



Case Study

MANAGEMENT OF GRIDHRASI W.S.R TO ACUTE SCIATICA THROUGH PANCHAKARMA TREATMENT

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ABSTRACT

Gridhrasi or sciatica in modern language is one the common condition of locomotor system disorder; it is a pain dominant disease and reduces human activity. In Ayurveda texts it comes under *Vatavyadhi*. **Aim:** To successfully manage acute case of sciatica through *Panchakarma* treatment. **Materials and Methods-** An acute case of sciatica was taken under consideration and was given *Panchakarma* therapies like *Kati Basti*, *Abhyanga*, *Matra Basti* for 23 days. **Results and conclusion:** The patient got 83.3% improvement in SLR test and nerve discomfort. It was noted that *Panchakarma* therapy is highly effective in treating acute cases of sciatica.

KEYWORDS: *Gridhrasi, Vatavyadhi, Panchakarma, Kati Basti, Abhyanga, Matra Basti.*

INTRODUCTION

Sciatica is a disease of musculoskeletal system in which pain goes down the leg from the lower back. This pain goes down the back, outside, or front of leg. Most of the times symptoms are only on one side of the body. Weakness or numbness may occur in various parts of the affected leg and foot. It is caused due to irritation, inflammation and compression of the sciatic nerve^[1], which branches from your lower back through your buttocks and reaches down each leg.

Most of the cases of sciatica are due to spinal disc herniation on pressing one of the lumbar or sacral nerve roots. Spondylolisthesis, spinal stenosis, piriformis syndrome, pelvic tumors and pregnancy are other possible causes of sciatica. Sciatica are most common during peoples 30s and 50s and men are more frequently affected than women.^[2]

The disorder seems to apparently non serious but it cripples the patient. Science of Ayurveda had identified this long back, categorized it among *Nanatmaja Vata Vyadhi*^[3] (disease caused by aggravation of *Vata*) and named it *Gridhrasi*. The word itself suggests the gait of the patient which is similar to *Gridha* (vulture) due to pain. *Gridhrasi* is characterized by *Stambha* (stiffness) *Ruka* (pain) *Toda* (pricking pain) and *Spandana* (tingling sensation). These symptoms initially effects *Sphika* (buttocks) and lower back and then gradually radiates to posterior aspects of *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot).^[4] Interestingly the diagnostic criteria i.e. SLR test is similar to that of *Sakthiutkshepa Nigrah* (unable to lift leg).^[5] The

disease might appear as non-serious but it cripples the person completely, this shows the importance of effective treatment from the symptoms of Sciatica.

CASE REPORT

A 65 year old male patient came to OPD of All India Institute of Ayurveda, Sarita vihar, New Delhi.

Name – XYZ

UHID- 348508

IPD Number - 2256

D.O.A – 7.2.2019

D.O.D- 1.3.2019

Address – Palwal, Haryana

Occupation – Farmer

Chief Complaints

- 1) Pain in lower back radiating through left thigh region till left foot since 1 week
- 2) Difficulty in walking since 1 week

H/O Present Illness

Patient was asymptomatic 1 week ago, when he suddenly developed severe lower back ache while doing his farm work. After which he was not able to walk without support. He took allopathic medicines i.e., analgesics from local physician in palwal, but could not get complete relief. He then came to All India Institute of Ayurveda for treatment.

H/O of Past Illness- No significant illness was found.

On Examination

- General condition– Moderate, Afebrile
- Pulse rate - 76/min
- B.P- 120/80 mm of hg

- Respiration rate - 18/min
- Straight Leg Raise Test
 - Right leg - 80 degree +ve
 - Left leg - 30 degree +ve
- Examination of *Viddha Strotas*
- *Asthi* and *Majja Strotas*- *Katigraha*, *Vedana*, *Katishoola Vaha*

Investigation

M.R.I Lumbosacral spine dated 5.2.2019

Circumferential disc bulge is seen at L4- L5 level with left foraminal broad based disc protrusion causing impingement upon left existing nerve roots and an independent of the left traversing nerve roots.

Diagnosis- *Vataja Gridhrasi* (Sciatica)

Assessment Criteria

Grades of the subjective symptoms

| S No | Subjective symptoms | Parameters | Gradation |
|------|--|---|--|
| 1 | Pricking Pain | Absent Mild Moderate Severe | 0 1 2 3 |
| 2 | Pulling pain | Absent Mild Moderate Severe | 0 1 2 3 |
| 3 | Stiffness | Absent Mild Moderate Severe | 0 1 2 3 |
| 4 | Tenderness of sciatic nerve | Absent Mild Moderate severe | 0 1 2 3 |
| 5 | SLR scoring | 0 10 20 30 40 50 60 70 80 90 | 9 8 7 6 5 4 3 2 1 0 |
| 6 | Pressing Power | Up to 10 kg 10-20 kg 20-25 kg >25 kg | 3 2 1 0 |
| 7 | Walking speed time taken to cover 60 steps | Up to 20 sec 21-40 sec 41-60 sec >60 sec | 0 1 2 3 |
| 8 | Sensory Impairment | Absent Mild Moderate Severe | 0 1 2 3 |
| 9 | Posture | ➤ No complaints | 0 |

| | | |
|--|---|---|
| | ➤ Patient walk without difficulty but experienced difficulty from getting up from squatting posture | 1 |
| | ➤ Difficulty to squat | 2 |
| | ➤ Difficulty in climbing up stairs | 3 |
| | ➤ Limping gait | 4 |
| | ➤ Can stand on both limbs but with pain | 5 |
| | ➤ Can stand without touching the effected limb on floor | 6 |
| | ➤ Can sit on bed without support but with pain and difficulty | 7 |
| | ➤ Lying on bed with pain affected limb flexed by supportive pillows | 8 |

The Rolland Morris Low Back Ache and Disability questionnaire^[6]

Treatment Module

The treatment protocol of this patient mainly involves *Vedana Sthapana* (pain relief treatment) *Chikitsa* and *Vata dosha* pacifying *Chikitsa*. Following *Panchakarma* treatment was given to the patient for a period of 23 days.

| S No | Panchakarma Treatment | Duration |
|------|--|------------------|
| 1 | <i>Sarvanga Abhyanga</i> with <i>Dhanwantaram Taila</i> and <i>Murivenna Taila</i> | 7 Feb – 18 Feb |
| 2 | <i>Sarvanga Nadi Svedana</i> with <i>Dashmool Kwatha</i> | 7 Feb – 18 Feb |
| 3 | <i>Kati Basti</i> with <i>Dhanwantaram Taila</i> and <i>Murivenna Taila</i> | 19 Feb – 1 March |
| 4 | <i>Matra Basti</i> with <i>Sahcharadi Taila</i> | 19Feb – 1 March |

RESULT

Patient got marked improvement from the disease after 23 days of *Panchakarma* treatment.

Following are the BT, AT recordings of the patient.

TABLE 1

| S no. | Symptoms | Score BT | Score AT | Percentage of Relief |
|-------|-----------------------------|----------|----------|----------------------|
| 1 | Pricking pain | 3 | 0 | 100% |
| 2 | Pulling pain | 3 | 0 | 100% |
| 3 | Stiffness | 3 | 0 | 100% |
| 4 | Tenderness of sciatic nerve | 3 | 0 | 100% |
| 5 | SLR Rt. leg | 1 | 0 | 100% |
| | Lt. leg | 6 | 1 | 83.3% |
| 6 | Pressing power | 2 | 1 | 50% |
| 7 | Walking speed | 3 | 0 | 100% |
| 8 | Sensory impairment | 0 | 0 | ----- |
| 9 | Posture | 7 | 0 | 100% |

TABLE 2

| S No | Scale | Score BT | Score AT | Percentage relief |
|------|---|----------|----------|-------------------|
| 1 | Rolland and Morris low back pain and disability questionnaire (RMQ) | 23 | 2 | 91.3 % |

DISCUSSION

In this patient from history and clinical examination it was clear that there is severe aggravation of *Vata*, hence *Vata Hara* treatment with *Vata Hara* drugs is used.

Sarvanga Abhyanga with *Dhanwantaram Taila* and *Murivenna Taila*- *Abhyanga* has been praised as *Vata Shamaka* by *Acharya Shushrut*. Also according to *Charaka*, *Vayu* dominates *Sparshaendriya*, and *Abhyanga* is extremely beneficial

for *Vata Vyadhi* as per *Charka*.^[7] According to *Dalhana Sneha* reaches to *Majja Dhatu*, when *Abhyanga* is done for 900 *Matra*. In *Gridhrasi*, *Asthi Majja Vaha Strotas Asthi* get disturbed, *Sneha* strengthens *Strotas* and pacify increased *Vata dosha* at the site of affliction.

Sarvanga Nadi Svedana with *Dashmool kwatha* - *Svedana* is *Vata hara*, cures stiffness, heaviness and is best treatment considered to relieve

pain. *Svedana* with *Dashmool kwath*^[8] which is *Ushna Virya*, *Guru* and *Snigdha* helped in relieving symptoms of *Vata* like pain and stiffness in the patient.

Matra Basti with *Sahachardi Taila Pakwashaya* is the primary location of *Vata Dosha*, and medicine administered through *Basti* directly reaches the *Pakwashaya*, hence it is useful in pacifying *Vata*. Further it is also described in ancient texts that *Basti* is *Ardha Chikitsa* of *Vata*.^[9] *Sahachardi Taila*^[10] has *Sahachara*, *Devdaru*, and *Sunthi Tila Taila*. All these drugs are *Ushna Virya*, *Guru* and *Snigdha* hence best for pacifying *vata Prakopa*.

Kati Basti with *Dhanwantaram Taila* and *Murivenna Taila*– *Kati Basti* is given to provide *snehana* and *Svedana* together at the site of disease to pacify *Vata*. It also gives lubrication and strengthening to affected part at lumbar region due to disc bulge at L4-L5. *Kati Basti* with *Dhanwantaram Taila*^[11] and *Murivenna Taila* is excellent *Vatashamaka* in nature. *Bala* main ingredient of *Dhanwantaram Taila* which has properties to pacify *Vata*, *Pitta*, it is a good nervine tonic and avoid nerve irritation. It also helps in improving muscular atrophied conditions it contains alkaloids which have rejuvenating property. It has ephedrine which is sympathomimetic drug. *Sida Cordifolia* increases pain tolerance and have anti-inflammatory properties.^[12] *Murivenna Taila* is a coconut oil based drug made in *Dhanyamla* which is *Tridoshashamana*, *Sandhaneeya*, and has anti-inflammatory and analgesic properties. Hence it helped to relieve *Shotha*, *Ruka* and *Daha*.

CONCLUSION

The prevalence of sciatica is on rise and it demands a multi modal approach while treating pain and disability of patient. In this particular case due to its acuteness i.e. 1 week, results we got were highly encouraging. The patient got completely recovered from the existing problem. Because of complete recovery of patient we found this case worth documenting. Indicating that *Naveena Vyadhi* (disease of recent origin) is *Sukhasadhaya* (easy for treatment) through *Panchakarma*. Hence, this study provides effective management and a ray of hope for patients of *Gridhrasi*.

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