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

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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
2. Dushya: Ras/Rakt/Ashthi/Majja
3. Strotas : Rasvaha
   /Asthivaha/Majjavaha
4. Swabhav : Darun
5. Sadhyasadyata : Kashtsadhyta

Pathogenesis according to Ayurveda:

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

\[\text{Increased } Vat \rightarrow \text{reached to Asthimajja sthan (spinal)}\]

\[\text{Ruksh gun of Vat dosh increased}\]

\[\text{Raktprasadan lower down at spine}\]

\[\text{paraspinal spasm}\]

\[\text{disc nutrition hampered}\]

CASE STUDY

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

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

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, Kurukshetra, Haryana.

General Examination: - Vitals are within normal range.

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

In Gridhrasi, Basti is preferred because it is a Vata Nanatmaja Vyadhi and Basti is the first line of treatment for Vataja Vyadh. Basti is considered as a half of entire therapeutic measures. So, Vrishadi Aasthapana Basti is used for Gridhrasi management.

➢ Sarvang patrapotli with mahanarayan tail.
➢ Kati basti with mahanarayan tail.
➢ Vrishyadi Nihruh basti & Anuvasan basti (Balaa + 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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