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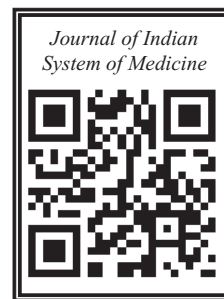
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Management of *Grudhrasi* (Sciatica) - A Case Study

Sadhana Misar(Wajpeyi), Atul Prakash Pathak



Abstract:

In Ayurveda, one of the most common diseases that affect the hip and the lower limbs is *Gridhrasi*. In this disease onset of *Ruk* (pain), *Toda* (numbing pain) and *Stambha* (stiffness) is initially in *Kati* (lumbosacral region) and radiates distal to *Prishtha* (back), *Jangha* (thigh), *Janu* (knee) till *Paada* (foot). It can be correlated with sciatica due to resemblance of symptoms. The prevalence of sciatica symptoms increasing day by day. Sciatica hampers the daily routine activity and patient has to suffer a lot. Ayurveda treats it by *Snehana*, *Swedana*, *Shodhan* and *shaman chikitsa* which are simple, safe and cost effective. Cupping Therapy is a Chinese method frequently used to relieve back pain. Research studies showed that Cupping targets soft tissue by applying local pressure to pain points and areas of swelling and helps in relieving pain. In this case study patient suffering from *Gridhrasi* was treated with Cupping (dry) therapy and *Shamana Chikitsa* for one month in *Kayachikitsa* OPD of MGACH & .RC, Salod. Treatment given - Dry Cupping therapy (3 sittings) and *Snehan* with *Dashmool Taila* followed by *Nirgundi Patrapinda Swedana* over affected area for 21 days. *Rasnadi Guggulu* 500mg, *Rasnasaptak Kwatha* 20ml + *Dashmool kwath* 20 ml, *Ashwagandha Churna* 3g, *Asthiposhaka Vati* 500mg given twice a day for one month. Pain, tenderness, Walking distance and SLR test were taken for assessment parameters. Patient got relief in all parameters after treatment. From this case study it can be concluded that Cupping is the best therapy for relieving pain. *Gridhrasi* can be effectively treated with using *Snehan*, *Swedan* and *Shaman chikitsa* combined with cupping therapy.

Key words: Gridhrasi, Sciatica, Cupping therapy, Shaman chikitsa.

Introduction:

Gridhrasi is a *shoolapradhana Nanatmaja Vata-vyadhi*, mainly caused due to vitiation of *vata dosha*. As described by *Acharya Charaka* *Gridhrasi* is a *Vatavyadhi* characterised by *Stambha* (stiffness), *Ruk* (pain), *Toda* (pricking pain) and *Spandana* (frequents switching). These symptoms initially affect *Sphik* (buttock) as well as posterior aspect of *Kati* (waist) and then gradually radiates to posterior aspects of *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot)[1].

Due to similarity of symptoms it can be correlated with sciatica. In modern era, the low back pain is common problem seen due to changing life style and nature of work. The prevalence of sciatica symptoms reported in the literature varies considerably ranging from 1.6% in the

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general population to 43% in a selected working population [2].

Sciatica is a neuralgic pain referred to the muscles supplied by the sciatic nerve [3]. Sciatica hampers the daily routine activity and patient has to suffer a lot. The medical treatment and management includes bed rest, maintaining mobility, analgesics or NSAID, epidural steroid injections, spinal manipulation, traction therapy, physical therapy, multidisciplinary treatment or surgery in later course of the disease [4].

In Ayurveda different treatment modalities are described that protect the normal health while treating the disease with safe, effective methods and easily available drugs. It includes procedures like *Snehana*, *Swedana*, *Shodhan* and *shaman chikitsa* [5].

Cupping therapy has been used for thousands of years in traditional Chinese medicine for the treatment of several chronic conditions, such as low back pain, chronic arthralgia, Lumbar radiculopathy and respiratory diseases [6].

The World Health Organization's (WHO) definition of cupping is a therapeutic method involving the application of suction by creating a vacuum. Cupping targets soft tissue by applying local pressure to pain points and areas of swelling [7].

Case Report

A 67Years male patient came with Chief complaints of Pain in right lumber region radiating towards right thigh, calf and foot, tingling sensation and stiffness in right lower limb, difficulty in walking since 1 year.

The patient was alright before 1 year. Then he started pain in right lumber region slowly, it radiated towards lower limb. After that Numbness

and Tingling sensation started in right lower limb. He had stiffness in right leg, since 3 months. He had tried modern medicines like pain killers at private hospital. But the symptoms aggravated since 15 days so for further treatment he came to MGACH & RC. There was no history of Diabetes, Hypertension or any other major illness or surgery in the past.

Examination:-

Vitals of patient were within normal limits. Systemic examination showed no any abnormal findings. *Ashtavidha pariksha* was within normal limits.

On examination, the gait of patient was waddling and he walked by dragging the left leg. No local swelling or redness was present. He had local tenderness. Sciatic nerve compression test and Straight Leg Raising test (30°) was positive on right side.

Investigation was done which revealed Hb. 11.5 g%, TLC 8400 th/ul, ESR 09 mm/hr, Neutrophill 60%, Lymphocytes 34%, Eosinophill 2%, Monocytes 2%, Basophill 0%, RBS 90.4mg/dl.

The MRI reports revealed Lumber canal stenosis with neural compromise at L4 – L5 disc levels.

(Grade 1) L4 over L5 vertebra causing pseudo disc extrusion at L4-L5 disc level and compression of bilateral traversing and exiting nerve roots at same level. It showed Spondylo degenerative changes in whole spine.

After the examination this patient was diagnosed as *Gridhrasi* (sciatica). He was treated with *Snehan*, *Swedan* and *Shaman Chikitsa* as well as Cupping (Dry) therapy.

Observations and Results:

After treatment there was significant relief in *ruka*, tenderness, improvement in walking time and straight leg raising test was observed. No significant change was observed in MRI Report after treatment. (Table 2-3)

Table1: Treatment Given - Bahya- (External Treatment)

1	Dry Cupping therapy once in a week for 21 days (3 sittings)
2	<i>Snehan</i> :- <i>Prushta</i> , <i>Kati</i> to <i>Ubhaya Pada</i> with <i>Dashmool Tail</i> for 21 days
3	<i>Swedan</i> :- <i>Nirgundi Patra pinda</i> over affected area for 21 days

Shamana chikitsa:-

SN.	<i>Aushadhi</i>	<i>Matra</i>	<i>Anupana</i>	<i>Kala</i>
1	<i>Rasnasaptaka Kwatha</i> & <i>Dashmool kwath</i>	20 ml each BD	<i>Koshna jala</i>	30 days
2	<i>Rasnadi Guggulu</i>	500mg	<i>Koshna jala</i>	30 days
3	<i>Ashwagandha churna</i>	3gm BD	Milk	30 days
4	<i>Asthiposhak Vati</i>	500mg	<i>Koshna jala</i>	30 days

Table 2: Criteria with grading for Assessment-

Sr.		Severity	Grade
1	<i>Ruka</i> (Pain)	- No pain - Occasional pain 1-3 times in 24hrs. - Frequent Pain with slight difficulty in walking - Severe pain with marked difficulty in walking	0 1 2 3
2	Tenderness	- No tenderness - Tenderness on pressure - Tenderness on touching - Patient winces and not allow to touch	0 1 2 3
3	Walking Time	Walk upto 1 km without pain - Walk upto 500m without pain - Patient feels pain on standing - Patient cannot stand	0 1 2 3
4	SLR	- > 90° - 71°- 90° - 51°-70° - Up to 50°	0 1 2 3

Table 3: Obtained result

SN.	CRITERIA	Before Treatment	After Treatment
1	<i>Ruka</i> (Pain)	3	1
2	Tenderness	2	0
3	Walking Time	2	0
4	SLR	30 ⁰	75 ⁰

Discussion:

Main causative factor of *Gridhrasi* is a vitiation of *Vata Dosh*. Sometimes there is involvement of *kapha dosha* in *kaphavataja* type of *Gridhrasi*. Pain, stiffness are the main symptoms of it. In *Charaka Samhita*, *Gridhrasi* is described as a *Snehana* and *Swedana Sadhya Vyadhi*. *Snehana* was done with *Dashmool tail* and *Nirgundi Patrapinda Swedana* was used for 21 days. For *Shamana Chikitsa* formulations like *Rasnadi Guggul* 500mg, *Rasnasaptaka Kwath*, *Dasmoala Kwath* each 20ml, *Ashwagandha Churna* 3g and *Asthiposhaka Vati* 500mg two times a day were given for 1 month. [8]

Snehan and *Swedan karma* helps in alleviation of *Vata dosh*, *Stambh* thereby reduces pain and stiffness. *Swedan* also helps to expel the waste products (toxins) from the body and by vasodilatation it increases blood circulation of muscles. *Nirgundi patra* used for *swedana* helps in *vatashaman* and *Vedanasthapana*. [9]

Rasna and *Guggul* have *kapha vatashamaka* properties. Both the ingredients have *Ushna Virya* which mainly subside the *vata dosha*, the prominent *dosha* in *Gridhrasi*. *Sanga Srotodusti* is involved in the disease *Gridhrasi*. *Deepana* and *Amapachana*

properties of the drugs help to remove *Aam* from the *Koshta* and *dhatus*. So by their property, they help in breaking the *samprapti* of *Gridhrasi*. The efficacy of *Rasnadi Gutika* in *Vata* disorders including *Gridhrasi* has been already proved in various clinical trials [10].

All the drugs like *Rasnasaptaka Kwath*, *Dashmool Kwath* and *Ashwagandha churna* were having *Shoolahar* and *shothahar* properties. Therefore helps in relieving the pain and inflammation. *Asthiposhak vati* is a good source of natural calcium and good anti inflammatory medicine [11]. Cupping (Dry) targets soft tissue by applying local pressure to pain points and areas of swelling and helps in relieving muscle spasms, back pain. Cupping Therapy increases blood flow within vessels and capillaries. Tissues receive much-needed nutrients and oxygen due to increase circulation. It promotes the release of toxins and encourages circulation of both blood and lymph vessels. Thus helps in relieving pain [12][13][14].

Conclusion:

From this case study it can be concluded that Cupping (Dry) is the best therapy for relieving pain. *Gridhrasi* can be effectively treated with using

Snehan, Swedan and Shaman Chikitsa combined with Cupping Therapy. There were no adverse effects found during treatment.

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