

Case Report

MANAGEMENT OF ABHIGATAJA GRIDRASI (SCIATICA): A CASE STUDY

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ABSTRACT

Sciatica is such a disease, which carry little threat to life but interfere greatly with living. The person who suffers from this disease is particularly handicapped, as person can't walk, stand or sit properly. Now a day the disease Sciatica is found abundantly. It is mainly found in people who undergo heavy work and road accident cases. Several spine disorders can cause spinal nerve compression and sciatica. Sciatica can result from direct nerve compression caused by external forces to the spine nerve roots. For example motor vehicle accidents etc. may injure the nerves or fragments of broken bone compress the spinal nerves. Even though operation needed it can also be cured by *Panchakarma* therapy. In the month of February-March we came across eight such cases and solved all of them by *Panchakarma* therapy. To be notified two of them are accident caused, for an instance one successful *Abhigataja Gridrasi (Vaataja)* case presentation through *Panchakarma*. Patient was apparently healthy 4 months (October 2016) back when he met with road traffic accident the patient suffers from severe low back ache and slight cervical pain. Patient was diagnosed as *Abhigataja Gridrasi* and fruitfully treated by *Panchakarma* therapies like *Patrapinda, Jambeerapinda, Shastikashalipinda sweda* and *Matrabasti*.

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INTRODUCTION

The word *Gridhrasi* is derived from the root word *Gridhra*, which mean the bird Vulture. '*Gridhrasi*' is described as one among the '*Vata Nanatmaja Vyadhi*'. Concept of *Gridhrasi* is known by two ways viz. *Margavarodhajanya (Vaata-Kaphaja)* and *Dhatukshayajanya (Vaataja)*. Main *Lakshana* of *Gridhrasi* is pain radiating from *Sphik* towards *Kati, Prusta, Uru, Janu, Jangha* and *Pada*^{2,3,4}. Radiating pain in the affected leg is the typical characteristic feature of this illness. Due to this, the patient walks with the gait of the bird, vulture. *Acharya Susruta* opines that they are 2 *Kandara* in the leg that gets afflicted. These 2 *Kandara* when gets afflicted with *Vatadosha* limits the extension of legs. In the month of February we successfully treated 8 *Gridhrasi* cases by *Panchakarma* therapy. In that one of the *Abhigataja Gridrasi* case is a documented evidence for the successful management by *Panchakarma* therapy.

CASE HISTORY

Presenting Complaints

28 years old male patient complaints of severe low back ache and pain radiates to posterior aspect of right thigh. Associated with slight pain in cervical region and pain radiates to both shoulders since 4 months.

History of illness

Patient was apparently healthy 4 months (October 2016) back when he met with road traffic

accident the patient suffers from severe low back ache and cervical pain. After that he consulted allopathic physician and physiotherapist. He didn't get relief from symptoms and advised for surgery. After that he was consulted Amrutam Ayurveda Hospital, Visakhapatnam, Andhra Pradesh (January 2017).

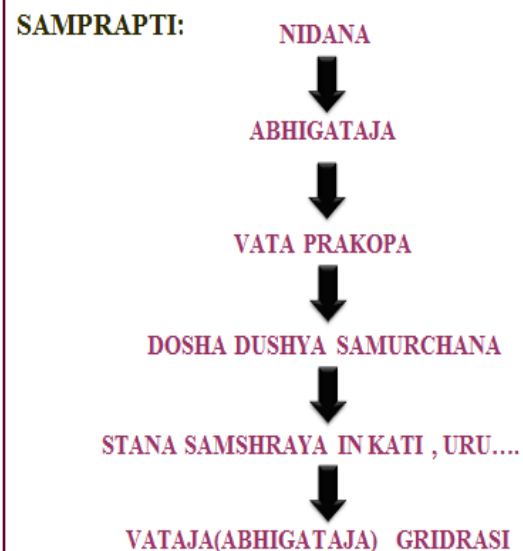


Figure 1: *Roga Samparapti*

MRI Scan

Disc bulges at L3-L4, L4-L5, L5-S1, C7-D1, D1-D2, D2-D3, D3-D4 levels
Mild reduction of disc space C4-5

Treatment Plan

Table1: Roga Chikitsa

| | |
|---|--|
| First 7 Days | <i>Abhyanga, Katibasti, Matrabasti.</i> Then after 15 days. treatment started with <i>Dhanyamladhara</i> |
| Next 11 Days 1 st and 2 nd day | <i>Dhanyamlaparisekha</i> |
| 3 rd 4 th 5 th day | <i>Patrapindasweda</i> |
| 6 th 7 th 8 th day | <i>Jambeerapindasweda</i> |
| 9 th 10 th 11 th day | <i>Sastikashalipindasweda</i> |
| | 1 to 11 days <i>Matrabasti</i> |
| Internal medication: | 1. <i>Rasnaerandadhikashayam</i> tablets 2-0-2 B/F 2. <i>Yogarajguggulu</i> 1-0-1 A/F 3. Neuro XT 1-0-1A/F 4. <i>Ksheerabalanasya</i> |
| External Application: | 1. <i>Sahacharadhitaila, Murivenna Taila</i> |
| | First Follow up (7-6-17) Patient feels better No Pain but during excess work he feels pain in thigh region. Medication: <i>Amrutadhi Guggulu</i> <i>Rasnaerandadhi Kashayam</i> Tablets External Mahavisagarbha oil and Sahacharadhi mix |



PATRA-PINDA SWEDA

Figure 2: Preparation Pictures of Patra-Pinda Sweda



Figure 3: Schematic Chart of Patra-Pinda Sweda



Figure 4: Preparation Pictures of *Jambeera-Pinda Sweda*



Figure 5: Schematic Chart of *Jambeera-Pinda Sweda*



Figure 6: Preparation Pictures of *Shashtika Shali-Pinda Sweda*



Figure 7: Schematic Chart of *Shashtika Shali-Pinda Sweda*

RESULTS

Table 2: Treatment Results

| Before Treatment | After Treatment |
|---|-------------------------------|
| Severe low back ache and radiating pain | Occasionally pain in low back |
| Cervical pain and radiating pain in shoulder | No pain |
| Disc bulges at L3-L4, L4-L5, L5-S1, C7-D1, D1-D2, D2-D3, D3-D4 levels | Mild disc bulge at L4-L5 |
| Mild reduction of disc space C4-5 | |

DISCUSSION

Patient was diagnosed as *Abhigataja (Vaataja) Gridrasi* because of the *Gridrasi* symptoms developed after incident of road traffic accident. In this case mainly *Vaata Dosa* plays predominant role. First 7 days treatment started with *Sahacharadhi-Visagarbha-Murivenna* oil mix *Abhayanga* and *Kati Basti*. After 15 days gap of *Kati Basti* next therapy started with *Dhanyamla Dhara*.

Table 3: Panchakarma Procedures and its Utility

| S.No | Procedure | Indication |
|------|----------------------------------|--|
| 1. | <i>Dhanyamla Dhara</i> | For inflammation, pain |
| 2. | <i>Patrapinda Sweda</i> | For pain and stiffness |
| 3. | <i>Jambeera Pinda Sweda</i> | For spasm and strain |
| 4. | <i>Shastika Sali Pinda Sweda</i> | For stiffness and less muscle strength |
| 5. | <i>Matra Basthi</i> | <i>Ardha Chikitsa</i> for <i>Vaata</i> |

Medications

Table 4: Medications And Its Utility

| | | |
|----|---|-----------------------------------|
| 1. | <i>RasnerandadhiKashayam</i> | <i>Shula hara</i> , mild laxative |
| 2. | <i>Yogaraj Guggulu</i> | <i>Shula hara</i> |
| 3. | NEURO XT Ingredients: <i>Ekanagaveeraras</i> <i>Mahavaatavidwamsana ras</i> <i>Vaatakulantaka ras</i> | <i>Vaatashaamaka</i> |

| | | |
|----|-------------------------|--|
| | <i>Bala Shilajith</i> | |
| 4. | <i>Ksheerabala Oil</i> | <i>Nasya</i> |
| 5. | <i>Sahacharadhi Oil</i> | Pain and Same oil used for <i>Matra basthi</i> |
| 6. | <i>Murivenna Oil</i> | Strengthens the bones and muscles |
| 7. | <i>Vishagarbha Oil</i> | Best <i>Shulahara</i> |

CONCLUSION

This case study is a documented evidence for the successful management of *Abhigataja Gridrasi* by *Panchakarma* therapy.

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