MANAGEMENT OF GRADHRASI / SCIATICA WSR TO GOMUTRA ERAND HAREETIKI

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ABSTRACT

Gradhrasi / Sciatica is a common disease described in Ayurveda. In the modern era the incidences of it going on raising. The increasing cases of the Gradhrasi due to faulty & hazardous life style. In this study I had tried a swanabhat yoga Gomutra Erand hareetiki, based on Chakradutta, for the treatment of Gradhrasi along with conservative Ayurvedic treatment & modification in life style. Satisfactory result observed after 28 days treatment. Aim of this trial to establish the our ancient wisdom described in Ayurvedic texts in the present day scenario. Encourage the other scholars for the more & more research work on different combinations described in our texts for many diseases.

KEYWORDS: Gradhrasi, Sciatica, Gomutra Erand Hareetiki, Neurological.


CHIEF COMPLAINTS OF THE PATIENT

- Pain in Hip joint- 06 months
- Numbness in B/L calf muscles 03 months
- Difficulty in standing posture on long time 02 months
- Bowel not clear 04 months

INVESTIGATION - Hemoglobin % - 10.0 gm, TC-6500, DC- P 65%, L 28%, M 02%, E 03%, B 02%, Blood Sugar R -110 mg/dl. Physical Examination – O/E - SLR +ve in rt leg at 70° Ht.- 155 cm, Wt.- 66kg, BP - 110/89 mm of Hg, temp.- 98 F Pallor +nt, Ict. –nt, L/N not enlarged, Clubbing –nt, Cyanosis –nt, Paedal oedema -nt, JVP- Not raised, Skin & nails- Pale, Hairs- Normal, Menstrual history – normal, having two children both are normal.

Ayurvedic Dashvidh Pariksha


INTRODUCTION OF DISEASE - Sciatic Nerve - Sciatic nerve five nerves together on the front surface of Piriformis muscles in the rear side & become one large nerve, the sciatic nerve. This nerve then travels down the back of each leg, branching out to produce motor & sensory functions to separate region of the leg & foot. Pain in the leg ( Sciatica ) usually affects only one side of the lower body, often the pain extends from the lower back all the way through the back of the thighs & down through the legs. Depending on where the Sciatic nerve is affected, the pain may also extend to the foot/ toes. Pain can be severe & debilitating. For others pain might be infrequent & irritating, but has the potential to get worse.

Causes- Irritation of the root(s) of the lower lumber & Lumbosacral spines. Additional common causes may be 1. Lumber Spinal Stenosis 2. Degenerative Disc Diseases (DDD) Breakdown of disces, which acts as cushions between the vertebrae. 3. Spondylolisthesis (One vertebra slips forward over the another) 4. Piriformis Syndrome.

INVESTIGATION- SLR, X-ray to show Spondylolthesis, Erosion of disc.


Selections of Drugs- Acharya Charapanidutt described that Patient of Gradhrasi will become free from vyādhī in one month if take Erand tail with Gomutra. I added Hareetiki to the above formulation due to the properties of it & to make palatable to the patient. This formula given with the conservative Ayurvedic treatment as described in our texts.

Tailamerandjam vaapi Gomutren Pibennar, Masamekam pryogoayam Gradhsyarahaphah Chakradutta 22/44.

 MANAGEMENT- Modification in Life Style – 1. Use hard bed. 2. Avoid Constipation, Weight lifting, Jerk on uneven road Scooter, cycle & tonga, Sudden forward bending, Indian style commode 3. Reduced weight ( if overweight).

Treatment Given
1. Gomutra Erand hareetiki- 2 vati, HS with lukewarm water.
2. Rasnadi guggulu 2 Vatvidhawansan ras 125mg Sh. Kupilu 50mg Rassindoor 125mg All mix 1 dose bd with madhu.

Symptomatology

<table>
<thead>
<tr>
<th>S.N.</th>
<th>Symptoms</th>
<th>Before Treatment 11/07/16</th>
<th>After Treatment (Total 28 days pd. of treatment)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pain in hip radiating to lower leg</td>
<td>+++</td>
<td>+/+</td>
</tr>
<tr>
<td>2</td>
<td>Numbness</td>
<td>+++</td>
<td>++ / +/-</td>
</tr>
<tr>
<td>3</td>
<td>Difficulty in standing</td>
<td>+++</td>
<td>+/+</td>
</tr>
<tr>
<td>4</td>
<td>Bowel evacuation</td>
<td>__</td>
<td>+/+</td>
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</tbody>
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CONCLUSION
In our Ayurveda texts almost each & every disease & its management described in an ideal pattern. In the present case study I had tried to use the one formulation. This was prepared on the basis of properties of so many single herbs/drugs & pathogenesis/Samprapti of the particular disease. Main aim of such types of study to elaborate the more & more preparations/formulations for the clinical experiences & research in the field of Ayurveda. After research works it can be expressed as evidence based medicines for number of diseases. Pathogenesis/ Samprapti of any disease should be studied on both the modern as well Ayurvedic parameters while in the treatment portion we should be dedicated for the pure Ayurvedic treatment.

REFERENCE