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AYURVEDIC MANAGEMENT OF GRIDHASI WSR TO SCIATICA: A CASE REPORT

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ABSTRACT

Low back pain is one of the most prevalent conditions, affecting 60% to 80% of the population across all age groups, from children to the elderly. Among the various causes of low back pain, sciatica is particularly common. Sciatica is characterized by pain that radiates along the sciatic nerve, which extends from the lower back down one or both legs. In Ayurvedic terms, this condition is referred to as Gridhrasi, where the pain originates from the sacrum (Sphik) and travels down to the lower back (Kati Prusta), thigh (Uru), knee (Jaanu), leg (Jangha), and foot (Pada). Associated symptoms may include stiffness and heaviness, depending on the involvement of specific doshas.

Ayurvedic treatment offers effective management for Gridhrasi through Panchakarma procedures and oral medications. In this case study, a patient with low back pain radiating to the right lower limb underwent a course of Katibasti, followed by Sarvanga Basti and a subsequent course of Yogabasti, along with oral medications. Post-treatment, the patient demonstrated significant improvement in symptoms.

KEYWORDS – *Gridhrasi, Sciatica, Vatavyadhi,*

INTRODUCTION

Sciatica is characterized by pain that radiates down the leg from the lower back, potentially affecting the back, outer, or front areas of the leg. This pain can be unilateral or bilateral and is often intolerable, impacting both the physical and psychological well-being of the patient. According to Acharya Charaka, Gridhrasi is classified as a Vataja Nanatmaja Vikara. All Acharyas have discussed Gridhrasi under the category of Vatavyadhi.

The symptoms of Gridhrasi, referred to as Spikapurva, begin at the hip and radiate to the lower back (Kati), posterior (Prusta), thigh (Uru), knee (Jaanu), leg (Janga), and foot (Paada). In addition to pain, patients may experience other symptoms such as stiffness (Stamba), tingling (Toda), and intermittent sensations (Muhur Spandana). If there is an association with Vatakapha dosha, symptoms like lethargy (Tandra), heaviness (Gourava), and loss of appetite (Arochaka) may also manifest.

The symptoms of Gridhrasi closely resemble those of sciatica, and the recommended treatment modalities include Basti, Agnikarma, and Siravyadha. Given the significant role of Vata dosha in this condition, Snehana (oleation) and Swedana (sudation) therapies are crucial for Vata shamana (reduction of Vata).

CASE REPORT

A 42-year-old female patient named Ram Lali visited the Panchakarma OPD of DAMCH Ayurvedic Hospital in Bareilly on July 21, 2022. She presented with chronic low back pain radiating to her right lower limb, which had persisted for four years. The patient reported difficulty and pain while walking, especially over long distances, as well as difficulty sitting on flat surfaces due to pain. She was healthy until four years ago, from then her symptoms gradually developed. Despite seeking treatment at an allopathic hospital, where she received medication that provided temporary relief, she experienced no complete recovery and her symptoms recurred. After consulting multiple doctors without satisfactory results, she came to our hospital in Panchakarma OPD for ayurvedic treatment. Her past medical history revealed no history of diabetes mellitus (DM), hypertension (HTN), trauma or falls, or thyroid disorders.

Personal History :

- Diet – Mixed
- Appetite – Reduced
- Bowel – Clear (1 time / day)
- Micturation – Normal (4–5 times / day)
- Sleep - Disturbed because of pain

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CLINICAL FINDINGS

Astavidha pariksha

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

Nidana Panchaka

- Hetu (Etiology)
  Ahara: More intake of Katu and Ruksha ahara, Atisnigda ahara (more oily items).
  Vihara: Lack of proper sleep.
- Poorvarupa: Not observed.
- Rupa: Shula in Kati pradesha (region) radiating to Right lower limb.
- Upashaya: By rest

Samprapti Ghataka

- Dosha - Vata
- Dusya - Rasa, Rakta, Mamsa, Asthi, Majja
- Ama – Jatharagnijanya ama
- Agni- Jaatharagnijanya
- Srotas- Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha
- Srotodusti Prakara- Srotosanga
- Rogamarga- Madhyama
- Udbhavasthana- Pakwashaya
- Vyaktsthana- Sphik, Kati, Prusta, Uru, Jaanu, Jangha, Paada
- Rogaswabhava - Chirakari
- Sadhyasadyata - Yapya

Systemic Examination

- CNS- Conscious and well oriented with time and place.
- CVS- S1 and S2 heard normally.
- RS- Normal vesicular breath sounds heard and no added sounds.

Locomotors Examination Inspection :

- Gait- Antalgic gait
- Deformity- No any deformity Palpation
- Tenderness– Positive at L4 and L5
- Muscle tone– Good
- Muscle power– Right upper limb and lower limb– 5/5
  Left upper limb and lower limb 5/5
- Range of movement of spine
- Forward flexion– limited to 20cm above ground.
- Right lateral flexion– limited to 30° with pain.
- Left lateral flexion– limited to 30° with pain
- Extension– limited to 10° with pain.
- Schober's Test– less than 10cm of distance

Investigation MRI Report Date: 18 /5/2020 At L4 and L5 diffuse disc bulge causes anterior thecal indentation with significant narrowing of the bilateral neural foramen, thus abutting the exiting nerve root (R>L). Bilateral lateral recess stenosis with impingement of the traversing nerve roots. At L5 –S1, Broad bases left foraminal disc bulge causes anterior thecal indentation with narrowing of the bilateral neural foramen (L >R), thus abutting the left L5 exiting nerve root. Partial to complete disc desiccation at L3 – L4, L4 – L5, L5 – S1 levels.

THERAPEUTIC INTERVENTION

Treatment (13/03/2021 – 20/03/2021)
Kati basti - Kottamchukkadi taila followed by Sarvanga Bashpasweda.
Niruha basti – Eandamoola Niruha Basti.
Anuvasana basti – Sahacharadi taila (70ml) 13/3 14/3 15/3 16/3 17/3 18/3 19/3 20/3 AB NB AB NB AB NB AB AB
Shamana Aoushadi: (21/3/2021 – 3 /4/2021)
1. Cap. Gandha taila -1BD after food
2. Cap. Neuro XT -1 BD after food
3. Sahacharadikasaya – 3tsf BD Before food with warm water

Follow up Medication: (4/4/2021 – 13/4/2021)
1. Astavarga kashaya – 3tsf BD Before food with warm water
2. Cap. Neuro XT – 1 BD after food
3. Mahanarayana Taila – External Application

OBSERVATION AND RESULTS

After completion of one and half month of Ayurvedic therapy (Shodhana and Shamana) patient had found significant relief in the lumbar pain, with increased range of movement of spine. Patient able to sit on flat surface without having much pain and do all daily routine activities without pain.

DISCUSSION

Chikitsa sutra of Gridhrasi as per classic is Bastikarma, Siravyadha and Agnikarma. As Gridhrasi is Vatavyadhi, Chikitsa of Vatadosha Snehana and Shodhana is needed to pacify Vatadosha. The treatment principle applied for the management of this disease condition is Vedanastapana chikitsa and Vatashamana chikitsa. The probable mode of action of these Shodhana and Shaman Chikitsa can be explored as follow:

Kati basti with Kottamchukkadi taila. Kati basti helps to relieves pain and stiffness in the low back and lower limb. Relives swelling and inflammation in the low back, in the bones and soft tissue of the low back, brings lightness and a sense of health in the lower portion of the body. Kati basti strengths the low back, soothes the nerves supplying the low back and lower limb by enhancing blood supply to the low back.

Kottamchukkadi taila[4] contains more than 9 herbs, Chincha Rasa and Dadhi . The overall properties of the drugs used are Tikta , Katu dominant Rasa , Laghu , Ruksha in nature, Ushna Virya , Katu Vipaka and indicated in Sandhigatavata, Gridhrasi, Kaphavataja, Vataja disorders and Amavata. Due to its properties

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it acts as Aamapachaka and many ingredients of it produce Lekhaniya, Shotahara and Shoolahara effect.

Erandamoola Niruha Basti Erandamoola is best Vatahara[5] Erandamoola has the properties of Kaphavata shamakaa and act as Shulagna, Sothagna, and also acts as Vedanasthnapana and Adhobhagarogahara.

As Basti is main Chikitsa in Gridhrasi Erandamoola niruha basti will plays major role to relieve symptoms of Gridhrasi.

Sahacharadi taila[6] Sahacharadi taila contain main ingredients like Sahachara which is Vatakapha shamaka and Dashamoola which is Tridoshahara it is potent oil to combat Vatavyadhi, Kampha and Shosha.

Gandha taila[7] Gandha taila act as Vatapittahara and it support to Strengthen bones.
Sahacharadi kashaya has main ingredients like Sahachara, Suradaru, Shunti which are act as Vatakaphashamaka. It relieves pain associated with hip and low back.

Astavarga kashaya[8] Astavarga kasaya act as Vatakaphahara.
Cap Neuro XT It contains Ekangaveerarasa, Mahavata vidwasarasa, Vatagajankush rasa, Vata kulantaka rasa, these all helps to Vatashamana and Shulahara.

CONCLUSION

Sciatica is a significant cause of morbidity that can disable individuals from performing daily activities. This case study demonstrated that Shodhana and Shamana Chikitsa were highly effective in managing Gridhrasi. Notable improvements were observed in both subjective and objective parameters, indicating a positive change in the patient's condition and overall quality of life. The patient continues to perform well in daily activities to this day. The findings from this single case study offer strong promise and an alternative for better management of Gridhrasi. However, further randomized clinical trials with larger sample sizes are needed to validate these results.