



MANAGEMENT OF GRADHRASI / SCIATICA WSR TO GOMUTRA ERAND HAREETIKI

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Article Received on 04/04/2018

Article Revised on 25/04/2018

Article Accepted on 15/05/2018

ABSTRACT

Gradhrasi / Sciatica is a common disease described in Ayurveda, In the modern era the incidences of it going on raising. The increasing cases of the *Gradhrasi* due to faulty & hazardous life style. In this study I had tried a *swanubhut yoga Gomutra Erand hareetiki*, based on *Chakradutta*, for the treatment of *Gradhrasi* along with conservative Ayurvedic treatment & modification in life style. Satisfactory result observed after 28 days treatment. Aim of this trial to established the our ancient wisdom described in Ayurvedic texts in the present day scenario. Encourage the other scholars for the more & more research work on different combinations described in our texts for many diseases.

KEYWORDS: *Gradhrasi*, Sciatica, *Gomutra Erand Hareetiki*, Neurological.

INTRODUCTION OF PATIENT - Name Of Patient - Smt. XXX , Age- 50 yrs, Sex- F, Religion- Hindu, Occupation- Housewife, OPD No.- K-II 3239/15495, Dt.- 11/07/2016, Address – Chhpar (Muzaffarnagar) attended OPD with the complaints.

CHIEF COMPLAINTS OF THE PATIENT

- Pain in Hip joint- 06 months
- Numbness in B/L calf muscles 03 months
- Difficulty in standing posture on long time 02 months
- Bowel not clear 04 months

INVESTIGATION - Hemoglobin % - 10.0 gm, TC- 6500, DC- P 65% , L 28% , M 02% , E 03%, B 02%, Blood Sugar R -110 mg/dl, **Physical Examination** – O/E - SLR +ve in rt leg at 70° Ht.- 155 cm, Wt.- 66kg, BP - 110/89 mm of Hg, temp.- 98 F Pallor +nt, Ict. -nt, L/N not enlarged, Clubbing -nt, Cyanosis -nt, Paedal oedema -nt, JVP- Not raised, Skin & nails- Pale, Hairs- Normal, Menstrual history – normal. having two children both are normal.

Ayurvedic Dashvidh Pariksha

Prakriti- Vata-pittaj, *Vikriti* – prakriti samveta, *Sara* – madhyam, *Sanghanana* – awar, *Satwa* – prawar, *Satmya* – madhyam, *Praman* – awar, *Aahar*- madhyam, *Vyayam* – awar, *Vaya*- madhyam.

INTRODUCTION OF DISEASE - Sciatic Nerve - Sciatic nerve five nerves together on the front surface of

Piriformis muscles in the rear side & become one large nerve, the sciatic nerve. This nerve then travels down the back of each leg, branching out to produce motor & sensory functions to separate region of the leg & foot. **Symptoms Of Sciatica**- Low back pain (Pain in the leg arose when sitting), Hip pain, Burning or tingling down the leg, weakness/ Numbness or difficulty moving the leg/foot, A constant pain on one side of rear, a shooting pain that makes it difficult to stand up. Sciatica usually affects only one side of the lower body, often the pain extends from the lower back all the way through the back of the thighs & down through the legs. Depending on where the Sciatic nerve is affected, the pain may also extend to the foot/ toes. Pain can be severe & debilitating. For others pain might be infrequent & irritating, but has the potential to get worse.

Causes- Irritation of the root(s) of the lower lumbar & Lumbosacral spines. Additional common causes may be 1. Lumbar Spinal Stenosis 2. Degenerative Disc Diseases (DDD) Breakdown of discs, which acts as cushions between the vertebrae. 3. Spondylolisthesis (One vertebra slips forward over the another) 4. Piriformis Syndrome.

Risk Factors – 1. History of low back trauma 2. Heavy smoking 3. Pregnancy 4. Tall individuals 5. Occupational loading of the low back 6. Back Straining physical exertion 7. Muscles spasm in back / buttock. 8. Overweight 9. Not exercising regularly 10. Wearing high heels 11. Sleeping on a mattress that is too soft.

INVESTIGATION- SLR, X-ray to show Spondylolisthesis, Erosion of disc.

Gradhrasi - **Sphikpurva**
katiprasthorujanujanghapadam kramat, Gradhrasi stambhrukodaigrahaati spandate muhur vatadwavatkapha tandragauravarochakanvita Ch.ch. 28/55, Pain in hip region. Radiation of pain from hip to thigh, knee joint, calf muscles & feet gradually. Numbness & Stiffness of thigh. Two types of Gradhrasi i.e Vat & Vatkapha predominant. Associated symptoms due to kapha are Drowsiness, Heaviness of body & Anorexia. **Treatment 1.** Siravedha, Basti & Agnikarma (Charak) 2. Siravedha (Shushrut) 3. Snehan, Swedan, Basti & Raktmokshan (Bhel)

Selections of Drugs- Acharya Ckarapanidutt described that Patient of Gradhrasi will become free from vyadhi in one month if take Erand tail with Gomutra. I added Hareetiki to the above formulation due to the properties of it & to make palatable to the patient. This formula given with the conservative Ayurvedic treatment as described in our texts,

Tailamerandjam vaapi Gomutren Pibennar, Masamekam pryogoayam Gradhsyarugrahapaha Chakradutta 22/44,

Erand taisanyuktaml hareetkim bhaksheynnaro vidhivat, Aamanilaartiyukto gradhrasivradhayaardit nityam Chakradutta 25/11.

Properties of Gomutra- Gomutram katu teekshanoshnam sksharatwanna vaatlam, laghwagnideepanam, medhyam pittalam kaphavatjita. Shushrut sutra 46/220-221

Properties of Erand Oil - Erandtailam madhuramushnam teekshanam deepan katu kashayanurasam suksham Shrotovishodhanam..... **vatkaphaharamdhobhaghharanch** Su.Su. 45/114

Properties of Hareetiki- Hareetikim Panchrasa mushnam shivam **Doshanulomini laghvi** vidyadeepanpachneeyam Ch. Chi.1/29-34, **Hareetiki pathyanam** Ch. Su 25

Preparation of Gomutra errand Hareetiki (swanubhut Yoga) Soaked the Hareetiki fine powder in the Gomutra for 3days, Gomutra changed every day. After three days placed it in sunlight, after drying it frying in erand oil on medium flame. After complete this process leave it for cooling & then prepared vati manually.



MANAGEMENT- Modification in Life Style – 1. Use hard bed. 2. Avoid Constipation, Weight lifting, Jerk on uneven road Scooter, cycle & tonga, Sudden forward bending, Indian style commode 3. Reduced weight (if overweight).

Treatment Given

1. Gomutra Erand hareetiki- 2 vati, HS with lukewarm water.
2. Rasnadi guggulu 2
 Vatvidhawansan ras 125mg
 Sh. Kupilu 50mg
 Rassindoor 125mg All mix 1 dose bd with madhu.

Symptomatology

S.N.	Symptoms	Before Treatment 11/07/16	After Treatment (Total 28 days pd. Of treatment)			
1.	Pain in hip radiating to lower leg	+++	+++	++	++	+
2.	Numbness	+++	++	++	+ / --	-nt
3.	Difficulty in standing	+++	++	++	+/--	-nt
4.	Bowel evacuation	—	—	+	+	+

CONCLUSION

In our Ayurveda texts almost each & every disease & its management described in an ideal pattern. In the present case study I had tried to use the one formulation. This was prepared on the basis of properties of so many single herbs/drugs & pathogenesis/*Samprapti* of the particular disease. Main aim of such types of study to elaborate the more & more preparations/formulations for the clinical experiences & research in the field of Ayurveda. After research works it can be expressed as evidence based medicines for number of diseases. Pathogenesis/*Samprapti* of any disease should be studied on both the modern as well Ayurvedic parameters while in the treatment portion we should be dedicated for the pure Ayurvedic treatment.

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