



## AYURVEDA APPROACH TOWARDS GRIDHRASI (SCIATICA)

### – A CASE REPORT

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#### ABSTRACT

Mainly this is caused by vitiation of *Vata Dosha*. Sometimes *Kapha* vitiation along with *Vata* (*Vata* and *Kapha* ) also cause this disease. The main symptoms are *Ruk*(pain),*Toda*(prickling sensation) and *Stambha* (stiffness) in the *Sphika*(Gluteal Region), *Kati*(Waist), *Prishta*(Low back), *Uru*(Thigh), *Janu*(Knee), *Jangha*(Calf) and *Pada*(foot). This can be compared with Sciatica which is characterized by severe pain starting from lower lumbar region and radiating down towards the foot. The principle of treatment for management of *Gridhrasi*/Sciatica relevant to common *Vatavyadhi* treatment. In this case study aged 52 years old, one female patient selected from ward 07/C, Provincial Ayurvedic Hospital, Palkelele, Sri Lanka. The clinical examinations and investigations done by the researcher and all the data were collected based on available clinical facilities at the hospital. It has observed SLRT and Bowstring tests were negative after treatments. Also Bragard's and Lasegue's signs were absent after the treatments. Total 6 types of preparation of medicines were used as treatment. It were included 3 types of *Kashaya* (30.00%), 3 types of *Vati* ( 30.00%), 1 type of *Kalka*(10.00%), 1 type of *Pattu/Mallum/Plaster* (10.00%), 1 type of *Thaila* (20.00%) and 1 type of *Churna* (10.00%).

**Keywords-** *Gridhrasi* , Sciatica, Case report

**INTRODUCTION:** The pain of the Sciatica ( L4 to S3 segments of the Sacral Plexus) originates from lower back region and it radiates towards buttocks ,back of the thigh up to foot<sup>[1][2]</sup>. It mostly affects heavy weight lifters and persons who engaged in the life styles in which contains pressure on the lower back region. The causes are herniated disc, osteoarthritis, traumas, osteoporosis and spinal stenosis. There are many several clinical examinations like SLRT, Bragard's sign, Lasegue's sign, Bowstring test and Imaging techniques<sup>[3][4]</sup>.

This is one of the *Vata Vyadhis*<sup>[5][6]</sup>. The word “*Gridhrasi*” means the gait of the patient which is similar to *Gridhra* (Vulture) due to pain. *Gridhrasi* also may be *Kaphaanubandha*. The signs and

symptoms of *Gridhrasi* are *Ruk*(pain),*Toda*(parickling sensation) and *Stambha*(Stiffness) in the *Sphika* (Gluteal Region), *Kati*(Waist),*Prishta*(Low Back), *Uru*(Thigh), *Janu*(Knee),*Jangha*(Calf) and *Pada*(Foot). Due to *Kaphaanubandha*, *Arochaka*(Anorexia), *Tandra*(stupor) and *Gaurava*(Heaviness) are found. *Caraka Samhita*, *Sussruta Samhita*, *Bhavaprakasha*, *Yogarathnakara* and *Sharangadhara* have been mentioned these two types of *Gridhrasi*<sup>[7][8]</sup>.

#### Case Report

##### 1. Personal data

1.Name of the patient : Mrs.Chandrika Premathilaka

2.Address :  
Dewanagala,Mawanella.

3.Gender : Female

4.Age : 52 yrs  
 5.Religion : Buddhism  
 6.Marital Status : Married  
 7.Occupation : House wife  
 8.Ward No : 7-C  
 9.Bed No : 28  
 10.Bed Head Ticket No : 1057/7-C  
 11.Date of admission : 16.09.2022

**2. Chief Complaint** : Pain in lower back region it radiates to right lower limb since 2 years

**3. Other Complaint** : No

**4. History of Chief Complaint :**

According to the patient gradually occurred this condition before 2 years.

**5. Past Illness:**

- Hypertension : not detected
- Diabetes Mellitus : not detected
- Hyperlipidemia : not detected

**6. Treatment History:** She has taken western treatments for this condition then she was admitted to Provincial Ayurvedic Hospital Pallekele.

**7.Family History** : No any family member has this condition.

**8.Personal History:**

1.Diet : excessive intake of oily and spicy foods.

2.Sleep : sound sleep, 6 hours per day.

3.Exercise : No

4.Desha : Anupa desha

5.Habit and addiction : No

**9.Examination:**

1.Ashta vida pariksha

- Nadi – Gathi : 76 bpm
- Yathi : Samantara
- Akrithi : Purnam
- Sanhathi : Mrudu
- Muthra : Normal
- Mala : day- 1 / night - 0
- Jiwha : Normal
- Shabda : heart – normal  
lungs - normal
- Druk : normal vision
- Akriti : Normal

2.Vital Examination

- Temperature - 37 /C
- Pulse - 76 bpm
- Respiratory rate - 17 / min
- Blood Pressure - 120/80 mmHg
- Height - 156 cm
- Weight - 50 kg

Observations in clinical examination of patient were documented in detailed during total 05 weeks.

3. General / On examinations (OE)

- Physical appearance – normal
- Mental state – normal
- Nourishment – normal
- Abnormal smells – normal
- Height – 155 cm
- Weight – 52 kg
- Skin – normal

**Table 01. Systemic examination**

System	Inspection	Palpation	Percussion	Auscultation
Cardiovascular system	0	0	0	0
Respiratory system	0	0	0	0
Gastrointestinal system	0	0	0	0
Genito urinary system	0	0	0	0

3 ; severe disability 2 ; moderate disability 1; mild disability 0; normal

**Table 02- Clinical Examinations of the right lower limb before and after the treatments.**

Name of the examinations	Severity and degree (before the treatment	after the treatment
SLRT	35 <sup>0</sup> / severe disability /positive	negative
Bragard' s sign	35 <sup>0</sup> / severe disability / present	absent
Lasegue' s sign	present	absent
Bowstring test	positive	negative

**10. Provisional Diagnosis**

- *Gridhrasi*( Sciatica)
- *Kati shula* ( Lumbar spondylosis)
- *Sandhigatavata* ( Osteoarthritis)

**METHODOLOGY:** This was a case study conducted at Provincial *Ayurveda* Hospital, Palkekele for 5 weeks (16<sup>th</sup> Sep 2022 – 23<sup>th</sup> Oct 2022) time duration and aged 52 years old Sciatica, female patient was selected onset within 2 years of time duration. The clinical examinations and investigations done by the researcher and

all the data were collected based on available clinical facilities in the hospital. All the details were taken and examinations were done weekly wise in detail according to both *Ayurveda* and modern clinical methods. Referred authentic textbooks and collected literature from sites related to study. Informed consent was taken from the patient .Finally confidentiality of collected data was maintained alone with period of survey only.

**11. Treatment 01.Kashaya**

Name	Dose	Route of administration	Anupana	Duration
<i>Belimul Aralu</i> <i>Thippilimul</i> <i>Kashaya</i>	120ml BD Before diet	Oral	<i>Sahinda lunu</i> 1tsp	16 <sup>th</sup> Sep – 20 <sup>th</sup> Sep ( 4 days )
<i>Vasa Guduchi</i>	120ml BD Before diet	Oral	Bee's honey 2tsp	21 <sup>th</sup> Sep -26 <sup>th</sup> Sep ( 6 days)
<i>Eranda Sapthakaya</i>	120ml BD Before diet	Oral	<i>Sahinda lunu</i> 1tsp	27 <sup>th</sup> Sep -07 <sup>th</sup> Oct (11 days)

**02.Vati/Tablets**

Name	Dose	Route of administration	Anupana	Duration
Myostal forte	1 BD After diet	Oral	Hot water	16 <sup>th</sup> Sep -02 <sup>nd</sup> Oct ( 17 days)
<i>Rumalaya</i> forte	1BD After diet	Oral	Hot water	27 <sup>th</sup> Sep- 07 <sup>th</sup> Oct ( 11 days)
<i>Rasnadhi</i> <i>Guggulu</i>	2 BD After diet	Oral	Jinger juice 2 tsp	25 <sup>th</sup> Sep ( 1 day)

**03. Kalka**

Name	Dose	Route of administration	Anupana	Duration
Nwarathna Kalkaya	1 g BD After diet	Oral	Jinger juice 2 tsp	16 <sup>th</sup> Sep -26 <sup>th</sup> Oct (11 days)

**04. Thaila**

Name	Dose	Route of Administration	Site	Duration
Narayana Thaila	20 oz	External application	Lower back and right lower limb	16 <sup>th</sup> Sep -07 <sup>th</sup> Oct ( 22 days)

**7. Pattu/Mallum/Plaster**

Name	Site	Route of administration	Duration
Bittara Pattuwa	Lower back	External application	16 <sup>th</sup> Sep -01 <sup>st</sup> Oct ( 16 days)

**8. Choorna**

Name	Dose	Route of administration	Anupana	Duration
Manibadhra Churna	5 g After diet	Oral	Hot water	16 <sup>th</sup> Sep -07 <sup>th</sup> Oct ( 22 days)

**9. Pancha Karma & External Treatments**

Name	Ingredients	Site	Treatment time	Duration
Nadi Sweda	Dhashamul Kashaya	Lower back	20 minutes	16 <sup>th</sup> Sep- 07 <sup>th</sup> Oct (22 days)
Kati Vasti -7	Maha narayana thaila	Lower back	20 minutes	21 <sup>st</sup> Sep-27 <sup>th</sup> Sep ( 7 days)
Sarwangadhara - 7	Maha narayana thaila	Whole body	40 minutes	28 <sup>th</sup> Sep-04 <sup>th</sup> Oct (7 days)
Sarwanga Swedha -3	Maha narayana thaila	Whole body	20 minutes	05 <sup>th</sup> Oct – 07 <sup>th</sup> Oct (3 days)
Virechna Karma -3	Thrivrith Dhraksha Baya dhathri Kashaya – patha ½ and Eranda thaila 1tbsp	Whole body	-	08 <sup>th</sup> Oct-10 <sup>th</sup> Oct ( 3 days)
Sansarjana Karma-5	-	Whole body	-	11 <sup>th</sup> Oct- 15 <sup>th</sup> Oct (5 days)
Yoga Vasti-8	Maha narayana thaila and Eranda mula Kashaya	Whole Body	-	16 <sup>th</sup> Oct- 23 <sup>th</sup> Oct (8 days)

**RESULTS AND DISCUSSION**

Gridhrasi (Sciatica) as one of disease caused by vitiation of Vata, sometimes even Kapha vitiation along with Vata also

cause this disease. Total 6 types of preparations of drugs Kashaya, Vati, Kalka, Thaila, ,Pattu/Mallum/Plaster , Churna were used in treatment line for the

patient within 5 weeks duration and these drugs were listed out.

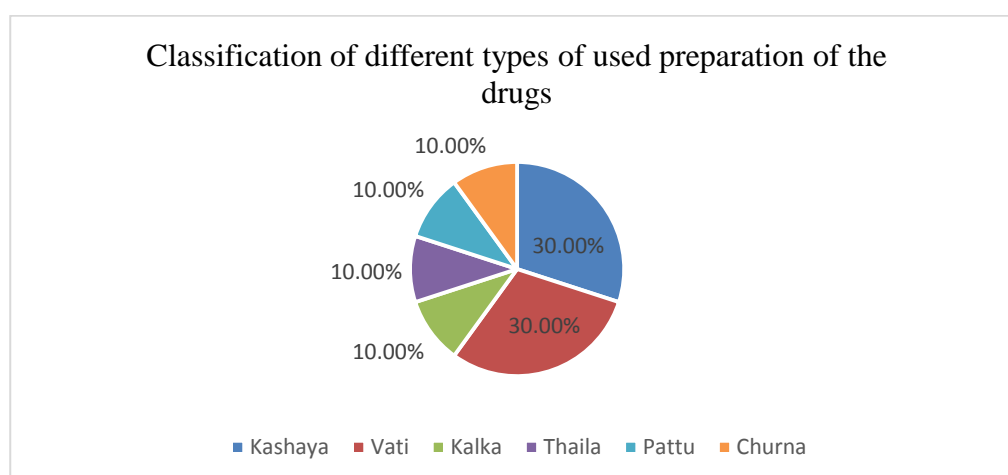
**Table 04 – Classification of different types of used preparations of drugs**

Name of the preparations of drugs	Type of The Preparation of drugs	Total (days)
<i>Belimul Aralu Thippilimul Kashaya</i>	<i>Kashaya</i>	04
<i>Vasa guduchi Kashaya</i>	<i>Kashaya</i>	06
<i>Eranda saptaka Kashaya</i>	<i>Kashaya</i>	11
<i>Mayostaal Forte</i>	Tablet	17
<i>Rhumalaya Forte</i>	Tablet	11
<i>Rasnadhi Guggulu</i>	<i>Vati</i>	01
<i>Nawarathna Kalka</i>	<i>Kalka</i>	11
<i>Narayana Thila</i>	<i>Thaila</i>	22
<i>Bittara Pattu</i>	<i>Pattu</i>	16
<i>Manibhadra Churna</i>	<i>Churna</i>	22

**Table 05 – Classification of different types of used preparation of drugs**

No	Types of the preparation of drugs	Number of used types of the preparation of drugs	Percentage of used types of the preparation of drugs %
01	<i>Kashaya</i>	03	30.00%
02	<i>Vati</i>	03	30.00%
03	<i>Kalka</i>	01	10.00 %
04	<i>Thaila</i>	01	10.00%
05	<i>Pattu/Mallum/Plaster</i>	01	10.00%
06	<i>Churna</i>	01	10.00%

**Figure 01- Classification of different types of used preparation of drugs**



## OBSERVATIONS

It has observed, It has observed SLRT and Bowstring tests were negative after treatments. Also Bragard's and Lasegue's signs were absent after the treatments.

### CONCLUSION

Severity of the disease, signs and symptoms were reduced during 5 weeks. Total 6 types of preparation of medicines were used as treatment during 5 weeks. It were included 3 types of *Kashaya* (30.00%), 3 types of *Vati* (30.00%), 1 type of *Kalka* (10.00%), 1 type of *Pattu/Mallum/Plaster* (10.00%), 1 type of *Thaila* (20.00%) and 1 type of *Churna* (10.00%).

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