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**“A ROLE OF AYURVEDIC MANAGEMENT IN VAAM VATAKAPHAJ GRIDHRASI W.S.T TO SCIATICA A CASE STUDY”****Dr. Sangita Bhang<sup>1</sup>, Dr. S. B. Jamdhade<sup>2</sup>, Dr. Yogesh Duddalwar<sup>3</sup>, Dr. Pradnya Jamdhade<sup>4</sup>**

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**ABSTRACT:**

Gridhrasi, one of the most common disorders, is characterised by pain that affects leg movement, particularly in middle age, and low back pain that interferes with daily routine activities. Gridhrasi is characterised by discomfort associated with sciatic pain. The aim of this study was to assess the efficiency of Ayurvedic management. The symptoms of sciatica align with those of Gridhrasi. Sciatica is a painful condition that hinders normal activities by preventing normal sitting or walking. It hurts the lower back most of the time. It spreads to the area around the sacroiliac joint, Feet, thighs, and legs. Irritation of the spinal nerve roots associated with the herniated disc L4-L5 or L5-S1 causes sciatica. Yawatmal Ayurvedic Hospital evaluates the effectiveness of Ayurvedic treatments. A 38-year-old female patient came to our hospital with severe left leg pain radiating to the toe, difficulty in walking, and difficulty in sitting. She underwent an Ayurvedic treatment with Shaman Chikitsa for a duration of one month. A satisfactory result was achieved. We recorded the response to the treatment and assessed its effectiveness through symptom relief.

**KEY WORDS:-** Gridhrasi, Low back, Sciatica, Shaman chikitsa, Vaam vatakaphaj Gridhrasi

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## INTRODUCTION

Gridhrasi is mentioned in Ayurveda under the umbrella of Vataj Vyadhi. Make the walking pattern like a vulture. It is a pain-dominant disease and reduces daily activity considerably in terms of personal as well as social and professional life. The movement of the leg, particularly in middle age, is low back pain. One of the main causes of low backache is the intervertebral disc prolapse (IVDP).<sup>1</sup> The IVDP means the protrusion from the nucleus pulposus of vertebrae through a sentinel within the annulus fibrosus.<sup>2</sup> In 95% of the lumbar disc herniation, L4-L5 and L5-S1 discs are most commonly affected.<sup>3</sup> It is a pain-dominant lifestyle disorder affect of both of sex. In the case of Dhatukshyjanya Gridhrasi, there is damage to the sciatic nerve, while in the case of Margavrodhjanya Gridhrasi, there is compression and obstruction in the path of the sciatic nerve, and pain starts. In modern science, it is called a neurological, neuromuscular disorder. L4-L5 and S1-S2-S3 nerve roots come out and come together to form the sciatic nerve. The disease of sciatica occurs due to compression, obstruction, etc. in this nerve. Numbness and tingling sensation are also symptoms found in the sciatica word. Gridhrasi suggests that the patient's gait due to the pain resembles that of a Grudhra (eagle). The lower back, hips, knees, and legs all feel pain that starts in the gluteal area. The cardinal signs and symptoms of Gridhrasi are Ruk (pain), Toda (pricking sensation), Muhurspandan (tingling sensation), Stambha (stiffness) in the Sphik, Kati, Uru, Jangha, and Pada in order <sup>4</sup>, and Sakthikshepanigraha (i.e.restriction in upward lifting of lower limbs).<sup>5</sup> In Gridhrasi. As long as Kapha is linked to Vata<sup>6</sup>, Tandra (drowsiness), Gaurav (heaviness), and Aruchi (anorexia) may be present.

sciatic nerve: from the lower back to the buttocks, lateral side of legs and down to foot

## MATERIALS AND METHODS

**Case Study-** A 38 year female patient came to O.P.D. of Kayachikitsa department of L.K. Ayurved Hospital, yavatmal with following chief complaints

1. Severe left leg pain radiating to the toe
2. Difficulty in walking
3. Difficulty in sitting
4. Kati shool since last 5 months.

**History of present illness :-** From the last 5 months, the patient had complaints of low back pain, buttock pain, calf pain, and foot pain, for which she started allopathic medicine like painkillers, etc., but later on these drugs produced side effects on her like indigestion, bloating, etc. . Her symptoms worsened as she stopped taking medicine. So she came to Kayachikitsa O.P.D. L.K. Ayurvedic Hospital, Yavatmal.

**Past History of Illness:-** There was history of DM- since 2 yr .

No history of Thyroid, Asthma, and no other history of any major illness.

**Family History :-**No Significant history

**Rugnaparikshan :-**

1. Nadi :- 88/min

2. Mala :- Samyak
3. Mutra -Ati parvati
4. Jivha- Saam
- 5.. Netra- Rakt shwetabh
6. Shabda :- spashta
7. Sparsha :- Samshitoshna
8. Prakruti :- Vat-Pittanubandhi

B.P. :- 120/70 mm of Hg , Temp. :- Afebrile

Laboratory and X-ray Examination :-

Blood Routine :- Normal

**X-ray :-** X-ray shows low bone density (Osteoporosis) and severe lumbar spondylosis changes. smooth mod mid lower lumbar Hyper lordosis, low bony density osteoporosis and mod lumbar spondylotic changes effect

**Samprapti Ghataks of Gridhrasi:-**

Dosha :-

Vata(Apan vayu ,vyan vayu)

Pitta (Pachak)

Kapha (Sleshank)

Dhatu – Asthi. majjadhātu

Updhatu – Kandara,Sira

Udbhavsthan:- Pakwashay

Vyaktisthan :- Katipradesh

Strotas :- Majjavaha,Asthivaha

Rogmarga :- Madhayam marg

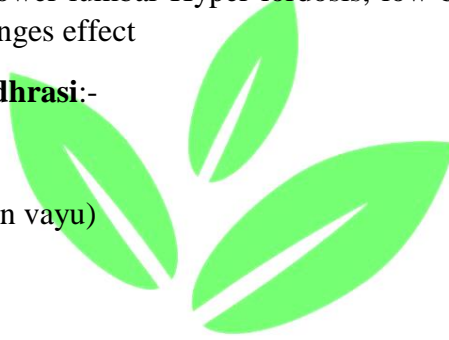
Samprapti –

When person does hetu sevan i.e Ruksha, shit, lavan, katu, Amla Aahar, Aatishrama, Vishamasana that leads to the dushti of vata and kapha dosha.

Prakupita vata and kapha accumulate in the katigat Sira,Nadi,Dhamani

That causes Ras dushti,rakt dushti,mansa dushti and leads to Asthi shoushishrya of katigat asthi (Sciatic Nerve compression)<sup>7</sup>

That leads to the Gridhrasi vyadhi (Sciatica)



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Other Examination

SLRT –

1. Left Leg -Positive (40°)

2. Right leg -Negative

### CHIKITSА

1. Mahayograj guggulu-	500mg	Twice day	Luke warm water
2. Kukuttandtwak bhasma-	250mg	Twice day	Luke warm water
3. Vat vidhwans ras-	250mg	Twice day	Luke warm water
4. Ekangvir ras-	250mg	Twice day	Luke warm water
5. Dashmul Rasna Punarnava Ashwagandha Shatavari-	1gm churn each	Twice day	Luke warm water
6. Swadisht virechan churn-	3gm	HS	Luke warm water
7. Dashmul bharad kwath-	30 ml	Twice day	Luke warm water
8. Dashang Lep-	For local application		
9. Satvik Oil-	For local application		
10. Rhumark oil-	For local application		

Evaluation of clinical symptoms<sup>5</sup>

Symptoms      Before treatment      After treatment

1. vaam paadshool	Grade 4	Grade 2
2. Sakasht Chankraman	Grade 3	Grade 2
3. Sakasht aasana	Grade 3	Grade 2
4. Katishool	Grade 4	Grade 1

Grade 0 – No pain,

Grade 1 – Occasional pain,

Grade 2- Intermittent pain

Grade 3 – Frequent pain,

Grade 4 – Continuous pain.

**RESULT :-Before treatment** there was no improvement in pain and initially , patient couldn't walk or walk with assistance and stand only for 2 -4 min. and after treatment that improved to one hour and standing for 12-15 minutes without assistant.

## DISCUSSION

The chikitsa sutra of Gridhrsi encompasses Basti karma, Siravyedha, Agnikrama, and Shaman Chikitsa. We can divide the planned protocol for this patient into two parts: Shodhana and Shaman Chikitsa. In this case study, Kati Basti was given for 8 days, while Siravyedha was done above gulfa sandhi. Ayurveda claims that the presence of vata dosha causes shula (pain). Mahayograj guggulu treats joint disorders, including muscle, bone, joint pain, and stiffness. Local Snehan & Swedan are renowned for their effectiveness and speedy results, as they alleviate pain and stiffness in the lumbar region associated with these diseases.

Vata Vidhwans Ras helps strengthen muscles, dealing with bone-related disorders. The patient receives Kukkutandtwak Bhasma, which is effective in treating Asthi and sandhi gat vata and reduces degenerative changes. It is rich in calcium and aids in the treatment of joint and bone-related disorders. Ekangvir Ras contains Ras Sindur, Sudha Gandhak, Kant Loh Bhasma, Nag Bhasma, Tamra Bhasma, Abhrak Bhasma, Loh Bhasma, Triphala Ras, Trikata Ras, Chitrak Ras, Amla, Bhringraj Ras, Ginger, and other herbs which Improve immunity, used for managing excessive blood sugar level in cases of diabetes, improve nerve function, reduce inflammation, and promote nerve degeneration. Satvik Oil and Rhumark Oil help with joint pains, and they are also useful in vata dosha. Anulomak is useful in digesting the apakav, i.e., undigested mala, and removing vata dosha. Lepam treatment is also anti-inflammatory and helps to provide relief from pain.

For eight days, the patient receives Kati Basti treatment. Kati basti refers to the process of periodically filling the lumbar vertebrae with a specific oil. It is beneficial for reducing lower back pain, as it nourishes the muscles and bones of the back and vertebrae, alleviating symptoms such as tingling, numbness in the feet, and deafness. In Siravyedha, the body removes contaminated or impure blood by piercing a specific vein. This process flushes out the contaminated blood and provides instant relief from severe pain.

## CONCLUSION

In this case study can be concluded that treatment of Gridhrasi can be successfully managed through Ayurvedic treatment of Shaman Aushadhi, Panchakarma, giving patients a satisfactory result without side effects.

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