

GRADRASI (SCIATICA): A CASE STUDY**Dr. Tanvi Singh***

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ABSTRACT

Back pain is a 'human condition' with 6.2 to 92 % of the India's population experiencing pain at some time in their lives.^[1] Gridhrasi (Sciatica) is one of the Vatavyadhi which is caused by aggravated Vata dosha. This disease is characterized by ruja (pain) in the waist, back, thigh, knee and calf regions along the course of sciatic nerve.^[2] This case study shows a very good result after Panchakarma Treatment and Ayurveda Shaman (Vitiated) therapy.

KEYWORDS: Panchakarma Treatment, Ayurvedic shaman therapy.**INTRODUCTION**

Sciatica is characterized by severe pain radiating from lower back to the leg caused by compression, irritation or inflammation of the sciatic nerve. Based upon the sign and symptoms it can be correlated with Gridhrasi, one of the Vatavyadhi described in Ayurveda. It is characterized with the Onset of Ruk (Pain), Toda (Pricking) and Stambha (Stiffness) initially in Sphika (Gluteal region) and then radiating distally to Kati-Prishtha (low back), Janu (knee), Jangha (thigh) till Pada (feet).^[3]

The modern medicine mainly suggests the use of NSAID and surgical correction in this condition. Use of NSAID has temporary relief with severe adverse effects and surgical correction includes major surgery which is expensive and risky. In contrast Ayurveda advises the treatment to strengthen the local tissue, soothing the nerve and systemic correction of the pathology by applying radical treatment. Gridhrasi being Vata vyadhi the treatment principle includes Snehana, Svedana, Mridu Shodhana and Basti karma.^[4] Hence In the present case was treated with Snehana(Mradu abhyang),Kati basti,Tikta ksheera Niruha basti and ksheerabala tail matra basti with certain Ayurvedic medicine. This treatment provided marked improvement in clinical sign and symptoms of Gridhrasi.

CASE REPORT

A 28 years male patient had complains radiating pain, tingling sensation muscle wasting and reducing strength in right lower limb since 6 month and patient had also complain unable to sit/walk more than 5 minutes due to tingling sensation since 6 month and unable to stand for 10 to 15 second due to tingling sensation since 6 month.

HISTORY OF PRESENT ILLNESS

6 months back patient developed sudden onset of radiating pain in right lower limb with tingling sensation. Radiating pain was from right thigh to ankles usually develops after walking for ½ hr & sitting for long time. Patient feels comfortable on rest. Tingling sensation was in Right thigh & calf which develops after walking for 20 min & after sitting, standing for 20-30 minutes. He approached local doctors, got treated and comfortable for 2 weeks. Again complaints recurred with higher intensity and find difficulty in walking & sitting for longer duration. For the past 2 months he observed. Muscle atrophy in right lower limb at thigh & calf region. Reduced strength in right lower limb. Radiating pain turned continuous. Unable to sit and walk for 5 min. Tingling sensation develops after walking for 5 minutes, standing for 10-15 seconds & sitting for 5 minutes. Patient underwent MRI of LS spine and advised for Surgery.

Past History

Diabetes mellitus

Drug History

Tab. Emsolone 10mg	1 ---1 ---1
Tab. Ultinac P	1 ---0 ---1
Tab. Nupcute	1 ---0 ---1
Tab. Emolac 100 mg	1---0---1
Tab. Topnac	1---0---1
Tab. Nexpro	1---0---1

FAMILY HISTORY

No family history

Personal History

Ahar – vegetarian Vihar – weaving work in standing posture
 Vyasan – tobacco chewing Kshudha pravritti – prakrita
 Nidra – disturbed Mootra pravritti – prakrita
 Pureesha pravritti - prakrita

CLINICAL EXAMNATIONS**Dashavidha-Pareeksha****Sara pareeksha**

Twak sara – Twacha was ruksha, parusha,
 Rakta sara – Nakha, pani-pada tala, jihwaha – ruksha, little pale
 Mamsa sara – Mamsa kshaya, laghu, shitheela
 Meda sara - Asneha
 Ashti sara – Klesha asaha, kriyahani

Prakruti – Vata-pitta**Pramana** – Madhyama**Satmya** – Sarva rasa**Jarana shakti** – Prakruta**Samhanana** – Madhyama**Satwa** – Madhyama**Abhyavarana shakti** – Prakruta**Vaya** - Madhyama**Asthana Pariksha****Nadi-** Vata**Mootra-**Prakrata**Shabda** - Prakrata**Drika-** Prakrata**Mala-** Prakrata**Jviha-** Alipta**Sparsa-** Anushnasheeta**Akrati-** Prakrata**General examination**

PR – 72 / min

Conjunctiva – Normal

Sclera – Normal

BP - 130 / 90 mm Hg

Nails – little pale

Lymph nodes – Normal

ALIMENTARY SYSTEM EXAMINATION**Oral Cavity****1. Teeth** -Normal**2. Tongue**-Normal, Not coated**3. Tonsil**-Normal**Abdomen****Inspection****Shape of Abdomen** - Normal**Abdominal movements**- Normal**Palpation****Tenderness**- No tenderness**Viscera**- No Organomagelly**Umbilicus**- Inverted**Dilated vein**- not visible**Respiratory Examinations****Inspection-****Shape of chest**- Normal limits**Rhythm**- Normal**Respiratory rate**- 20/minutes**Mediastinum**- Normal**Palpitation****Tenderness**- No tenderness**Auscultation**- No abnormal sound Audible**Cardiovascular examinations****Inspection:** No any abnormality**Auscultation**- S1 & S2 heard no abnormal sounds audible**Central nervous system****Consciousness**- well conscious**Intelligence** – Good

Memory- well

Orientation – Well oriented time person and place **Speech** – Normal

Musculoskeletal Examination

INSPECTION: Any deformity of bone-Scoliosis/Kyphosis /Other: No Scoliosis,Kyphosis

TESTS

SLR test - Negative

Lassitude sign - Negative

Knee Tendon jerks – Normal

Muscle bulk – Atrophy in right leg

Muscle strength – Grade IV in right leg

Sensation - Normal

Investigations

Hb % - 11 gm%

ESR – 18 mm/Hour

RBS – 150 ml/dl

Urine sugar - nil

MRI of LS spine

Straitening of lumbar curvature suggestive of Paraspinal muscle spasm

L4-L5 & L5-S1 intervertebral disc shows dessication changes

Diffuse bulge with right paracentral protrusion causing compression over L5-S1 traversing nerve roots respectively.

Samprapti Ghataka

Dosha – Vata

Dushya – rasa, rakta, mamsa, meda, sira, snayu

Srotas – vatavaha srotas

Srotodushti prakar – ati-pravritti

Agni – madhyamagni

Ama - nirama

Vyavachchedhaka Nidana

Gridrasi

Ashti majjagata vata

Adharanga vata

Vyadhi Vinischaya

Vataja Gridrasi (Dhatukshayaja)

Treatment

The treatment was carried out with following Panchakarma procedures during Treatment

Panchakarma Procedure includes

Table 1: Basti Table.

Treatment	Medicine	Dose	Duration (Days)
Matra basti	Ksheera bala taila	60 ml	3
Mridu Abhyanga	Dhanwantara taila	100 ml	10
Shashtika shali pinda sweda			10
Kati basti	Maha narayan taila	200 ml	10
Ksheera basti (yogabasti)	Ksheera Neeruh basti	480 ml	3
	Anuvasan basti	60 ml	5

Table 2: Basti Schedule.

Day	1	2	3	4	5	6	7	8
Type of Basti	Anuvas-an basti	Ksheera Neeruh basti	Anuvas -an basti	Ksheera Neeruh basti	Anuvas -an basti	Ksheera Neeruh basti	Anuvas -an basti	Anuvas -an basti

Table 3: Ksheera Niruh Basti.

Contains		Dose
Madhu		60 ml
Saindhava lavana		3 gms
Tiktaka grita		120 ml
Kalka	Shatapuspa choorn	10 gms
	Yasti choorn	10 gms
	Bala choorn	10 gms
Ksheera		300 ml

Table 4: Medicine Advice on discharge: (First Follow up Medicine For 45 days).

S. No	Medicine	Dose	Anupana	Schedule
1.	Brahatvachintamani ras	125 mg	Water	Trice daily
2.	Aswagandha grita	5 gm	Milk	Once a day
3.	Ksheera bala cap	250 mg	Water	Twice daily
4.	Rasnerandadi kashaya	15 ml	-	Trice daily

Table 5: Second Follow up Medicine For 45 days.

S.No	Medicine	Dose	Anupana	Schedule
1.	Cap Neuron	250 mg	Water	Trice daily
2.	Visha mushti vati	125 mg	Water	Trice daily
3.	Tab. Stresscom	250 mg	Water	Twice daily
4.	Dhanadhanayanadi kashaya	15 ml	-	Trice daily

Table 6: Third Follow up Medicine for 90 days.

S.No	Medicine	Dose	Anupana	Schedule
1.	Cap Neuron	250 mg	Water	Trice daily
2.	Ksheera bala cap	250+250 mg	Water	Twice daily
3.	Tab. Sarpagandha	250 mg	Water	Once a day
4.	Dhanwantara kashaya	15 ml	-	Twice daily

Table 7: Results.

Sr.No.	Symptoms	Before Treatment:	After discharge	1 st follow up after 1 ½ month	2 nd follow up after 3 months	3 rd follow up after 6 months
1.	Radiating pain	Present +++	Reduced 80%	Reduced 90%	Reduced 95%	Reduced 100%
2.	Tingling sensation	Present +++	Reduced 55%	Reduced 70%	Reduced 90%	Reduced 95%
3.	Muscle wasting	Present ++	No	No	No	No
4.	Muscle strength	Reduce	Improve 5%	Improve 25%	Improve 70%	Improve 100%
5.	able to sit for	5minutes	15-20 minutes	1 hr	2 hr	2 hr
6.	Able to walk for	5 minutes	330 mtr	1 km	2km	4km
7.	Can able tor without tingling sensation Stand	10-15sec	1 /2 hr	1/2 hr	1 hr	More than 2 hr

DISCUSSION

Vishamushti Vati: The drugs, immediately after entering into the pakwashaya (intestines), strike at the very root of vitiated vata.

Neuron Capsule: It reduce edema and inflammation of nerves and also strengthen the nerves and muscles.

Tab. Stresscom: It modulate the rate of endogenous synthesis of vitamin B1 and B12 as well as vitamin K ,

which are normally manufactured by bacterial flora. Vitamin B12 may have a role to play in the regeneration and maintenance of nerves cells.

Dhanvantara Kashaya: It has strong antioxidant activities and scavenges free radical in body due to excessive production of free radical or impaired antioxidant defense mechanism.

Brihatvata Chintamani Rasa: It is used in the treatment of Vata Dosha imbalance diseases such as paralysis, Hemiplegia, facial palsy, tremors etc. This medicine contains heavy metal ingredients, hence should only be taken under strict medical supervision.

Ashwagandha Ghrit: It nourishes all bodily tissues, including joints and nerves. It is also powerful Rasayana which acts as an overall tonic for greater vitality and longevity.

Ksheer bala Capsule: It arrests degeneration process in joints also reduce inflammation and pain in joints and strengthen effect.

Rasnadi Kashaya: It is very effective in management of Vata Vikara. It is anti-oxidant and also detoxifies body and remove body toxins.

Matra Basti: Vagbhatta says the virya of basti is conveyed to apana and then to samana vata, which may regulate the function of agni. It then goes to Udana, Vyana and Prana, thus providing its efficacy all over the body. At the same time Basti by pacifying Vata, Restores the disturbed kapha and pitta at their original seats and thus helps in breaking the pathogenesis. Thus according to Ayurveda, the veerya (active principle) of the ingredients used in the Basti gets absorbed and then, through the general circulation, reaches at the site of the lesion and relieves the disease.

CONCLUSION

Gridhrasi (Sciatica) is one of the Vatavyadhi which is caused by aggravated Vata dosha. This disease is characterized by ruja (pain) in the waist, back, thigh, knee and calf regions along the course of sciatic nerve. Gridhrasi being Vata vyadhi the treatment principle includes Snehana, Svedana, Mridu Shodhana and Basti karma. Hence in the present case was treated with Snehana (Mradu abhyang),Kati basti, Tikta ksheera Niruha basti and ksheerabala tail matra basti with certain Ayurvedic medicine. After discussing this case study, it is concluded that, if proper diagnosis of Dosha manifestation in Ghridhrasi Vyadhi and its treatment is done thoroughly, then one can cure this disease.

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