

## AYURVEDA MANAGEMENT OF SCIATICA: A CASE REPORT

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### KEYWORDS

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*Parijata*.

### ABSTRACT

One of the most prevalent conditions, low back pain affects between 70% and 80% of people. People of all ages, particularly middle age are impacted by low back discomfort. Sciatica is the most common cause of low back pain among the many possible causes. Sciatica is a disorder characterised by pain that radiates from the lower back down one or both legs along the sciatica nerve. The intensity of sciatica pain can occasionally interfere with a person's regular activities. Its features are similar to those of the *Gridhrasi*, according to Ayurvedic texts. In *Gridhrasi*, pain originates in the hip and extends to the *Kati Prusta* (back), *Uru* (thigh), *Jaanu* (knee), *Jangha* (calf), and *Pada* (foot). Depending on the *Dosha* involved, pain may also be accompanied by stiffness or heaviness. Here 34 years old female patient came with complaints of pain in hip region radiating to left leg, low back pain, difficulty in walking and daily activities also. We diagnosed it as *Grudhrasi* and treated with Ayurvedic oral medicines and panchakarma therapy gives results with complete relief from pain and patient able walk properly within 16 days.

### INTRODUCTION

Sciatica refers specifically to pain that is directly caused by disease of the sciatic nerve or sciatic nerve root. The L4 through S2 nerve roots combine to create the sciatic nerve at the pelvis, whereupon it is composed.[1]

The calf muscles, anterior lower leg muscles, and certain intrinsic foot muscles receive indirect motor function from the sciatic nerve. Additionally, the sciatic nerve supplies sensation to the plantar aspect of the foot as well as the posterior and lateral lower legs indirectly through its terminal branches. It is crucial to understand that the majority of sciatica cases are caused by an inflammatory illness that irritates the sciatic nerve. Sciatica has a widespread impact. The most significant symptoms are the associated impairments and radiating leg discomfort. While most patients receive treatment in primary care, a tiny percentage are referred to secondary care and may require surgery in the future. The literature lists numerous synonyms for sciatica, including ischias, lumbosacral radicular syndrome, nerve root discomfort, and nerve root entrapment. Although lumbar stenoses and (less frequently) tumours are potential causes, sciatica is most commonly caused by a herniated disc with nerve root compression in roughly 90% of cases. [2]

*Grudhrasi* one of the eighty different kinds of *nanatmaja* diseases. The excruciating illness known as *gridhrasi* prevents a person from sitting or walking normally, which interferes with daily activities. The majority of *Gridhrasi's* indications and symptoms are similar to those of sciatica, according to contemporary literature. Although this illness was just discovered by contemporary medicine two centuries ago, its same symptomatology has been documented in ayurvedic texts dating back 5000 years. Given that the patient of this sickness walks like a vulture (*gridhra*) and that his legs become tight and somewhat bent, the term "*Gridhrasi*" may have been coined to describe this illness. [3]

## MATERIAL AND METHODS

Single arm case report of 34 years female patient of *grudhrasi* is discussed with detail history taking.

Written consent was taken from patient in patients' language before treatment. Assessment criteria which mainly include subjective parameters, objective parameters and lab investigations. Patient was treated with ayurvedic oral medicines along with panchakarma therapy.

### CASE REPORT

A female patient of age 34 years with moderate built came with complaints of *radiating pain to lower limbs* from low back region to feet, difficulty in walking, standing, pain while climbing, sitting since past 2-3 months, agreeing to receive Ayurvedic treatment.

#### Past medical/surgical/family history:

K/C/O Hypertension for 1 year, was on regular medicine for that.

Tab. Stamlo 5mg once a day.

There was no any known drug allergy.

#### Personal history:

Diet- Mixed both veg-nonveg

Appetite- Irregular

Bowel- Constipated

Urine- Normal

Sleep- less

Addictions- No

#### General examination:

All vital parameters were within normal limits. Patient was haemodynamically stable.

Straight leg rising test (SLRT) was positive at 60 degree left leg.

#### Eight-fold examination:

- *Nadi*- 78/min
- *Mala*- *Malavsthambh*
- *Mutra*- *Samyak*
- *Jivha*- *Niram*
- *Shabda*- *Prakrit*
- *Sparsha*- *Unushna*
- *Druk*- *Samyak*
- *Aakruti*- *Madhyam*

#### Systemic examination:

Systemic examination was normal.

X-ray: Lateral, anterior, posterior, and lumbosacral view was normal.

Haemoglobin, total leukocyte count, differential leukocyte count, and erythrocyte sedimentation rate are examples of routine haematological examinations. Biochemical tests include serum cholesterol, calcium, protein, alkaline phosphate, and fasting blood sugar was normal.

#### Criteria for assessment:

Gradation for subjective parameters:[4]

**Table no. 1: Gradation for subjective parameters**

<b>1. Ruk (Pain)</b>	
No pain	0
Occasional pain	1
Continuous pain after movements	2
Continuous pain	3
<b>2. Toda (Pricking pain)</b>	
No Pricking pain	0
Occasional Pricking pain	1
Continuous Pricking pain after movements	2
Continuous Pricking pain	3
<b>3. Sthambha (Stiffness)</b>	
No Stiffness	0
Stiffness lasting for 5 minutes	1
Stiffness lasting for 5 minutes- 1 hour	2
Stiffness lasting more than 1 hour	3
<b>4. Spandan (Twitching)</b>	
No Twitching	0
Occasional Twitching	1
Continuous Twitching after movements	2
Spontaneous and frequent	3
<b>5. Graha (Restricted movements)</b>	
Forward bending upto toes	0
Forward bending upto mid legs	1
Forward bending upto knee	2
Forward bending upto mid-thigh	3
<b>6. Gaurav (Heaviness)</b>	
No heaviness in body	0
Feels heaviness in body but doesn't hamper routine work	1
Feels heaviness in body which hamper routine work	2
Feels heaviness in body which hamper movements of body	3

**TREATMENT GIVEN:**

**Table no. 2 Ayurvedic oral medicines**

Sr.no	Medicine	Dose	Time	Medium	Duration
1.	Parijatak ghanvat 250mg	2 BD	On empty stomach	Luke warm water	16 days
2.	Trayodashang guggula 250mg	2 BD	On empty stomach	Luke warm water	16 days
3.	Praval Panchamru 250 mg	2 BD	On empty stomach	Luke warm water	16 days
4.	Anulomak vat 500mg	3 HS	Nishi (After a night)	Luke warm water	16 days

5.	<i>Rasna</i> <i>Haritaki</i> <i>Bala</i> <i>Erandamoola</i> <i>Guduchi</i> Each 4 gm.	Freshly prepared 40 ml Twice a day	On empty stomach		16 days
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### PANCHAKARMA TREATMENT:

Table no.3: Panchakarma therapy

Sr. No.	Panchakarma procedure	Done with
1.	Local oleation	<i>Bala</i> oil for 20 min
2.	Local sudation ( <i>Sthanik Swedan</i> )	<i>Nadi swed</i> for 15 mins
3.	Enema with oil ( <i>Anuvasan basti</i> )	with <i>Bala</i> oil 120 ml
4.	Enema with decoction ( <i>Nirul basti</i> ) 770 ml Alternate ( <i>Vyatyasat</i> ) enema given for 16 days.	<i>Dashmuladi</i> decoction in which Decoction - 700ml, Honey ( <i>Madhu</i> ) – 10ml Rock salt ( <i>Saindhav</i> ) – 10 gm <i>Bala</i> oil – 50ml

### OBSERVATIONS AND RESULTS:

Following the *shaman* and *shodhan chikitsa*, the patient saw a drastic improvement in indications and symptoms. The patient was evaluated both "Before" and "After" treatment based on the subjective and objective criteria. The patient was able to walk and go about his everyday business without assistance. Thus, in *Gridhrasi*, ayurvedic treatment is beneficial

### DISCUSSION:

#### Mode of action of Oral medicines:

- *Parijataka Ghana Vati*: being *ushna* virya, pacifies Vata, relieves pain, is anti-inflammatory, indicated in *Gridhrasi*. [5]
- *Trayodashang guggula*: It is useful to promote strength of bones and joints. It acts as an excellent anti-inflammatory and analgesic medicine. [6]
- *Praval Panchamrut*: Its inherent alkaline qualities, which neutralise excess stomach acid and relieve burning discomfort in the stomach associated with appetite loss, make it extremely helpful in treating gastrointestinal disorders. [7]
- *Anulomak vati*: it acts on *vatadosha* due to its *ushna virya dravyas*, gives laxative action.

#### Mode of action of decoction:

- *Rasna*: Because of its *Ushna* (hot) nature and ability to balance the *kappa dosha*, *rasna* is a useful plant for treating cough and cold. It treats coughing, clears the respiratory passages, and discharges mucus. [8]
- *Haritaki*: It have *ushna virya* with *laghu rukshna gunas* and possesses *lavan rahit pancha rasa* hence it acts on *vata*, *pitta* and *kapha*.
- *Bala*: *Bala* helps to reduce the symptoms of fatigue due to its *Balya* (strength provider) and *Tridosha* balancing nature. [8]
- *Erandamoola*: It pacifies all Doshas, pain, swelling, digestive in nature, relieves constipation. [8]
- *Guduchi*: It is bitter and astringent in taste, digestive, relieves bio toxins (*Ama*), relieves *Tridosha*, diuretic in nature hence relieves swelling. [8]

### Mode of action of Panchakarma:

- *Sthanik Snehan*: Given that Vata has of *Ruksha, Sheeta, Laghu, and Khara*, and *Taila* is composed of the exact opposite qualities *Snigdha, Usna, Guru, Pihila*, etc. *Taila* is seen to be the ideal match for *Vata*. *Taila*, being *ushna*, thereby reduces *Vata* while also not raising *Kapha*.
- *Sthanik Swedan*: *Gridhrasi* is a *shoolapradhana vatavyadhi* and *shulavayuparama* (destruction of pain) is the sign of proper *swedana*.
- *Anuvasan basti*: *Taila* have great properties to pacify increased *vata dosha* hence *anuvasan basti* acts on *vata*.
- *Niruha basti*: The basic ingredients of *Niruha Basti* were *vatahar dravyas*. *Erandamula* and *Dashamula* are *shothahara, shulahara*, and *vatahara*. *Guduchi* corrects the *dhatwagni* and nourishes the *asthi* since it has *tikta rasa*, and *Balamaula* is *brimhana*. [9]

**Conclusion:** This case study demonstrates the efficacy of ayurvedic treatment for *grudhrasi*. Further research is necessary since more individuals are seeking treatment from ayurvedic physicians due to the rising prevalence of *grudhrasi*.

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**Patient perspective:** Patient was satisfied with the treatment.

**Informed consent:** Written informed consent of patient taken at the time of admission.

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