

AYURVEDIC MANAGEMENT OF GIRDHRASI (SCIATICA SYNDROME) – A SCIENTIFIC VIEW

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ABSTRACT :

Gridhrasi (Sciatica syndrome) is a Vataja nanatmaja vyadhi seen commonly in modern India. Pain starting from low back region directed towards thighs , knee, ankle joint, and great toe is seen in this disease. According to Ayurveda it is of 2 types. 1) Vataja 2) Vata kaphaja. The patient is suffering from tandra(stupor), Alasya(lethargy) and Gourava (heaviness)is said to be suffering from Vatakaphaja Gridhrasi.

Ayurveda management has a positive role in Sciatica syndrome. It alleviates the signs and symptoms of this disease. Disc prolapse and nerve root compression are commonly seen in this disease. They are relieved by this treatment.

In this paper the role of Ayurveda management in gridhrasi is discussed elaboratively.

Key words : Gridhrasi, (Sciatica syndrome.), Disc prolapse.

INTRODUCTION

Sciatica is a neurological disorder with degeneration of sciatic nerve followed by severe pain in the limb affected. Usually pain starts first in lumbar region , spreads towards lower region and refers to great toe of the leg of that side. Pain aggravates on forward bending and relieved on rest. Ayurveda has better treatment in this disease.

The following actions are seen in the drugs given in Sciatica syndrome.

1. Vata hara
2. Rasayana
3. Nadi balya
4. Brimhana
5. Vedana sthapana
6. Poshaka
7. Snehana
8. Swedana
9. Anti stress

10. Adaptogenic
11. Medhya
12. Haematinic
13. Nutritive
14. Dhatu vardhana
15. Counter irritant to skin
16. Analgesic
17. Anti inflammatory
18. Astapana basti
19. Anuvasana basti
20. Mridu virechana
21. Nitya virechana
22. Sramsana
23. Vayasthapana
24. Antioxident
25. Calcium supplement

Bata hara

1. Tailabhyanga
2. Guggulu prayoga
3. Matra. Basti

4. Anuvasana basti
5. Niruha basti
6. Balarista
7. Maha rasnadi kashaya
8. Rasona pinda
9. Narayana taila
10. Prabhanjana vimardana taila
11. Rasna erandadi kashaya
12. Trayodashanga guggulu.
13. Visha tinduka vati
14. Rasna saptaka kashaya

Rasayan

1. Reasona pinda
2. Yoga raja guggulu
3. Swarna malini vasanta
4. Swarna bhasma
5. Rajata bhasma
6. Balarista
7. Ashwagandhadi paka
8. Goksheera

Nadi balya

1. Visha tinduka vati
2. Bala ksheera
3. Adhyayan dhadkata
4. Goksheera
5. Navaneeta
6. Saraswatarista

Bramhan

1. Kooshmandava leha
2. Balarista
3. Kukkutanda
4. Ashwgandhava leha
5. Goksheera
6. Goghrita

Vedana sthapanana

1. Yoga raja guggulu
2. Maha yogaraja guggulu
3. Kaishora guggulu
4. Trayodashanga guggulu
5. Simhanada guggulu
6. Shallaki tablets
7. Gandha prasarini taila

8. Medohara guggulu
9. Shadanga guggulu
10. Sapta vimshati guggulu

Poshaka

1. Goksheera
2. Goghrita
3. Kukkutanda
4. Mamsa rasa
5. Aja mamsa rasayana

Sneha na

1. Maha narayana taila
2. Narayana taila
3. Maha masha taila
4. Masha taila
5. Shuddha bala taila
6. Bala taila
7. Ksheera bala taila

Swedana

1. Patra pinda sweda
2. Nadi sweda
3. Valuka sweda

Anti stress

1. Shankha pushpi panaka
2. Guduchi kwatha
3. Saraswatarista
4. Madhya vati
5. Bramhi vati
6. Muniprajna tablets
7. Swarna malini vasanta
8. Sarpagandha vati

Adaptogenic – do

Medhya

1. Shankhapushpi syrup
2. Saraswatarista
3. Kooshmandava leha
4. Bramhi ghrita
5. Bramhi vati

Haematenic

1. Punarnava mandoora

2. Navayasa loha
3. Lohasava
4. Kaseesa sindoor
5. Kaseesa bhasma
6. Mandoora bhasma

Nutritive

1. Ashwagandhava leha
2. Kooshmandavaleha
3. Shatavari guda
4. Balarista
5. Ashwagandhava leha
6. Mamsa rasa
7. Aja mamsadi rasayana

Dhatu vardhaka – do

Counter irritant

1. Pancha guna taila
2. Vatari taila
3. Nirgundi taila

Analgesic

1. Yogaraja guggulu
2. Kaishora guggulu
3. Sapta vimshati guggulu
4. Trayodashanga guggulu
5. Shallaki tablets

Anti inflammatory drugs – do

Mridu vivechana

1. Triphala kwatha
2. Triphala tablet
3. Trivrit leha
4. Avipattikara choorna

Nitya virechana – do

Sramsana – do

Vayasthapana

1. Amalaki choorna
2. Guduchi akshaya
3. Triphala choorna
4. Shatavari rasayan

Antioxidants

1. Yoga raja guggulu
2. Nirgundi tablets

Calcium supplements

1. Godanti bhasma
2. Pravakta panch amrita rasa
3. Mukta panchamrita rasa
4. Shankha bhasma

DISCUSSION

In Sciatica, common cause is either Intervertebral disc prolapse or spinal canal stenosis. There are various degrees of prolapse leading to pressure effect to the nerve root or nerve root compression.

There will be low back ache followed by difficulty in walking and pain is referred to the extremities directed towards the greater toe of that side.

Ayurveda medicines have a better role in these patients.

CONCLUSION

1. Ayurveda medicines have positive role in the management of Sciatica patients
2. In Sciatica, surgery many a times may not be mandatory as Ayurveda medicine gives a permanent cure.
3. There are least side effects in Ayurveda treatment.

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