

**ROLE OF KATIBASTI AND SHAMANA CHIKITSA IN THE MANAGEMENT OF
GRIDHRASI W.S.R. TO SCIATICA – A CASE STUDY***¹Dr. Kapish Rameshwar Kulwal and ²Dr. Shrikant G. Deshmukh¹PG Scholar (Kayachikitsa) CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad, Maharashtra.²MD Kayachikitsa, Professor & HOD of Kayachikitsa Department CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad, Maharashtra.

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ABSTRACT

Sciatica is most common musculoskeletal disorder. Affecting the movement of leg is low back pain. It is a pain dominant disease and reduces human activity. It restricts the movement of the affected leg. Gridhrasi can be correlated with Sciatica in modern science. Were Pain, Weakness, Numbness, and other discomforts along the path of Sciatica nerve often accompanies low back pain. The common symptoms of Gridhrasi are pain starts from Spike and then radiates to Kati, Prushtha, Uru, Janu, Jangha, Paad along with Stambha, Ruka, Toda, Spandana and causes Sakatiutkshepa Nighra (restricted movement of lifting of the leg).^[1] In Ayurveda Basti Chikitsa is considered to be half chikitsa for Vata dosha. So, Katibasti with Bala Tail.^[2] and Shaman chikitsa was selected for the patient.

KEYWORDS: Gridhrasi, Katibasti, Bala Tail.**INTRODUCTION**

The main reason for most patients suffering from this disease to go to the doctor is pain. Pain is known as Rujā which is a synonym of disease. It disrupts a patient's physical and mental condition. Pain is often the cardinal symptom of Vatavyadhi. One such disease is Gridhrasi.

Gridhrasi an entity enumerated by Shula Pradhana is one among the 80 types of Nanatmaja Vatavyadhi.^[3] In Gridhrasi intense Pricking pain characteristically radiates from Sphika to Pada.

The sign and symptoms are seen in Gridhrasi can be correlated with Sciatica in modern terminology. Sciatica is very painful condition in which pain begins in lumbar region and radiates along the posterior lateral aspect of thigh and leg. It occurs due to spinal nerve irritation and is characterized by pain in distribution of Sciatica nerve.

Low back pain and radiating pain due to lumbar disc prolapsed are the major cause of morbidity throughout the world. Life time incidence of low back pain is 50-70% with incidence of Sciatica more than 40%. Sciatica due to lumbar disc prolapsed occurs only in 4-6% the population.

In reference to Sciatica treatment medical science has only symptomatic management with analgesic like non-steroidal, anti-inflammatory drugs in some cases nerve compression is more, surgical procedure like

laminectomy, discectomy but this surgical procedure is expensive with their limitation.

According to Charak Stambha, Ruka, Toda, and Spandana are the signs and symptoms of Vataj Gridhrasi. Aruchi, Tandra, and Gaurav are additional symptoms of Vata-Kaphaj Gridhrasi.

CASE REPORT

Name of patient – XYZ

Gender – Male

Age – 50 years

Occupation – Teacher

Religion – Hindu

Desh – Sadharan

Marital status – Married

CHIEF COMPLAINTS

1. Ruk (Pain)
2. Stambha (Stiffness)
3. Spandana (Twitching)
4. Toda (Pricking Sensation)

CASE HISTORY

A 50 years old male patient suffered from low back pain and left sided leg pain with restricted of left leg movement, Stambha (Stiffness), Spandana (Twitching), Toda (Pricking Sensation). Onset of these symptoms are last from 2 years but from 1 month it got worsen.

Other Complaints: Tingling, Numbness, Difficulty in walking.

Past History: No any major illness. No H/O DM, HTN.

Family History: History was non-contributory.

General Examination

Pulse Rate – 98/min

Blood Pressure – 120/80 mm of Hg Weight – 76kg

P/A – Soft, No Tenderness

S/E – CNS, CVS, RS – No any deformity found.

Ashtavidha Pariksha

Nadi – 98/min

Shabda – Spashta

Mutra – 4-6 times per day

Spardha – Anushna

Mala – Once a day

Druk – Prakrut

Jivha – Saam

Aakruti – Madhyam

Dashvidha Pariksha

Prakruti – Vata-Kaphaj

Vikruti – Dosha - Vata pradhan Dushya - Asthi, Sandhi.

Satva – Madhyam

Sara – Madhyam

Samhanana – Madhyam

Pramana – Prakrut

Satmya – Sarva Rasa

Aharshakti – Madhyam

Vyamashakti – Madhyam

Vaya – 50 Years

Gradation of Symptoms

1) Ruk (Pain)

Grade	Observation
0	No pain
1	Occasional pain
2	Mild pain but no difficulty in walking
3	Moderate pain and slightly difficulty in walking
4	Sever pain with sever difficulty in walking

2) Stambha (Stiffness)

Grade	Observation
0	No stiffness
1	Sometimes for 5-10 min
2	Daily for 10-30min
3	Daily for 30-60 min
4	Daily more than 60 min

3) Spandana (Twitching)

Grade	Observation
0	No twitching
1	Occasionally twitching
2	Feeling of spandana at standing position
3	Feeling of spandana at sitting position
4	Feeling of spandana at rest

4) Toda (Pricking Sensation)

Grade	Observation
0	No pricking sensation
1	Occasional pricking sensation
2	Mild pricking sensation
3	Moderate pricking sensation
4	Severe pricking sensation

5) Slr Test (Straight Raising Test)

Grade	Observation
0	> 70 degree
1	50-70 degree

2	30-50 degree
3	< 30 degree

Treatment

1. Sarvang Snehana with Abhyanga Taila for 14 days.
2. Sarvang Swedan with Dashmula Kwath for 14 days.
3. Kati basti with Bala Tail for 14 days.

Oral Medications

1. Aampachak vati 250 mg, 2 tabs twice a day for first 7 days.
2. Rasnaghana vati 250 mg, 2 tabs twice a day for 14 days.

RESULT

Sr. No.	Symptoms	0 day	7 th day	14 th day
1	RUK (PAIN)	3	2	1
2	STAMBHA (STIFFNESS)	2	2	1
3	SPANDANA (TWITCHING)	3	2	1
4	TODA (PRICKING SENSATION)	2	2	1
5	SLR Test	2	2	1

DISCUSSION

1. Gridhrasi, there is involvement of Vata, Asti & Sandhi dosha. So, this disease is considered as Madhyam marga roga.^[4]
2. Samanya chikitsa of Vatavyadhi is Snehana, Swedan and Basti.^[5]
3. In this case we administered Katibasti with Bala tail and also Aampachak vati, Rasnaghana vati. Rasnaghana vati acts as Vatashamaka.^[6]
4. Katibasti considered as Snigdha Swedan. Katibasti used in diseases of the Kati region (i.e., Lumbosacral region), here warm oil was used in the procedure which pacify prakupit Vata dosha by its ushna and snigdha guna. So, it reduces pain in the Vataj Gridhrasi and it also lubricates the region and relax the surrounding muscles.

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CONCLUSION

1. From this case study it has become clear that Katibasti with Shaman Chikitsa has effective role in the management of Gridhrasi.
2. The patient has gain significant improvement in symptoms and SLR angle in relatively after treatment.

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