

A CASE STUDY ON EFFECT OF MARMA CHIKITSA IN GRIDHRASI (SCIATICA)

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ABSTRACT

Gridhrasi (sciatica) is pain dominant lifestyle disorder, in which the pain starts from Sphik Pradesha (back region) and radiates towards the foot. Marma Chikitsa is practice of healing certain vital point to stimulate the Prana, which is the body's life power. When a Marma point is touched, the body's biochemistry is altered, which can lead to drastic chemical alterations in an individual's constitution. When these are stimulated, the body produces specific neurochemicals that have a healing effect on both the body and the mind. In Gridhrasi, Marma Chikitsa was performed on Kshipra, Gulpha, Janu, Parsvasandhi, Katiktarana, Nitamba, kukundara marma. Every marma mentioned above was stimulated and the frequency of stimulation was around 15 times in one sitting. Marma Chikitsa was performed for two weeks and two times in a day.

Key words: Gridhrasi, Marma Chikitsa and Sciatica

INTRODUCTION

Acharya Charaka lists Vataj and Vatakaphaja as the two forms of Gridhrasi. The cardinal signs and symptoms of Gridhrasi are Ruk (pain), Toda (pricking sensation), spandan (Tingling sensation), Stambha (stiffness) in the Sphik, Kati, Uru, Janu, Jangha, and Pada in order and Sakthikshepanigraha (i.e., restriction in

upward lifting of lower limbs). In Gridhrasi, Tandra (Drowsiness), Gaurav (Heaviness), and Aruchi (Anorexia) may be present if Kapha is associated with Vata.¹ The patient's walk may have resembled that of the Gridhra (eagle), so the ancient Acharyas gave name Gridhrasi². It is Shoolapradhana Nanatmaja

Vatavyadhi .³ The primary sign of sciatica is lumbosacral radiating leg pain, which radiates into the foot and toes and follows a dermatomal pattern below the knee. The most common causes of sciatica include compression of a portion of the nerve by a herniated disc, a bone spur on the spine, or spinal stenosis. This results in discomfort, swelling, and frequently some numbness in the afflicted leg.⁴ Acharya charak has explained Basti, Siravyadha and agnikarma at the location of antra-kandra-gulph Madhya.⁵ Acharya Sushruta has explained same as vatavyadhi and siravedhavidhi in the management of Gridhrasi.⁶ The practice of Marma Chikitsa involves applying pressure to specific vital points on the body in order to re-channel the prana or life energy.

A Marma point's touch can cause a person's body to undergo drastic chemical alterations and alter their biochemistry. In order to cure the body and mind, the body produces specific neurochemicals when these inner pharmacy pathways are stimulated.⁷

Nidana (Etiological factors) –

Separate nidana for Gradhrasi is not found in any samhita. There is a mentioning of general causative factors for Vata Vyadhi in samhita. The same factors can be considered here in Gradhrasi also.

Those factors can be classified as under –

Aharaja – ruksha, sheeta, alpa, Laghu anna sevana, Viharaja – Ati Vyayama, Ati Vyavaya, Ati Prajagarana, Ati Adhva, Ati Vichestana, Plavana, Dhatu Sankshyaya, Roga Ati Karshanat, Dhukhashayya Asanat, Divaswapna, Vega Sandharanarth Abhighataja – Marmabhighataj.

Manasika – ati chinta, shoka, and krodha.

Purva roopa (Prodromal symptoms) –

It is mentioned for vata vyadhi itself⁸.

This implies poorva roopa of Gradhrasi is also Avyaktha.

This does not mean that there is manifestation of a disease without poorva roopa. But these are presenting in an undifferentiated form or as a low magnitude form⁹.

Roopa (Symptoms) –

The lakshana explained for Gradhrasi are classified as samanya lakshana and vishesha lakshana.

Samanya lakshana^{10,11,12,13} are as follows.

1. Ruk – Pain in lower back and along the posterior aspect of the lower limb.
2. Toda – Needle pricking sensation in lower back and along the posterior aspect of lower limb.
3. Sthambha – It is the feeling of stiffness or rigidity felt along the posterior aspect of lower limb which causes restriction of movements.
4. kshepam nigrhaniyaat – This implies restriction of extension of lower limb.
5. Spandana - Means, frequent pulsations or throbbing sensation.

Vishesha lakshana

Vataja gridhrasi^{14,15,16,17}

1. Dehasya Vakrata – attaining abnormal curvature of the body.
2. Stabdhatta bhrisham – severe stiffness.
3. Spuranam- kati uru jangha sandhi spuranam, spuranam Gaatra eka deshe swalpa chalanam.
4. That means twitching felt in a part of the body like uru, jangha sandhi etc.
5. Suptata –Loss of sensation or paraesthesia in the affected limb.

Vata-kaphaja Gridhrasi

In Vatakaphaja Gridhrasi, following lakshana manifest along with Vataja lakshana.

A. Mukha praseka – praseka lalasarava means, dribbling of saliva or excessive salivation due to kapha involvement.

B. Arochaka - It is defined as Prarthita anna bhakshana asamartham, ie., does not feel to have food of his like bhakta dwesha is also included in this.

C. Tandra- due to involvement of tamas, vata and kapha, tandra occurs. Patient feels drowsy.

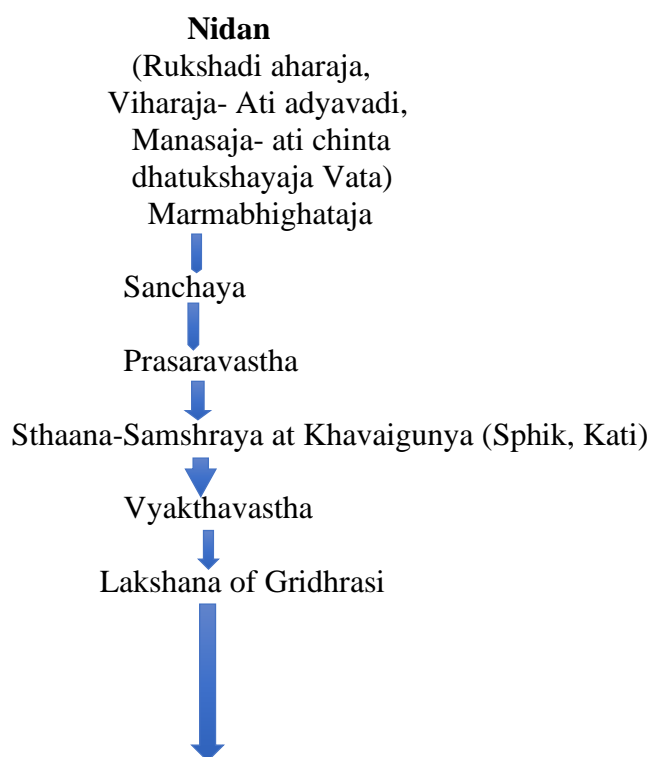
D. Gourava – Patient feels as if covered by piece of leather, like that he experiences heaviness of the leg affected.

E. Staimitya – Lethargic to move to his body.

Samprapti ghataka

Nidana	Vataprakopaka nidana.
Dosha	Vata – Apana and Vyana vayu, Kapha-bhodhaka, shleshaka and avalambaka
Dushya	Rasa, Rakta, Kandara.
Agni	Jatharagni.
Ama	Jatharagnimandyjanita
Udbhavasthana	Pakwashaya (Vataja)
Srotas	Rasa, Rakta, Mamsa, Annavaha srotas.
Srotodushti	Sanga.
Rogamarga	Madhyama.
Vyakti	Sphik, Kati, Prishta, Uru, Janu, Jangha, Pada
Bheda	Vataja and Vatakaphaja.
Swabhava	Chirakari.
Sadyasadyata	Krichrasadhya

SAMPRAPTI CHART



Vataja- Ruk (pain), Toda (pricking sensation), span-dan (Tingling sensation), Stambha (stiffness) in the Sphik, Kati, Uru, Janu, Jangha, and Pada in order and Sakthikshepanigraha (i.e., restriction in upward lifting of lower limbs).

Vata kaphaja- vataj Gridhrasi laxana kati with Aru-chi, Tandra, Gourava

CASE STUDY

Patient Particulars

A 48-year-old female patient visited Marma chikitsa OPD with complaints of low back pain which radiate to left lower limb since last 3 months. Patient was facing difficulty in walking since last 15 days.

History of past illness

No relevant past history of illness and no history of trauma.

Personal history

The appetite of patient was good. The bowel was constipated. The patient used to have sound sleep.

General Examination of patient

The blood pressure of the patient was 130/90 mm of Hg at supine position.

The pulse rate was 74bpm. The patient had no pallor, no lymphadenopathy, no cyanosis, no edema and no signs of dehydration.

Systemic Examination of patient

The results of the per abdominal, cardiovascular, respiratory and CNS examinations were all normal.

Local examination - SLR -Rt >90 degree and Lt 60 degree

Diagnosis

Gridhrasi (Sciatica)

Treatment

The Marma Chikitsa was performed in which following Marmas were manipulated.¹⁸

(1) Pada Kshipra Marma (First inter Metatarsal ligament)

(2) Gulpha Marma (Ankle joint)

(3) Janu Marma (Knee joint)

(4) Parsavasandhi (Common iliac vessels/ renal angle)

(5) Katikataruna (Sciatic notch)

(6) Nitambha (Ala of the ileum/Ischial tuberosity)

(7) Kukundra (Sacroiliac joints)

Assessment Criteria

Patient was clinically assessed on these parameters:

- Stambha(stiffness)
- Ruja(pain)
- Toda (pricking sensation)
- Spandana (twitching)
- Tenderness
- SLR Test

These parameters were categorized into 5 grades for 0 being no signs or symptoms and 4 being highest/maximum signs or symptoms for particular parameter.

Symtoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Ruja	No pain	occasionally	Mild	Moderate	Severe
Toda	No pricking sensation	occasionally	Mild	Moderate	Severe
Stambh	No stiffness	Occasionally 5-10 minutes	Daily 10-20 minutes	Daily 21-60 Minutes	>1 hours
Spandana	No tingling sensation	Occasionally 5-10 min	Daily 10 -20 Min	Daily 21-60 Min	> 1 hour
Tenderness	No tenderness	Tenderness to palpation without grimace or flinch	Tenderness with grimace &/or flinch to palpation	Tenderness with withdrawal	Withdrawal to non-noxious stimuli
SLR test	> 90 degrees	>75 -<90	>60-<75	>45-<60	<45

RESULT

Patient was clinically improved after treatment and was assessed on the basis of following parameters. Improved in Stambha from grade 2 to 1, Ruja from grade 3 to 1, Toda from grade 1 to 0, SLR test from grade 3 to 1.

Symptom	Before treatment	After treatment
Ruja	Moderate	occasionally
Tod	Occasionally	No pricking sensation
Stambha	Daily 10-20 minutes	Occasionally 5-10 minutes
SLR Test	>45-<60	Grade >75 -<90

DISCUSSION

Gridhrasi is a Shoolapradhana Vatavyadhi in which pain starts from Sphik (buttock) and then radiates to Kati, Prushta (back), Uru (thigh), Janu (knee), Jangha (calf) and Paada (foot) along with Stambha (stiffness). Ruka (pain), Toda (pricking sensation) and Spandana (twitching) are the signs and symptoms of Vataj Gridhrasi. While Aruchi (anorexia), Tandra (drowsiness) and Gaurava (heaviness) are the additional symptoms which are found in Vatakaphaja Gridhrasi.¹³ Marma are the place of Prana that is connected to Vata. When appropriate pressure is applied to stimulate the Marma point some biochemical changes happens. In the body, also the Vata that can be correlated with nervous system comes in the natural form and symptoms like Ruka, Toda, Stambha etc. get relieved. A 48-year-old female patient visited Marma chikitsa OPD with complaints of low back pain which radiate to left lower limb since last 3 months. Patient was in difficulty in walking since last 15 days. She was treated with Marma Chikitsa in which Kshipra, Gulpha, Janu, Parsavasandhi, Katikataruna, Nitambh and Kukundara Marma were manipulated for 2 weeks, and improvement was noted. It had seen after the Marma Chikitsa relief in previous parameters like improvement in Ruja was 90% (grade 3 to 1), improvement in Stambha parameters was 70% (grade 2 to 1), improvement in Toda parameters was 80% (grade 1 to 0), improvement in SLR test was 95% (grade 3 to 1).

Mode of Action of Marma Chikitsa- Marma Therapy is the precise art of touching an individual on exactly right place at a critical moment of time. It is an important tool of Pranic healing. Prana in turn is connected with Vata Dosha, which relates to deep seated, chronic and degenerative diseases like Gridhrasi. It is one of the safest, non-invasive, and cheapest therapy among all. Also, this therapy has no side effects, and no preparation is required before therapy. It even satisfies the Sushruta's concept of "*Hastamaeva Pradhantamam Yantram*". By the use of appropriate pressure over these Marma points, these vital and powerful points can be stimulated leading to biochemical changes in brain as well as in the body, re-

sulting in suppression of the symptoms like Ruja, Toda, Stambha etc. The result is supposed to be immediate and long lasting.¹⁹

CONCLUSION

Gridhrasi is shoolapradhana vatavyadhi usually affects seniors and middle-aged individuals, as well as specific occupational groups. Marma Chikitsa shows significant efficacy on every parameter in the management of Gridhrasi (Sciatica). Marma Chikitsa is a kind of treatment that is safe, effective, and economical. It also helps patients live better lives.

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