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Management of Lumbo-Sciatica Syndrome Through Ayurveda: A
Case Study

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ABSTRACT

Lumbo-sciatica Syndrome is L₄L₅, L₅S₁ disc radicular conflicts, it is because of injury or compression of sciatica nerve. Pain is originated from lower back, radiates downward to buttocks, posterior of thigh, below knee & up-to dorsum of foot either one or both legs. It's symptoms are very close to *GRIDHRASI* in *Ayurveda Text* which is also a neurological disorder & characterised by *STAMBHA* (Stiffness), *RUKA* (Pain), *TODA* (Pricking Sensation), from hip & gradually radiating towards waist, back thigh & calf region with frequent pulsation feels at these sites.

Keywords: Lumbo-sciatica, Lumbo-neuralgic pain & *Gridhrasi*

INTRODUCTION :

This article highlights a case study of Lumbo-sciatica Syndrome or *Gridhrasi* in *Ayurveda Text*. *Gridhra* is synonym of Vulture in Hindi. In this patient acquires the gait of Vulture or slightly lean towards affected side so named as *Gridhrasi*. Pain is worsened on prolonged sitting, walking & standing but relieved by lying down. It usually finds in early & middle age group people (25yrs-45yrs). It is not life threatening disease but interferences with daily life of person & *Gridhrasi* is one of them. All types of lumber radiculopathy also can be interpreted in *Gridhrasi*. Difficulty in raising leg usually find in patient.

It is of two types according to Ayurveda

1. *Vat: Spandan* (tingling sensation), *Toda* (pricking sensation), *Ruka* (pain)

2. *Vat-kaph: Aruchi* (loss of taste), *Tandra* (drowsiness), *Bharipan* (heaviness)

In modern medicine treatment is often difficult due to persistence of residual pain. Administration of muscles relaxants, NSAIDS, corticosteroids are given for temporary relief from pain in modern medicine. Last option is surgery which is quite expensive and no surety of complete cure, possibility of many complication in surgery is in modern medicine o in present scenario there is need of safer drugs and non- invasive procedure having better efficacy.

To full fill above need treatment with *Ayurvedic* principles have been described in *Ayurvedic Text* for such condition, which eradicate disease from root cause & recurrence is little in future.

➤ *Samprapti Ghatak* (causative factor) :-

1. *Dosh: Vat/Vat & Kaph*

changes in spine

2. *Dushya: Ras/Rakt/Ashthi/Majja*

3. *Strotas* : *Rasvaha*

/Ashthivaha/Majjavaha

at last sensory motor neuropathy

4. *Swabhav* : *Darun*

developed

5. *Sadhya* : *Kashtsadhya*

CASE STUDY

Pathogenesis according to *Ayurveda*:-

Vat Prakopak Nidan(Person having *Vat* dosh increasing food and habits/causative factors)

A 50 yrs. Old female patient ,resident of Panipat ,Haryana, India reported to *Panchakarma* OPD of Shri Krishna Govt. *Ayurvedic* Collage ,Kuruksheetra ,Haryana with complaints of continuous severe pain starting from back radiating downwards thigh ,calf to ankle region.

increased *Vat* reached to *Asthimajja sthan* (spinal)

Brief History:-Pt. had been suffering with pain since 2013 which was gradually increased and patient become bed ridden in July 2021 .

Ruksh gun of *Vat dosh* increased

No history of DM/HT/Falling/Any surgery.pt was under treatment of modern medicine till 1st visit to *Panchakarma* OPD of Shri Krishna Govt. *Ayurvedic* Collage, Kuruksheetra, Haryana.

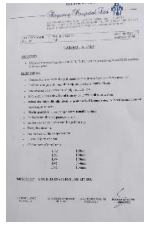
Raktprasadan lower down at spine

paraspinal spasm

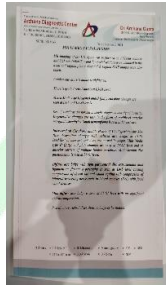
General Examination : - Vitals are with in normal range.

disc nutrition hampered

Investigation :- 1st MRI (8/10/13)



2nd MRI (2/10/21)



3rd SLR + at 30 degree

OBJECTIVE PARAMETERS: -

Visual Pain Analog Scale of Sciatica



A

Excruciating & unbearable pain before treatment



B

Mild pain after treatment

Treatment Protocol :- The Ayurvedic classical texts and related literature to understand the disease *Gridhrasi* with emphasis on its *Samprapti* on the basis of

Kriyakala along with role of *Shodhana, Shamana, Panchakarma Chikitsa* more effectively. After *Shamana Chikitsa* *Dosha* may be aggregate again but *shodhana chikitsa* as referred as *Basti* here eliminates *Dosha* to never come back [2] In *Gridhrasi*, *Basti* is preferred because it is a *Vataj Nanatmaja Vyadhi* [3] and *Basti* is the first line of treatment for *Vataja Vyadh* [4]. *Basti* is considered as a half of entire therapeutic measures [5]. So, *Vrishadi Aasthapana Basti* is used for *Gridhrasi* management [6].

- *Sarvang patrapotli* with *mahanarayan tail*.
- *Kati basti* with *mahanarayan tail*.
- *Vrishyadi Nihruh basti & Anuvasan basti (Bala + Sesame oil 40 ml each) both are given for 16 days as Kaal Basti*
- *Tab. Ras Raj Ras 125mg at 9am and 7 pm*
- *Harsingar Kwath 30ml twice daily fresh preparation*

DISCUSSION

Classification of diseases in classical Ayurvedic Text is based on *Tri-doshas (Vat/Pit/Kaph)*. Lumbo-sciatica syndrome term is not mention in Ayurvedic Text but *Gridhrasi Rog* has more resemblance with all symptoms of this.

Only vat dosh / vat -kaph involvement may find in this disease. Oil has quality to pacify vat and kaph both doshas .It absorbed through tiny channels/venoules/capillaries/nerves present on skin surface by abhyanga and kati basti ,results are seen not only on affective site but also whole body become healthy. Other-side basti is main chikitsa for Vat dosh and principal site of Vat dosh is Pakvashya (large intestine).Drugs administered through this way act on increased dosh bring homeostatic condition by removing them from anus as well as nutrients are also absorbed by gut brain of intestine. Harsingar has anti-inflammatory action so it reduces spasm. Ras Raj Ras is balancing all three doshas ,strengthen nerves ,muscles and boost immunity as it has Rasayan property .

CONCLUSION

Instead of direct reference of Lumbo-sciatica syndrome in *Ayurvedic Text*, could be treated like *Gradhrasi*. We got wonderful results, condition improved from bed ridden to walking and leaving pain free life through *Ayurveda*. This study showed that such critical patient which were on modern medicine for many years, got amazing results within year through Ayurvedic Principal of medicine.

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Conflict of Interest: None

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दोशाः कदाचित् कुप्यन्ति जिताः लघनपाचनैः।

जिताः सषोडशैर्नैर्न तु न तेषां पुनरुदभवः।

3. Shastri K, Chaturvedi GN. Charak Samhita Vidyotini. 1st ed. Varanasi: Chaukhambha Bharati Academy; 2016. Sutra Sthana. chap. – 20/ 11, page no. 399

4. Shastri K, Chaturvedi GN. Charak Samhita Vidyotini. 1st ed. Varanasi: Chaukhambha Bharati Academy; 2016. Sutra Sthana. chap. – 20/ 13, page no. 402

तत्रास्थापनानुवासनं तु खलु सर्वत्रोपक्रमेभ्यो वाते प्रधानतमं मन्यते भिषजः।

5. Shastri K, Chaturvedi GN. Charak Samhita Vidyotini. 1st ed. Varanasi: Chaukhambha Bharati Academy; 2016. Sidhi Sthana. chap. – 1/ 39. p. 971.

तस्माच्चिकित्सार्थमिति ब्रुवन्ति सर्वो चिकित्सामपि बस्तिभिके।

6. Shastri AD. Sushruta Samhita Ayurveda Tatva Sandipika. 1st ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2016. Chikitsa Sthana. chap. – 38/67-70. p. 213.

वृशाष्मभेदवर्शाभूधान्यगन्धर्वहस्तकैः

दशमूलबलमूर्वायवकोलनिषाच्छदैः

कुलत्थाबिल्वभूनिम्बैः क्वथितैः।

पलसंभितैः।

कल्कैर्मदनयश्टयाहृशङ्ग्रन्थामरसशर्पैः

पिप्पलीमूलसिन्धुत्थायवानीमिसिवतसकैः।

क्षौद्रक्षुधीरगोमूत्रसर्पिस्तैलरसाप्तलुतैः

तूर्णमास्थापनं कार्यं संसृष्टबहुरोगिणाम् ।
गृध्रसीषर्कराऽशरीलातूनीगुल्मगदापहम् ।

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