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To evaluate the effect of *Marma Chikitsa* in the management of *Gridhrasi* (Sciatica)

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ABSTRACT

The uniqueness of *Ayurveda* is been scrutinized, analysed and then researched by its followers from the ancient time up to till date but it's an endless procedure. Acc. to *Ayurveda* the whole human body is explained by itself but as it's a modern era so we have to correlate each and every *Ayurvedic* concept with the modern science this study has been taken to correlate *Ayurveda* has classified the vital points in the body into 107 and named them *Marma* according to *Acharya Sushruta Marma* is constituted by confluence of *Mansa* (muscle), *Sira* (vessels), *Snayu* (nerves, tendons and ligaments), *Asthi* (bone) and *Sandhi* (joints). *Ayurveda* is an ancient health science devoted to the cure on human suffering and for the care of the health of the people. The lifetime prevalence of low back pain has been reported between 60% to 80%. By contrast, the life time prevalence of sciatica is between 2% and 4%. According to *Acharya Charaka*, two types of *Gridhrasi* have been listed *Vataj* and *Vatakaphaja Gridhrasi* is a *Shula Pradhana Vata Nanatmaja Vyadhi* which is characterized by the *Kramat Shula* in the *Prushtha Bhaaga* of *Sphik, Kati, Uru, Jaanu Jangha* and *Pada Pradesha*.

Key words: *Gridhrasi, Sciatica, Kshipra Marma, Gulpha Marma, Marma Chikitsa.*

INTRODUCTION

In *Ayurveda*, health is not only the absence of sickness. A person has to be mentally and spiritually content in order to be healthy. 'Roga' is the name for a *Doshic* equilibrium imbalance *Vata* is the cause of all ailments and *Cheshta* in the *Tridosha*. A *Marma* point is, by definition, a junction on the body where two or more types of tissue, such *Mamsa, Sira, Snayu, Asthi* and *Sandhi*, converge knowledge of *Marma* science has

been applied to both medicine and combat, in addition to being employed for therapeutic purposes through *yoga* and other practices. *Marma Chikitsa* is praised for treating a wide range of conditions, from minor illnesses to severe neuromuscular disorders. Due to its preventative, promotive, prophylactic, rejuvenating, and radical curative capabilities, *Marma Chikitsa* is a particularly special therapeutic technique The practice of *Marma Chikitsa* involves treating extremely specific critical areas. *Marma Chikitsa* is a therapeutic method that combines non-invasive treatment with sophisticated clinical therapy. It may be used as self-treatment. When used properly, *Marma Chikitsa* is drug-free, affordable, quick to accept, and nearly without adverse effects. After receiving sufficient instruction, self-practice is also advised.

Gridhrasi is classified as a *Vatavyadhi* in *Ayurveda*, and it is also held that *Vata* must always be present for any kind of pain to exist. Our *Acharyas* provided many unique therapeutical treatments for certain diseases in the *Ayurvedic* texts in addition to countless

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medications *Gridhrasi* is correlated with Sciatica in modern medicine. In Sciatica, there is pain in the sciatic nerve's distribution, which starts in the buttock and extends down to the back of the thigh, the calf, and the outside of the foot.

Pain is the prime symptom of *Vatavyadhis*, which is divided into *Samanyaja* and *Nanatmaja*, according to *Charaka Samhita*. Even though there are 80 different varieties of *Nanatmaja Vatavyadhi*, *Gridhrasi* occasionally appears as *Kaphanubandha*. The name of the condition suggests the vulture-like stance used by sufferers in response to excruciating agony, therefore it is apparent that this illness not only causes pain but also makes movement difficult, which is highly upsetting and distressing to the patient. Despite the disease's presence in the leg, it interferes with the patient's everyday activities and quality of life as a whole.

OBJECTIVE OF THE STUDY

1. To review the literature on concept of *Marma* and *Marma Chikitsa*.
2. To explore in brief the surrounding and underlying anatomical structures at the site of *Gulpha* and *Kshipra Marma* used in *Marma Chikitsa*.
3. To study the *Gridhrasi* in detail in Ayurveda classics and *Gridhrasi* (Sciatica) in modern science.

MATERIALS AND METHODS

Source of data

A total 30 patients of *Gridhrasi* (Sciatica) were randomly selected for the present study, from the OPD and IPD Sections of different Departments of Pt. Khushilal Sharma Govt. (Autonomous) Ayurved College & Hospital, Bhopal, Madhya Pradesh. The cases were chosen at random, independent of age, gender, employment or socioeconomic status.

Method of data collection

Data of the patients who complied with the inclusion criteria was collected. Before starting the treatment their informed consent, demographic details were filled in a detailed Proforma.

Diagnostic Criteria

Special proforma incorporating classical signs and symptoms of *Gridhrasi* (Sciatica) will be prepared.

1. Pain starting from *Sphik* and radiating towards *Kati* (Lumber), *Prasthoru* (Posterior of thigh), *Janu* (Knee joint), *Jangha* (Calf), *Pada* (Foot) in descending order.
2. Walking time
3. SLR test.

Inclusion Criteria

1. Patients of either sex in the age group of 20 to 60 years.
2. Clinical presentation of *Gridhrasi*
3. Positive SLR test
4. Tenderness of the Sciatic Nerve course.
5. Severe pain on squatting.

Exclusion Criteria

1. Age group below 20 yrs. and above 60 yrs.
2. Any traumatic conditions of spine and hip.
3. Fracture related to spine.
4. Previous surgical or medical history.
5. Pregnant women & lactating women.
6. *Balyavastha* (Very Young), *Sthavir* (Very Old), *Ruksha* (Perched Man), *Kshata* (Wounded), *Kshina* (Debilitated Person), *Bhiru* (Timid), *Parishrant* (Tired).

Study design

Poorva Karma

- A patient who was considered fit for procedure was prepared accordingly.
- Patients were briefed about the *Marma Chikitsa* to make them aware about the process.
- Written Consent of the patients was taken.
- Patients were advised to relax for 5- 10 minutes.

Pradhana Karma

After proper positioning of the patient in lying posture, the specified two *Marma* points was located by palpation as per the protocol. The rhythm of stimulation was same as the rhythm of respiration that is approximately 18 times per minute. The digital pressure is applied as per the comfort and threshold of patients. The *Marmas* are located & manipulated on following locations.

Pashchat Karma

- After *Marma Chikitsa* patient will be under observation for 15-20 minutes.
- Proper instructions to the patient like to avoid unnecessary activities of the affected leg is given.

RESULT

This clinical study to evaluate the effect of treatment in the management of *Gridhrasi* (Sciatica) was a Randomized Control trial between two groups. The registered study participants were randomly divided into two groups. Group-A patients were administered *Marma Chikitsa*, and Group-B patients were administered with Placebo (Roasted Wheat Flour capsule) The pre-treatment and post-treatment observations are subjected into statistical analysis to derive a conclusion regarding the effects of the *Marma Chikitsa*.

In group-A, 12 (80%) patients showed Moderate improvement with 50-75% change in overall score of the parameters, 01 (7%) patients showed mild improvement with 25-50% change and 02 (13%) of the patients fell in the category of marked improvement, while in group-B, majority of the patients (93%) had no improvement, one of the patients had mild improvement.

Assessment Criteria	Group A	Group B
No Relief < 25%	00	14
Mild Relief 25% - 50%	01	01
Moderate Relief 50% - 75%	12	00

Marked Relief 75% - 100%	02	00
Cured (100% improvement in symptoms and no recurrence during follow-up period)	00	00

DISCUSSION

The most important aspect of any research project is the discussion, which begins with a study of the topic and its relationship to past information and ideas.

Marma is a crucial component of Ayurvedic classics. According to *Susruta Samhita*, there are 107 *Marma* points in the human body. Low back pain (LBP) affects millions of individuals worldwide, both acutely and chronically. It is the most frequent musculoskeletal disorder worldwide.

Gridhrasi is a *Shoolpradhan Vatavyadhi* that pain starts from *Sphik* (buttock) and then radiates to *Kati*, *Prushta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Paada* (foot) along with *Stambha* (stiffness) *Ruka* (pain), *Toda* (pricking sensation) and *Spandana* (twitching) The study sought to determine the effect of *Marma Chikitsa* on *Gridhrasi* (Sciatica). *Gridhrasi* can be effectively managed by *Marma Chikitsa*. It is incredibly easy, inexpensive, and increases patient happiness The *Marma Chikitsa* was given in which following *Marmas* were stimulated is *Gulpha* and *Kshipra*.

Parameters	Group A	Group B
<i>Ruka</i> (Pain)	71.4%	10.6%
<i>Stambha</i> (Stiffness)	69%	9.7%
<i>Toda</i> (Pricking Pain)	68%	13.6%
<i>Spandana</i> (Pulsation)	48%	5%
<i>Suptata</i> (Numbness)	72.5%	0%
<i>Tandra</i> (Drowsiness)	66.6%	12.2%
<i>Gaurava</i> (Heaviness)	50%	11.6%
<i>Arochaka</i> (Anorexia)	52%	12.2%

SLR	71.8%	3.6%
Walking Test	70.5%	6.3%

On comparing the effect of two Groups on the basis of percentage change, Group A (*Marma Chikitsa*) response was better than Group B (*Placebo*) in the relief of *Gridhrasi* (Sciatica). It may be due to the presence of effect of *Marma Chikitsa* on *Vayu* which is the main culprit in the disease. This data is a clear indication that Group A has best results than Group B.

CONCLUSION

The above clinical study was undertaken to study the effect of *Marma Chikitsa* on *Gridhrasi* it is regarded as a major *Vata Vyadhi* (neurological illness) correlated with sciatica. In the present study, *Marma Chikitsa* works better and faster on *Gridhrasi* signs and symptoms, causing better outcome compared to placebo. *Gulpha* and *Kshipra Marma* used in treatment of sciatica is very effective in the clinical study. *Marma* and its applied characteristics are detailed in Ayurveda far earlier than its value as *Marma Chikitsa*, which practitioners found after conducting multiple clinical studies. The approach has progressed as a result of extensive conceptual research and correlation, but the fundamental concepts remain the same.

- *Marma Chikitsa's* application in Group - A was effective, inexpensive, did not require hospitalization, and was completed at the OPD level.
- *Marma Chikitsa* (Group A) performs statistically much better than Group B in the therapy of *Gridhrasi* (sciatica).
- As a result, at the end of this investigation, it is possible to infer that the null hypothesis (H_0) is rejected and the alternate hypothesis (H_1) is accepted.
- It has been proven that *Marma Chikitsa* (Group A) is more successful than Placebo (Group B) in the treatment of *Gridhrasi* (Sciatica) in the current study

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