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"A CASE DISCUSSION ON SCIATICA(GRIDHASI) TREATED WITH PATRAPOTTALI SWEDA AND NITYA VIRECHANA"**Vd.Deepali Sherekar**Assistant Professor Dept.of Panchakarma G.A.C. Nanded MUHS Nashik
Maharashtra, INDIA.**ABSTRACT**

Sciatica is a common type of pain affecting the sciatic nerve. Sciatica usually affects only one side of the lower body, often the pain extends from the lower back all the way through the back of the thigh and down through the leg, the cause being varied from a ruptured disc to neoplastic conditions of the spine. Estimations have been made that 80% of the population suffer from low back ache at some point of their life. Among them,, 40% of people suffer from Sciatica. Modern life-style has a significant role in the occurrence of this disorder, the causes being from stressful work life to lack of exercise. As a result the occurrence of this disease is on the rise and it causes significant impairment in terms of the daily activities of the affected person. In this case, a 54 years old man who is a vegetable vendor by occupation, came to us complaining of pricking and pulling pain, stiffness at right leg and severe constipation. The patient shows the disc bulge with cord compression in MRI. The patient was suggested an operative. With these complaints the patient was advised in Panchakarma IPD. Shodhan i.e. Nitya Virechana and sthanik snehana and swedana with patropattali sweda were selected for the present case. At the same time we started him oral medication with tumbar traction. The patient was admitted for 10 days and completely recovered from Sciatica. This is one of our best cases of recovery of this kind. It was possible because the condition was in early stage. This treatment approach has completely recovered the symptoms and improved the quality of life. So patient was able to walk on his own legs without support.

Key words : Sciatica, Gridhrasi, Nitya Virechana, Patrapottali sweda

INTRODUCTION :

Sciatica is a more common cause of pain and disability affecting the sciatic nerve. Sciatica where the pain radiates from lower back region upto the foot along the distribution of the sciatic nerve. Among the galaxy of causative factors of sciatica, prolapsed intervertebral disc is the most common. History of trauma is present in about half of the sciatica cases. Usually it is a repetitious trauma like lifting heavy loads, traveling in jerky vehicles, bending and digging etc. Postural factors such as sitting or standing for long time in overstretched chain or in bad posture or any hyper extended position plays the role in cause of sciatica. The prevalence estimates among the normal population vary between 2% to 5% which were found to be highest in the wage earning years.

Sciatica is a neuralgic pain referred to the muscles supplied by the sciatic nerve. Pain and limitation on SLR is a feature of prolapsed intervertebral disc, when there is irritation or compression of one of the root of sciatic nerve. Risk factor includes male gender, age 30-70

years, heavy weight lifting or twisting or stressful occupation.

In Ayurveda, sciatica can be correlated with Gridhrasi. 'Gridhrasi' is one among the vataja nanatmaja vyadhi enumerated by Charaka Samhita. Sthambha, Ruk, toda, graham and spanda in sphika, kati, uru, Janu, Jangha, and pada in ascending order and sakthikshepa nigraha. The general line of treatment of Gridhrasi suggestive of snehana and swedana with patropattali sweda and Nitya Virechan were selected for this case.

In the counter part, in Modern medicine the management is by rest, immobilization, use of analgesics, anti inflammatory drugs, physiotherapy or surgical intervention is in later course of the disease.

So Shodhan therapy i.e. Nitya virechan, sarvanga abhyanga, sthanika patrapottali sweda were selected for this case.

A single case study on sciatica is reported here, in which vitiated vata was pacified by Nitra virechana with Eranda Beeja payasa.

2. Case Report :

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A 54 year old male patient admitted in Panchakarma IPD of Government Ayurved College, Nanded, Maharashtra, India with complaints of pain radiating from lower back of Right leg to the toe. Pain in the back of thigh, in the foot. Patient was not able to walk, lying on the bed with pain affected limb flexed. Pulling pain with stiffness and numbness at right leg, constipation since 6 months.

Patient History : History of fall 6 ½ months back. O/E SLR of Right leg. – 25° and left leg 35° Patient was unable to look linely endless pain. Patient is not able to walk. Other systemic examinations and investigations were within normal limits.

MRI :

Diagnosis -
Sciatica (Gridhrasi)
Date of Admission -
21/07/2016
Date of discharge -
31/07/2016

Reduce the pain and inflammation. Relax muscles, Promote blood circulation, Increase muscle tone.

According to Ayurveda Patient was diagnosed as – Gridhrasi. Patient was having the symptoms of Ama like, agni mandya, Malavashtambha (Constipation) along with above complaints. So following treatment regimen was followed :-

- 1) Sarvanga abhyanga with Ksheerabala taila for 30 min. daily – dated. 21/07/2016
- 2) Sthanik patra pottali sweda for 20 min. daily dated 21/07/2016
- 3) Nadi sweda x 10 min. dated 21/07/2016
- 4) Nitya virechana with Eranda beeja payas dated : 21/07/2016

3. Principle of treatment :

Ingredients of Patrapottalisweda

Dravya	Dose
Nirgundi Patra	100 gm
Eranda Patra	100 gm
Shigru Patra	100 gm
Arka Patra	100 gm
Mustard seed powder	25 gm
Fenugreek seed powder	25 gm

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Garlic paste	25 gm
Nimbu Swaras	25 ml
Eranda Taila	50 ml

Preparation:

Above fresh leaves fried with Eranda taila and nimbu swaras with garlic paste, fenugreek and mustard seed powder and tied into cloth to make pottali and used for swedana

procedure. It should be applied after checking the temperature of body with moderate pressure. Care should be taken to maintain temperature throughout the procedure

Nitya Virechana

Day	Virechana with Erand Beeja payas	Virechan vega
1 st	5 beeja – 50 ml	1 times
2 nd	7 beeja – 50 ml	2 times
3 rd	10 beeja – 50 ml	3 times
4 th	12 beeja – 50 ml	4 times
5 th	15 beeja – 50 ml	5 times
6 th	12 beeja – 50 ml	3 times
7 th	10 beeja – 50 ml	3 times
8 th	7 beeja – 50 ml	2 times
9 th	5 beeja – 50 ml	2 times

Eranda beeja payasa – 200 ml water is boiled with 5 eranda beeja and reduced to 50 ml again 50 ml milk added and reduced to 50 ml

Patient was diagnosed as psoriasis by dermatologist 6 years back. Patient had taken allopathic treatment before

coming to our hospital but not relieved.

During the above course treatment and medication like – Cap vatapy 2 bds and cap palsineuron 1 BD were also given to the patient.

Criteria of Assessment for observation :

Subjective parameters

Pricking pain (Toda)	Absent	0
Pulling pain (Ruk)	Mild	1
Stiffness	Moderate	2
Constipation (Stambha)	Severe	3

Subjective Signs.

1) Tenderness of sciatic nerve

Absent	0
Grade I	1
Grade II	2
Grade III	3

5) SLR scoring

90 ⁰	0
71 - 90 ⁰	1
51 - 70 ⁰	2
31 - 50 ⁰	3

2) Pressing power

Upto 10 kg	3
10 – 20 kg	2
20 – 25 kg	1
> 25 kg	0

7) Walking speed time Taken to cover 20 feet.

Upto 20 sec.	0
21 to 40 sec.	1
41 to 60 sec.	2
> 60 sec.	3

8) Sensory Impairment

Absent	0
Present	2

9) Functional Disability

- 1) No complaints-0
- 2) Patient feel difficulty
From getting up from squatting posture .- 1
- 3) Difficulty to squat-2
- 4) Difficulty in climbing upstairs-3
- 5) Limping gait- 4

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- 6) Can stand on both limbs but with pain-5
- 7) can stand without touching the affected limb on floor -6
- 8) Can sit on bed without support with pain & difficulty 7
- 9) Lying on bed with pain affected limb flexed by supportive pillows.- 8

S. N	Signs and Symptoms	BT	AT	% of relief
1	Pricking Pain	2	0	75%
2	Pulling Pain	3	0	100%
3	Stiffness	3	1	50%
4	Tenderness of sciatic nerve	3	0	100
5	SLR - Right	3	0	100%
	Left	4	0	100%
6	Pressing Power	3	0	100%
7	Walking speed	3	0	100%
8	Sensory impairment	2	0	100%
9	Constipation	2	0	100%

Discussion :

Mrudu Virechana with bahya snehana and swedana and patra potali sweda are mentioned in the line of treatment for vata vyadhi in general. Pain is produced mainly by vataprakop which can be pacified by snehana, swedana and nitya virechana.

So Nitya virechana acts as vatanuloman and relaxes the spinal muscles controlling Apana vayu. Asthi and Sandhi is being the site of vata and Nitya virechana followed by snehana and swedana (Patrapottali sweda) helps to purify the purishdhara Kala. As Pakwashaya is the main site of vata and virechana helps for vata-shamana. Considering constipation as

the attributing factor for Gridhrasi which is relieved by Nitya Virechana helped to relieve obstructed Apana Vayu.

Eranda Beeja payasa has vatakaphari amashodhana, srotovishodhana, shothahara, angamarda prashamana so recommended in Katishoola and gridhrasi. In Gridhrasi, the mulasthan of this disease is katipradesha only.

We can give miraculous effects with treatment which are easily available at less cost with more efficacy and with less restriction. So this treatment is found out to be

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effective in relieving the symptoms of gridhrasi in this case.

Conclusion :

Nitya virechana with sarvanga snehana, patrapottali sweda and nadi sweda has given a miraculous results in this patient. The patient was admitted for 10 days and significantly relieved from sciatica. This is one of our best cases of recovery of this kind. It is mainly due to the fact that the condition was in the early stages. The results replicated the original study and showed substantial improvement for the patient as he increased his function.

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