



## RESEARCH ARTICLE ON AYURVEDIC MANAGEMENT OF GRIDHRASI – A CASE STUDY

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### ABSTRACT

**Background:** Low back pain is one of the most common complaints in India that affects with 70% to 80% of the population. Among the various causes of low back pain, the intervertebral disc prolapsed is the most common and the pain may be confined in the lower back only or referred to as a leg, buttock or hip which often outline the features of Sciatica syndrome. In *Ayurvedic* Science, the disease Sciatica can be compared with *Gridhrasi* which is one of the most common disorders of *Vata*. **Aims & Objectives:** This study aimed to access the efficacy of *Ayurvedic* management including *Shodhana* and *Shamana Chikitsa* in *Gridhrasi*. **Materials and Methods:** It is a single case study. A 51-years married man who has already been diagnosed with a bulge with superimposed right paracentral protrusion of L4-L5, correlated with *Ghridrasi* of the right leg from 1 month approached to Jammu Institute of Ayurveda And Research OPD, Nardni, Jammu. He was treated with *Panchakarma* treatment and *Shamana Chikitsa* for 15 days. **Results:** Symptomatic assessment of patient was carried out after 15 days and satisfactory outcome was there and overall quality of life of patient was significantly improved. **Conclusion:** The after mentioned therapy gives symptomatic relief for the management of *Gridhrasi*.

**KEYWORDS:** *Ghridrasi*, *Sciatica*, *Yoga Basti*, *Shamana Chikitsa*.

### INTRODUCTION

Modernization and sedentary lifestyle of human being in developing countries has created several disharmonies in biological system. Factors like improper sitting postures in offices, jerky movements in travel and sports lead to the low back pain and sciatica. Low back pain (LBP) is the most frequently reported musculoskeletal problem in elderly adults. LBP due to lumbar disc prolapse is the major cause of morbidity throughout the world. Lifetime incidence of LBP is 50-70% with incidence of sciatica more than 40%. However clinically significant sciatica due to lumbar disc prolapse occurs in 4-6% of the population. The prevalence of sciatica varies considerably ranging from 1.6% in the general population to 43% in a selected working population. Sciatica not only inflicts pain, but also causes difficulty in walking. It negatively impacts quality of life of patient and disturbs daily routine.<sup>[1]</sup>

Sciatica is very painful condition in which pain begins in lumbar region and radiates along the posterior lateral aspects of thigh and leg, in this condition patient walks with difficulty. It occurs because of spinal nerve

irritation and characterized by pain in distribution of sciatic nerve. In reference to sciatica treatment; medical sciences have only symptomatic management and surgical procedures with interest of adverse reaction.<sup>[2]</sup> The signs and symptoms are seen in '*Gridhrasi*' can be correlated with '*Sciatica*' in modern terminology.

*Ayurveda* classics have given a detailed description about the treatment of *Vata Vyadhi*<sup>[3]</sup> but detailed description about treatment of *Gridhrasi* is mentioned by few experts only. Present study has been undertaken to have the clear understanding of the pathology of *Gridhrasi* and to finalize the treatment protocol according to *Ayurveda* classics. *Gridhrasi* is the most obstinate and prominent and is one amongst the 80 types of *Vata Nanatmaja* disorders.<sup>[5]</sup> *Gridhrasi* is a painful condition in which the person can't sit and walk properly that hampers his normal activity. Almost all signs and symptoms of *Gridhrasi* resemble with the condition of sciatica, as described by the modern texts. Its detail symptomatology has been described in *Ayurveda* classics since 5000 years while this condition was known to modern medical science just two centuries ago. As in this disease the patient walks like the bird *Gridhra* and his

legs become tense and slightly curved, so due to the resemblance with the gait of a vulture, *Gridhrasi* term might have been given to this disease. As the disease has not been described elaborately in *Ayurveda* classics, it has been seen that physician face a difficulty in treating such patients. So present study has been taken to understand the concept of disease *Gridhrasi* and to achieve a treatment protocol accordingly.

### CASE STUDY

A 51 years old male patient comes to OPD of *Kayachikitsa* department. Patient was security guard by occupation. Patient came with following chief complaints:

#### On Dakshini Pada - Chief Complaint

1. *Ruka* - Pain starts 1 month ago.
2. *Toda* - Pricking sensation starts 1 month ago.
3. *Stambha* – 15 days later stiffness also started.
4. *Sanchar Vedana* - Radiating pain in *order Sphik, Uru, Kati, Janu and Pada*
5. *Chankraman and Asan Kashtata* (Pain while walking and sitting starts 1 month ago).

**History of Case Study:** Patient had taken allopathic treatment before but didn't get relief then he came to our hospital as per need for his pain and he was having repeated episodes. Patient did not have history of any other major illness.

**Family History:** No any major illness.

#### On Examination

**General condition** - Moderate, Afebrile. No pallor/Icterus was present.

#### Asthavidh Pariksha

- *Nadi* - 75/min.
  - *Mala* – *Vibhandit* (one time a day)
  - *Mutra* – *Samyaka*(4-5 times a day)
  - *Jivha* – *Lipta*
  - Shabda* – *Samanya*
  - *Sparsha* - *Ruksha*
  - *Druka* – *Samanya*
  - *Akruti* - *Madhyam* Weight - 75kg
- Blood pressure - 110/80mm of hg

#### Nidan Panchak

**Hetu** : *Yanayan, Ratri jagran., Katu-Ruksha Anna*

#### Samprapti Ghatak

- *Doshas* - *Vata dosha prakop*
- *Dushya* - *Majja, Asthi*
- *Agni* - *Vishmagni*.
- *Strotodushti* - *Sanga, Siragranthi*.
- *Vyadhiswabhav* - *Aashukari/Chirkari*.
- *Vyaktasthana* - *Katipradesh, Uru, Janu, Pad*

**Poorvarupa:** Pain and stiffness at Lumbar region and low back region.

**Roopa:** Pain in Lumbar region and radiating towards Kati, Uru, Janu, Pad.

**Upashaya:** *Aushadh sevana*

**Anupashaya:** *Nidansevana*

### MATERIALS AND METHODS

Centre of study - *Kaya chikitsa* OPD JIAR

#### Treatment Plan

In this case study the treatment plan for patient includes,

- *Sarvanga snehana* with *Brihat Saindhavadi tail and*
- *Patrapinda Swedana* to right leg and lumbar region followed by *yoga basti karma* (therapeutic enema) for 8 days and
- internal medicine i.e. *Panchatikta ghrut guggulu* 2 TDS given for 15 days.

#### Detailed of treatment

- *Abhyanga (snehana)* Ayurvedic massage was done on complete body with *Brihat Saindhavadi tail* for 20 min. daily.
- *Swedana Patrapinda swedana* was given by using *Nirgundi* (*Vitex negundo*) leaves to the lumbar and left leg region for about 20 min.
- *Basti* (Therapeutic enema) *Yoga basti* was given for 8 days. *Yoga basti* includes two types of *basti*
  - Oil enema i.e. *Anuvasana with Brihat saindhavadi tail and tila tail* each 30 ml.
  - *Niruha basti* (decoction enema) which includes following ingredients:

Ingredients of *Niruha Basti*.<sup>[5]</sup>

1. *Saindhava* (Rock salt) 5 gm
2. Honey 60 ml
3. *Kalka of Triphala, Erandamula, Madanphala*. 20 gm
4. Oil: *Bala tail* 120 ml
5. *Dashmoola* decoction 400ml

Scheduled of *Yoga basti* is as follow

Days	1	2	3	4	5	6	7	8
Type of <i>basti</i>	A	N	A	N	A	N	A	A

Content of *Brihat Saindhavadi tail*.<sup>[6]</sup>

*Saindhava lavana* (rock salt), *Shreyasi* (*Scindapsus officinalis*), *Rasna* (*Pluchea lanceolata*), *Shatapushpa* (*Anethum sowa*), *Yamani* (*Trachyspermum ammi*), *Sarjika* (*Swarjika kshara*), *Maricha* (*Piper nigrum*), *Shunthi* (*Zingiber officinalis*), *Kushta* (*Saussurea lappa*), *Sauvarchala* (*Saussurea lappa*), *Vida* (*Vida salt*), *Vacha* (*Acorus calamus*), *Ajamoda* (*Carum roxburghianum*), *Madhuka* (*Glycyrrhiza glabra*), *Jiraka* (*Cuminum cyminum*), *Pushkara* (*Inula racemosa*), *Kana* (*Piper longum*), *Erandtaila* (*Ricinus communis*), *Kanji* (*Fermented gruel*), *Mastu* (*Curd water*).

Content of *Panchatikta Ghrut Guggulu*.<sup>[8]</sup>

*Nimba* (*Azadirachta indica*), *Patola* (*Trichosanthes dioica*), *Vyaghri* (*Solanum xanthocarpum*), *Guduchi* (*Tinospora cordifolia*), *Vasa* (*Adhatoda vasica*), *Shudha*

*Guggulu (Purified Commiphora mukul), Ghrut (Ghee)* and water for decoction.

#### Assessment Criteria

##### Subjective Parameters

##### Ruk (Pain)

Grade	Description
0.	No pain
1.	Slight pain only on hard work
2.	Pain on movement but without disturbing routine work
3.	Pain on movement disturbing routine work
4.	Severe pain compelling patients to lie on bed

##### Toda (Pricking sensation)

Grade	Description
0.	No pricking sensation
1.	Occasionally pricking sensation
2.	Mild pricking sensation, once in a day
3.	Moderate pricking sensation, frequently in a Day
4.	Severe and persistence pricking sensation

#### OBSERVATION

##### Subjective Criteria

Sign and symptom	Before treatment	After treatment
<i>Ruk</i>	3	0
<i>Tod</i>	3	1
<i>Stambha</i>	2	0
<i>Chankraman and Aasan Kashtata</i>	3	1

##### Objective Parameters

	Before treatment	After treatment
SLRT	Positive at 35° (right leg)	Negative at 75° (right leg)
Walking time	100 meters in 10 seconds.	100 meters in 5 seconds.

#### DISCUSSION

In this case study, we treated the patient by *Shodhan chikitsa i.e. Basti and Shaman chikitsa i.e. internal medicine. Basti* were given along with *snehana and swedana*. One is *yog basti* with schedule of 8 days alternate day oil enema and decoction enema and continue internal medicine *Panchatikta ghrit guggulu 2 tablets TDS for 15 days*. After all the treatment patient show great improvement in his health about 70-80% pain and stiffness reduced. Now he can do all his routine activities properly.

#### CONCLUSION

In this case study we treated the patient of *ghridhrasi* by giving therapeutic enema i.e. *Yog basti* and some internal medicine. *Ghridhrasi* is a one of the *nanatamaja vata vikara* hence *basti* is the basic treatment of all *Vata Vyadhi* and is thought to be the *Ardhachikitsa* (50% of all treatment modality) in *Ayurveda*.

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##### Stambha (Stiffness)

Grade	Description
0.	No stiffness
1.	Sometimes for 5-10 min.
2.	Daily for 10- 30 min.
3.	Daily for 30- 60 min.
4.	Daily more than 1 hour.

##### Chankraman and Aasan Kashata (Difficulty in walking and sitting)

Grade	Description
0.	No pain
1.	Mild pain + No difficulty in sitting and walking.
2.	Slight pain in walking and sitting
3.	Much difficulty in walking and sitting.

##### Objective Parameters

- SLR Test
- Walking time

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