



MARMA CHIKITSA IN THE MANAGEMENT OF GRIDHRASI W.S.R. TO SCIATICA – A CASE REPORT

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ABSTRACT

The lifetime prevalence of low back pain has been reported between 60% to 80%. By contrast, the life time prevalence of sciatica is between 2% and 4%. According to *Acharya Charaka*, two types of *Gridhrasi* have been listed *Vataj* and *Vatakaphaja*. Pain starts from *Sphik* (buttock) and then radiates to *Kati*, *Prushta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Paada* (foot) along with *Stambha* (stiffness) *Ruka* (pain), *Toda* (pricking sensation) and *Spandana* (twitching) are the signs and symptoms of *Vataj Gridhrasi*. While *Aruchi* (anorexia), *Tandra* (drowsiness) and *Gaurava* (heaviness) are the additional symptoms which are found in *Vatakaphaja Gridhrasi*. *Marma Chikitsa* is the art of treating certain vital points to re-channelize the *Pranna* (vital force in the body). Touching a *Marma* point changes the body's biochemistry and can unfold radical, chemical change in one's makeup. Stimulation of these inner pharmacy pathways signals the body to produce certain neurochemicals that heals the body and mind. The *Marma Chikitsa* was performed in which *Pada Kshipra Marma*, *Pada Talahridaya Marma*, *Gulpha Marma*, *Indravasti Marma*, *Ani Marma*, *Janu Marm*, *Urvi Marmas* was manipulated. Each *Marma* will be stimulated or rhythm of stimulation of *Marma* is same as the rhythm of respiration i.e. approx 18 times per minute. The *Marma Chikitsa* was performed on every alternate day for two weeks.

KEYWORDS: *Gidhrasi*, *Marma Chikitsa* and *Sciatica*.

INTRODUCTION

The lifetime prevalence of low back pain has been reported between 60% to 80%. By contrast, the life time prevalence of sciatica is between 2% and 4%. It is generally accepted that 90% of acute low back pain episode settle, allowing return to work within 6 weeks. However, some 5-7% of the population aged between 45-64 years will report back problems as a chronic sickness.^[1]

According to *Acharya Charaka*, two types of *Gridhrasi* have been listed *Vataj* and *Vatakaphaja*.

Pain starts from *Sphik* (buttock) and then radiates to *Kati*, *Prushta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Paada* (foot) along with *Stambha* (stiffness) *Ruka* (pain), *Toda* (pricking sensation) and *Spandana* (twitching) are the signs and symptoms of *Vataj Gridhrasi*. While *Aruchi* (anorexia), *Tandra* (drowsiness) and *Gaurava* (heaviness) are the additional symptoms which are found in *Vatakaphaja Gridhrasi*.^[2] Ancient Acharyas have given the name *Gridhrasi* it may because of patient's gait became similar to the gait of the

Gridhra (eagle)^[3] *Gridhrasi* is *Shoolpradhana Nanatmaja Vatavyadhi*.^[4]

The most important symptom of sciatica is lumbosacral radicular leg pain that follows a dermatomal pattern radiating below the knee and into the foot and toes. Sciatica most commonly occurs when a herniated disc, bone spur on the spine or because of the narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg.^[5]

Acharya Charaka has described *Basti*, *Siravyadha* and *Agnikarma* at the site of *Antara-Kandara-Gulpha-Madhya*,^[6] & *Acharya Sushruta* has described same as *vatavyadhi* and *siravedhavidhi* in the management of *Gridhrasi*.^[7] In *Chakradatta & Yogratnakara*, we find direct reference of *Agnikarma* indicated for *Gridhrasi* which is said to be done over the *Paadakanistakam* (little toe)^[8] According to *Sushrut Samhita*, relapse of the disease is not seen if the patient is treated with *Agnikarma* procedure.^[9]

Marma Chikitsa is the art of treating certain vital points to re-channelize the *Pranna* (vital force in the body). Touching a *Marma* point changes the body's biochemistry and can unfold radical, chemical change in one's makeup. Stimulation of these inner pharmacy pathways signals the body to produce certain neurochemicals that heals the body and mind.^[10]

CASE STUDY

Patient Particulars

A Female patient of 54 years old, from Jaipur, Rajasthan approached to *Shalya Tantra* OPD, with the complaint of low back pain which radiate to left lower limb form last 8 months.

Chief complaints

Low back pain which radiate to left lower limb from 8 months, difficulty in walking from 15 days and also have complaints of Flatulence and constipation.

History of present illness

According to the patient, she was reportedly healthy before 8 months, then she suffer from low back pain which gradually radiate to left lower limb then she have problem in walking since 15 days and also having flatulence with constipation. So, she come to NIA OPD for further management.

History of past illness

No any relevant past history of illness and no history of trauma.

Past treatment history

She went to a couple of local house doctors for the same issue and was taking an over-the-counter medicine but don't get satisfactory relief.

Personal history

The appetite of patient was good.

The bowel was constipated.

The patient used to have sound sleep.

General Examination of patient

The blood pressure of the patient was 136/90 mm of Hg at supine position.

The pulse rate was 76 bpm.

The patient had no pallor, no icterus, no lymphadenopathy, no cyanosis, no clubbing, no edema and no signs of dehydration.

Systemic Examination of patient

The results of the per abdominal, cardiovascular, respiratory and CNS examinations were all normal.

Local examination

Inspection - No any swelling or scar mark present

Palpation – No loss of curvature, tenderness (grade 3) present at L4-L5 level

SLR -Rt >90 degree and Lt 50 degree

Braggard's test - Rt >90 degree and Lt 50 degree

Xray LS spine Ap & Oblique – S/o degenerative changes in spine specially at L4-L5 level.

Diagnosis

Gridhrasi (Sciatica).

Treatment

The *Marma Chikitsa* was performed in which following *Marmas* were manipulated.^[11]

- (1) *Pada Kshipra Marma* (First inter Metatarsal ligament)
- (2) *Pada Talahridaya Marma* (Lateral ligament of the ankle joint)
- (3) *Gulpha Marma* (Ankle joint)
- (4) *Indravasti Marma* (Calf muscles)
- (5) *Ani Marma* (Tendon of quadriceps femoris)
- (6) *Janu Marm* (Knee joint)
- (7) *Urvi Marma* (Femoral vessels)

Rest was recommended to the patient for some time and then advised to walk for few steps.

Each *Marma* were stimulated and rhythm of stimulation of *Marma* was same as the rhythm of respiration i.e. approx 18 times per minute.^[12] The *Marma Chikitsa* was performed on every alternate day for two weeks. The observations were analyzed on the basis of assessment parameters clinically on 0 day, 7th day, & 14th day.

- Triphala Churnna 5gm with luke warm water at bed time
- Avipattikar Churnna 5gm twice a day before food

Assessment Criteria

Patient was clinically assessing on these parameters:

- *Stambha*(stiffness)
- *Ruja*(pain)
- *Toda*(pricking sensation)
- *Spandana* (twitching)
- Tenderness
- SLR Test
- Braggard's Test

These parameters were categorized into 5 grades for 0 being no signs or symptoms and 4 being highest/maximum signs or symptoms for particular parameter.

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
<i>Ruja</i>	No Pain	Occasionally	Mild	Moderate	Severe
<i>Toda</i>	No Pricking Sensation	Occasionally	Mild	Moderate	Severe
<i>Stambha</i>	No Stiffness	Occasionally 5-10 min	Daily 10 -20 Min	Daily 21-60 Min	> 1 hour
<i>Spandana</i>	No Tingling Sensation	Occasionally 5-10 min	Daily 10 -20 Min	Daily 21-60 Min	> 1 hour
SLR Test	> 90 degree	>75 - <90 Degree	>60-<75 degree	>45-<60 Degree	<45 degree
Braggard's Test	> 90 degree	>75 - <90 Degree	>60-<75 degree	>45-<60 Degree	<45 degree
Tenderness	No tenderness	Tenderness to palpation without grimace or flinch	Tenderness with grimace &/or flinch to palpation	Tenderness with withdrawal	Withdrawal to non-noxious stimuli



Before Treatment

After Treatment

RESULT

Patient was clinically improved after treatment and assess on the basis of following parameters. Improved in *Stambha* parameter from grade 2 to 1, *Ruja* parameter from grade 3 to 1, *Toda* parameter grade 1 to 0, SLR test parameter from grade 3 to 1 and Braggard's test parameter from grade 3 to 1.

DISCUSSION

Gridhrasi is a *Shoolpradhan Vatavyadhi* that pain starts from *Sphik* (buttock) and then radiates to *Kati*, *Prushta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Paada* (foot) along with *Stambha* (stiffness) *Ruka* (pain), *Toda* (pricking sensation) and *Spandana* (twitching) are the signs and symptoms of *Vataj Gridhrasi*. While *Aruchi* (anorexia), *Tandra* (drowsiness) and *Gaurava* (heaviness) are the additional symptoms which are found in *Vatakaphaja Gridhrasi*.^[13] *Marma* are the place of *Prana* that is connect to *Vata*. When appropriate pressure is applied to stimulate the *Marma* point some biochemical changes happens In the body, also the *Vata* that can be correlated with nervous system comes in the

natural form and symptoms Like *Ruka*, *Toda*, *Stambha* etc. get relieved. Also it can be an alternative of surgery. A Female patient of 54 years old, approached to *Shalya Tantra* OPD, NIA (Deemed to be university) Jaipur with the complaint of low back pain which radiate to left lower limb from last 8 months and there was problem in walking since last 15 days and also having flatulence with constipation. Patient was treated with *Marma Chikitsain* which *Kshipra*, *Talahridya*, *Gulpha*, *Indravasti*, *Junu*, *Ani* and *Urvi Marma* were manipulated on each alternate day for 2 weeks and improvements were noted. It had seen after the *Marma Chikitsa* relief in previous parameters like improvement in *Ruja* was 90% (grade 3 to 1), improvement in *Stambha* parameters was 70% (grade 2 to 1), improvement in *Toda* parameters was 80% (grade 1 to 0), improvement in SLR test was 95% (grade 3 to 1) and improvement in Braggard's test was 95% (grade 3 to 1).

Mode of Action of *Marma Chikitsa- Marma* Therapy is the precise art of touching an individual in exactly right place at a critical moment of time. It is an important tool of *Pranic* healing. *Prana* in turn is connected with *Vata*

Dosha, which relates to deep seated, chronic and degenerative diseases like *Gridhrasi*. It is one of the safest, non-invasive, and cheapest therapy among all. Also this therapy has no side effects and no any preparation is required before therapy. It even satisfies the *Sushruta's* concept of "Hastamaeva Pradhantamam Yantram". By the use of appropriate pressure over these *Marma* points, these vital and powerful points can be stimulated leading to biochemical changes in brain as well as in the body, resulting in suppression of the symptoms like *Ruja*, *Toda*, *Stmabha* etc. The result is supposed to be immediate and long lasting.^[14]

CONCLUSION

Gridhrasi is a *Shoolpradhan Vatavyadhi* that typically affects middle-aged and older people, as well as certain work groups. *Marma Chikitsais* effective significantly on all the parameters in the management of *Gridhrasi* (Sciatica). *Marma Chikitsa*, which is cost-efficient, safe and beneficial treatments that helps to improve the quality of life of the patient.

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