

ETIOPATHOGENESIS AND PRINCIPLE OF MANAGEMENT OF *GRIDHRASI VIS- A - VIS SCIATICA*: A REVIEWDr. Rajesh Kumar Sao<sup>1\*</sup>, Dr. Aradhana Kande<sup>2</sup> and Dr. Aruna Ojha<sup>3</sup><sup>1</sup>PG Scholar, PG Department of Rog Nidan Avum Vikriti Vigyan, Govt. Ayurveda College, Raipur.<sup>2</sup>Lecturer, PG Department of Rog Nidan Avum Vikriti Vigyan, Govt. Ayurveda College, Raipur.<sup>3</sup>Professor and H.O.D. PG Department of Kayachikitsa, Govt. Ayurveda College, Raipur.

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Article Received on 21/04/2024

Article Revised on 12/05/2024

Article Accepted on 02/06/2024

**ABSTRACT**

*Gridhrasi*, known in modern terms as sciatica, is a condition described in *Ayurveda* as one of the 8080 *Vata Nanatmaj* disorders. The term "*Gridhrasi*" is derived from the *Sanskrit* root "*Gridhu*" indicating the relentless nature of the pain, which *Ayurvedic* texts describe as severe pain, stiffness, and abnormal leg movements, likened to a vulture's walk. Sciatica, in modern medicine, refers to sharp pain radiating along the sciatic nerve pathway from lower back to leg typically caused by nerve compression. *Ayurveda* attributes *Gridhrasi* to *Vata* aggravation from dietary and lifestyle factors, while modern medicine links sciatica to structural issues like herniated discs and spinal stenosis. Epidemiologically, sciatica affects 10-40% of people during their lives, with peak incidence between ages 40-60, influenced by factors such as age, obesity, and sedentary lifestyle. *Ayurvedic* pathogenesis involves *Dhatkshaya janya*, *Margavarodha janya* and *Abhigataj Gridhrasi* the main factor being the *Vata* vitiation along with *Kapha* paralleling modern views of lumbar or sacral nerve compression due to disc issues. *Ayurvedic* treatments focus on avoiding *Vata*-aggravating factors employing therapies like *Shamana Chikitsa* and *Shodhan Chikitsa*, including *Snehan* (oleation), *Swedan* (fomentation), *Virechan* (purgation), *Basti* (medicated enema), *Siravedhan* etc. Modern treatments start with non-surgical methods such as physical therapy and medications, reserving surgery for severe cases. The prognosis varies, with recent, uncomplicated cases being more treatable in both systems. This review highlights the similarities and differences in the understanding and management of *Gridhrasi* and sciatica, offering a comprehensive view from both *Ayurvedic* and modern medical perspectives.

**KEYWORDS:** *Gridhrasi*, Sciatica, *Vata*.**INTRODUCTION**

*Gridhrasi* in *Ayurveda* Texts, or sciatica in modern medicine, is a condition causing severe pain radiating from lower back to leg.

Sciatica is a global health issue affecting millions of people, accounting for 10% to 40% of lower back pain cases. Its incidence increases with age, peaking in the fifth and sixth decades of life, although it can manifest at any age. The exact prevalence rates vary, but estimates range from 10% to 40%.

In *Ayurveda*, *Gridhrasi* is classified as one of the 8080 *Vata Nanatmaj* disorders, primarily caused by the vitiation of *Vata Dosha*. The term "*Gridhrasi*" comes from the *Sanskrit* root "*Gridhu*" meaning to covet, desire, or strive eagerly. Symptoms include pain, stiffness, and restricted movements, in the lumbar and lower back regions, extending down to the legs. often resembling the "gait of a vulture". It's divided into *Vataja* and

*VataKaphaja* types. Lifestyle factors like diet and stress contribute to *Vata* imbalance. The vitiated *Vata* accumulates in the lumbosacral region, disrupting the normal functioning of nerves and muscles and resulting in the characteristic symptoms of *Gridhrasi*. Sushruta describes how vitiated *Kapha* affects specific ligaments in *VataKaphaja Gridhrasi*. Classical texts by *Vridhha Vagbhata* and *Laghu Vagbhata* support this understanding.

In modern medicine, sciatica is often linked to spine abnormalities like herniated discs, spinal stenosis, and degenerative changes. Mechanical compression of sciatic nerve roots, obesity, sedentary lifestyle, and occupational hazards may also contribute to the condition. Patients may experience numbness, tingling sensations, and muscle weakness in the affected limb, often exacerbated by movements such as coughing or sneezing.

*Ayurvedic* treatment of *Gridhrasi* (sciatica) focuses on

restoring *Dosha* balance through herbal formulations, *Panchakarma* procedures (like *Basti* and *Virechana*), dietary modifications, and personalized lifestyle adjustments. In contrast, modern treatment for sciatica includes pharmacotherapy (NSAIDs, muscle relaxants), physical therapy, spinal injections (e.g., epidural steroids), and surgical interventions (e.g., discectomy, laminectomy) for persistent cases.

This article aims to explore the parallels between *Gridhrasi* and sciatica, examining their shared characteristics, underlying causes, and the implications for treatment across both *Ayurvedic* and modern medical frameworks.

### AIM AND OBJECTIVE

- To study the *Nidanapanchatmaka* of *Gridhrasi* with *Ayurvedic* aspect along with *Ayurvedic* principle of management of the disease.

### MATERIAL AND METHOD

This paper is based on an extensive review and analysis of the etiopathogenesis of *Gridhrasi* roga, as found in the *Ayurvedic Samhita*, texts, commentaries, various papers, and prior research investigations that are available in the Govt. Ayurveda College, Raipur (C.G.) library. It is advised to consult the *Sushruta Samhita*, *Madhava*, *Asthanga Hridaya*, and *Charak Samhita* texts.

### REVIEW ON GRIDHRASI

#### Nirukti

- Gridhrasi* is derived from 'Gridhu' Dhatu that means to covet, to desire, to strive after greedily, to be eager for. By adding 'Karan'. And the disease which commonly occurs in person in known as *Gridhrasi*.<sup>[1]</sup>
- The term "*Gridhrasi*" emphasizes that the sickness primarily affects a patient's ability to move around without assistance. The following deductions, which are drawn from many *Sanskrit* texts, support this.
  - Gridhrampisyati*, "Syati" -As *Kshepana*
  - "*Orusandhau Vatarogah*"
  - "*Gridhrmiva Syati Gacchati*"

#### Purvarooopa (Prodromal features)

Table 1: Purvarooopa of *Gridhrasi* and *Sciatica*.

<i>Gridhrasi</i> <sup>[7]</sup>	<i>Sciatica</i> <sup>[6]</sup>
Samanya Purvarooopa of <i>Vata Vyadhi</i> since it is a <i>Vata Vyadhi</i> i.e. <i>Avyakta Lakshana</i> , or the unmanifested symptom.	Pain and stiffness in Lumbar and Lower Back region.

- Samanya Lakshana of *Gridhrasi***  
*Sphikpurva katiprishtorujanu janghapadankramata.*  
*Vata stambharuktodai: Grihnatispandate muhu:*  
(*Ch.Chi* 28/56)<sup>[8]</sup>

*Gridhrasi* starts from hip and gradually comes down to waist, back, thigh, knee, shank, and foot and affects these parts with stiffness, distress, and piercing pain, and also

### Definition Of *Gridhrasi* and *Sciatica*

*Gridhrasi* is a condition causing abnormal tossing motions in the affected leg, resembling a bird vulture's walk. Modern science identifies it as a shooting pain down the sciatica nerve's back.<sup>[2],[3]</sup>

#### Paryaya of *Gridhrasi*<sup>[4]</sup>

- Ringhini- Vachaspati Mishra* says that this word denotes *Gridhrasi* which suggests *Skhalana* in the *Shabdakalpadruma*, which denotes displacement, particularly of a pichil substance.
- Randhrinee-* This word is used by *Dalhana* to denote *Gridhrasi*. The meaning of which is a weak point or rupture of a material.
- Radhina-* This word is used by *Kasirama & Aadamalla* in their *Gudantha Deepika* and *Deepika* commentary on *Sarangadhara Samhita*. The meaning of which is pressing, compressing or destroying. In this context the meaning of which is compression of Sciaticnerve root leading to radicular pain

#### *Nidana* (Etiological factors)

##### *Gridhrasi*<sup>[5]</sup>

- Gridhrasi* is considered a type of 8080 *Vata Nanatmaj* disorder.
- Its causes are attributed to factors that aggravate *Vata Dosha*, such as diet and lifestyle choices.
- Specific dietary habits like consuming dry or rough foods and lifestyle factors like irregular posture and excessive walking are believed to contribute to *Gridhrasi*.

##### *Sciatica*<sup>[6]</sup>

- Any condition that may structurally impact or compress the sciatic nerve may cause sciatica symptoms.
- Sciatica* can result from various factors, including spinal issues like spinal stenosis or herniated discs.
- Non-spinal causes like pregnancy or trauma to the leg can also lead to sciatica symptoms.
- Iatrogenic causes, such as surgical trauma or faulty positioning during anesthesia, can also contribute to sciatica.

frequent quiverings.<sup>[8]</sup> *Acharya Sushruta*, where two *Kandara* i.e. ligament of heel and all the toes are affected by vitiated *Vata*, so movement of the lower limb get restricted; it is known as *Gridhrasi*.<sup>[9]</sup>

#### ***Vishista lakshana of Gridhrasi***

There are two types of based on the imbalance of *Doshas* and corresponding signs and symptoms:

**Table 2: Vishishta Lakshan of Gridhrasi according to various Acharyas.**

Acharya	Vataja Gridhrasi	VataKaphaja Gridhrasi
Acharya Charak <sup>[8]</sup>	<i>Stambha</i> (stiffness), (distress), <i>Toda</i> (piercing pain), <i>Spandan</i> <i>Muhu</i> (frequent quiverings)	<i>Tandra</i> (drowsiness), <i>Gaurav</i> (Heaviness), <i>Aruchi</i> (Anorexia)
<i>Madhav Nidan</i> , <i>Bhavprakasha</i> , and <i>Yogratnakar</i> <sup>[5]</sup>	<i>Dehasyapi Pravakrata</i> (Lumbar Scoliosis), <i>Janu</i> , <i>Uru Sandhi</i> <i>Spurana</i>	
<i>Bhavprakasha</i> <sup>[5]</sup> <i>Harita Samhita</i>		<i>Tandra</i> , <i>Mukhapraseka</i> <i>staimitya</i>

**Sign and Symptoms of Sciatica<sup>[10]</sup>**

These are the most common symptoms of sciatica:

- Lower back pain that radiates or spreads down your buttock and the back of one thigh
- Pain that extends from your buttock down to your foot
- Straight leg raising may cause pain that radiates down the leg when the leg is slowly raised above

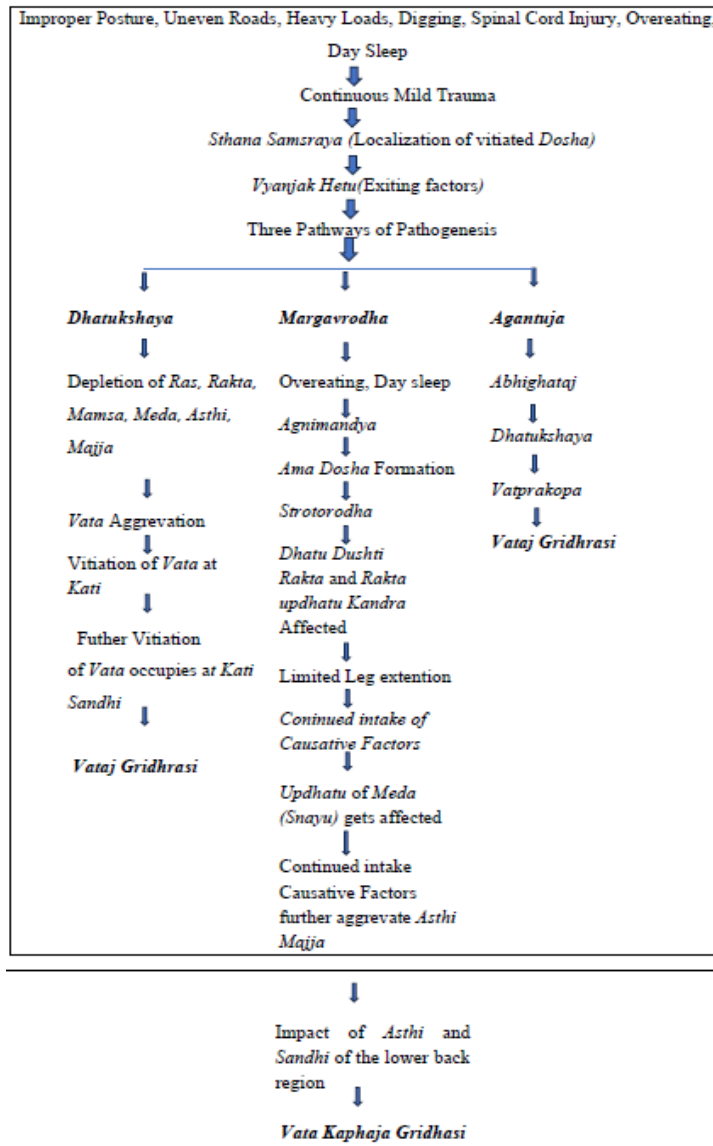
60° and sometimes less.

- Numbness (in severe cases) and Weakness (in severe cases)

**Type of Pain-** burning, Shooting, lancinating, or stabbing.<sup>[11]</sup>

**Samprapti<sup>[12]</sup>**

**Table 3: Samprapti chakra of Gridhrasi.**



**Samprapti Ghatak (Pathogenesis Factors)<sup>[5]</sup>**

*Dosha*: Vata (Mainly Apan and Vyan Vayu) and Kapha predominant Tridosha involvement.

*Dushya* (Affected Tissue): *Asthi* (Bone), *Majja* (Bone marrow).

*Upadhatu* (Sub-Tissues): *Sira* (Blood vessels), *Snayu* (Muscles).

Other *Dushyas* involved: *Rakta* (Blood), *Mamsa* (Muscles), *Meda* (Fat), *Nadi Sansthana* (Nerve tissues).

*Mala* (Waste Products): *Purisha* (Stool).

*Srotas* (Channels): *Asthivaha*, *Raktavaha*, *Mamsavaha*, *Medavaha*, *Asthivaha*

Types of *Srotodushhti* (Channel Imbalance): *Sanga* (Obstruction) and *Vimarga gamana* (Deviation from normal course), *siragranthi* (formation of nodules in *Sira*).

Originating Site: *Pakwashaya* (Large intestine).

Path of Manifestation: *Shakha* (Branches).

Disease Pathway: *Madhyama* (Middle).

Affected Area: Lower back region (*Kati Pradesha*).

Primary Location: Joints of the bones (*Asthi Sandhi*) in the lower back (*Kati*), sacrum (*Trika*), back (*Prushtha*), thighs (*Uru*), knees (*Janu*), calf (*Jangha*), and feet (*Pada*).

*Agni* (Digestive Fire): *Vishamagni* (Irregular digestion), *Mandagni* (Weak digestion). Nature: Sudden/Intermittent (*Aashukari/ Chirkari*).

Prognosis: Generally, new onset cases are treatable

with moderate difficulty (*Naveen-Kricchrasadhya*).

**Pathophysiology of Sciatica<sup>[13]</sup>**

1. Sciatica is primarily caused by compression of lumbar or sacral nerves, with the most common culprit being disc herniation (90% cases). This occurs when the tough outer ring of a spinal disc tears, allowing the soft inner material (nucleus pulposus) to protrude and press against nearby nerve roots, leading to inflammation and pain
2. Spinal stenosis: Constriction of spinal canal, often from inflammation, tumors, or bone spurs.
3. Piriformis syndrome (up to 8% cases): Tightening or spasms of piriformis muscle compressing the sciatic nerve.
4. Pregnancy: Increasing fetal weight exerting pressure on the sciatic nerve.
5. Contributing factors include age-related changes, heavy lifting, and gradual degeneration of spinal discs and vertebrae. The cartilage may bulge outward, coming into contact with the sciatic nerve.

**Diagnosis of Sciatica<sup>[14],[15]</sup> Physical examination**

During a physical examination, the doctor may check for: Localized pain in the low back, buttock, thigh, and leg

The response to leg movements that elongate the nerve (straightening the leg) The response to certain stimuli, such as gently pressing the toes or calf region.

**Clinical test for Sciatica**

Diagnostic Tests for Sciatica	Advanced Diagnostic Methods
<b>Straight Leg Raise (SLR)</b> Procedure: Lift the affected leg while lying flat. Positive Sign: Pain suggests a herniated disk.	<b>Imaging Tests</b> MRI or CT Scans: Identify spinal cord abnormalities, tumors, facet joint inflammation, and herniated discs.
<b>Crossed Straight Leg Raise</b> Procedure: Lift the unaffected leg while lying flat. Positive Sign: Pain in the affected leg indicates a herniated disk.	<b>Discogram:</b> Procedure: Inject contrast dye into discs for CT scan. Purpose: Detect disc bulging or herniation.
<b>Femoral Stretch</b> Procedure: Bend the knee of the affected leg while lying on the stomach, then lift the leg. Positive Sign: Thigh pain may indicate a herniated disk.	<b>Electromyography and Nerve Conduction Studies:</b> Procedure: Insert needle into muscle to evaluate electrical activity. Purpose: Detect nerve damage and pinpoint sciatica source.
<b>Slump Test</b> Procedure: Sit upright, bend forward, tuck chin to chest, and extend one knee. Positive Sign: Pain suggests sciatica. <b>Note:</b> SLR and Slump tests are positive with mechanical compression but not always with inflammation or chemical irritation.	<b>Selective Nerve Block Injections:</b> Procedure: Inject anesthetic around sciatic nerve root under imaging guidance. Purpose: Confirm sciatica by pain relief. Risks: Possible bleeding, nerve damage, and spinal cord tissue damage.

**Sapeksha Nidana<sup>[16]</sup>****Table 4: Clinical tests for Sciatica.**

Gridhrasi	Sciatica
<i>Urustambha, Khalli, Khanja, Pangu, and Gudagat Vata</i>	Herniated lumbosacral disc Muscle spasm Nerve root impingement Epidural abscess Epidural hematoma Tumor Pott disease, also known as spinal tuberculosis Piriformis syndrome Sciatica

**Prognosis**

Table 5 Sapeksha Nidana for Gridhrasi and Sciatica.

The prognosis of *Gridhrasi* varies depending on several factors. In cases where the condition is recent and occurs in individuals with robust health, it is typically easily curable. However, when accompanied by symptoms such as muscular wasting, stiffness, and restricted movement, it becomes challenging to treat (*kastasadhya*) or may even be deemed incurable (*Asadhya*).

**Complications (Upadrava)- Of Gridhrasi<sup>[17]</sup>**

Complications (*Upadrava*) arise as a consequence of the primary disease, exacerbating its severity and complicating treatment. These complications are outlined in various classical texts as follows: *Sushruta* extensively details the complications of eight major diseases, including *Vatavyadhi*, both individually and collectively.

An injury to *Kukunder Marma* may lead to loss of Sensation and Paralysis of Lower Limb.

**Complications (Upadrava)- Of Sciatica<sup>[18]</sup>**

Possible complications of unresolved sciatica include the following: Chronic pain

Chronic muscle weakness, such as drop foot Difficulty walking

Paresthesia (burning or prickling sensation) in the affected leg Muscle loss in the affected leg

Loss of bowel and/or bladder function Permanent nerve damage Hyperalgesia

**Principles of management for gridhrasi<sup>[5][9][12] 19][20]</sup>**

*Gridhrasi's* Ayurvedic therapeutic strategy, as a *Vatavyadhi*, is to avoid all *Vataprakopa hetus*, including *Vataprakopa ahar* and *Vihara*.

**A. Nidan Parivarjan****B. Shaman Chikitsa**

Following *Chikitsa* can be included under *Shamana Chikitsa*,

- Vedanashamaka Chikitsa** - To pacify the severity of pain combination of Guggulu and Kupilu can be used
- Vatahara Chikitsa** - Elimination of vitiated *Vata Dosh*a by both *Shaman* and *Shodhan Chikitsa*

**C. Shodhan Chikitsa**

Table 6: Shodhan Chikitsa for Gridhrasi.

Karma	Acharya	Procedures
<i>Snehan</i>		<b>External Snehan</b> -may be performed in the form of <i>Abhyanga</i> , <i>Pizhichhil</i> , <i>Avagaha</i> , <i>Parisheka</i> etc. <b>Internal Snehan- chaturvidha Mahasneha (VataKaphaja Gridhrasi)</b> should be restricted as this treatment tends to worsen the imbalance of <i>Kapha Dosh</i> a)
<i>Swedan</i>		<i>Avagaha Sweda</i> , <i>Pizhiccil</i> , <i>Nadi Sweda</i> , <i>PatrapindaSweda</i> , <i>Pinda Sweda</i> and <i>Upanaha Sweda</i> may be efficiently performed in patients of <i>Gridhrasi</i> . But in <i>VataKaphaja Gridhrasi</i> , <i>Baluka Sweda</i> is a better option for evident reasons
<i>Vaman</i>		<i>Vata-Kaphaja Gridhrasi</i>

- Kaphahara Chikitsa** - Pacification of vitiated *Kapha Dosh*a. Combinations containing *Guggulu* and *Shodhit Kupeelu* are the best in such conditions as it acts both on *Vata* and *Kapha*
- Deepana and Pachana Chikitsa** - To destroy the *Ama* and to maintain the equilibrium of the *Agni*, thus achieving the physical harmony. *Acharya Chakradatta* have described in the context of *AmaVata Rogadhikara*, *Ajamodadivati* in the case of *Ugra Gridhrasi*.

**Various Yog For Shaman Chikitsa include**

- Yog Ratnakar- Mahavishagarbha Taila**, *Vajigandhadi Taila*, *lasuna*
- Chakra Dutt**
  - Churna* of *Dashmoola* + *Bala* + *Rasna* + *Guduchi* + *Sunthi* along with *ErandaTaila*.
  - Rasnadi Guggulu*, *Trayodasanga Guggulu*, *Chagaladya Ghrta*, *Saindhavadya Taila*, *Kubjaprasarani Taila*
  - decoction of *Sephalika* leaves as best for **chronic Gridhrasi**
- Bhavprakash**
  - Gomutra* with castor oil for one month.
  - Taila*, *Ghrta*, *Matulunga* and *Adraka Swarasa* taken with *Cakra* and *Guda* are useful in *Sula of Kati*, *Uruh*, *Prstha*, *Trka* and *Gulma*, *Gridhrasi* and *Udavart*
  - chronic Gridhrasi** - *Bilva*, *Brihati* and *Kantakari*.
  - Gridhrasi patients who cannot walk**.- The decoction of *Sinhasya*, *Danti* and *Krutamalaka* along with *Eranda Taila* is advised
  - Vata-Kaphaja Gridhrasi**- *Gomutra* + castor oil + *Pippali Churna* to be taken for a long period.
  - chronic / Asadhya Gridhrasi**-external *Twak of Bakana (brihatnimba)*
  - Rasna Guggulu*, *Pathyadi Guggulu*
- Bhaishajya Ratnavali**- *Nakula Taila*, *Nakuladya Ghrta*, *Brihat Chagaladi*, *Maha Narayana Taila*
- Sahsra Yoga- Triguna Rasa**, *Sahacharadi Taila*
- BhelaSamhita- Rasna Taila**
- Sharangadhara Samhita**- *Varuni Taila*, *Dhatturadi Taila*, *Mashadi Taila*, *Maharasnadi kwath*, *Devdarvadi kwath*
- Rasa Ratnakar- Sarvaga kampa Rasa**

<b>Virechan</b>	<b>Ch.</b>	<i>Niruha Basti- Erandmuladi Kwath Anuvasn Basti- Saindhvadi Taila Mridu virechan</i> with oral Administration of <i>Eranda Sneha</i> along with Milk This will help in both <i>Vata Anulomana</i> as well as smooth excretion of <i>Mala</i> . The <i>Sneha Virechana</i> clears obstruction in the <i>Srotas</i> and relieves <i>Vata</i> vitiation very quickly.
<b>Basti</b>	<b>Ch.</b>	<i>Basti Chikitsa</i> as ' <i>Ardha Chikitsa</i> ' or ' <i>Purna Chikitsa</i> ' of <i>Vata</i> <b>Niruha and Anuvasan</b> Ksheer <i>Basti</i> (medicated enema with milk) is a main line of treatment in <i>Vata Vyadhi</i>
	<b>C.D.</b>	<i>Basti</i> should be administered after proper <i>Agnidipan</i> , <i>pachan</i> and <i>Urdhvasodhana</i> .
<b>Siravedha</b>	<b>Ch.</b>	between <i>Kandara</i> and <i>Gulfa</i>
	<b>Su.</b>	<i>Janu Sandhi</i> (knee joint) after <i>Sankocana</i>
	<b>A.s.&amp;A.h.</b>	four <i>Angula</i> above and below the <i>Janu Sandhi</i> .
<b>Agni karma</b>	<b>C.D.</b>	four <i>Angula</i> below <i>Indra Basti Marma</i> .
	<b>Y.R.</b>	four <i>Angula</i> around <i>Basti</i> and <i>Mutrendriya</i>
	<b>Ch. C.D. Y.R.</b>	between <i>Kandara</i> and <i>Gulfa</i> <i>Kanisthika Anguli of Pada</i> (If <i>Siravedha</i> Fails) little finger of the leg (If <i>Siravedha</i> Fails)

**Abbreviations-** *Ch.*- Charak, *C.D.*-Chakradutt, *Su*-Sushrut, *Y.R.*-Yogratnakar, *A.s.*-Ashtang Sangrah, *A.h.*-Ashtang Hridaya.

#### D. Shastra Karma

**Chakra Dutt-** small operation with prior *Snehana* and *Swedana* to remove *Granthi* in *Gridhrasi*

#### Principles of Management for Sciatica<sup>[21],[22]</sup>

**Sciatica treatment includes**

**Non-Surgical method-** methods are tried first, Acute

sciatica usually gets better with 4 to 6 weeks of nonsurgical treatment. For chronic sciatica with pain lasting over 8 weeks, treatment time may take longer and may depend on the underlying cause.

**Surgical Method-** may be indicated when the underlying cause is severe and/or progressive neurological deficits, such as leg weakness, occur.

#### Non-Surgical method

#### Surgical Method

**Table 7: Treatment for Sciatica- Non Surgical Method.**

<b>Physical therapy</b>	<b>Rest:</b> Avoid strenuous activities; engage in light activities like walking and stretching. Ice and Heat <b>Ice therapy:</b> Use an ice pack for 20 minutes several times a day during the first few days. <b>Heat therapy:</b> Switch to a warm compress or heating pad for 20 minutes several times a day after the initial days. <b>Sciatica Stretches-</b> Piriformis Stretch & Hamstring Stretch <b>Sciatica Exercises-</b> Trunk Rotations & Plank
<b>Medications</b>	Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen or naproxen Oral steroids, such as prednisone Anticonvulsant medications, such as gabapentin Tricyclic antidepressants, such as amitriptyline Opioid analgesics, such as tramadol or oxycodone
<b>Yoga</b>	Dragon pose & Cobra Pose
<b>Sciatica Massage</b>	Relaxes tight muscles and boosts blood flow for faster healing. Relaxing tight muscles, which may be contributing to the pain Releasing endorphins, which are hormones in the body that function as natural pain relievers
<b>Other Supportive Therapies</b>	Acupuncture: Stimulates nervous and immune systems, releases endorphins. Biofeedback: Uses sensors to help control muscle tension
<b>Lumbar Therapeutic Injection</b>	Epidural steroid injections- help relieve sciatic pain stemming from conditions such as spinal stenosis, disc herniation, or degenerative disc disease. Selective nerve root blocks: Involve injecting medication near the spinal nerve to reduce inflammation and numb pain. These injections target nerve roots from L4 to S3.

**Table 8: Treatment for Sciatica- Surgical method.**

<b>Microdiscectomy</b>	Involves removing small pieces of bone, disk, and ligament pressing on the nerve through a small incision
<b>Laminectomy</b>	The lamina is part of the ring of bone that covers the spinal cord. A laminectomy involves removing the lamina and any tissue pressing on the nerve to relieve pain.
<b>Foraminotomy</b>	The procedure increases the size of the neuroforamen by removing excess bone, creating additional space for the nerve root as it exits the spinal column
<b>Facetectomy</b>	This surgical procedure relieves nerve compression from degenerated facet joints by trimming or removing them. Its goal is to alleviate pressure on pinched nerves, offering relief from associated symptoms.
<b>Spinal fusion surgery</b>	Spinal fusion surgery joins two or more vertebrae with screws and metal rods to support the spine and relieve nerve pressure

**Pathya Ahara -Vihara Patil NJ et.al. Sciatica Pathya Ahara**

Anna Varga: Kulathi, Masha, Godhuma, Raktashali, Navina Tila, and Purana Shalyodana.

Phala Varga- Amla, Rasayukta Phala, Dadima, Draksha, Jambira, and Badara. Shaka Varga: Patola, Shigru, and Rasona.

Dugdha Varga includes Kshira, Ghrita, and Navneeta.

Dravya Varga includes Mamsa Rasa, Mudga Yusha, and Dhanyamla. Taila Varga includes Tila Taila, Sasharpa Taila, and Eranda Taila. Anya Varga: Tambula, Ela, and Kustha.

**Pathya Vihara -Sukhoshna Pariseka, NirVata Sthana, Samvahana, Avagahana, Abhyanga, Brahmacharya, Ushna Pravarana, Agni Aatapa Sevana, Snigdha-Ushna Lepa.**

**Apathya Ahara -Vihara**

Those Ahara and Vihara which have adverse effects on body and are non homologatory to body are called Apathya.

**Apathya Ahara -Kalaya, Chanaka, Kanguni, Kodrava, Shyamaka, Nivara, Nishpava Beeja, Rajmasha, Karira, Jambu, Trinaka, Tinduka, Shushka Mamsa, Dushita Jala.**

**Apathya Vihara -Vegadharana, Vyavaya, Vyayama, Vamana, Raktamokshana, Prajagarana, Divaswapna, Adhava, Ati-Gaja-Ashwa-Ushtra-Yana Sevana.**

**DISCUSSION**

The discussion on *Gridhrasi* (sciatica) as understood in *Ayurveda* texts and modern medicine unveils intriguing insights into the nature, causes, symptoms, and treatments of this condition. Let's delve into a detailed discussion to explore these aspects further:

**Nature of Gridhrasi/Sciatica**

*Gridhrasi*, as described in *Ayurvedic* texts, is characterized by severe pain radiating from the lower back to the legs. The term "*Gridhrasi*" suggests a similarity to the gait of a vulture, emphasizing the abnormal tossing motions in the affected leg. Similarly, sciatica in modern medicine refers to the compression or irritation of the sciatic nerve, resulting in pain that typically radiates from the lower back through the

buttock and down the leg.

**Causes and Pathophysiology**

*Ayurveda* attributes *Gridhrasi* primarily to the vitiation of *Vata Dosha*, influenced by dietary and lifestyle factors. It emphasizes factors such as dry or rough foods, irregular posture, and excessive walking as contributors to *Vata* imbalance. Conversely, modern medicine identifies structural issues like herniated discs, spinal stenosis, and degenerative changes in the spine as common causes of sciatica. Mechanical compression of the sciatic nerve roots, obesity, sedentary lifestyle, and occupational hazards are also recognized contributors.

**Symptoms**

Both *Ayurveda* and modern medicine highlight similar symptoms of *Gridhrasi*/sciatica, including pain, stiffness, restricted movement, numbness, tingling sensations, and muscle weakness in the affected limb. The specific description of symptoms aligns with the understanding of nerve compression and dysfunction in both systems.

**Diagnosis**

While *Ayurveda* relies on clinical examination and assessment of *Dosha* imbalance to diagnose *Gridhrasi*, modern medicine employs a variety of diagnostic tools. These include physical examination manoeuvres like the straight leg raise test, imaging studies such as MRI or CT scans to visualize spinal abnormalities, and electromyography to evaluate nerve function.

**Treatment Approaches**

*Ayurvedic* management of *Gridhrasi* emphasizes restoring *Dosha* balance through herbal formulations, *Panchakarma* procedures, dietary modifications, and lifestyle adjustments. In contrast, modern treatment options for sciatica include pharmacotherapy with NSAIDs, muscle relaxants, physical therapy, spinal injections (e.g., epidural steroids), and surgical interventions like discectomy or laminectomy for refractory cases.

**Prognosis and Complications**

The prognosis of *Gridhrasi*/sciatica varies based on factors such as the duration and severity of symptoms,

underlying health conditions, and response to treatment. Both systems acknowledge the potential for chronicity and complications such as chronic pain, muscle weakness, loss of function, and nerve damage if left untreated or inadequately managed.

### Principles of Management

Ayurvedic management focuses on *Nidan Parivarjan* (avoiding causative factors) and *Shaman* (pacifying *Dosha* imbalance) and *Shodhan Chikitsa* (cleansing therapies). Modern treatment principles include non-surgical interventions like physical therapy, medications, and minimally invasive procedures, with surgery reserved for specific indications.

### Pathya (Conductive) and Apathya (Non-conductive) Factors

Both *Ayurveda* and modern medicine emphasize lifestyle modifications and dietary recommendations to manage *Gridhrasi/sciatica* effectively. *Pathya* factors include appropriate diet, rest, and gentle exercise, while *Apathya* factors encompass activities or foods that exacerbate symptoms.

### CONCLUSION

In conclusion, both *Ayurveda's Gridhrasi* and modern medicine's *Sciatica* share similarities in aetiology and symptomatology, despite differences in terminology and approach. While *Ayurveda* focuses on balancing *Doshas* through holistic therapies, modern medicine emphasizes structural interventions and symptomatic relief. Understanding these parallels can enhance patient care through integrated treatment strategies.

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