

Management of Gridhrasi - A Case Study

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Abstract: Ayurveda described sciatica as Grudhrasi. Most of the common Vata-vyadhi observed in majority of people. Grudhrasi word itself describes the disease i.e. "Grudhra" (Eagle) like walking. The disease is caused by vitiation of vata, sometimes even Kapha vitiation along with vata also cause Sciatica. The symptoms seen in Grudhrasi can be well correlated with "Sciatica" in modern terminology. Sciatica is a very painful condition in which pain begins in lumbar region and radiates along the postero-lateral aspect of thigh and leg. Hence, movement of the affected leg is restricted and patient is not able to walk properly. It is particularly seen in most active period of life, involving working class people causing hindrance in routine life. Grudhrasi can be successfully treated by Ayurvedic medicines and procedure described by ancient text of Ayurveda. Here this is a case study, patient was suffering from sciatica due to herniation of L3-L4 and L4-L5 inter vertebral disc. He was treated with one course of Matravasti with Sahacharadi taila along with Abhyanga, Nadisweda and internal medication. Patient shows remarkable improvement and could do all routine work properly.

Keywords: Grudhrasi, Sciatica, Matravasti

1. Introduction

As we are living in modern and technologically advanced environment, because of this changing of life style of modern human being has created several deformity in his biological system. As the advancement of busy professional and social life, improper sitting posture in office, factories, over-exertion, Jerky movement during traveling, sports, all these factors create undue pressure on the spinal cord and plays an important role in producing low backache and sciatica.

Likewise progressive disorders affecting the pelvis and nerve structures are also precipitating this condition. This disease is now a significant threat to the working population.

The importance of back pain is underscored by the following:-

- 1) The annual social cost of back pain in the United States is estimated to be between 20 to 50 billion dollars.
- 2) Back symptoms are the most common cause of disability in patient under 45 years of age.
- 3) 50% working adults, in one survey, admitted to having a back injury each year.
- 4) Approximately 1% of US population is chronically disabled because of back pain.

Among Tridosha vata is responsible for all chestha and all the diseases. As having the properties of locomotor, its dynamic entity, its intensity and majority of 1st specific disorders more importance and attention is given to the vata dosha.

A variety of vatavyadhi described in Charaka Samhita are divided into Samanyaja and Nanatmaja group. Grudhrasi comes under 80 types of Nanatmaja vatavyadhi though, occasionally there is Kaphanubandha. The name itself indicates the way of gait shown by patient due to extreme pain just like a gridhra (vulture), it is clear that this disease not only inflicts pain but also cause difficulty in walking,

which is very much frustrating and embracing to the patient. Though because of affected leg, it disturbs the daily routine. The cardinal signs and symptoms of Grudhrasi are stambha, ruk, toda in the sphika, kati, uru, janu, jangha and pada in order and sakthikshepa nigraha i.e. restricted rising of the leg. In kaphanubandha, tandra gourauam aruchi are present.

2. A Case Study

2.1 History of present illness

A 45 years old male patient comes in a OPD with complain of severe low back pain on right side radiating towards thigh, calf region and down to right foot, difficulty during walking, stiffness in lumber region and numbness in right leg since 1 year. Patient underwent several allopathy treatments but got temporary relief but no permanent solution was found so he was came to the OPD of Dr. K.S.Bhoi Ayurved Chikitsalaya, SSN Ayurved College & RI, Nrusinghnath Paikmal. Then the patient was admitted and Ayurveda procedures with Ayurvedic medicine were adopted.

Table 1: Chief Complain of Patient

Chief Complain	Duration
1) Severe low back pain radiating to thigh, calf and foot of right side	1 year
2) Stiffness in lumber region	
3) Numbness and parasthesia of right leg	
4) Difficulty and pain while walking	

2.2 History of Past illness

- No specific accidental or surgical history.
- No any history of major illness like hypertension or Diabetes.

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Table 2: General Examination

Pulse	74/min
Blood Pressure	130/82 mmHg
Weight	65 kg
Temperature	98.2°F
Respiration	18/min

Table 3: Neurological Examination

Test	Left Leg	Right Leg
Straight Leg Rising (SLR)	Negative	Positive at 45°

3. Assessment Criteria

Table 4: Assessment of sign and symptoms of patient

Low back pain radiating towards thigh, calf and foot	G0	Pain in lumbar region not radiated towards anywhere	
	G1	Pain in lumbar region radiates towards thigh.	
	G2	Pain in lumbar region radiates towards thigh & Calf	
	G3	Pain in lumbar region radiates towards foot	+
Stiffness in lumber region	G0	No stiffness	
	G1	Mild stiffness	
	G2	Moderate Stiffness	+
	G3	Severe Stiffness	
Pricking sensation	G0	No pricking sensation	
	G1	Mild pricking sensation	
	G2	Moderate pricking sensation	+
	G3	Severe pricking sensation	
Difficulty and pain while walking and sitting	G0	No Pain	
	G1	Mild pain+ no difficulty in walking and sitting	
	G2	Slight difficulty in walking and sitting	
	G3	Much difficulty in walking and sitting	+

Nidana Panchaka

- 1) **Nidana (Causative factors):** Aatichankraman (excessive walking), prolonged continuous standing and heavy weight lifting.
- 2) **Poorvarupa (Prodromal symptoms):** Pain and stiffness in lumbar and low back region.
- 3) **Roop (manifestation):** Pain in the lumbar region radiating towards the thigh, calf region and down to the foot, difficulty in walking and sitting, numbness in the left leg.
- 4) **Samprapti (Pathogenesis):** Vata dosha is vitiated due to hetu seven i.e. excessive walking, prolonged continuous standing and heavy weight lifting.

Vitiated vata dosha causes formation of rukshata, kharata (dryness) in lumbar vertebra which further leads to loss of functioning of shleshaka kapha i.e. decreases elasticity and flexibility of disc. It result into the decreasing the functioning of joints in lumbar region, which ultimately results in disc herniation and compression of nerve i.e. Prakshobha of Vatavahini Nadi.

Compression of nerve causes radiating pain towards low back, gluteal, calf and left leg with tingling numbness.

Vyadhi Ghataka

Dosha involvement: Vata-Kaphaja.

Dushya involvement: Rakta and Kandara.[3]

Investigation

Patient had already MRI lumbar-spine of recent date 15/04/2022.

MRI reporting suggest the herniation at L4-L5, L5-S1 and Compression at Sciatic nerve.

Chikitsa (Treatment)

Chikitsa of ghridharsi disease as per Ayurvedokta Samhita or Classical text involves Basti with Snehana, swedana i.e. Shodhan chikitsa and Shamana chikitsa which includes internal medicines.

Treatment plan

In this case study the treatment plan for patient includes, Sarvanga snehana with Bishagarbha tail and Nadisweda to left leg and lumbar region followed by Matra basti karma (therapeutic enema) for 8 days. After 8 days stanik abhyanga with bishagarbha taila, along with internal medicine i.e. Bishatinduka Vati -250 mg 2 tablet twice daily and trayodasang guggulu- 500 mg 2 tab twice daily.

Detailed of treatment

Abhyanga (snehana)

Ayurvedic massage was done on complete body with Bishagarbha taila for 20 min. daily.

Swedana

Nadi Sweda was given by using Dashamula kwath to the lumbar and left leg region for about 20 min.

Basti (Therapeutic enema)

Matra Vasti with Sahacharadi Taila 60 ml daily was given for 8 days followed by Abhyanga with Bishagarbha Taila for 14 days.

4. Observation

Table 8: Assessment between before and after treatment

Symptoms	Before Treatment	After Treatment
Low back pain radiating towards thigh, calf and down to foot	G3	G0
Stiffness in lumber region	G2	G0
Pricking sensation	G2	G0
Difficulty while walking and sitting	G3	G1
Straight Leg Raise(SLR)	Right leg 45°	Right leg 80°

5. Discussion

In this case study, we treated the patient by Shodhan chikitsa i.e. Vasti and Shaman chikitsa i.e. internal medicine. Matra Vasti was given along with snehana and swedana. Matra vasti given with Sahacharadi taila 60 ml daily for 8 days. Then after 8 days abhyanga with Bishagarbha taila given to a patient for 14 days with continue internal medicine Bishatinduka vati and Trayodasang guggulu.

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.

6. Conclusion

In this case study we treated the patient of *ghridhrasi* by giving therapeutic enema i.e. *Matra vasti with Sahacharadi Taila* 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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