

A current review on management of common ayurvedic *vatavyadhi Grudhrasi* in Ayurveda and modern allopathic science

Dr. Lilabati Mishra¹, *Dr. Nalinikant Parida², Prof. Dr Sangram Mishra³

1 Associate professor, Dept. Of panchakarma, Rajiv Lochan Ayurveda medical college and Hospital, Chandkhuri, Durg

2 Assistant Professor, Dept Of Dravyaguna, RLAMCH, Chandkhuri, Durg

3 Professor, Dept Of Samhita & Siddhanta, RLAMCH, Chandkhuri, Durg

* Corresponding Author

Abstract:

Vatavyadhi is a major illness seen in Indian people as their age crosses fifty. One of such *vatavyadhi* enumerated in classical Samhita is *grudhrasi* (Sciatica). The disease is caused by general *vatavyadhikar nidan* and characterized by pain in buttock region, back of thigh along the course of Sciatic nerve as explained in ayurvedic classical texts. The different modalities of treatment are mentioned in this review according to the severity of the condition as acute, subacute and chronicity as well as the most suitable and feasible management procedures that can be carried out safely in patients. The treatment methodologies are divided mainly in two categories ie in ayurvedic perspective and modern allopathic advancements to combat the symptoms and pain in sciatic nerve involvement. The main motive of the reviews is to highlight the treatment techniques in a lucid and easy manner which can be useful during course of management and prevent any possible complications and disabilities in patients.

Key words: *Vatavyadhi, Grudhrasi, Sciatic nerve, Treatment modality*

Introduction:

Among *vatavyadhi Grudhrasi* (Sciatica) is a grave disease whose management can be carried out in a better way in Ayurveda. In folklore practice it is known as “*Ringanbaya*”. Dalhana in its explanation enumerated as “*Ranghini iti loke*”. Etymologically the term *grudhrasi* comes from *grudhra* who is addicted to meat consumption and walks like a *grudhra* (Vulture) or the greedy person who doesn't adhere to any principles of *ahara vihara* and uptake *vatavyadhikara ahara vihara* and tends to suffer from the said disease and walks like a *grudhra*. Hence the name is a simili to the disease *Grudhrasi*.

The term *Grudhrasi* anatomically signifies to a particular *naadi* (nerve) in the lumbo-sacral region which spreads from buttock and behind the thigh to whole of the leg. When severe inflammation, irritation or excitation occurs to that nerve which in modern science known as sciatic nerve the involved person feels severe acute pain at buttock region and unable to walk properly and walks like a *grudhra* (Vulture). Hence *Sabda kalpa drumā* describes it as below: “*Grudhro mamsololupa manushyah tam syati pidayati nasayati vaa*”

Nidan (aetiological factors)

It is a *vatajanya vyadhi* which is aggravated by the usage of *vataprakopaj hetu*. *Grudhrasi naadi* is situated from *Kati Pradesh* upto *parzni*; so when *sthanasamsraya* of aggravated *vata* occurs in that anatomical region, the disease manifested as *Grudhrasi sula*. It is of two types: *Visudha vataj*, *Vata-kaphaj*. No Acharya mentioned about *nidan* of particular *Grudhrasi* but explained the cause of *vatavyadhi* in general. So the aetiology can be classified broadly into two categories:

A) *Vata Prakopak karan*

B) *Sthana Dushti*

Vata prakopak karan:

Ruksha Anna, Sita Anna, Laghu Anna, Chinta, Soka, Jagaran etc and other aetiologies increasing *vata vrudhi*.

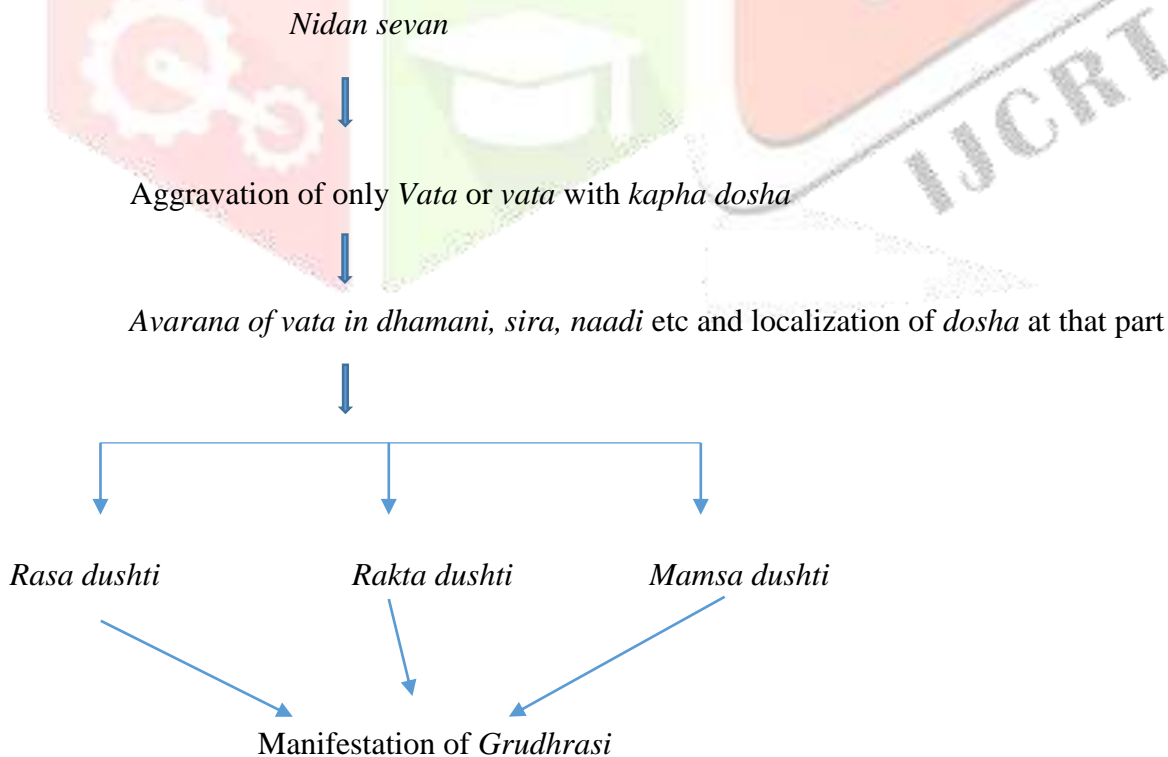
Persons afflicted by procedures like *vaman, virechan & dushti* of *rakta dhatu* and progressively its *kshaya*.

Vimudha vata may be a causative factor for *grudhrasi* which occurs as *anubandha vyadhi* or secondary disease from *Pradhan vyadhi vibandha, atopa, adhmaana, gulma and grahani*

Sthana dushti:

By the aid of above aetiological factors, wen *kati Pradesh* gets affected, then there is *sthanasamsraya* of *vata*. *Grudhrasi* is only possible if there is localization (*Sthanasamsraya*) of *vata* in or around *Katipradesh*. Some physical entities which can affect buttock region are jumping, swimming, over exercise and odd adventurous efforts etc by falling down during journey, sitting at a place for longer duration, sleeping over uneven places or hard places and suppressing natural urges which then produces *Grudhrasi*.

Samprapti Chakra:



Samprapti Ghatak :

Dosha: vata/ vata kapha

Dushya: Rakta, Mamsa, Meda, Naadi sansthana

Adhithana: Kati, Uru, Janu, Jangha, pada

Srotas: Raktavaha, Mamsavaha, Medavaha, Asthivaha

Srotodusti Prakara: Sanga, Siragranthi

Agnisthiti: Vishamagni, Mandaagni

Vyadhi-swabhav: Asukari/ Chirkari (Acute/Subacute/Chronic)

Sadhyasadhyata: Kuchrasadhya/ Kastasadhya

Management of *grudhrasi*:

Broadly the treatment of *grudhrasi* is divided into two types

Ayurvedic management

Modern or Allopathic management

Ayurvedic Management:

In general, in case of pure *vataj vatavyadhi* the general principles to combat excessive *vata* & to bring it to its natural state must be carried out. In case of *vatakaphaj Grudhrasi the avarak* or involved *kapha* should be treated prior to *vata*. These are the following treatment modalities used according to the necessities of the symptoms seen in patients.

a) *Snehana*, b) *swedana*, c) *Agnidipan*, d) *Basti*, e) *Siravedha*, f) *Agnikarma*, g) *vedanasamak*, *vatavyadhi*) *vatanasak ausadhi*

Chikitsa sutra:

- In *Grudhrasi Siravedh* & *agnikarma* should be carried out in between *kandara* and *gulpha*.
- Baluka sweda* should be carried out along with mild massage.
- Hot poultice is to be applied over the affected parts.
- Patient should be slept on chairs not on ground or not in flat bed.
- Anuvasan* & *Niruha vasti* should be carried out intermittently to eliminate the source cause from its root level.

Specific treatment procedures and medication:

a) *Abhyanga: Saindhavadi Taila or Mahavishagarbh Taila*

b) *Swedan:* In *vataja Grudhrasi* potali of *Eranda beeja* & in *vatakaphaj Grudhrasi* potali of *Saindhav lavan* is to be applied.

c) *Upanaha: Kalka* prepared by leaves of *Arka, Dhattura, Sigru and Eranda* is used by making a poultice.

d) *Koladi lepa:* Powder made from *Kulattha, Devdaru, Rasna, Udad, Tila, Kustha, Malay Vacha, Java* is to be used as potali and poultice.

e) *Lasuna kshira*: 30gm *Lasuna* is to be boiled in 250ml milk & 1ltr of water; when the milk only remained after boiling equal portion is to be taken at morning and rest is taken at evening ie twice a day. Such preparation is to be taken at least for 15 days to 30 days.

f) 1tab of *Vishamushti Vati*, 1tab of *Rasnadi Guggulu* and 100mg of *Samirapannaga Rasa* should be mixed n powdered and to be taken with *anupan Rasnasaptak Kashaya*.

g) *Sat-dharan churna* 1gm along with *Dashamoolarishta* 20ml should be taken twice a day.

h) Mild massage with Mahanarayan oil.

i) *swedan* with *Dashmool Kashaya*

j) Intake of *Dashmooladi yoga*

Some of the classical medicine used as *samana chikitsa* for *Grudhrasi*:

Rasnasaptaka Pachan, *Rasnadashmoola Pachan*, *Vrihat Vatagajankush Rasa*, *Mahavatagajankush Rasa*, *Trayodasanga Guggulu*, *Pathyaadi Guggulu*, *Simhanaad Guggulu*, *Rasona Pinda*, *Vrihat Vatachintamani Rasa*, *Kubjaprasarini Taila*, *Mahamash Taila*, *Vrihat Chagaladya Ghrita*, *Ajomodadi Churna*, *Vaiswanara Churna*.

Samana ausadhi usage in acute to sub-acute cases:

Rasnasaptak pachan to be taken at morning time, at every 8hr interval *Vatagajendra Rasa* to be taken along with *madhu* and betel leaf juice; at afternoon time *Vaiswanara Churna* along with warm water, at evening *Trayodasang Guggulu* along with warm water, at night after dinner *Rasona Pinda* or *Soubhagya Sunthi* along with warm water. For the massage purpose *Vrihat Saindhavaadi Taila* or *Vataraj Taila*.

Samana ausadhi usage in Chronic cases of *Grudhrasi*:

Morning time: *Rasnasaptak pachan*

In the interval of every 8 hrs *Yogendra Ras* with honey and milk

After lunch *Bhuktapaka Vati* 1 tab along with *Vajrakshara* with warm water

At evening *Chagaladya Ghrita* 1 tsf with milk

After dinner at night *Yograj Guggulu* along with warm water

Massage with *Mahamash Taila* or *Kubja Prasarini Taila*

Some other medications:

a) *Rasona paka*: 1kg *Rasona* is to be imbibed in *takra* and kept it for whole night, at morning it must be washed thoroughly in water and the paste is made out of it. Then it must be boiled with 8ltrs of milk , when it becomes little bit dense then ½ kg of ghee is to be mixed n stirred over mild fire. Then 2kg of *Sitopal* is to be added and boiled till it gets more dense. As *prakshepa Rasna*, *Satavari*, *Vidhara*, *Chitrak mula*, *Vidanga*, *Pippali*, *Sunthi*, *Guduchi*, *Soya*, *Lavang*, *Twak*, *Patra*, *Ela* and *Nagkesar* drugs should be powdered and each is to be added in the quantity of 15gm. This prepared *Rasona paka* can be taken morning and evening in the dose of 15 to 30 gm.

- b) 10gm of *Eranda beeja* can be boiled in milk and may be used twice a day morning and evening is very beneficial in combating the symptoms of *Grudhrasi*.
- c) 250gm *Sunthi* mixed with 250gm of *Rasona* and both are to be made paste and the mixture is to be fried with 250gm of ghee and 500gm of *Sitopal*. When it is taken in the dose of 5gm each morning and evening it is very beneficial in *Grudhrasi* and *Katisula*.
- d) 2gm *Sunthi* and 5gm *Eranda beeja* is to be boiled with milk and to be used morning and evening.
- e) *Eranda sneha* along with *Gomutra* is to be taken in *Grudhrasi*.
- f) 100gm of *suddha kupilu*, 10gm *maricha* is to be made paste with *jatamansi Kashaya* and then the tab is made in the dosage of 200mg and to be taken twice a day morning and evening.
- g) *Vatanasani vati*: 100gm *suddha kupilu*, *ras sindoor*, *louha bhasma*, *jatiphala*, *lavanga*, *maricha*, *sunthi*, *tagar* and *jatamansi* is to be taken 10gm each and then to be made paste along with *aswagandha Kashaya* and then the tablet is made in the dosage of 250mg and is used twice a day.
- vatavyadhi*) *Guggulu gutika*: 100gm of *Suddha guggulu*, 50gm of *suddha kupilu*, 50gm *maricha* and 50gm *dhattura beeja* is to be mixed along with ghee or *eranda sneha* and the tab is made in the dosage of 500 mg. This tab can be prescribed twice a day with milk.
- i) 50gm *Malla Sindura*, 50gm *suddha Kupilu*, 50gm *Lavang churna* is to be mixed and powdered to make the tab of 100mg and is to be taken twice a day.
- j) *Sunthi*, *Suranjan*, *Hingu* and *aswagandha* is to be mixed in equal quantity and then powdered and this powder if taken in the dose of 4gm twice a day morning and evening will be very beneficial in strengthening the affected sciatic nerve.
- k) *kakamachi*, *punarnava*, *gokshura*, *twak of varuna*, *twak of sigru*, *sunthi* and *aragvadh* is to be used in the form of *Kashaya*.

Yogasan & natural treatment:

- a) *Savasan & Sukhasan*
- b) *Yog nidra*
- c) *Mild massage*
- d) *Steam bath & Kati snan by hot water*

Modern management of *Grudhrasi* (Sciatica):

Analgesics or non-steroidal anti-inflammatory drugs, acupuncture, epidural steroid injections, spinal manipulation, traction therapy, physical therapy, behavioural treatment, multidisciplinary treatment can be applied according to the need and present disease condition.

Prescribe drugs, if necessary, according to four steps: (1) paracetamol; (2) non-steroidal anti-inflammatory drugs; (3) tramadol, paracetamol, or non-steroidal anti-inflammatory drug in combination with codeine; and (4) morphine

Conclusion: *Grudhrasi* is a major Ayurvedic *Vatavyadhi*, which is much prevalent during 5th decade of life in Indian societies. Its careful management and treatment which are entitled above according to the severity of the conditions can lead to minimize its clinical symptoms gradually and brings the person to its normal working and living style without any major disabilities.

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