

CASE STUDY ON GRIDHARASI

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Introduction

Acharya Charaka Gridharsi is one of the Vataja nanatmaja vikara. Gridhrasi has been discussed by all the Acharyas under the heading of Vatavyadhi. Symptoms of Gridhrasi is Spikapurva i.e., pain starts at the hip and radiates to Kati (waist), Prusta (back), Uru (thigh), Jaanu (knee joint), Janga (calf muscle), Paada (foot) along with pain there are other complaints like Stamba (stiffness), Toda (pricking type pain), Muhur spandana (tingling sensation), and if there is association of Vatakapha dosha than the symptoms like Tandra (lethargic), Gourava (heaviness) and Arochaka (anorexia) will be present. The sciatic nerve is the longest and thickest nerve in the human body. It originates from the vertebral column at the level of the 4th lumbar to the 3rd sacral vertebra and extends up to the feet. Hence the pain in sciatica is felt in the lower back and it radiates along the nerve up to the feet. The causes of sciatica are arthritic changes in the L.S. spine, disc herniation in the level of the L.S. spine due to bad posture, accidents, sedentary lifestyle, and repetitive Stress Injuries twisting, pulling, and running.

Chief complains

H/o Present Illness The Patient is said to have been healthy for 1 year then he gradually developed symptoms like lower back pain with a tingling sensation in the lumbar region which radiates to the left lower limb patient was having difficulty walking for longer distances and facing difficulty to sit on a flat surface because of pain. For these complaints patient approached the allopathic hospital where she got medication and the pain was relieved for some days but there was no complete recovery and there was a reoccurrence of symptoms. The patient consulted many doctors but didn't get satisfactory results so the patient approached Kayachikitsa OPD at **Smit. Shalinitai Meghe Ayurved Medical College, Hospital &Research Centre Bhilewada, Bhandara (M.S)**

seeking an Ayurvedic cure.

- Low back pain radiating to left lower limb since 1 yrs.
- Difficulty and pain while walking and difficulty sitting on a flat surface for 2 yrs.
- Tingling sensation at left lower limb radiating lumber till toe.

Past History

NO - H/O DM /HTN

N/H/O Trauma or fall

H/O Hypo Thyroidism

Personal history

Diet – Mixed

Appetite – Reduced

Bowel – clear (1 time/day)

Micturition – Normal (4–5 times/day)

Sleep - Disturbed because of pain

Astavidha pariksha

Naadi: Vatakaphaja

Mala: Prakruta

Mutra: Prakruta

Jihva: Alita

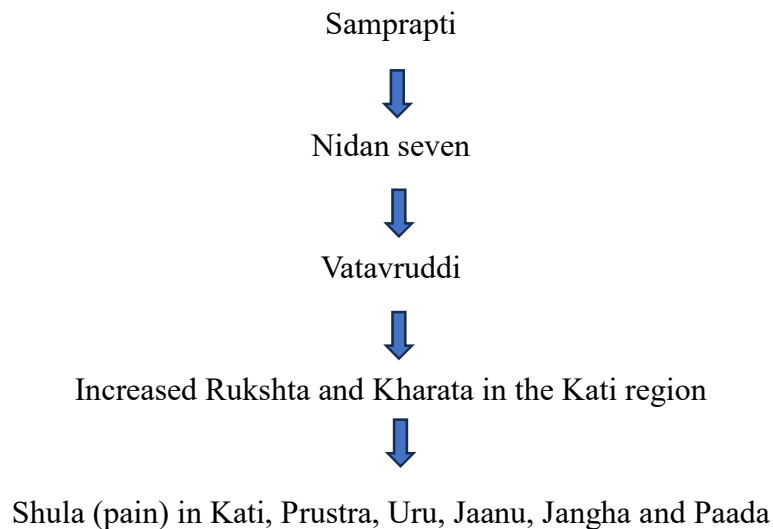
Shabda: Prakruta

Sparsa: Prakruta

Druk: Prakruta

Akruti: Madyama

SAMPARPATI



Systemic Examination CNS-

Conscious and well-oriented with time and place.

CVS- S1 and S2 heard normally.

RS- Normal vesicular breath sounds heard and no added sounds.

Locomotors Examination Inspection

Gait- Antalgic gait

Deformity- No any deformity

Muscle tone– Good (both limbs)

Muscle power– Right upper limb and lower limb– 5/5

Left upper limb and lower limb– 5/5

Special Test

SLRT	40 positive left-side	Negative right side
Bragard's Test	Positive at 40° left side	Negative right side

Treatment (23/3/2024 – 26/ 3/ 2024)

Kati basti - Kottamchukkadi tail followed by Sarvanga (Aranda pan) baspha sweda 7 days.

Niruha basti – Eandamoola niruha basti 7 days .

Shamana Aoushadi: (23/3/2021 – 3/4/2021)

1. Cap. Gandha taila -1BD after food
2. mahavata vidhavasnsak rasa -1 BD after food

3. Sahacharadikasaya – 3 tsf BD Before food with warm water

Assessment of Patient

Criteria	Before Treatment	After Treatment15	After Treatment30
Pain while walking and sitting	8+ (VAS scale)	5+	0
SLR TEST Left leg	40	60	Negative
Bregard Left leg	40	60	Negative

Gridhrasi is one of 80 Nanatmaja Vata Vyadhi.e., it is caused only because of vitiated Vata. Hence, Vataprakopaka Lakshanaslike Shoola, Supti, Stambhaetc. are found as the cardinal symptoms in the disease. Depending on the Karma & Sthana we can assume that Apana and Vyana Vayu Dusti can be assessed in Gridhrasi. Gati, Prasarana (extension) Akunchana (flexion), Utkshepana (lifting), etc. are the functions of Prakrut Vyana Vata. [10] The hampered Sakthikshepa Karma indicates Vyana Vayu Dusti. In Gridhrasi, the Sthanasamshraya takes place in Sphika, Kati, and Pristha affecting the Kandara of leg which are the Ashraya Sthana of Apana Vayu.

OBSERVATION AND RESULT

After completion of one and half month of Ayurvedic therapy (Shodhana And Shamana), the patient had found significant relief in the lumbar pain, with an increased range of movement of the spine. As per the patient words, the patient is now able to walk more than 300m with not much difficulty, able to sit on a flat surface without having much pain, and do all daily routine activities without pain and tingling sensation.

Discussion

As Gridhrasi is Vatavyadhi, Chikitsa of Vatadosha Snehana and Shodhana is needed to pacify Vatadosha. The treatment principles applied for the management of this disease condition is Vedana stapanam chikitsa and Vata shamana chikitsa. The probable mode of action of these Shodhana and Shaman Chikitsa

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