

A Pain Management through Ayurveda (*Viddha Karma*) in *Gridhrasi* (Sciatica) – A Case Report

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ABSTRACT

Gridhrasi (Sciatica) is a musculoskeletal disorder in *ayurveda*, in which patient walks like *gridha* (vulture), So named as *gridhrasi*. In this disease, extreme and radiating pain occurs from the lower back to thighs and legs. In today's era, *vata vyadhi* become so much common, not only old people but youngsters also start becoming the patient of *vata vyadhi*. Here, one of them is *Gridhrasi* (Sciatica). In this article, I am presenting a case study on a 34-year-old patient with the complaints of *Ruka* (Pain), *Toda* (Pricking pain), and *Stambha* (Stiffness) start from *Sphik* (Buttock) and radiate toward *Kati* (Lumber region), *Uru* (Thighs), *Janu* (Knee joint), and *Pada* (legs) and left leg SLR positive was treated with *ayurveda*. *Panchakarma* is a group of various kind of therapies, which helps in the treatment in *ayurveda*. It has its own importance as it works on overall aspects of diseased as well as healthy person too. It does purification of body and gives nutrition too. *Viddha karma* is explained in *Sushrut Samhita* and it works very good in pain management as it helps in eradication of *Avrodha (vata)* [Obstruction] in *ayurveda avrutta vata* is the main cause of pain in *Gridhrasi*. According to *Acharya Sushrut*, the site of *Viddha karma* is 4 *angula* (finger) above and below the knee crease on the lateral aspect, but it also can be given at the site of the pain. This whole study was completed in 30 days, where *Viddha karma* was performed on every alternate day in first 7 days and then every 3rd day for 21 days.

Keywords: *Gridhrasi* (sciatica), *Shaman chikitsa* (internal medicine), *Viddha karma*
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INTRODUCTION

According to *ayurveda* *Gridhrasi* (Sciatica) is a *vata vyadhi*.^[1] This can be occur in any age now a days due lifestyle of people. According to *Acharya Sushrut*, when the *kandara* (nerve) is affected with the vitiated *vata* then the movements of lower limb get restricted, that is known as *Gridhrasi* (Sciatica). According to other classic *Acharyas kandara* is *mahasnayu* which can be taken as nerve (Sciatic nerve) in modern. Due to this reason, patient's walk is affected and he slightly lean on the affected side and walk like a vulture.^[1] It is particular sign of *Gridhrasi*. According to *ayurveda* the *nidan* of *Gridhrasi* (Sciatica) is – *Ratrijagaran* (Night awakening), *laghu-tikta-kshaya-katu aahar sevan* (Light, spicy, pungent, bitter diet), *atishram* (excess physical work), *aghataj* (trauma) and *mansik hetu* (mental causes) like *krodha* (anger), *shoka* (sorrow), and *bhaya* (fear).

In modern, *Gridhrasi* is known as Sciatica. Sciatica is the largest and longest nerve which arises in the pelvis from the sacral plexus which is situated largely anterior to the piriform muscle on the sacrum. Sciatic nerve travel down the buttock and back of the thigh and terminates above the popliteal fossa by dividing into the tibial and common peroneal nerve.

The exact cause of sciatica is not found but commonly involved – Herniated disk, slip disk, putting pressure on the nerve root, degenerative changes in the vertebral column, and any kind of trauma or so much mechanical pressure.

In *ayurveda*, there are specific line of treatment described for *vata vyadhi*, but *Acharya Sushrut* has particularly explained *Viddha karma* in *Gridhrasi* (Sciatica).^[2] As *Gridhrasi* (Sciatica) is a *vata vyadhi*, in which the symptom is severe pain due to *vata* and *Viddha karma* is an intense pain reliever. It decreases the pain by eliminating the *avrutta vata* (obstruction) around the place where is pain present and *vata* is the causative factor of all the pain.

In this study, *Viddha karma* was given on every alternate day in first 7 days and after that every 3rd day for 21 day with internal *ayurvedic* medicine and some *pathya palan* (diet plan) for 30 days with which the patient was treated well and got excellent result.

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Aim and Objectives

The aim of this study was to assess the effect of *ayurvedic* treatment in *Gridhrasi* (Sciatica) with *Viddha karma* and *ayurvedic* internal medicine.

MATERIALS AND METHODS

- Study design – Single-arm clinical study.
- Informed consent was taken from the patient.
- In this case study – 34-year-old male patient was taken having symptoms of *gridhrasi* (sciatica) with 6 months.
- Assessment was done according to subjective and objective parameters.
- The patient was treated with *Viddha karma* along with internal *ayurvedic* medicines.

CASE REPORT

A 34-year-old patient came to *Panchakarma* OPD in Dr D Y Patil Ayurvedic Hospital, Pune on January 3, 2022 with the following complaints.

Table 1: Ruka (Pain)^[3]

S. No.	Pain	Grades
1.	No Pain	0
2.	Mild pain	1
3.	Moderate pain	2
4.	Severe pain	3

Table 2: Toda^[3] (pricking pain)

S. No.	Toda (Pricking pain)	Grades
1.	No pricking pain sensation	0
2.	Mild pricking pain sensation	1
3.	Moderate pricking pain sensation	2
4.	Severe pricking pain sensation	3

Table 3: Stambha^[3] (Stiffness)

S. No.	Stiffness	Grades
1.	No stiffness.	0
2.	Mild	1
3.	Moderate	2
4.	Severe	3

Table 4: Straight leg rise test

S. No.	Degree	Grades
1.	More than 90 degree	0
2.	61–90	1
3.	31–60	2
4.	Up to 30	3

Table 5: Shaman Chikitsa (Internal Ayurvedic Medicine) from January 3, 2022, to February 2, 2022

S. No.	Medicines	Doses
1.	Maharasnadi Kadha	3 tsf with 3tsf luke warm water 3 times a day after meal
2.	Ashwagandha ghan vati	500 mg morning and evening after meal
3.	Yogaraj guggul	500 mg three times a day after meal
4.	Gandharva haritaki	2 g at the time of sleep with hot water

Table 6: Panchakarma Chikitsa from 3/1/2022 to 2/2/2022

Sr.no	Day	Therapy
1	3/1/22	Viddha karm at the site of pain
2	5/1/22	Viddha karm at the site of pain
3	7/1/22	Viddha karm at the site of pain
4	9/1/22	Viddha karm at the site of pain
5	12/1/22	Viddha karm at the site of pain
6	15/1/22	Viddha karm at the site of pain
7	18/1/22	Viddha karm at the site of pain
8	21/1/22	Viddha karm at the site of pain
9	24/1/22	Viddha karm at the site of pain
10	27/1/22	Viddha karm at the site of pain
11	30/1/22	Viddha karm at the site of pain
12	2/2/22	Viddha karm at the site of pain

Table 7: Assessment Before and After Treatment

Sr. no	Parameters	Grades BT	Grades AT
1	Ruka (Pain)	3	1
2	Toda (Pricking pain)	3	0
3	Stambha (Stiffness)	1	0
4	SLR	45 degree left leg	60 degree left leg
5	VAS	10	1
6	Coin test	2	0



Figure 1: Instruments of Viddha Karma



Figure 2: Viddha Karma site of pain

Chief Complaints

1. Ruka (Pain) in kati pradesh (Table 1)^[3]
2. Toda (Pricking Pain) in thighs (Table 2)^[3]
3. Stambha (Stiffness)^[3] – Difficulty in movements such as walking and front bending.
4. Radiating pain from lumbar region to the left leg (Table 4). All above symptoms are present since 6 months.

Past History

There is no history of any illness or accident or fall.

Occupational History

The patient was a labor worker, so excess physical work was there.

On Examination

Nadi – Vata Pradhan pitta
 Appetite – Normal
 Jivha – Niram
 Bowel habits – 1 time/day
 Micturition habits – 4–5 times/day
 Sleeping habits – Normal
 Blood pressure – 120/90 mmhg
 Weight – 61 kg

Diagnosis

Diagnosis done on the bases of subjective and objective assessment parameters those are following:

Samprapti Ghatak (Pathogenesis)

- *Dosha: Vata (Vyana and Apana)*
- *Dushya: Asthi, majja, sira, kandara, snayu*
- *Agni: Jatharagni and dhatvagni*
- *Ama: Jatharagnijanya*
- *Rogamarg: Madhyam*
- *Udbhavasthana: Pakwashaya*
- *Srotas: Asthi and majjavaha/vatavaha srotas*
- *Srotodusti: Sanga*
- *Vyakta sthana: Sphik (buttock), kati (lumber region), uru (thighs), janu (knee) and pada (leg).*

Treatment Plan

- Internal ayurvedic medicines were given – *Maharasnadi kadha*,^[4] *Ashwagandha ghanavati*, *Yogaraj guggul*,^[5] and *Gandharva Haritaki* which helped in the *shaman* of *vata dosha* (Table 5).
- *Panchakarma chikitsa* – *Viddha karma* was done on every alternate days in starting 7 days and after that every 3rd day for 21 day (Table 6).

Procedures

Pre procedure

- 1) For *Viddha Karma* as instrument 26 number needle, gauze piece, spirit, and marker taken (Figures 1 and 2).

Procedure

- 1) After preparation asked patient to remove there cloth and lie down on right lateral position, then marked the area with marker, where the pain found and applied spirit.
- 2) Then injected the needle into the marked area and pulled back within 60 s.

Post-procedure

- 1) Clean the blood with gauze.

RESULTS AND OBSERVATION

With the 1st session of *Viddha karma*, the patient got relief in pain and until the 12th session, there was very mild pain like no pain. Hence, it could be seen that after the full treatment patient got good result with the treatment. Now, the patient can move easily and the flexibility was also increased.

DISCUSSION

In the single arm, clinical study patient was treated with completely *ayurvedic chikitsa*. In ayurveda, both *panchakarma chikitsa* and *shaman chikitsa* (internal medicine) worked very good. Here,

the *viddha karma* done the major role as it reduced the pain immediately by which patient started believing the treatment and internal medicines helped on the *vata dosha* elimination. Hence, the mode of action of treatment was following:

Mode of Action Internal Medicine (Table 7)

- *Yogaraj guggul* – It helps in the digestion as well as works on *jatharagni* and *dhatvaagni*, it is anti-inflammatory and balance all three doshas and reliefs the pain.^[4]
- *Maharasnadi kadha* helps in *vata shaman* which reduces the pain and smoothen the movements of body.^[5]
- *Ashwagandha ghanvati* – The main content of this medicine is *ashwagandha* which is *balya* (increase the strength) and *snigdha* (lubricant) in *guna* (property) which gives the strength of muscles and bones and also provide lubrication which eradicate the stiffness.
- *Gandharva haritaki*- It helps in the *vatanuloman*.

Mode of Action of Viddha Karma (Table 6)

In *viddha karma*, when we insert the needle into the painful site first *aavrutta vata* (obstruction) which comes out (*vatanuloman*) by which the pain relieved immediately. At the time of *vatanuloman*, little quantity of blood also came out which gives the *raktamokshan* (bloodletting) effect.^[6] *Acharya Sushrut* advised specific points for *viddha karma* along with the area of pain. When needles go inside it causes the release of neurotransmitters like endorphins pain killers that may inhibit pain pathways.^[7]

CONCLUSION

In this study, the patient got almost 90% relief which is very high that is also in a very short time of period (Table 7). After discussing the result, it can be say that –

- *Viddha karma* gives notable effect in the management of pain relief. It starts reducing pain and stiffness from very first session of *Viddha karma*.
- With *Viddha karma* internal medicines also worked great while the *Viddha karma* remove the *aavrutta vata*, internal medicines nourish the affected bones and muscles which increase the smoothness of movement and flexibility and does the *vatanuloman*.

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