

“A ROLE OF AYURVEDIC MANAGEMENT IN DAKSHIN VAATKAPHAJ GRUDHRASI W.S.T TO SCIATICA A CASE STUDY”

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ABSTRACT:

Grudhasi is a painful condition that makes it difficult to perform normal activities due to the inability to sit or walk normally. The pain usually starts in the lower back. It radiates to the sacroiliac joint area. Thighs, calves, feet. Sciatica is a symptom, not a diagnosis. It is caused by irritation of the spinal nerve roots associated with the herniated disc L4-L5 or L5-S1. Ayurvedic Hospital, Yavatmal evaluates the effectiveness of Ayurvedic treatments. A 40-year-old male patient visited our hospital with severe discomfort in his right calf and foot and difficulty walking (Paadshul). So he underwent Ayurvedic treatment involving Shaman and Panchkarma Chikitsa for one month. Response to treatment was recorded and treatment effectiveness assessed through symptom relief. Clinical symptoms decreased significantly, and pain also decreased from 4 to 2.

KEY WORDS:- Kati, Paadshool, Low back, Sciatica.

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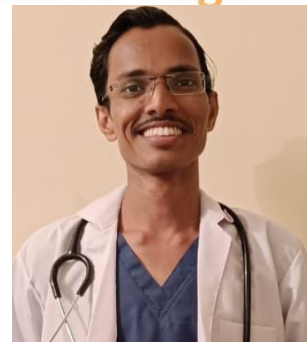
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INTRODUCTION

The word Grudrasi suggests that the patient's gait due to the pain resembles that of a Grudr (eagle). The pain begins in the gluteal region and spreads to the lower back, hips, knees and legs.

Nowadays people are leading a sedentary lifestyle. They prefer junk food over healthy food. Work patterns such as night shifts, daily business trips, sitting for long periods of time, and lack of exercise do not change. People do not follow Dinacharya, Rutucharya. This causes an imbalance in the tridosha, which has various effects on the body, causing millions of people around the world to suffer from back pain, pain in one leg and restricted leg movement. I love these acute and chronic conditions.

In modern terms, sciatica refers to pain caused by irritation, inflammation, or compression of the sciatic nerve in the lower back. Patients experience mild to severe pain anywhere along the sciatic nerve: from the lower back to the buttocks, buttocks, legs and down the feet. Numbness and numbness appear in the legs, feet, and toes.

MATERIALS AND METHODS

Case Study:- A 40 year male patient came to O.P.D. of Kaychikitsa department of L.K. Ayurved Hospital, yavatmal with chief complaints of *Dakshin kati paadshool* (Left lumber and foot pain)-6 months, *Sakasht Chankraman* (Difficulty in walking)-6 months, *sakasht kriya* (Difficulty in movement)-6 months, Patient having above complaints from since last 6 months.

History of present illness :- From last 6 months had complaints of low back, Hip, and foot pain for which he started allopathic medicine like painkiller, steroids etc. but latter on these drugs produces adverse effect on him like indigestion, bloating etc. and with these drugs he get symptomatic relief for some days. His symptoms worsened as he stopped taking medicine. So he came to Kaychikitsa O.P.D. L.K. Ayurvedic Hospital, Yavatmal.

Past History of Illness:- There was no history of DM, Thyroid, Asthama, and no history of major illness.

Family History :- No Significant history

Rugnaparikshan :-

1. Nadi :- 74/min

2. Mal :- Samyak

3. Mutra :- Samyak

4. Jivha :- sam

5. Netra-shwetabh

6. .Shabda :- Prakrut

7. Sparsha :- Samshitoshna

8. *Prakruthi :- Vat-Pittanubandhi*

B.P. :- 100/70 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.

Samprapti Ghataks of Grudhrasi:-

Dosha :-

1. *Vata(Apan vayu)*

2. *Pitta (Pachak)*

2. *Kapha(Sleshak)*

Dhatu :- Dhatu –Asthi.

Updhatu – Kandara,Sira

Udbhavsthan :- Pakwashay

Vyaktisthan :- Katipradrsh

Strotas :- Majjavaha,Asthivah

Rogmarga :- Madhayam M

Samprapti –

When person does *hetu sevan i.e Shita ,Ruksha,Amla,Aahar,Aatishrama,Vishamasana* that leads to the *dushti of vaat and kapha dosha.*

Prakupita vaat and kapha accumulate in the katigat Sira,nadi,dhamni

That causes Ras dushti,rakt dushti,mans dushti ,astthi dushti and leads to Asti shoushishrya of katigat asthi(Sciatic Nerve compression)

That leads to the Grudhrasi vyadhi(Sciatica)



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Other Examination

SLRT -1.Right Leg -Positive (30°)

2.Left leg -Negative

SNDT -1.Right Leg -Positive

2.Left Leg- Negative

Material and Methods :-**Method :-**

1)A case study

2)Centre :- P.G. Department of *Kaychikitsa* L.K. Ayurvedic Hospital, Yavatmal ffiliated to D.M.M. Ayurved College, Yavatmal.

MATERIAL :-

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

1) Before Treatment.



2) After Treatment



Panchakarma Chikitsa

1) *Valuka pottali swedan* for 3 days was given.

2) *Matrabasti* with *tiltail* for 8 days was given.

Evaluation of clinical symptoms ⁵

Symptoms	Before treatment	After treatment
1. <i>Dakshin paadshool</i>	Grade 3	Grade 1
2. <i>Sakasht Chankraman</i>	Grade 4	Grade 2
3. <i>Sakasht kriya</i>	Grade 3	Grade 1
4. <i>Katishul</i>	Grade 3	Grade 1

Grade 0 – No pain, Grade 1 – Occasional pain, Grade 2- Intermittent pain, Grade 3 – Frequent pain, Grade 4 – Continuous pain.

RESULT :-

Patient showed significant improvement in pain and initially patient couldn't walk or walk with assistance and stand only for 2-5 minutes that improved to one hour and standing for 10 minutes without assistant.

DISCUSSION

- Main causative factor of *Grudhrasi* is vitiation of *vaat dosha* and *kapha dosha*.
- In *charak samhita* *Grudhrasi* is described as *snehan and swedan sadhya vyadhi*.
- In this case study *valuka pottali* and 8 days *matrabasti with til tail* was given to the patient
- In this case study *shanshman* and *shodhan chikitsa* was given to the patient for 1 month and patient had significant improvement in the symptoms like *sakasht chankraman,paad shool,sakasht kriya,dakshin Katishul*.

SAMPRAPTI CHAKRA:-

Sanchaya and Prakopa When a person is exposed to etiological factor like *ruksha,shita , laghu aahar(i.e shit jal,Aatap sevan,etc.)* that leads to *tridosha drushti* and *Vaat drushti* in *sanchaya* and *Prakopa avastha*.**Prasara**:-In this stage vitiated *vaat dosha* gets *prasara* to *vaat sthana* producing mild symptoms like pain.**Sathan sanshray**:-In this stage vitiated *vaat dosha* gets accumulated in *vaat sthana* like *Kati,asthi ,pakwashay* and produces symptoms like *ruka ,sthambha,toda at kati and paad sthana* which can be considered as *purva rupa* of this disease.**Vyakti**:-In this stage most of the symptoms of disease produces like *Katishul, Paadshool, radiating pain,Sakasht chankraman,etc* **Bhed**:-In this staged we differentiate the disease from other diseases like *katigraha* on the basis of symptoms.

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Probable mode of action

- Response to the treatment was recorded and therapeutic effect were evaluated by symptomatic relief of the patient. It was observed that the patient clinical symptoms were reduced gradually during the treatment period.
- According to the *Ayurveda Shoola* (Pain) occurs due to vitiation of *Vata dosha*. *Vata dosha* is vitiated by *strotas Awarodhata*(Obstruction of channels), So the aim of the treatment is to pacify vitiated *vata*.
- In these disease pain and stiffness is found to be present at lumbar region, therefore local *Snehan & Swedan* are clamed to be very effective and provide quick results. with this *Matrabasti* is used for *Anuloman* of *Vata dosha*⁶.
- *Vat Vidhwans Ras* contents ras dravya like *Shuddha Parada, Shuddha Gandhaka, Naga Bhasma, Vanga Bhasma, Loha Bhasma* etc. which reduce joint pain.
- *Kukkutandtwak Bhasma* given to the patient which is helpful in the improvement of calcium and reduces degenerative changes.

- *Ekangvir Ras* contains *Ras Sindoor, Sudha Gandhik, Kant Loh Bhasma, Nag Bhasma, Tamra Bhasma, Abhrak Bhasma, Loh Bhasma, Triphala Ras, Trikuta Ras, Chitrak Ras, Amla, Bhringraj Ras, Ginger and other famous herbs*. These components are a natural source of calcium, vitamin D and other nutrients that nourish bone structures and relieve patient pain..
- Satvik Oil and Rhumark Oil helps in nourishment of joints which involves in *grudhrasi*
- **Matra basti** is administered to the patient for 8 days along with cultivation, basti chikitsa is considered as ardh chikitsa. i.e. half treatment and shresh chikitsa to soothe aggravated vaata, basti dravya inserted into the rectum may act by stimulating peristalsis. . Because the rectum has a rich blood supply, basti is as likely to penetrate the rectal mucosa as other lipid membranes. The absorbed portion from the upper part of the rectal mucosa is transported into the portal circulation via the superior hemorrhoidal vein. What is absorbed from the lower rectum enters directly into the systemic circulation via the middle and lower pubic veins.

CONCLUSION

From this case study it can be conclude that ayurvedic oral medicine along with panchkarma chikitsa can be effective and relive pain in *Grudhrasi* .There were no adverse affect found during treatment. It is proposed that the therapy may be accepted as a treatment method of *Grudhrasi*.

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