

PAIN MANAGEMENT IN SCIATICA***Dr. Vivek Singh Patel**

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ABSTRACT

Man has eventually forgotten the absolute enjoyment and solitary affection for nature, and as a result he is facing many health problems. The prime factors that are responsible for the decline of health are irregular food habits, stress, suppression of natural urges, lack of proper sleep and relaxation. Sciatica pain is often caused by pressure on the sciatic nerve from a herniated disc, bone spurs or muscle spasm. Sciatica being considered as a chronic disease needs a long lasting treatment with non-steroidal anti-inflammatory drugs, muscle relaxant and analgesics. The symptoms similarity and radiation of pain from back to the foot describe the correlation of sciatica with Gridrasi.

KEYWORDS: Ayurvedic Intervention, Herniated disc, Bone Spurs, Sciatica, Gridrasi.**INTRODUCTION**

Various surveys have found the prevalence of sciatic pain in adult population to be between 15% and 40%. This incidence is related to age, regular walking is also a cause for increase in the incidence of sciatica. In addition, occupations with greater physical labour, such as carpenters and machine operators, have a higher likelihood of developing sciatica compared to less mobile office workers. Sciatica being a chronic ailment needs long lasting treatment, which if taken from modern medicine largely has a disease oriented approach, while Ayurveda has a health oriented approach.

According to Acharya Charaka, person affected with this disease, walks like vulture, hence the name Gridrasi. The pain starts from the lumbar region on back and spreads downwards on the backside of thigh, knee and leg to the feet.

PRESENT COMPLAINTS

Severe radiating pain in Right leg Difficulty in walking
Insomnia Tension Decreased Appetite.

PERSONAL HISTORY**Bowel:** Irregular**Appetite:** Decreased**Sleep:** Disturbed being in acute pain**Habits:** Driving bike for long distances**History of present illness**

Patient was apparently normal before 3 years. Gradually he was suffered from severe lumbar pain which was followed by radiating pain from lumbar, gluteal region radiating to left leg, difficulty and pain while walking and sitting, heaviness in both legs, stiffness in lumbar

region and insomnia. Patient under went for allopathic treatment but the patient got only temporary relief. After seeking advice to orthopedic surgeon, he was advised for Laminectomy. But patient was unwilling for surgery. Then patient got admitted on the same day for further Ayurvedic management.

PHYSICAL EXAMINATION

B.P-110/70 mmHg PULSE-74/min R.R-20/min

SPECIFIC EXAMINATION

SLR (STRAIGHT LEG RISING)- 45 degrees (right leg)

Painful SLR (STRAIGHT LEG RISING) - 85
Degrees(left leg).**STROTAS PARIKSHAN****Rasvaha Strotas:** Aashrdha, Aruchi, Sharirgorav**Asthivaha Strotas:** Asthisulam, Adhiasthi**Majjavaha Strotas:** RukParvanam**CONCLUSION**

Gridrasi being a vatavyadi needs a number of scheduled panchkarma which includes Basti as a major contributor, along with various samana drugs. A single case study highlighted the systemic effect of basti and saman treatment or internal medication very effective in treating Gridrasi.

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