



EFFECT OF AGNIKARMA IN MANAGEMENT OF SCIATICA-A CASE STUDY

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ABSTRACT :

Gridhrasi is one of the *vatavyadhi* explained by *Acharya Charaka* in *Vatavyadhi Chikitsa Adhyaya*. It is one of *Vyadhi* among 80 *NanatmajaVata* disorders mentioned by *Acharya Charaka*. There are two types of *Gridhrasi*, namely *Vataja* and *Vata- Kaphaja*. *Ruka* (pain), *Toda* (pricking sensation), *Stambha* (stiffness) and *Muhurspandana* (twitching) hip, back of the thigh, knee, calf and foot respectively are the main symptoms. Accordingly, the disease most closely resembles sciatica which is characterised as pain or discomfort associated with Sciatic Nerve. The patient presented here with pain in lower back radiating to both legs along with numbness and paraesthesia. The treatment as specified by *Acharya* in various texts is focused on *Agnikarma*. By the application of *Agnikarma* helps in relieving the symptoms like pain, inflammation and stiffness. *Gridhrasi* can be treated remarkably with procedures of *Panchakarma* and internal medications. Here in the case study a female patient of age 38 years presenting with clinical features of *Gridhrasi* and was given *Panchakarma* treatment (*Agnikarma*).

Key Words: *Gridhrasi*, *Agnikarma*, Ayurvedic management, Effective therapy

INTRODUCTION:

The sciatic nerve is the largest nerve in the body.it originates in a bundle of nerves in the lower back(called the sacral plexus), and passes through the pelvis and down the back of each thigh.In the back of thigh, the sciatic nerve branches into 2 smaller nerves called the tibial nerve & peroneal nerve. The sciatic carries impulses between nerve roots in the lower back & the muscles and nerve of buttocks, thighs and lower legs.

Sciatica is basically a symptoms that arise due to compression or inflammation sciatic nerve. In general an estimated 5%-10% of patients with low back pain have sciatica. The annual prevalence of disc related sciatica in the general population is estimated at 2.2%.ⁱ

Gridhrasi is a *Vatavyadhi* characterised by vitiation of *Vata* afflicting the *Kandara /Snayu* of lower limbs. Symptoms of this disease initially affect *Sphik* (buttock) as well as posterior aspect of *Kati* (lumber) and then gradually radiates to posterior aspect of *Uru* (Thigh), *Janu* (Knee), *Jangha* (Calf), and *Pada* (Foot).ⁱⁱ

According to *Acharya Sushruta* when too *Kandara* in leg gets afflicted with *Vata Dosha* it limits the extension of leg resulting in *Gridhrasi*.ⁱⁱⁱ

The Symptoms are *Stambha* (Stiffness), *Toda* (Pricking Pain Sensation), *Ruk* (Pain), *Muhurspandan* (Tingling) in *Vata Kapha* type of *Gridhrasi*, *Tandra*, *Gaurava* (Heaviness) and *Arochaka*.^{iv}

CASE REPORT:

❖ History of personal illness:

A female patient aged 38 years presented with the complain of *Vam Katitah Padtalshool* and then gradually radiates to posterior aspects of *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot), *Ubhay pad ChimSRI Campuschimayan* (tingling sensation), *Chakraman-Kashtata* (difficulty in walking), *Aasane Udtishte Kashtata* (difficulty in sitting-standing), *Padasuptata* (tingling numbness) But from 20 days patient increase the severity of symptoms. A 38 year old female patient came to us with chief complaint of -

- Backache – 6 months
- Radiating toward Thigh, Knee, Calf with Numbness and Tingling Sensation – 4 months
- Difficulty in walking and In Sitting – 3 months

❖ *Astavidha Pariksha* :-

Nadi : - 78 / min

Mala :- *Avastambha*

Mutra : 3-4 time/ day

Jihva :- *Sama*

Agni :- *Prakrut*

Sabda :- Normal

Akruti :- *Madhyam*

Bala : *Madhyam*

RaktaChapa : 130/90 mmHg

❖ **Examination:**

- Gait: Waddling & Walk by dragging the toe of left foot
- SLR: Rt. - Positive 60'

Lt. – Positive 30'

- Lasegue's test: Positive at bilateral side power in left lower limb was slightly lesser than right side
- MRI Findings : Straightening of normal lordosis desiccative disc changes at L₅ – S₁ level, mild diffusion disc bulge at L₄ – L₅ level causing thecal sac indentation nerve compression.

MATERIALS:

table-1:treatment (medicine)

Medicine	Dose	Time	Anupana	Duration
<i>Yogaraj Guggulu</i>	2 Tablet (500 mg)	2 Time	Luke warm Water	30 days
<i>Samir Pannag Ras</i>	2 Tablet (250 mg)	2 Time	Luke warm Water	30 days
<i>Dashmool Kwath</i>	40 ml	2 Time		30 days
<i>Erandbhrista Haritaki</i>	2 Tablet (500 mg)	1Time (at Night)	Luke warm Water	30 days

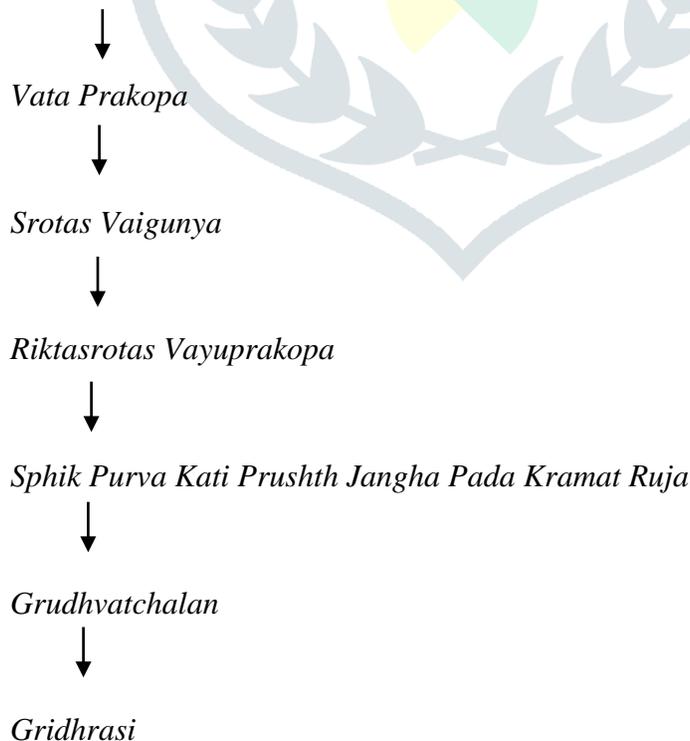
table-2:treatment (procedure)

Agni karma: Two sitting at interval of seven days

On the points of *Vama Kati, Uru, Janu, Pada, Parsni* (Posterior side of lumber, Femoral, Knee, Calf muscle, Calcaneum region)

DISCUSSION:

- *Hetu sevan Ahara- Ruksha,shita*, bread, bekari products oily,*Katu Tikta Kashaya Rasatamak* diet.
- *Vihar-* heavy exercise, *Vegadharana, Aamotpatti* (indigestion).

❖ **Samprapti: Hetu sevan** (Heavy weight lifting)

❖ **Samprati-Ghatak:**

- *Dosha– Vata Dosha Prakop*
- *Dushya – Majja,Asthi*
- *Srotas – Asthivaha,Majjavaha*
- *Srotodusti – Sanchaya vrutti*
- *Udhbhavasthana – Asthi,Sandhi*
- *Vyaktasthana – Katipradesh,Uru,Janu,Jangha, Pad Pradesh*

❖ **Samprapti Vighatan:****Agnikarma**

Sciatica is one of painful condition which hampers the daily routine of the patient. As described by *Acharya Charak* it is of predominance of *vata Dosha* and may have *Kapha Anubandh*.^{vi} Thus radiating pain from lumber region to the lower extremities may show stiffness in the lower limb and patient got difficulty in walking or continuous standing even for short period. As *Ushna* treatment acts against the qualities of *Vata* and *Kapha Doshas*, cures all the *Vataja* and *Kaphaj* disorders. In this condition *Agni Karma(Ushna Chikitsa)* acts against the properties of *Vata* and *Kapha Doshas*.^{vi}

Yogaraj Guggulu : *Vata Shamak, Vata Shool Nashak, Sroto Bandhak*.^{vii viii}

Samirpanag Ras : *Vata Kaphghna*^{ix}

Dashmool Kwath : *Vata Nashak*

Erandbhrist Haritaki: *Anulomak, Vatashul Nashak*

OBSERVATION & RESULT :

table-3:observation & result

Chief Complain	Before Treatment	After Treatment
Backache	+++	+
Radiating toward Thigh, Knee, Calf with Numbness and Tingling Sensation	++	+
Difficulty in walking and In Sitting	Pain after walking of 100 mtr.	Easily walk without pain about 200 mtr.
Walking Time	Ten minutes to walk 100 Steps.	Five minutes to walk 100 Steps.
SLR test (lt. Leg)	30°	70°

CONCLUSION:

Agnikarma therapy shows highly significant results in all signs and symptoms, especially in case of pain as it is one of the most uncomfortable factors for patient. The entire treatment was tolerated comfortably by the patients. There were no side effects noticed in any of the patients. The procedure was simple economical and can

be done in OPD level gives instant relief to most of the patients, but still to avoid the reoccurrence of the disease and to break the *Samprapti* the patient may need to continue on oral *Shaman* medication. The Pain relief provided by *Agnikarma* presents a window of opportunity in the clinical management of Sciatica.

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