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### An ayurvedic management of sciatica (*gridhrasi*) by *panchatikta ksheer basti* and *majja basti* – a case study

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#### ABSTRACT

Sciatica is a condition in which the patient has back pain and is unable to straighten up. Pain radiates to the buttock and lower limbs and is associated with paraesthesia or numbness in the legs or foot. There is often history of lifting of heavy objects, trauma, prolonged working in forward bending position etc. About 90% of the time sciatica is due to spinal disc herniation pressing one of the lumbar or sacral nerve roots. Some other causes are Piriformis syndrome, Spinal Stenosis, Spondylolisthesis etc. According to ayurvedic literature the signs and symptoms of sciatica resembles with *Gridhrasi*. *Gridhrasi* is discussed in ayurvedic literature under the heading of *vata vyadhi*. The cardinal signs and symptoms of *gridhrasi* are pain arises from lower back and radiates to lumbar region, buttock, calf region, then foot and even toes. Here in this case study the patient is suffering from sciatic pain due to herniation of L4/L5 and L5/S1 levels. Patient was treated with one course of *panchatikta ksheer basti* and *Majja Basti* for 16 days each along with *sarvanga snehana*, *sarvanga swedana*, *kati basti* and internal medicines like *ashwagandha*, *guduchi*,

*shatavari churna* and Triphala guggulu. Patient was admitted for 38 days in Male *shalya* ward and completely recovered from sciatic pain.

#### KEYWORDS-

*Ayurveda*, Sciatica, *Gridhrasi*, *Panchatikta ksheer Basti*, *Majja Basti*

#### INTRODUCTION

Sciatica is medical condition affecting sciatic nerve. Sciatica can either be because of inflammation of the sciatic nerve or because of compression of one of the roots constituting the sciatic nerve. The pain may go down the back, outside, or front of the leg.<sup>[1]</sup> Sciatica can be occurred suddenly or it can be occurred gradually. Weakness or numbness may occur in various parts of the affected leg and foot. About 90% of the time sciatica is due to spinal disc herniation pressing one of the lumbar or sacral nerve roots. Some other causes are Piriformis syndrome, Spinal Stenosis, Spondylolisthesis etc.<sup>[2]</sup> There are wide ranges of treatment for Sciatica. The treatment includes Rest, Physiotherapy, Medicines like analgesics and muscle

relaxants and surgery needed for those patients who did not respond to conservative treatment.[3] The term Sciatica can be correlated with *Gridhrasi* in Ayurveda as signs and symptoms of both diseases are same. *Gridhrasi* is discussed in ayurvedic literature under the heading of *Vata vyadhi*. It is caused due to vitiation of *vata dosha*. *Gridhrasi* is a condition in which specific type of pain which arises from lower back region and radiates to lumbar region, buttocks, thighs, calf and then foot and even toes.[4] Pain is the prominent symptom of *gridhrasi*. This pain is produced due to vitiation of *vata dosha* and *Basti* is the best treatment for *vata dosha*. Hence initially *panchatikta ksheer basti* is selected for this case and then *Majja Basti* was given to the patient.

## CASE REPORT

### Major Complaints:

A 40 years male patient came to OPD of Government Ayurveda hospital, Osmanabad with complaints of lower backache and pain in hips which is radiating to the thighs, calf region and down to the foot. There was also tingling sensation in the lower limb (Rt leg > Lt leg). Back pain increased with movements and decreases with rest i.e in supine position. Severity of pain is more during morning hours when patient wake up from the bed. Patient also suffered from difficulty in walking and unable to stand for long time. The normal gait of patient also changed and he was bending slightly towards right side while walking. His sleep was disturbed due lower back pain that come into midst of night.

### H/o Present Illness:

Patient was asymptomatic before 2 months. He had only pain in back which was tolerable and hence neglected by the

patient. Then he developed above symptoms and as pain shows rising nature patient consulted at different centres where investigations done and treatment given but no relief to patient. Hence he came to Govt. Ayurvedic hospital, Osmanabad for further management and admitted for further ayurvedic treatment.

### H/o Past Illness:

No H/o HTN, DM, IHD, or any major illness.

There was no any specific medicinal and family history

No H/o any surgical illness.

### Personal History:

- Occupation- Farmer
- Bowel- constipation
- Micturition - NAD
- Sleep – Disturbed due to back pain
- Diet – Vegetarian
- Appetite – Normal
- Addiction – Chronic Tobacco chewer

### Examinations:

- Pulse-70/ min B.P- 120/70 mmHg
- CVS- S1S2 normal
- CNS- Conscious, oriented
- RS- Clear
- P/A- Soft, Non Tender
- Urine/Stool- Normal

## LOCAL EXAMINATION

### Clinical Evaluation:

Test	Rt leg	Lt leg
SLRT	30 <sup>0</sup> positive	30 <sup>0</sup> positive
PHT (Pump Handle test)	Negative	Negative

<b>SIST (Sacro-Iliac stress test)</b>	Negative	Negative
<b>LASEGUE Sign</b>	Positive	Positive

### Investigations:

CBC- Hb- 13.7 gm, TLC- 7300/ cu.mm, PLT-258000/ cu.mm, Rest-WNL

BSL-R- 83mg/dl

Urine Routine/ microscopy- WNL

Sr. Uric acid – 4.2 mg%

HbsAg- Non reactive      ICTC- Non reactive

X-Ray LS spine- Diffuse changes of lumbar spondylosis are seen. Vertebral endplate degenerative changes and decreased intervertebral disc space noted at L5-S1 levels.

### MRI Lumbar Spine-

At L3/L4- Diffuse posterior disc bulge and ligamentum flavum hypertrophy is causing mild to moderate canal and both neural recesses narrowing.

At L4/L5- Disc desiccation and decreases disc space height is evident.

Posterior annular tear and posterior disc protrusion is seen causing severe canal stenosis.

At L5/S1- Diffuse posterior disc bulge is causing mild canal and both neural recesses narrowing

The lumbar canal diameters are-

L1-L2	18mm
L2-L3	17mm
L3-L4	11mm
L4-L5	04mm
L5-S1	09mm

### MATERIALS AND METHODS-

The Patient was treated with *Panchatikta ksheer Basti krama* for 16 days. This includes total 4 *Niruha Basti* and 12 *Panchatikta ksheer Basti* as given in table 1. Then we start *Majjabasti krama* for 16 days. This includes total 4 *Niruha Basti* and 12 *Majja Basti* as given in table 2. Along with this patient received *Sarvanga Snehana*, *Sarvanga Swedana* ( *Nadisweda*), *Katibasti* with Tila Taila, and internal medicines like *Triphala guggulu* 2 tablets, *Guduchi*, *Amalki*, *Musta* 2gms each BD and *Aswagandha*, *Shatavari churna* 2gms each BD.

Table 1- N= *Niruha Basti*, P= *Panchatikta ksheer Basti*

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Type of Basti	N	P	P	P	N	P	P	P	N	P	P	P	N	P	P	P

Table 2- N=*Niruha Basti*, M= *Majja Basti*

Days	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Type of Basti	N	M	M	M	N	M	M	M	N	M	M	M	N	M	M	M
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### Grading of Subjective Parameters: <sup>[5]</sup>

Sr no.	Symptoms	Criteria	Grades
1	Pain	No pain at rest Mild and tolerable pain while walking Moderate and tolerable pain while walking Severe and intolerable pain while walking	0 1 2 3
2	Radiation of pain	Pain never radiates Pain radiates in major movements Pain radiates in moderate movements Pain radiates even in minor movements Pain radiates all time	0 1 2 3 4
3	Tingling	No tingling Tingling over some portion of any one of the leg Tingling all over leg Tingling over some portion of both leg Tingling all over both leg	0 1 2 3 4
4	Stiffness	No stiffness In morning only for 5-10 minutes Daily 10-30 minutes Daily in different time 30-60 minutes Daily for more than 1 hour	0 1 2 3 4
5	Sitting	Sitting in an ordinary chair more than 30 minutes without pain Pt complaining lower back pain in an ordinary chair after 20 minutes Pt complaining lower back pain in an ordinary chair after 10 minutes Patient complaining lower back pain just after sitting in an ordinary chair	0 1 2 3
6	Standing	Standing at one place more than 30 minutes without any complaints Patient complaining LBP after 20 minutes of standing at one place Patient complaining LBP after 10 minutes of standing at one place Patient complaining LBP after 5 minutes of standing at one place	0 1 2 3
7	Sleeping	Sleep never disturbed by pain Sleep disturbed occasionally by pain Sleep disturbed frequently by pain Sleep disturbed very frequently by pain	0 1 2 3

### Grading of objective parameters:

1	S.L.R	90	0
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		60	1
		30	2
		0	3
2	<b>Tenderness</b>	Patient doesn't feel pain during examination	0
		Patient feel mild pain during examination of the tender area	1
		Patient feel moderate pain during examination of the tender area	2
		Patient doesn't allow to examine the tender area	3

## RESULTS:-

Sr no.	Symptoms	Before treatment	After treatment
1	<b>Pain</b>	3	0
2	<b>Radiation of pain</b>	3	0
3	<b>Tingling</b>	3	1
4	<b>Stiffness</b>	2	0
5	<b>Sitting</b>	1	0
6	<b>Standing</b>	3	0
7	<b>Sleeping</b>	1	0
8	<b>S.L.R 1. Rt</b>	2	0
	<b>2. Lt</b>	2	0
9	<b>Tenderness</b>	2	1

Patient was admitted to male shalya ward from 06/04/18 to 14/05/18. During these 38 days patient received *panchatikta ksheer Basti* and *majja Basti* for 16 days each along with *sarvanga snehana*, *swedana*, *katibasti* with Tila taila and oral medications. Sciatic pain of patient completely relieved.

## DISCUSSIONS

According to *Acharya Charaka Basti* is the treatment for *Gridhrasi* as the pain produced in it is due to vitiation of *vata dosha* and *Basti* is the best treatment for subside the *vata*.<sup>[6]</sup> The active principles

of *basti* ingredients get absorbed in the body and reach at the site of lesion and relieve the disease. In *Gridhrasi* there is *asthi* and *majja dhatu kshaya*. *Acharya Charaka* described the role of *Tikta* drugs on *Asthimajjagata rogas*, so *panchatikta ksheer basti* is very much useful in the management of *Gridhrasi*.<sup>[7]</sup> It also acts as a *vatanulomana* and relaxes spinal muscles by controlling *apana vayu*. In ayurvedic literature *pakwashaya* is said to be main site of *vata*.<sup>[8]</sup> *Basti* mainly acts on *pakwashaya* and *purishdhara kala* present in it and causes *vata shamana*. So role of *panchatikta ksheer Basti* is

very important in this case. *Majja* has the properties that increase the *bala* of *Asthi* and *Majja dhatu*. *Majja basti* also acts as a *bruhana basti* and increases the *bala* of patient.<sup>[9]</sup> Hence plays very important role on *Asthi dhatu* as *balya* and *rasayana*.

## CONCLUSION

*Gridhrasi* (Sciatica) is a type of *vata vyadhi* caused by vitiation of *vata dosha*. Pain is the main symptom of *gridhrasi* arises from lower back and radiates to lumbar region, buttock, calf region, then foot and even toes along the course of sciatic nerve. The treatment principles for *gridhrasi* include *snehana*, *swedana*, and *basti karma*. Hence the present case was treated with *snehana*, *swedana*, *kati basti* with til taila, *panchatikta ksheer basti* and *majja basti* with certain ayurvedic medicines. The patient was admitted for 38 days and completely recovered from sciatica. *Panchatikta ksheer basti* and *majja basti* shows great results in patient. After discussing this case study it is concluded that, if proper diagnosis of *dosha* involvement in *gridhrasi vyadhi* and its treatment done thoroughly then we can cure this disease.

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