

CASE STUDY ON GRIDHARASI W.S.R TO SIATICA

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Article Received on 14/08/2024

Article Revised on 04/09/2024

Article Accepted on 24/09/2024

INTRODUCTION

Acharya Charaka Gridharsi is one of the Vataja nanatmaja vikara. Gridhrasi has been discussed by all the Acharyas under the heading of Vatavyadhi. Symptoms of Gridhrasi is Spikapurva i.e., pain starts at hip and radiates to Kati (waist), Prusta (back), Uru (thigh), Jaanu (knee joint), Janga (calf muscle), Paada (foot) along with pain there is other complaints like Stamba (stiffness), Toda (pricking type pain), Muhur spandana (tingling sensation), and if there is association of Vatakapha dosha than the symptoms like Tandra (lethargic), Gourava (heaviness) and Arochaka (anorexia) will be present. The sciatic nerve is the longest and thickest nerve in human body. It originates from the vertebral column at the level of 4th lumbar to 3rd sacral vertebra and extends up to the feet. Hence the pain in sciatica is felt in the lower back and it radiates along the nerve up to the feet. The causes of sciatica are arthritic changes in the L.S. spine, disc herniation in the level of L.S. spine due to bad posture, accidents, sedentary life style and repetitive Stress Injuries twisting, pulling, running.

Chief complains

H/o Present Illness Patient is said to be healthy before 2 yrs than he gradually developed symptoms like low back pain with tingling sensation in lumbar region which is radiating to left lower limb and patient was having difficult to walk for longer distance and facing difficult to sit on flat surface because of pain. For these complaints patient approached allopathic hospital where she got medication and pain is relieved for some days but there is no complete recovery and there is reoccurrence of symptoms. Patient consulted many doctors but didn't get satisfactory result so patient approached to Kayachikitsa OPD at B.M.A.C.H Butibori seeking Ayurvedic cure.

- Low back pain radiating to left lower limb since 2 yrs.
- Difficulty and pain while walking and difficulty to sit on flat surface since 2 yrs.
- Tingling sensation at left lower limb radiating lumber till toe.

Past History

NO - H/O DM /HTN
N/H/O Trauma or fall
H/O Hypo Thyroidism.

Personal history

Diet – Mixed
Appetite – Reduced
Bowel – clear (1 time / day)

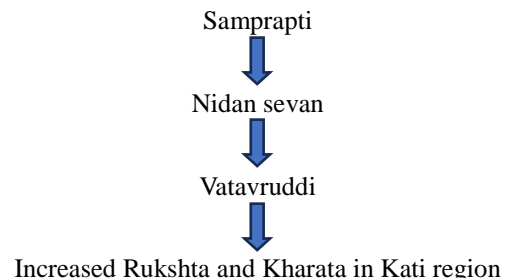
Micturation – Normal (4–5 times / day)

Sleep - Disturbed because of pain

Astavidha pariksha

Naadi: Vatakaphaja
Mala: Prakruta
Mutra: Prakruta
Jihva: Alipta
Shabda: Prakruta
Sparsha: Prakruta
Druk: Prakruta
Akrti: Madyama.

SAMPARPATI



Shula (pain) in Kati, Prustra, Uru, Jaanu, Jangha and Paada.

Systemic Examination CNS

Conscious and well oriented with time and place.
CVS- S1 and S2 heard normally.

RS- Normal vesicular breath sounds heard and no added sounds.

Locomotors Examination Inspection

Gait- Antalgic gait

Deformity- No any deformity

Muscle tone- Good (both the limb)

Muscle power- Right upper limb and lower limb- 5/5

Left upper limb and lower limb- 5/5.

Special Test

SLRT	40 positive left side	Negative right side
Bragard's Test	Positive at 40° left side	Negative right side

Treatment (23/3/2024 – 26/ 3/ 2024)

Kati basti - Kottamchukkadi taila followed by Sarvanga (eranda pan) baspha sweda 7days.

Niruha basti – Eandamoola niruha basti 7 days.

Shamana Aoushadi: (23/3/2021 – 3/4/2021)

1. Cap. Gandha taila -1BD after food

2. mahavata vidhavasnsak rasa -1 BD after food

3. Sahacharadikasaya – 3 tsf BD Before food with warm water.

Assessment of Patient

Criteria	Before Treatment	After Treatment 15	After Treatment 30
Pain while walk and sit	8+(VAS scale)	5+	0
SLR TEST Left leg	40	60	Negative
Bregard Left leg	40	60	Negative

Gridhrasi is one of 80 Nanatmaja Vata Vyadhii.e., it is caused only because of vitiated Vata Hence, Vataprakopaka Lakshanaslike Shoola, Supti, Stambhaetc. are found as the cardinal symptoms in the disease. Depending on the Karma & Sthana we can assume that Apana and Vyana Vayu Dusti can be assessed in Gridhrasi. Gati, Prasarana (extension) Akunchana (flexion), Utkshepana (lifting) etc. are the functions of Prakrut Vyana Vata.^[10] The hampered Sakthikshepa Karma indicates Vyana Vayu Dusti In Gridhrasi , the Sthanasamshraya takes place in Sphika, Kati, Pristha affecting the Kandara of leg which are the Ashraya Sthana of Apna Vayu.

OBSERVATION AND RESULT

After completion of one and half month of Ayurvedic Therapy (Shodhana And Shamana) patient had found significant relief in the lumbar pain, with increased range of movement of spine. As per patient words, patient is now able to walk more than 300m with not much difficulty, able to sit on flat surface without having much pain and do all daily routine activities without pain and tingling sensation.

DISCUSSION

As Gridhrasi is Vatavyadhi, Chikitsa of Vataadosha Snehana and Shodhana is needed to pacify Vataadosha. The treatment principle applied for the management of this disease condition is Vedana stapana chikitsa and Vata shamana chikitsa. The probable mode of action of these Shodhana and Shaman Chikitsa.

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