



# A CASE STUDY ON AYURVEDIC MANAGEMENT OF GRIDRASI WITH SPECIAL REFERENCE TO SCIATICA

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## ABSTRACT

**Background:** *Gridrasi* is one of the most common *vata vyadhi*, which closely resembles to Sciatica, which is characterized by pain radiating along the sciatic nerve, which runs down one or both legs from the lower back. Sciatica can be managed with a number of different treatments with the goal of restoring a person's normal functional status and quality of life. **Aims and Objectives:** Assess the efficacy of Ayurvedic management mainly panchakarma chikitsa in Gridrasi. **Materials and Method:** It is a single case study .36 year old moderately built male patient , already diagnosed with intervertebral disc prolapsed in L4-L5,L5-S1,correlated with gridrasi for 2 months approached to ayurvedic hospital and treated with *Rasnasapthakam kasayam*, *trayodasanga guggulu with lasuna ksheera*, *Shaddharana choorna* as internal medication and *lepana*, *udwartana*, *Snehapana with sahacharadi mezhukupaka* followed by *virechana*, *Upanaha*, *Yogavasthi*, *Pizhichal*, *kativasthi* and *Shashtika pinda sweda* as external therapies. **Results:** Pain & overall quality of life of the patient got improved. **Conclusion:** The above mentioned treatment is effective in reducing the symptoms significantly.

**Key words :** Gridrasi, Snehapana, Yogavasthi, Sciatica

## INTRODUCTION

Today's lifestyle and nature of work are putting added tension on the usual health. The aggravating factors, such as over exertion, sedentary occupation, jerky movements during travelling, and lifting leads to low backache. Sciatica is a strike pain, which causes difficulty in walking. It hampers the daily routine and deteriorates quality life of patient<sup>1</sup>. The prevalence of sciatica varies considerably ranging from 3.8% in the working population to 7.9% in nonworking population<sup>2</sup>. Low back pain has been enumerated as fifth most common cause for hospitalization and the third most frequent reason for a surgical procedure<sup>3</sup>. The signs and symptoms of "Sciatica" found in modern medicine are similar to that of Gridhrasi mentioned in Ayurveda. Gridhrasi comes under Nanatamja Vata vyadhi<sup>4</sup>. Gridhrasi, the name itself indicates the way of gait shown by the patient due to extreme pain, that is, Gridha or Vulture. The cardinal signs and symptoms of Gridhrasi are Ruk (pain), Toda (pricking sensation), Muhuspanand (Tingling sensation), Stambha (stiffness) in the Sphik, Kati, Uru, Janu, Jangha, and Pada in order<sup>5</sup> and Sakthikshepanigraha<sup>6</sup> (i.e., restriction in upward lifting of lower limbs). In Gridhrasi, Tandra (Drowsiness), Gaurav (Heaviness), and Aruchi (Anorexia) may be present if Kapha is associated with Vata<sup>7</sup>.

## MATERIAL AND METHODS

It is a single case study. Informed consent was taken from the patient in his own language.

## HISTORY OF PRESENT ILLNESS

36 year old moderately built male patient, working in a furniture shop was apparently normal before 2 months. In the last 2 years he had history of consecutive muscle sprain during his job. It subsided after 1 or 2 days. Before 2 month he had muscle sprain during his job & it do not subside after 1 or 2 days. So he consulted an allopathic physician, MRI was done & diagnosed with intervertebral disc prolapse & took pain killers for that ailment. But the pain was aggravated & radiated to both lower limb (right>left). The pain gradually increases after prolonged sitting, prolonged lying & during strainful jobs. It is subsided on application of heat. Pain is aching & radiating in nature. Now he approached to panchakarma OPD, Govt.Ayurveda College Panchakarma Hospital, Poojappura, Thiruvanthapuram for Ayurvedic treatment.

**PAST HISTORY**

No history of trauma/fall  
 No history of HTN, DM, Dyslipidemia  
 No history of any surgical intervention

**PERSONAL HISTORY**

Food : Mixed diet  
 Habit : Occasionally alcoholic  
 Allergy : Cement  
 Addiction : Nil

**FAMILY HISTORY:**

Nothing Relevant

**NIDANA PANCHAKA**

## ❖ NIDANA (CAUSATIVE FACTORS)

Ahara : Ruksha , katu , tikshna aharas  
 Viharas : Atyadhvana , Prolonged standing

## ❖ SAMPRAPTHI (PATHOPHYSIOLOGY OF DISEASE)

Nidanas like tikshna ushna katu aharas , atyadhvana& prolonged standing causes vitiation of vata. The vitiated vata settles in katipradesa & Prishtavamsatarunasthi. Vitiated vata along with sleshmika kapha causes obstruction in gridrasi nadi & kandaras of pada causing sthabdhata, ruk, toda , spandana, in region beginning from spik kati prishta uru janu jangha pada & its angulis .

## ❖ POORVAROOPA (PRODROMAL SYMPTOMS)

Ruk in katidesa, Sthambha

## ❖ ROOPA (MANIFESTATION)

Ruk in katidesa radiating to sakthi & pada  
 Gourava of leg, sthambha

## ❖ UPASAYA (RELIEVING FACTORS)

Ahara: Ushna, Snigdha  
 Vihara: visrama

## ❖ ANUPASAYA (AGGRAVATING FACTORS)

Ahara: Seetha  
 Vihara: Vyayama

**INVESTIGATIONS**

MRI (03/02/2023) shows Straightening of lumbar lordosis, Mild anterior spondylotic changes noted from L3 to L5 level, Mild Bilateral facetar arthrosis noted at L3-L4 to L5-S1 levels, L4-L5 shows acute postero central and bilateral paracentral extrusion causing bilateral lateral recesses and significant impingement on bilateral L5 traversing nerve roots (left > right) and Moderate spinal canal narrowing noted at L4-L5 level.

**SAMPRAPTHI GHATAKA**

Dosha : Vata and Kapha

Dusya : Rasa, Rakta, Asthi, Majja, Kandara, Snayu

Srothas involved : Rasavaha, Asthivaha, Majjavaha

Rasavaha : Angamarda, Asthivaha : Asthibeda , sula , Majjavaha: Parvaruk

Type of srothodushti :Sanga, Vimarga gamana

Rogamarga : Madhyama

Uthbhava stana: Pakvasaya

Adhishtana : Kati and Prishtavamsa

Vyakthastana : Sphik, Kati, Prushta, Uru, Janu , Jangha and Pada.

**CLINICAL FINDINGS**

General examination

Built : Moderate  
 Temperature : Afebrile  
 Height : 165 cm  
 BP : 120/80 mmHg  
 Respiratory Rate : 18 per minute  
 Stature : Normal  
 Pulse rate : 70/ minute  
 Weight : 64 kg  
 Nutrition : Moderately Nourished

## Systemic Examination

Loco motor system: Affected

Part	Inspection	Palpation	Range of Movements
Cervical spine	No swelling, No deformity No Redness	No Tenderness No rise in Temperature	All movements are possible
Thoracic spine Lumbar spine	Scoliosis present Swelling Present No Redness	No Tenderness No rise in Temperature Tenderness at L3, L4,L5 (grade 2)	All movements are possible Flexion extension, lateral rotation are limited due to pain
Sacral spine	Swelling Present No Redness	Tenderness(grade 1) at S1	
Sacroiliac joint	Swelling Present No Redness	Tenderness grade 2 (left), grade 1 right	

SLR test: Positive at 40 degree on right side and 45 degree on left side.

Bragard test : Positive on both legs.

Bowstring test: Positive on both legs.

FNS test: Positive on both legs.

**DIAGNOSIS : Vata-Kapha Gridrasi****THERAPEUTIC INTERVENTION**

## Internal Medicines

1. Rasnasapthakam kasayam 90 ml bd
2. Trayodasanga guggulu 1-0-1
3. Shaddharana choornam 1tsp bd with kasayam

## Procedures

1. Lepamam with Nagaradi choorna
2. Udwartanam with kolakulathadi choorna - 7 days
3. Snehapanam with Sahacharadi Mezhukupakam -7days
4. Abhyanga & prasthara sveda with Sahacharadi taila – 7 days
5. Virechanam with Nirgundi erandam 40 ml with nirgundi swarasam
6. Upanaha on low back region with sahacharadi tailam ,murivenna, nagaradi choorna,Saindhava
7. Yogavasthi  
kasayavasthi – Erandamooladi niruha vasthi  
snehavasthi – sahacharadi mezhukupakam
8. Pizhichal with Sahacharadi tailam -5 days
9. Kativasthi with Dhanwantharam tailam 7 days
10. SPS with sahacharadi tailam -5 days

ADVICE ON DISCHARGE

1. Sahacharadi kasayam 90 ml bd
2. Shaddharanam tablet 1-0-1
3. Ksheerabala 21 avarthi 5 drops on kasayam
4. Sahacharadi tailam E/A  
Follow up on 60<sup>th</sup> day.

**OBSERVATION AND RESULTS**

The patient had considerable improvement in pain in lowback region,lowback stiffness, tingling, heaviness and radiating pain. His range of motion got improved and his gait become normal after the treatment. After the therapy no radiological investigations were done. Subjective and Objective criteria including Oswestry disability index were evaluated before and after treatment.

## SUBJECTIVE PARAMETERS

Assessment parameters	BT	AT
Pain in lower back region radiating to both legs	7(VAS)	0(VAS)
Stiffness in lower back region	5	0
Tingling sensation in the leg	3	0
Pain & Difficulty while walking	5	1
Heaviness in the leg	4	0

## OBJECTIVE PARAMETERS

Assessment Parameters	BT	AT
Range of Movement of lumbar spine		
➤ Forward flexion	40 cm above ground	10 cm above ground
➤ lateral flexion	10 degree with pain	35 degree without pain
➤ Extension	10 degree with pain	30 degree without pain
➤ SLR (both leg)	Positive	Negative
➤ FNS ( both leg )	Positive	Negative
➤ Bragard's test (both leg )	Positive	Negative

## DISCUSSION

In Ayurveda, Gridhrasi (Sciatica) is considered as one of the important Vata Vyadhi . The word *Gridhrasi* suggests the abnormal gait of patient similar to vulture.It affects the ambulatory function of the patient. The people who are suffering from *Gridhrasi* cannot stand or sit properly due to painful limb continuously drawing his/her attention. A similar condition in the modern science is sciatic syndrome or sciatica.It is also a major cause of illness among the working population in a developing country like India.Sciatica is pain radiating along the sciatic nerve, which runs down one or both legs from the lower back.It is usually caused when a herniated disc or bone spur in the spine presses on the nerve.

Rasnasaphakam Kasayam helps to relieve Joint stiffness , pain and swelling present in gridrasi.It has anti-inflammatory and analgesic properties thus helps to reduce pain, stiffness and inflammation

Trayodsangaaguggulu: It is helpful in reducing pain and inflammation. Constituents like satavari,ashwaganda and guduchi are rejuvenators and give stability to muscles hence helpful to reduce low back ache.

Shaddharana choorna: It helps to increase agni and help for the pachana of ama dosha. Hence it is helpful to reduce pain in gridrasi due to kaphavarana.

Lepanam with Nagaradi choorna: It reduces swelling present in low back area. 2 weeks of lepanam helps to relieve swelling.

Udwartana with kolakulathdi choorna: while doing udwartana ,patient felt reduction in stiffness of low back region.

Snehapana with sahacharadi taila followed by virechana : During the snehapana period pain is much reduced and difficulty while walking also get reduced.On the 7<sup>th</sup> day of snehapana patient able to walk with slight pain . Abhyanga& prasthara sveda done after snehapana followed by virechana. After virechana the stiffness of low back region reduced. Tenderness over lumbar spine become grade1 and tenderness become absent in sacral spine and both sacroiliac joint.

Upanaha on low back region with sahacharadi tailam ,murivenna, nagaradi choorna andSaindhava :It reduces pain over low back region. It is done along with snehapana and virechana procedure

Yogavasthi

kasayavasthi – Erandamooladi niruha vasthi

snehavasthi – sahacharadi mezhukupakam

It helps to relieve pain over low back region and helps to strengthen muscles of low back region. During this treatment tenderness over lumbar spine become grade 0 and SLR and other test's become negative.

Pizhichal with Sahacharadi tailam, Kativasthi with Dhanwantharam tailam,

Shashtika pinda swedm with sahacharadi tailam: This treatments were done to strengthen muscles and to relieve vataprakopa. This treatments give brimbhana and rasayana effect to body thus helps to sustain the effect of treatment to longer period. During this period patient felt strength to the muscles of low back and he can do all his day to day activities without pain.

## CONCLUSION

Gridrasi is painful condition and so far there is no established therapy. This case study demonstrated management of gridrasi by panchakarma and samana chikitsa. Snehapana followed by virechana helpful for removing vitiated dosha from body and help in reducing the root cause and symptoms of sciatica. Basthi is the better choice of treatment modality after virechana. It helps to remove dosha and help in increasing muscle strength of lower back region. As per ayurveda sodhana with samana followed by vasthi is the line of treatment in vata situated in adhobhaga. There has been considerable changes in patient's overall quality of life according to subjective & objective parameters. Nidana parimarjana also plays an important role in prevention of further progression of the disease. Hence it can be concluded that sodhana therapy ie both virechana and vasthi along with samana aushadhi is effective in reducing the symptoms of gridrasi and also helps to improve the quality of life in patients with Gridrasi.

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