INTRODUCTION
The word Gridhrasi is derived from the Sanskrit word Gridhra that means the name of a bird i.e. Vulture.[1] The name given so is because the patient suffering from this disease walks like a Vulture. Gridhrasi is a shula pradhana vatavyadhi, the disease is described in classical texts by its name and included under 80 types of Nanatmaja Vatavyadhi.[2]

Sciatica is a crippling disorder which interferes greatly in day today activities in most productive age. The prevalence of sciatica varies considerably ranging from 3.8% in the working population to 7.9% in nonworking population. It is most prevalent in people during their 40s and 50s and men are more commonly affected than women. Low back pain has been enumerated as fifth most common cause for hospitalization and the third most frequent reason for a surgical procedure.[3]

Classic symptom includes pain in low back radiating in gluteal region and down to legs, Sometime foot numbness and paraesthesia.[4] In ayurvedic perspective features of sciatica resembles to that of gridhrasi. For the management of gridhrisi one can adopt vatavyadi chikitsa. Basti is the prime modality of treatment in vatavyadhi chikitsa.[5] Churna basti is a teekshna basti which can be used in case of acute severe painful condition.[6]

CASE HISTORY
A 68-year-old male patient n/k/c/o diabetes mellitus and hypertension approached government ayurveda hospital on 13/12/19 with C/O low back ache radiating to b/l lower limb for 4 years.

History revealed that patient gradually developed the low back ache radiating to b/l lower limb. Pain was mild in nature. For this complaint patient consulted many hospitals. But did not find satisfactory relief. 4 months back patient encountered with jerky movement while travelling in bus which got complaints aggravated. Pain was of shooting type, severe in nature associated with heaviness and stiffness in back and thighs. Patient consulted hospital in Bangalore where they suggested physiotherapy and medications but there was no much relief. So patient consulted govt Ayurveda medical college Bangalore on 13 December 2019. thorough examinations were done.

Past History
No history of co morbidity

Personal History
Diet- mixed Appetite – reduced Bladder-regular Bowel-hard stools
Sleep- disturbed due to pain

Occupational history
Worked as a weaver for 40 years

ABSTRACT
Introduction: Sciatica is a crippling disorder with a life time incidence varying from 13-40%. The corresponding annual incidence of an episode of sciatica ranges from 1-5%. In ayurvedic perspective features of sciatica resembles to that of gridhrasi. With the symptoms like pain and stiffness felt in buttocks thigh leg & foot, it affects productive years of life. Materials and Methods: A 68-year-old male diagnosed case of vata kaphaja gridhrasi with clinical features of lowback ache radiating to b/l lower limb, stiffness, heaviness in b/l lower limb has been administered with Churna basti for 3 days. Results: After the treatment subject has shown significant improvement in signs and symptoms. Discussion: shoolaghna, kapha amahara properties of Churna basti acts in initiation of samprapti vighatana chikitsa as well as lakshanika chikitsa.

KEYWORDS: Churna basti, Gridhrasi, Sciatica.
Examination of patient

Inspection
- Scar marks - absent
- Posture of the head and neck symmetry- normal
- Symmetry of the shoulders- asymmetrical
- Lateral tilting of the body.
- Loss of lumbar lordosis
- Wasting – no muscle wasting
- Gait- limping

Palpation
- Temperature: raised
- Tenderness: present in lumbar region
- Spasm present in left paraspinal muscles of Lumbar region

Range of movements
- Cervical spine: all movements are possible. Thoracic spine: all the movements are possible.
- Lumbar spine: forward bending restricted backward bending not possible lateral bending possible with pain.
- Axial rotation possible with pain
- SLR – Passive- Right LL-50 degrees
- Left LL- 40 degrees
- Active- Right LL-40 degrees
- Left LL- 30 degrees
- Braggards sign: positive bilaterally
- Cross SLR- positive
- Bowstring test: positive b/l Flip test – positive
- Femoral nerve stretch test - positive b/l
- Figure of 4 test- pain in posterior aspect of hip on external rotation
- Schober’s test- negative

Asta sthana pareeksha

<table>
<thead>
<tr>
<th>Nadi</th>
<th>74/min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mala</td>
<td>Hard stool, incomplete evacuation.</td>
</tr>
<tr>
<td>Mutra</td>
<td>Regular</td>
</tr>
<tr>
<td>Jihva</td>
<td>Coated</td>
</tr>
<tr>
<td>Shabda</td>
<td>Prakriti</td>
</tr>
<tr>
<td>Sparsha</td>
<td>Ushna sparsha</td>
</tr>
<tr>
<td>Drik</td>
<td>Prakriti</td>
</tr>
<tr>
<td>Akriti</td>
<td>Madhyama</td>
</tr>
</tbody>
</table>

Samprapti ghatak
- Dosha: Vata and Kapha
- Rogamarga: Madhyama
- Agrninandya: Ama, Jathargnimandya, and Dhatvagnimandya
- Adhisthana: Kati and Pruthshavansha
- Vyaktasthanas: Sphik, Kati, Pruththa, Uru, Janu, Jangha, and Pada.

Diagnosis
- Vata- Kaphaja Gridhrasi (sciatica due to IVDP)

Assessment criteria
- Subjective: Grading’s are given to assess the subjective criteria.

1. Heaviness
- Grade 0- no heaviness
- Grade 1-mild heaviness which does not interfere with day today activity
- Grade 2- moderate heaviness which interfere day today activity
- Grade 3- severe heaviness, unable to perform day today activities.

2. Stiffness
- Grade 0-no stiffness
- Grade 1- for 5- 10 mins occasionally
- Grade 2- 10-30 mins daily
- Grade 3- 30-60 mins daily

OBJECTIVE
- 1. Straight leg raise test
- 2. Visual analogue scale for pain

TREATMENT
- Purvakarma
- Dipana and Pachana: subject is given agnitundi vati for the purpose of dipana and pachana for 2 days.
- Snehana and swedana: shanika abhyanga with sahacharadi taila to low back and thighs followed by pata Sweda to the subject prior to the basti.

Table 1.

<table>
<thead>
<tr>
<th>Date</th>
<th>Treatment given</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-12-19 to 14-12-19</td>
<td>Agnitundi vati</td>
</tr>
<tr>
<td>15-12-19 to 17-12-19</td>
<td>Churna basti</td>
</tr>
<tr>
<td></td>
<td>Anuvasa basti with sahacharadi taila</td>
</tr>
</tbody>
</table>

Pradhana karma
- Churna basti is administered at 09.00 am to the patient having laghu kosta according to the classical method in an aseptic environment. After the pratyagamana patient is given food and anuvasana with sahacharadi taila is administered.

Table 2: Contents of churna basti.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saindhava lavana</td>
<td>15g</td>
</tr>
<tr>
<td>Sahacharadi taila</td>
<td>30ml</td>
</tr>
<tr>
<td>Rasna</td>
<td>10g</td>
</tr>
<tr>
<td>Vacha</td>
<td>10g</td>
</tr>
<tr>
<td>Shatahva</td>
<td>10g</td>
</tr>
<tr>
<td>Nimbu swarasa</td>
<td>60ml</td>
</tr>
<tr>
<td>Ushna jala</td>
<td>380 ml</td>
</tr>
</tbody>
</table>

OBSERVATION AND RESULTS
After completion of 5 days of total Ayurvedic therapy, the patient had found significantly relief in the lumbar pain, tingling sensation, and heaviness with increased range of movement of spine. Gait was also improved. The patient got complete symptomatic relief. Assessment of patient was carried out by specific subjective and objective criteria including which are shown in (table3). No radiological investigation was carried out after completion of therapy.
Table 3.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heaviness</td>
<td>Grade -2</td>
<td>Grade 0</td>
</tr>
<tr>
<td>Stiffness</td>
<td>Grade -2</td>
<td>Grade 1</td>
</tr>
<tr>
<td>Straight leg rise test</td>
<td>Rt - 40 degrees</td>
<td>Rt - 70 degrees</td>
</tr>
<tr>
<td></td>
<td>Lt - 30 degrees</td>
<td>Lt - 50 degrees</td>
</tr>
<tr>
<td>VAS score</td>
<td>7</td>
<td>4</td>
</tr>
</tbody>
</table>

DISCUSSION

In gridhrisi chikitsa pachana, Shodhana and basti is mentioned. Basti is the pradhana chikitsa for vata vyadhis. Basti dravyas reach up to pakwashaya, and other organs of the body get benefitted through virya of the Basti dravyas, transmitted all over the body. It sucks out Doshas from head to toe as, the sun, though miles away, with its ray's sucks the water from the plants on the earth.[5] No other chikitsa is as capable as Basti to tolerate and regulate the force of Vata. Basti removes the mala Sangha and thus facilitates anuloma gati of apana vayu. Churna basti is exaplaned in classics for shulapradhana conditions, it shows its efficasy by qualities of individual drugs and also by combined effects of these drugs.

Churna basti has ushna jala as drava dravya as a medium to carry the drugs. Ushna jala has vata kaphahara property. Rasna is shresta vatahara drug has pachana guna, vacha and shatahva are the drugs with teekshna drug which helps in rapid action of the drugs administered.

Pachana guna of churna basti does amapachana. The drugs in churna basti collectivelyhas shoalaghna property to tackle main symptom of vata dusti.

CONCLUSION

Gridhrisi is one of the disease caused by vata or vata and kapha with predominant lakshana being pain. In this condition treatment should be aimed at reducing symptoms along with bringing back the normalcy of doshas.

The present study shows significant effects on disease symptoms like heaviness stiffness pain and stiffness within very short span of time. This therapy can be adopted in large samples to manage the gridhrisi and to serve the society.

REFERENCES

2. Charaka Samhita (Agnivesh) Part 2- charaka Chandrika Hindi Commentary by brhmanand tripathii, prabhakar janardan deshpande, Published by Chaukhamba Bharti Academy, Gokul Bhawan, Gopal Mandi Lane, Varanasi, 2009; 947.
3. Charaka Samhita (Agnivesh) Part 2- charaka Chandrika Hindi Commentary by brhmanand tripathii, prabhakar janardan deshpande, Published by Chaukhamba Bharti Academy, Gokul Bhawan, Gopal Mandi Lane, Varanasi, 2009; 956.