



AYURVEDIC MANAGEMENT OF SCIATICA (*GHRIDHRASI*) W.S.R. TO LUMBAR DISC HERNIATION - A SINGLE CASE STUDY

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ABSTRACT

Sciatica is a result of the sciatic nerve root pathology. It causes pain and paresthesia in the sciatic nerve distribution area. The most common cause of sciatica is a herniated or bulging lumbar intervertebral disc. Unresolved sciatic nerve compression causes increased pain over time, paresthesia and loss of muscular strength in the affected leg, loss of bowel and bladder function, permanent nerve damage. In Ayurveda it is correlated with *Ghridhrasi*. **Case Report** - A 73 yr male having complaints of Low back pain radiating to right lower limb, difficulty and pain while walking and sitting, tingling and numbness in right leg. **Aim** - To evaluate the effect of Ayurvedic treatment such as *Yog Basti*, *Panchtikta-Ksheerbasti* and *Shaman Chikitsa* for relieving the signs and symptoms of Lumbar disc herniation co-related to *Ghridhrasi*. **Result** - Patient got marked relief in SLRT, Femoral Stretch Test, Braggard's Sign Test, The Roland-Morris low back pain and disability questionnaire. **Conclusion**-The mentioned Ayurvedic therapy gives symptomatic relief for the management of Sciatica (*Gridhrasi*).

Keywords: *Ghridarasi*, Sciatica, Lumbar disc herniation, Ayurvedic management, *Panchtikta Ksheer Basti*.

INTRODUCTION

Lumbar disc degenerative disease is the most common cause of Low back pain throughout the world. Lumbar

disc degenerative disease may present as disc herniation, lumbar spinal stenosis, facet joint arthropathy,

or a combination.^[1] The incidence of a herniated disc is about 5 to 20 cases per 1000 adults annually and is most common in people in their third to fifth decade of life, with a male-to-female ratio of 2:1.^[2] Sciatic pain is the second most important symptom of lumbar disc degenerative diseases. Sciatica pain is a sharp shooting type of pain that occurs mostly on one side of the body radiating to the feet and toes, numbness in dermatomes distribution, and positive straight leg raising test. Sciatic pain aggravates during standing, walking, bending, straining, and coughing.^[1] Excessive strain on the low back caused by sports, frequent heavy lifting, labor-intensive jobs, prolonged sitting, poor posture, weak core muscle, and obesity are the most common causes of a herniated disc. On the basis of symptoms of *Sciatica*, it can be equated with the disease *Ghridhrasi* in Ayurveda. In Ayurveda, *Ghridhrasi* is described under the heading of *Vatavyadhis*. Pain is a cardinal symptom in most of the *Vatavyadhis*. In *Gridhrasi* due to vitiated *Vata Dosha* intense Pain radiates from *Sphika* (gluteal region) to *Kati* (lumber region), *Jangha* (thigh), *Janu* (knee), and *Pada* (foot) along with stiffness (*Stambh*) and numbness.^[3] The contemporary medicine only has either conservative or surgical management for this condition. To overcome above expensive therapeutics and to stop the reoccurrence of the disease there is a need to find out effective management of *Gridhrasi*. In Ayurveda, for the treatment of *Gridhrasi* *Snehana*, *Swedana*, *Basti*, and *Dahan Karma* is given.^[4] The basic purpose of conducting this study is to evaluate the effect of Ayurvedic management on Sciatica due to herniated discs. In this case study, a 73 year old man with IVDP in the lumbar region was prescribed different *Sthanik* (local) and *Sarvadaihika Shodhan Chikitsa* (systemic) and *Shamana Chikitsa* (palliative treatment), which resulted in excellent symptomatic relief.

AIM AND OBJECTIVE -To evaluate the effect of Ayurvedic treatment, *Shodhan* and *Shaman Chikitsa* for relieving the signs and symptoms of Sciatica due to Lumbar disc herniation co-related to *Ghridhrasi*.

CASE REPORT

Date of admission – 25/05/22

IPD Admission no.- 325

Age/sex - 73 Y / male

A 73-years-old man was apparently healthy before six years, then he started complaining of pain in lower back region and which gradually radiates to posterior aspect of right thigh, knee, calf region, and foot of left leg since six years. He also had complaints of stiffness in lower back region. Patient was on contemporary medicine on and off. Symptomatic relief was there but since last 2 months patient experience severe pain in the lower back with tingling sensations, numbness, and heaviness in both lower limb, difficulty while walking and sitting. So patient admitted to Government Ayurved Hospital, Nagpur. Patient had history of Hypertention since last 8 years and Diabetes Mellitus since last 8 months for that he was taking medication.

CLINICAL FINDINGS: Patients pulse rate was 76/min, blood pressure was 130/90 mmHg, respiratory rate was 20/min.

ASSESSMENT CRITERIA :

SUBJECTIVE CRITERIA: Pain and tenderness over lumbar region and radiating to right leg, Parasthesia over both lower limb, range of movement – LS spine painful and restricted flexion, extension, right and left lateral bending.

OBJECTIVE CRITERIA:

SLR Test is found to be positive at 45⁰ right side. Femoral stretch test and Braggard's test are found positive on right side. And Roland-Morris low back pain and disability questionnaire Score was 15.

INVESTIGATIONS: MRI LS Spine – Degeneration with diffuse posterior protrusion of L3-L4, L4-L5 disc causing severe compression of the thecal sac, bilateral bulging, and exiting nerve roots. It is causing severe narrowing of the spinal canal and obliteration of bilateral lateral recess. Degeneration with bilateral posterolateral bulge of L2-L3 disc indenting thecal sac, bilateral exiting nerve roots, and encroaching bilateral lateral recess.

Mild bony lumbar canal stenosis from L2 to L4 level.

TREATMENT:-

Table 1: Treatment Protocol

Sr.	Duration	Oral Medicine	Panchkarma
1.	25/05/22- 02/06/22	<i>Sunth + Vidang + Musta</i> 3gm/BD <i>Yograj Guggulu</i> 2/BD	1. <i>Snehan</i> with Mahanarayan Tail 2. <i>Nirgundi Kashay Bhashp Sweda</i>
2.	03/06/22 - 10/06/22	<i>Yograj Guggulu</i> 2/BD <i>Guduchi +Gokshur + Aamlaki</i> 5gm/BD <i>Ashawgandha Ksheerpak</i> 30ml/OD	1. <i>Shasthishali Pinda Sweda</i> 2. <i>Katibasti</i> with Mahanarayan Tail 3. <i>Yog Basti</i> a. <i>Asthapana – Dashmool kashay</i> (750ml) b. <i>Anuvasan – Sahchar Tail</i> 30ml + <i>Til Tail</i> 30ml
3.	11/06/22 - 01/07/22	<i>Yograj Guggulu</i> 2/BD <i>Guduchi +Gokshur + Aamlaki</i> 5gm/BD <i>Ashawgandha Ksheerpak</i> 30ml/OD	1. <i>Shasthishali Pinda Sweda</i> 2. <i>Katibasti</i> with Mahanarayan Tail 3. <i>Panchtikta Ksheerbasti</i> (240ml)
4.	02/07/22- 16/07/22	<i>Parijatak Ghanvati</i> 2/BD <i>Rasnasaptak Kashay</i> 20ml/BD	

Observation Table 2: Assessment before and after treatment

Test	BT (0 days)		AT(35 day)		AT (50 days)	
	Rt	Lt	Rt	Lt	Rt	Lt
SLRT	45	80	70	90	80	90
Femoral stretch test	Positive	Negative	Positive	Negative	Negative	Negative
Braggard's sign test	Positive	Negative	Positive	Negative	Negative	Negative
Roland-Morris low back pain and disability questionnaire	Score- 15		Score – 05 (66% Relief)		Score – 03 (80% Relief)	

DISCUSSION

Based on subjective parameters and MRI findings present case was diagnosed with *Ghridhrasi*(Sciatic pain) due to herniated disc. Considering the age of the patient and the chronicity of the disease along with oral medication, *Shodana* was also done.

Mechanism Of Action:- *Snehan* increases the peripheral circulation and vasodilation which is responsible to increase more oxygenated blood to the muscle and produce energy in the fatigue muscle. It also activates nerve fibres that block the pain sensation. *Snehan* pacifies the *Vata Dosha* residing in Skin (*Sparshendriya*). *Swedan* increases capillary pressure and decreases the congestion of internal organ, sweating eliminate toxins, and relaxes the tissue results in a

decrease in spasm and pain. *Swedan* decreases the *Stambh*(stiffness) and *Shita Guna* of *Vata dosha*. *Shasthishali Pinda Sweda* is *Balya*, it nourishes the *Dhatu*s. In the present case, the faulty lifestyle (*vihara*)of the patient causes the vitiation of *Vata Dosha*. So, for ***Shodhana Chikitsa, Basti*** was chosen. ***Yog Basti*** cleanses the intestine, pacifies the *Vata Dosha*, and facilitates the better absorption of *Panchtikta Ksheer Basti*. ***Panchatikta Ksheer Basti*** contains *Tikta Rasa Dravyas* which are predominant of *Vayu & Akasha Mahabhuta* and have a resemblance towards *Asthi* (bone tissue). It improves *Dhatwagni*. The decoction made in *Ksheera*(Milk) possesses *Madhura & Snigdha* properties helping to control *Vatadosha & Pitta dosha* and acting as *Brimhana*. Due to the *Sukshmaguna* of *Saindhava*; it reaches up to the micro channel of the body. In ***Shaman Chikitsa***, *Suntha Vidang* and *Musta* are the *Dravyas* given for *Agniideepan-Aampachana*.

Yograj Guggulu, *Rasnasaptak Kashay* was given to pacify the *Vatadosha* and eventually overcome the pain. *Rasayana Churna* (*Guduchi* + *Gokshur* + *Aamlaki*) possesses rejuvenating properties. So, for rejuvenation of *Dhatus Rasayana Churna* was given.

CONCLUSION

The result shows that *Ayurvedic Management* containing a combination of *Yog Basti*, *Panchtikta Ksheer Basti*, and oral medication were found very effective in relieving the sign and symptoms of *Ghridhrasi* (Sciatica) due to herniated disc. However, further work should be done on large samples to draw the final conclusion.

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