



A CASE REPORT ON GRIDHRASI (SCIATICA)

Dr. Ragesh C.* and Dr. Resmi K.P.

¹Assistant Professor, Dept of Kriyasareera PNNM Ayurveda Medical College, Cheruthuruthy, Thrissur, Kerala State.

²Consultant at Kottakkal Arya Vaidya Sala, Parappanangadi Malappuram Dist, Kerala State, India.

Corresponding Author: Dr. Ragesh C.

Assistant Professor, Dept of Kriyasareera PNNM Ayurveda Medical College, Cheruthuruthy, Thrissur, Kerala State.

Article Received on 19/11/2016

Article Revised on 09/12/2016

Article Accepted on 29/12/2016

ABSTRACT

Gridhrasi is one of the most common disorders of vata and symptoms of which simulates that of sciatica. This case study is carried out to assess the effect of ayurvedic treatment on gridhrasi. Patient having complaint of gridhrasi was treated with dasmoolabalakwatha, chandraprabhavati and gandhataila capsule along with choornapindasweda, patrapotalisweda and abhyanga. The case study revealed that the ayurvedic treatment significantly improved the condition of the gridhrasi patient. There was highly significant reduction in the parameters like pain, stiffness and time taken to cover a specific walking distance.

KEYWORDS:-Gridhrasi,Sciatica,Choornapindasweda,Patrapotalisweda,Abhyanga.

INTRODUCTION

Ayurveda is a simple practical science of life, its principles are universally applicable to each individual. The disorders affecting the locomotor system are increasingly seen in present era. These condition considerably reduced the human activity in terms of social and professional life. Among such disorders, Ayurveda classics have described a severe debilitating disease in the name of gridhrasi. The name itself indicate the way of gait shown by the patient due to extreme pain just like gridra (vulture). Gridhrasi comes under 80 type nanatmajavatavyadhi.^[1] The cardinal signs and symptoms of gridhrasi are Ruk (pain), Toda (prickingsensation), Stambha (stiffness), and Muhustambha in the sphik, kati, uru, janujangha and pada in order and sakhikshepanigraha (ie restricted lifting of legs).^[2]

Modern Science describes Sciatica as constant aching pain felt in lumbar region & may radiate to the buttocks, thigh calf and foot. Pain is exacerbated by coughing or straining and may be relieved by lying flat.^[3] No specific remedy is given in modern medical science, patients depends on pain killers which has temperory action. Gridhrasi being a vatavyadhi general treatment of vatavyadi is applicable to gridhrasi also.

AIM AND OBJECTIVE

To evaluate the efficacy of Ayurveda in the treatment of Gridhrasi.

MATERIAL AND METHODS

Patient with chief complaint of low back ache radiating to the left leg is selected from the IPD of Smeeksha Ayurveda Nursing Home Parappanangadi, Kerala, India.

Case presentation

A female subject aged 55 years, married was examined in the hospital (OPD) on 3-2-2015 for Gridhrasi. She had no previous history of BP, DM, or trauma. She had an incidence of Gridhrasi 3 years before, taken allopathic treatment and got relief. One month before patient started pain in low back region radiating to left leg up to the ankle. Pain aggravates on coughing. She took allopathic treatment, but got no relief and approached our hospital.

At the time of admission patient had difficulty even in doing day today activities, difficulty in lying left lateral position.

On examination the body proportion found to be normal, moderately developed, belonging VataPitta prakruti. There was no abnormal finding seen in physical examination.

AGNI

Abhyavaharanasakthi-Madhyama and Jaranasakthi-Madhyama

PERSONAL HISTORY (Diet & Bath)

Diet History

Break fast	Snacks	Lunch	Snacks	Dinner	Bath
8 am	11 am	2pm	4pm	9pm	1:30pm

SLEEP

Disturbed due to pain.

INVESTIGATIONS**MRI-L5 Spine**

L5 –S1, Diffuse annular bulge with central protrusion causing indentation of thecal sac between lateral recess narrowing and just abutting both transversing nerve roots.

Blood Investigations

Blood parameter	1 st Day	22 nd day
Hb	13gm%	12.1 gm%
Total WBC	11300cells/cmm	8100cells/cmm
ESR	47mm/1 st hr	63mm/1 st hr
FBS	95mg%	107mg%
Cholesterol	315mg%	248mg%
HDL cholesterol	70mg%	46mg%
LDL cholesterol	168mg%	150mg%
VLDL	77mg%	76mg%
Triglycerides	385mg%	438mg%
SGOT	31U/L	
SGPT	49U/L	

Following the treatment, Hb level alleviated slightly, WBC count came into normal level. Total cholesterol & HDL cholesterol was decreased. ESR & triglyceride level was increased after the course of treatment.

Per day treatment with remarks

Date	Medicines	Remarks
4/2/15-6/2/15	ChoornaPindaSweda Without oil (choorna:-Kola kulathadichoorna)	c/o Head ache, Giddiness, Nausea- (treatment given:-Rasnadi+hot water local application on fore head) Pain over left shoulder decreased and heaviness reduced.
7/2/15-9/2/15	ChoornaPindaSweda with oil- Dhanwantharam+Murivenna (choorna:-Kola kulathadichoorna)	Pain in low back region reduced, Tenderness in calf muscle is reduced, Pain in left shoulder relieved C/O sleeplessness (treatment given: Ksheerabala(7) avarti L/A forehead and sole)
10/2/15-13/2/15	Abhyanga with dhanwantaram +Murivenna	Low back pain reduced, Calf muscle tenderness reduced
14/2/15-25/2/15	PatraPotaliSweda with Dhanwantaram taila+Murivenna	Patients condition relieved very effectively
19/2/15-25/2/15	Mathravasti with dhanwantaram mezhukupakam	Pain in lowback reduced 60% Calf tenderness still persisting.
21/2/15	Madhutailikavasti started On 21/2/15 and 22/2/15 patient vomited after vasti, so madhutailikavasti stopped	
21/2/15-25/2/15	Katipichu with Dhanwantharam taila+Murivenna	Pain lowback and tenderness in calf relieved 90%

OBSERVATION

After treatment the low back ache and the heaviness of leg decreased significantly. Tenderness in the calf and

L4-L5 Diffuse annular disc bulge with central annular tear indenting the thecal sac and mild bilateral neural foraminal narrowing.

X ray

L5-S1 Space reduction

No particular change was noted in the X ray before and after the course of treatment.

TREATMENT: Treatment carried out with the following medicine.

Internal Medicines

Name of drug	Dose	Anupana
dasamoolabalakwatha	90ml	
Chandraprabhavati. ^[4]	2 Bid	With kashaya
Gandataila. ^[5]	10 drops	With milk

External therapies

1. Choornapindasweda [without oil] with Kolakulathadichoorna.^[6] -3days
2. Choornapindasweda with oil-Dhanwantaram taila.^[7] +Murivenna-3days
3. Abhyanga with Dhanwantaram taila+Murivenna-4days
4. Patrapotali sweda with Dhanwantaram taila +Murivenna 12days
5. Matravasti with Dhanwantaram mezhukupakam.^[8] - 7days
6. Katipichu with Dhanwantaram taila+Murivenna-5days

back of knee, also got decreased. Difficulty in lying left lateral position also relieved.

Assessment chart(Symptoms scoring)

Date	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Day of treatment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Pain LBA radiating to left leg	10	10	10	9	8	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	2	1
Heaviness	5	4	4	4	4	3	3	3	2	2	1	1	1	0	0	0	0	0	0	0	0	0
Tenderness in calf and back of knee	10	10	10	10	10	9	9	9	9	9	9	9	8	8	7	7	6	6	6	5	3	2
Pain on left shoulder	7	6	5	4	3	2	2	2	2	2	2	1	1	1	1	0	0	0	0	0	0	0
Difficulty in lying left lateral position	10	10	10	10	9	9	8	8	8	7	7	6	5	5	3	2	0	0	0	0	0	0
Pain during coughing and prolonged standing	9	9	9	8	8	8	8	8	7	7	5	5	5	4	4	3	3	2	2	2	2	2

Clinical assessment parameters

Subjective /objective parameters

	1 st day	7 th day	14 th day	21 st day
Sphiksula	0	0	0	0
Katisula/prishtasula(pain on gluteal region)	10	7	4	0
Urusula(pain on back of thigh –sciatic course)	10	9	6	0
Janghasula(Pain in calf muscle)	10	9	7	1
Padasula	10	6	1	0
Pain in rising from squatting	10	8	4	2
Toda	10	10	7	0
Graha (pulling pain)	9	8	6	4
Spandana	0	0	0	0
Walking difficulty	9	7	5	0
Stambhana (stiffness)	9	5	2	0
Supti (numbness)	0	0	0	0
Nidranasa	9	7	4	1

Except graha(pulling pain) all other symptoms got good relief.

Analysis of patient before and after treatment

Symptoms	Before treatment	After treatment
Pricking pain	Severe	Mild
Pulling	Moderate	Abscent
Stiffness	Moderate	Mild
Tender sciatic trunk	Grade 3(Winces and withdraws the affected limb)	Grade (mild tenderness)
SLR	40 Degree	70Degree
Time taken to cover 20 meters(walking speed)	Above 60 sec(Not able to walk even a single step)	Upto 20sec
Posture of patient	Can stand without touching the affected limb on the floor	Patient can walk without difficulty but experienced difficulty in getting up from squatting posture

DISCUSSION

Gridhrasi is one of the vatavyadhi which is caused mainly by the aggravation of vatadosha. In spite of different types of treatment modalities mentioned in modern medicine they have some short coming and draw backs. Ayurvedic treatment has a significant role in

relieving the pain in the case of gridhrasi. After doing choorna pinda sweda without oil, heaviness felt in the low back region reduced. Following choornapinda sweda with oil&abhyanga there was a considerable reduction in the severity of low back ache. By the completion of patrapotalisweda, all the symptoms of gridhrasi

alleviated remarkably. Not only by the action of patrapotali sweda but also the combined effect all the treatments may be responsible for remarkable reduction of all the major symptoms.

At the time of admission patient was not able to do their day to day activities. Not able to walk even a single step. At the time of discharge patient got 90% cure. Degree of SLR test also got increased. Now the patient is able to do his day today activities without the help of anyone else. She can walk normally without any abnormality.

CONCLUSION

1. Ayurveda treatment is very effective in gridhrasi.
2. Especially the external therapies like swedana, matrabasti etc has significant effect on gridhrasi.
3. Patient's condition improved 90%

ACKNOWLEDGEMENT

I convey my deepest sincere gratitude towards Dr. Sethu Nath, Dr. Razeena, Dr. Vineesh, for their support and suggestions they have provided to me in this work.

Sorce of funding: Self.

Conflict of interest: None.

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