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Role of *Panchakarma* in management of *Gridhrasi*

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ABSTRACT

Panchakarma is a fruitful measure and its extensive efficacies are classified in different dimensions to cure different types of complicated diseases. *Vamana*, *Virechana*, *Niruha*, *Anuvasana* and *Nasya* are the five procedures and subsequently even *Vamana*, *Virechana*, *Basti*, *Nasya* and *Rakta Mokshana* are broadly termed as *Panchakarma* in day to day practices. The new diseases are evolving with intense gravity and therefore to combat those, *Panchakarma* is a very effective measure. In present era competition and advancement have led to hectic and stressful life, man has eventually forgotten the absolute enjoyment and solitary affection of nature and as a result is facing many health problems. *Gridhrasi* is no exception, it is correlated to sciatica in modern science where low back ache radiating to toes in the lateral aspect of the thigh associated with stiffness is the main complaint.

Key words: *Panchakarma*, *Vataja Gridhrasi*, *Vatakaphaja Gridhrasi*, *Sciatica*, *Basti Karma*.

INTRODUCTION

Gridhrasi is one of the *Nantamaja Vikaras*,^[1] characterized by piercing type of pain / stiffness / cramps, beginning from *Sphika* (Hip) region and gradually radiates down to *Kati* (Back), *Uru* (Thigh), *Janu* (Knee), *Jangha* (Calf) and *Paada* (foot) region (are due to *Vata*)^[2] and along with these, systemic symptoms which includes *Gaurava* (heaviness), *Tandra* (drowsiness) and *Aruchi* (anorexia) (are due to *Kapha*).^[3] Pain in the leg generally unilaterally caused by irritation of Sciatica Nerve, there may be numbness, difficulty in moving or controlling the leg. Pain, generally travel from back of thigh to back of calf

and may also extend upwards to the hips and downwards to the foot.^[4] So comparatively Sciatica resembles with the *Gridhrasi* which is described in Ayurvedic text.^[5]

Sciatica is a relative common condition with a lifetime incidence varying from 1.1% to 6%, the prevalence of sciatica symptoms reported in literature varies considerable ranging from 1.6% to 43% in selected working population.^[6] Despite technological and pharmacological advances in modern science the management of sciatica is still a medical problem, where no permanent medical treatment is available, except some palliative measure. Chances of reoccurrence are high even after surgery. To fulfill the expectations in the management of Sciatica from the Ayurvedic point of view the present study is undertaken to show some light for the same.

Hetu

Sl.no	Hetu (causes) of <i>Gridhrasi</i> according to Ayurveda	Hetu (causes) of Sciatic according to modern science
1	<i>Ruksha</i> , <i>Sita</i> , <i>Alpa</i> , <i>Laghu</i> , <i>Tikata</i> , <i>Katu</i> ,	Trauma

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	<i>Kashaya - Anna Sevana</i> (food intake)	
2	<i>Atimaithuna</i> (excess of sexual intercourse)	Compression of Sciatic Nerve
3	<i>Ativyayam</i>	Degenerative disease like tuberculosis, Osteoarthritis, Ankylosing spondylitis.
4	Excessive sitting on a chair for longer time	Hypertrophy and spasm of Piriformis muscles
5	Excessive standing for longer time.	Tumour or Malignancy
6	<i>Amotpatti</i>	Slipped Disc
7	<i>Dhatukshaya</i> etc.	Spinal stenosis
		Compression by uterus in late pregnancy.

Samprapti Ghataka (Pathological Factors)^[7]

- *Dosha - Vata*
- Type of *Vata* affected - *Vyan Vata, Apan Vata, Samana Vata*
- Type of *Dushya* - *Rasa, Rakta, Mamsa, Majja, Asthi.*
- *Udabhava Sthana - Pakvashaya*
- *Adhithana - Kati, Adho Shakha, Kandara - By Sushruta*
- *Snayu - By Vagbhatta (A.H.N. 15/14)*
- *Srotas - Rasavaha, Raktavaha, Asthivaha (in Avarana Samprapti), Marmasthisandhyanusari.*

Difference between *Vataja* and *Vata Kaphaja Gridhrasi*^[8]

Vataja Gridhrasi: Spik Purva, Kati, Pristha, Janu, Janga, Pada, chronological pain

Vata-Kaphaja Gridhrasi: Stambha, Gaurava, Aruchi, plus the symptoms of Vataja Gridhrasi.

Chikitsa of Gridhrasi^[9]

For *Gridhrasi*, *Siravyadhana* should be performed over the vein located between *Khandara* and *Gulpha* along with *Basti* and *Agnikarma*

Difference between *Chikitsa of Vataja* and *Vatakaphaja Gridhrasi*

Sl.no	<i>Vataja Gridhrasi</i>	<i>Vatakaphaja Gridhrasi</i>
1	<i>Vatanulomana Chikitsa</i>	<i>Kaphavruta Vata Chikitsa</i>
2	<i>Virechana Karma</i>	<i>Ushna Virya Aushadha Prayoga</i>
3	<i>Bahya Snehanam</i>	<i>Avaranaghnam</i>
4		<i>Ruksha Kriya</i>

Role of Panchakarma in Gridhrasi

<i>Acharya Charaka</i> ^[10]	<i>Acharya Sushruta</i> ^[11]	<i>Acharya Bhela</i> ^[12]
<i>Siravedha</i>	<i>Siravedha</i>	<i>Snehana</i> (oleation) - Internal External
<i>Bastikarma</i>		Massage
<i>Agnikarma</i>		<i>Basti</i>
		<i>Raktamokshana</i>

Panchakarma procedure adopted

Snehana (oleation treatment)- *Snehana* corrects *Rukshata, Kharata, Parushtwa. Snigdhatwa Slaksnatwa* and *Mriduta* decreases accumulated *Vata*.^[13] It gets *Anuloma Gati* (direction) again and thereby disease/symptoms decreases. *Snehana* can

be given in all forms - *Snehapana, Abhyanga, Anuvasana.*

Snehana

1. Pada Abhyanga^[14]/Sarvanaga Abhyanga^[15]

By the application oil to the feet, roughness, immobility, dryness, fatigue, and numbness are instantaneously cured and even strength and steadiness of feet will increases. Most importantly it does the prevention of, the Sciatica, cracking of feet, constriction of vessels and ligaments of lower limbs.

2. Kati Basti^[16]

It is the most effective procedure in reducing pain, as it increases blood circulation at the site of lesion, pain will get reduced by the entry of new oxygenated blood at the site of lesion. Taila's are selected according to the condition *Roga* and *Rogi* and even also *Kashayas* can also be used where ever there is a involvement of *Kapha Dosh* is there.

3. Kati Pichu

It is preferred when patient is unable to lie in prone position for long time. As per the condition of the *Dosha's*, *Taila's* are to be selected. It can be done at OPD level also.

Swedana (sudation treatment) - *Bahya Swedana* at the site of *Vata Prakopa* with *Nadi, Prasthara, Ruksha Sweda* according to condition.^[17]

Swedana

Type of Sweda adopted in different types of Gridhrasi are as follows,^[18]

Vatakaphaja Gridhrasi	Vataja Gridhrasi
Valuka Sweda	Patrapinda Sweda
Churna Pinda Sweda	Kukkutanda Sweda
Chincha Lavana Sweda	Shashtika Shali Pinda Sweda
Jambeera Pinda Sweda	
Arka Patra Sweda	

Different specialized *Panchakarma* procedure which provides simultaneous *Snehana* and *Swedana*

- **Kayaseka (Pizhichil)^[19]** - A part of *Kerliya Panchkarma*. Good for external *snehana* and *Swedana*.
- **Patra Pinda Swedana^[20]** - Good for external *senahana* in *Gradhrasi* - It also provides muscles strength and relief in muscles spasm.
- **Shashtika Shaali Pinda Sweda^[21]** - One of the varieties of *Bahya Snehana*, gives immediate results because it acts at the site of lesion and pacify the *Vata Dosh*.
- **Anuvasan Basti/ Matra Basti^[22]** - By *Bala Taila, Mahanarayana Taila, Dashmoola Taila*.

Vamana

Yet *Vagbhatta* and *Sushruta* contraindicated *Vamana* in *Vata Vyadhi*. Although *Chakrapani* indicated *Urdhwa Shodhana (Vamana)* in *Gridhrasi*^[23]

In a person who is suffering from *Gridhrasi* initially after administration of *Pachana Aushadies*, *Vamana* should be carried out, after *Vamana* when the *Agni* of person attains normalcy one should do *Basti Karma* i.e. in *Utklishta Avastha* of *Vata Kaphaja Gridhrasi*, *Sadyo Vamana* with *Yashtimadhu Phanta* (to remove *Kaphaavarana*) is to be given, then to remove *Kaphaavarana Vatanulomana Dravyas* are given it is not indicated in acute stages.

Mridu Virechana

Mainly for the correction *Agni* and to treat the *Ama* condition *Mridu Virechana* is adopted prior to *Basti Karma*. For example constipation in *Vata Prakruti* person or *Vata* predominant disease by *Erand Taila, Hingu-Triguna Taila* is given. For removing *Ama* and constipation in *Kaphaja Prakruti* or *Kapha* predominant disease by *Nishotha Churna + Sunthi Churna + Madhu* can be given.^[24]

Basti

- In *Kevala Vataja* and *Dhatu Kshayaja* condition *Shamana* or *Brumhana Basti* containing more number of *Sneha Basti's* can be adopted. Among

Shamana Basti, *Erandamoola Niruha Basti*,^[25] *Dashamoola Niruha Basti*, *Ksheera Vaitarana Basti*^[26] can be administered and in *Brumhana Basti*, *Erandamooladi Yapana Basti*, *Madhu Grita Yapana Basti*,^[27] *Mustadi Yapana Basti*, *Bala Yapana Basti* can be administered.

- In *Kaphaanubandha Avastha*, *Shodhana Basti*, *Vaitarana Basti*, *Kshara Basti*, *Erandamooladi Kshara Basti*, *Vrushadi Basti*,^[28] *Dvipanchamooladi Basti*^[29] can be administered.

Raktamokshana

Raktamokshana can cure the diseases when other treatments do not have effect on nature of diseases or when other treatments fails to manage the diseases.^[30] It gives immediate relief in pain of *Gridhrasi*. It is helpful to eliminate *Doshas* from *Shakha* and in this therapy, there is no need to bring the *Doshas* in *Koshtha*.^[31]

Various sites of Raktamokshana

- 4 *Angula* up or low from *Janu Sandhi* ^[32](back side)
- 4 *Angula* up from *Gulpha*^[33](back side)
- In between the *Kandara* and *Gulpha*^[34](Inner side)

Probable mode of action of Raktamokshana

- *Kandra* is *Updhatu* of *Rakta* and *Kandra* is *Dushya* in *Gridhrasi*.
- *Gridhrasi Vata* is *Rakta Vata*^[35]
- *Gridhrasi* is due to *Vyana Vayu Prakopa*^[36] and *Vyana Vayu* is related to blood circulation.
- Elimination of *Ama* by *Siravedha* which obstructs the *Srotas* or channels and *Vayu* gets *Anuloma*.

Preventive Measures

- Hard bed.
- *Matra Basti*
- Proper Posture.
- *Pada Abhayanga*.
- Proper *Dinacharya* and *Ritucharya*.

- *Ritu Anusara Shodhana*.

CONCLUSION

Vata is chief among the three *Doshas*^[37] and the functional requirement for both *Kapha* and *Pitta*, if co-ordination of *Vata* gets disturbed then the disease is going to manifest. Though *Basti Karma* is important but by considering the associated *Dosha's Vamana* or *Virechana Karma* can be performed prior to *Basti Karma*. Selection of type of *Basti* i.e., *Shodhana*, *Shamana*, *Brimhana*^[38] is the key role in the management of the *Gridhrasi*. *Basti* can be easily performed in all the age group persons,^[39] where as the other *Shodhana* procedures are restricted to particular age groups.^[40] *Basti Karma* is the best choice of treatment for *Vata* or *Vata* associated with *Kapha* and *Pittadosha's*.

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