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Case study on *Gridhrasi* with *Mahanimba Mula Twak Ghana Vati*

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ABSTRACT

Background: Low back pain is one of the most common complaints in India that affects with 70% to 80% of the population. Among the various causes of low back pain, the intervertebral disc prolapsed is the most common and the pain may be confined in the lower back only or referred to as a leg, buttock or hip which often outline the features of Sciatica syndrome. In *Ayurvedic* Science, the disease Sciatica can be compared with *Gridhrasi* which is one of the most common disorders of *Vata*. **Aims & Objectives:** This study aimed to access the efficacy of *Ayurvedic* management including *Shodhana* and *Shamana Chikitsa* in *Gridhrasi*. **Materials and Methods:** It is a single case study. A 45-year married man who has already been diagnosed with a bulge with superimposed right paracentral protrusion of L4-L5, correlated with *Ghridrasi* of the right leg from 5 months approached to our *Ayurvedic* hospital. He was treated with *Panchakarma* treatment including *Yoga Basti*, *Kati Basti* along with *Shamana Chikitsa* for one month. **Results:** Symptomatic assessment of patient was carried out after one month and satisfactory outcome was there and overall quality of life of patient was significantly improved. **Conclusion:** The after mentioned therapy gives symptomatic relief for the management of *Gridhrasi*.

Key words: *Ghridrasi*, *Sciatica*, *Yoga Basti*, *Kati Basti*, *Shamana*, *Chikitsa*.

INTRODUCTION

With the life style changes, Low Back ache is very common complaint now days in every age group in India and abroad, and it's increasing day by day. A large study reported an incidence of 28.0 episodes per 1000 persons per year and for low back pain with sciatica an incidence of 11.6 per 1000 persons per year. Low back pain affects men a little more than women and is most frequent in the working population, with the highest incidence seen in those aged 25-64 years. Modern

medicine is having no specific treatment especially for sciatica that's why an elaborate study has been undertaken to have an in depth knowledge about the concept of sciatica in *Ayurveda* terms.

Ayurveda classics have given a detailed description about the treatment of *Vata Vyadhi* but detailed description about treatment of *Gridhrasi* is mentioned by few experts only.

Present study has been undertaken to have the clear understanding of the pathology of *Gridhrasi* and to finalize the treatment protocol according to *Ayurveda* classics.

Gridhrasi is the most obstinate and prominent and is one amongst the 80 types of *Vata Nanatmaja* disorders. *Gridhrasi* is a painful condition in which the person can't sit and walk properly that hampers his normal activity. Almost all signs and symptoms of *Gridhrasi* resemble with the condition of sciatica, as described by the modern texts. Its detail symptomatology has been described in *Ayurveda* classics since 5000 years while this condition was known to modern medical science just two centuries

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ago. As in this disease the patient walks like the bird *Gridhra* and his legs become tense and slightly curved, so due to the resemblance with the gait of a vulture, *Gridhrasi* term might have been given to this disease. As the disease has not been described elaborately in *Ayurveda* classics, it has been seen that physician face a difficulty in treating such patients. So present study has been taken to understand the concept of disease *Gridhrasi* and to achieve a treatment protocol accordingly

A 45 years old male patient comes to OPD of Kayachikitsa department. Patient was farmer by occupation. Patient came with following chief complaints:

On Dakshini Pada - Chief Complaint

1. *Ruka* - pain starts 7-8 weeks before.
2. *Toda* - pricking sensation starts 7-8 weeks before.
3. *Stambha* - stiffness
4. *Sanchar Vedana* - radiating pain in order *Sphik, Uru, Kati, Janu* and *Pada*
5. *Chankraman* and *Asan Kashtata* (pain while walking and sitting starts before 4-5 weeks.

History of Case Study

Patient had taken allopathic treatment before came to our hospital as per need for his pain and he was not satisfied by it by having repeat episodes. Patient did not have history of any other major illness.

Family History

No any major illness

On Examination

General condition - Moderate, Afebrile. No pallor/Icterus was present.

Asthavidh Pariksha

- *Nadi* - 75/min.
- *Mala* - *Samyak*
- *Mutra* - *Samyaka*
- *Jivha* - *Niram*

- *Shabda* - *Avishesha*
- *Sparsha* - *Ruksha*
- *Druka* - *Avishesha*
- *Akruti* - *Madhyam*

Weight - 68kg

Blood pressure - 120/80mm of hg

Nidan Panchak

Hetu : *Yanayan, Aticheshta, Katu-Ruksha Anna*

Samprapti Ghatak

- *Doshas* - *Vata dosha prakop*
- *Dushya* - *Majja, Asthi*
- *Agni* - *Mandagni.*
- *Strotodushti* - *Sanga, Siragranthi.*
- *Vydhiswabhav* - *Aashukari/Chirkari.*
- *Vyaktasthana* - *Katipradesh, Uru, Janu, Pad*

Poorvarupa

Pain and stiffness at Lumbar region and low back region.

Roopa

Pain in Lumbar region and radiating towards *Shik, Kati, Uru, Janu, Pad.*

Upashaya

Aushadh sevana

Anupshaya

Nidansevana

MATERIALS AND METHODS

Centre of study - *Kaya chikitsa OPD JIAR*

Medicine used - *Mahanimba Mula Twak Ghana Vati* - 500 gms

Method - Case study

Chikitsa

Yoga - *Mahanimba Mula Twak Ghana Vati (Ref. Gada Nigraha19/196)*

Dosage - 500gm B.D., after meals

Duration - 60 days

Follow-up - 20 days

Anupaana - Ushnodaka (Luke warm water)

Assessment Criteria

Subjective Parameters

Ruk (Pain)

Grade	Description
0.	No pain
1.	Slight pain only on hard work
2.	Pain on movement but without disturbing routine work
3.	Pain on movement disturbing routine work
4.	Severe pain compelling patients to lie on bed

Toda (Pricking sensation)

Grade	Description
0.	No pricking sensation
1.	Occasionally pricking sensation
2.	Mild pricking sensation, once in a day
3.	Moderate pricking sensation, frequently in a Day
4.	Severe and persistence pricking sensation

Stambha (Stiffness)

Grade	Description
0.	No stiffness
1.	Sometimes for 5-10 min.
2.	Daily for 10- 30 min.
3.	Daily for 30- 60 min.
4.	Daily more than 1 hour.

Chankraman and Aasan Kashata (Difficulty in walking and sitting)

Grade	Description
0.	No pain
1.	Mild pain + No difficulty in sitting and walking.
2.	Slight pain in walking and sitting
3.	Much difficulty in walking and sitting.

Objective Parameters

- SLR Test
- Walking time

Observation

Subjective Criteria

Sign and symptom	Before treatment	After treatment
Ruk	3	0
Toda	3	1
Stambha	2	0
Chankraman and Aasan Kashata	3	0

Objective Parameters

	Before treatment	After treatment
SLRT	Positive at 35° (right leg)	Negative at 75° (right leg)
Walking time	100 meters in 10 seconds.	100 meters in 5 seconds.

RESULT AND DISCUSSION

In this case study patient was treated by *Shaman Chikitsa* that is internal medicine with *Mahanimba Mula Twak Ghana Vati* for 60 days. After the treatment patient shows great result in his sign and Symptoms about *Gridhrasi*. He started walking and sitting comfortably.

CONCLUSION

Above treatment helps to relieve symptoms of disease and also an attempt to provide safe and effective treatment to the patient. Treatment was easily administered to patient. And no side effects were noticed.

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