PV, editor. Nidanasthana; Vatavyadhi Nidana Adhyaya. Sushruta, Sushruta Samhita. Varanasi, India: Chaukhambha Visvabharati, 2005; 1,74: 15.
3. Sharma PV, editor. Chikitsasthana; Vatavyadhichikitsa Adhyaya. Charaka Samhita of Agnivesha. Varanasi, India: Chaukhamba Orientalia, 2007; 8, 28, 57: 466.
4. Sanjay Kumar, Gopesh Mangal, Gunjan Garg, Sriniwas Sharma. TO COMPARE THE RELATIVE EFFICACY OF KARMA BASTI IN TWO

5. Pathak Ramraksh, Ayurveda Sara sangriha, shri baidyanath ayurveda bhawan ltd, edition, 2009; 523. Rasnadi guggul.
6. Pathak Ramraksh, Ayurveda Sara sangriha, shri baidyanath ayurveda bhawan ltd, edition, 2009; 714. Maharasnadi kwath.
7. Acharya sharma priyavata, Dravyaguna vigyan, choukhambha bharti academy Varanasi, edition, 2015; 763. Ashwagandha.
8. S Mahesh, PS Praveen Kumar, A REVIEW ON VATAVIDHWAMSANA RASA, AN AYURVEDIC HERBO-MINERAL PREPARATION, International Journal of Research in Ayurveda and Pharmacy, August 2020. Vatavidhwanshaka rasa.
9. Bhavya Khatri\*, Akshay Solanki, Harish Bhakuni and Ajay Kumar Sahu, AYURVEDIC MANAGEMENT OF GRIDHRASI WITH SPECIAL REFERENCE TO SCIATICA: A CASE REPORT, wjpr, 2023; 9(7). ekangveer rasa.
10. Mohan Manju, Sawarkar Poonam, Ayurvedic management of Gridhrasi with special respect to sciatica: a case report, journal of Indian system of medicine, January 2019. Agnitundi vati.
11. Mishra S, editor. Govinddas, Bhaisajyaratnavali; Mandagani Chikitsa Prakarana: Chapter 10, Verse 93–94. Varanasi, India: Chaukhamba Surbharati Prakashan, 2007; 648–9 Agnitundi vati.
12. Sharma PV, editor. Sutrasthana; Yagyapurushiyadhyaya. CharakaSamhita of Agnivesha. 8<sup>th</sup> ed. Chapter 25, Verse 40. Varanasi, India: Chaukhamba Orientalia, 2007; 168.31 dashmool niruha basti.
13. Sharma PV, editor. Siddhisthana; Bastiviyapadasiddhi Adhyaya. Charaka Samhita of Agnivesha. 8<sup>th</sup> ed. Chapter 7, Verse 64. Varanasi, India: Chaukhamba Orientalia; 2007. Dashmoola niruha basti.
14. Dr. Vasant C. Patil, Principles and Practice of Panchakarma, chapter 9, SwedanaKarma, Chaukhambha Publications New Delhi, Reprint, 2018; 247. Patrapinda swedana.