Effect of Agnikarma in the management of Gridhrasi - A Case study

Dr. Mukund. M. More1, Dr. Prashant A. Lande2, Dr. Neha Navalchand Jain3

1Asso. Professor, Kaychikitsa Department, S.G.R. Ayurveda College, Solapur.
2Assistant Professor & H.O.D, Panchakarma Department, S.G.R. Ayurveda College, Solapur
3M.D (Scholar), Kaychikitsa Department, S.G.R. Ayurveda College, Solapur.

Corresponding Author: Dr. Neha Navalchand Jain

ABSTRACT

Gridhrasi is one of the vatavyadhi explained by Acharyacharaka in vatavyadhi chikitsa adhyaya. It is one of vyadhi among 80 Nanatmaja Vata disorders mentioned by Acharya Charaka. There are two types of Gridhrasi, namely Vataja and Vata- kaphaja. Ruka (pain), Toda (pricking sensation), Stambha (stiffness) and Muhuspandan (twitching) hip, back of the thigh, knee, calf and foot respectively are the main symptoms.

Accordingly, the disease most closely resembles sciatica which is characterised as pain or discomfort associated with Sciatic Nerve. The patient presented here with pain in lower back radiating to both legs along with numbness and paraesthesia. The treatment as specified by Acharya in various texts is focused on Agnikarma. By the application of agnikarma helps in relieving the symptoms like pain, inflammation and stiffness. Gridhrasi can be treated remarkably with procedures of panchakarma and internal medications. Here in the case study a female patient of age 46 years presenting with clinical features of Gridhrasi and was given Panchakarma treatment (Agnikarma).

Key Words: Gridhrasi, Agnikarma, Ayurvedic management, Effective therapy

INTRODUCTION

The symptoms of this disease initially affect Sphik (buttock) as well as posterior aspect of Kati (Lumber) and then gradually radiates to posterior aspects of Uru (thigh), Janu (knee), Jangha(calf) and Pada(foot). [1] Acharya Sushruta opines when two Kandara in the leg gets afflicted with Vata Dosha, it limits the extension of leg, resulting in Gridhrasi. [2] The symptoms are- [3] Stambha(stiffness), Toda (Prickling Sensation), Ruk (pain), Muhuspandan (Tingling). In Vata-Kaphaja type of Gridhrasi–Tandra, Gaurava (heaviness) and Arochaka. Sciatica, also known as sciatic neuritis, sciatic neuralgia, or lumbar radiculopathy, is when pain is felt going down the leg from the back. [4] Sciatica is basically a symptom that arises due to compression or inflammation of sciatic Nerve. In general an estimated 5%-10% of patients with low back pain have sciatica. The annual prevalence of disc related sciatica in the general population is estimated at 2.2%. [5]

CASE REPORT

History of personal illness:

A female patient aged 46 years presented with the complaint of vam kati te pad tal shool Kati (Lumber) and then gradually radiates to posterior aspects of Uru (thigh), Janu (knee), Jangha(calf) and Pada(foot),ubhay pad chimchimayan (tingling sensation), Chakraman-kashtata (difficulty in walking),Aasane udishte kashtata (difficulty in sitting-standing), Padsuptata (tingling numbness) But from 15 days patient increase the severity of symptoms.

The present case study is successful Ayurvedic management of a case of Gridharasi (Sciatica). A 46 year old female patient came to us with chief compliant of –
ASTAVIDHA PARIKSHA:
Nadi (pulse) = 78/min.
Mala (stool) = awastambha
Mutra (urine) = 3-4 times in a day
Jeeva (tounge) = Eshat saam.
Agni = prakrut
Shabda (speech) = Normal.
Akruti = Madhyama.
Bala = Madhyama.
Raktadaaba (B.P) = 120/70 mm/Hg.

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The gait of patient was waddling and walk by dragging the toe of left foot. Her

SLR test was positive in both legs (L>R) at 60° in right and 30° in left. Lasegue’s test was positive on bilateral side. Power in left lower limb was slightly lesser than right side;

The MRI findings revealed straightening of normal lordosis, desiccative disc changes at L5-S1 level, mild diffuse disc bulge at L4-5 level causing thecal sac indentation, nerve compression

MATERIALS AND METHODS
Center of study: S.S.N.J. Ayurvedic Hospital, Solapur, India.
Method of sampling& study design: Simple randomized single case study.

MATERIALS:

<table>
<thead>
<tr>
<th>SR.NO</th>
<th>DRAVIDA</th>
<th>DOSE</th>
<th>DURATION</th>
<th>ANUPAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yograj guggulu</td>
<td>200 mg</td>
<td>1 pack</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>2</td>
<td>samppannaga</td>
<td>125 mg</td>
<td>Twice in day</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Dashmulna</td>
<td>500 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Guduchi</td>
<td>1 gm</td>
<td>At night</td>
<td>Luke warm water</td>
</tr>
<tr>
<td>5</td>
<td>Gandhrava haritaki</td>
<td>1 gm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 2: Panchakarma

<table>
<thead>
<tr>
<th>SR.NO</th>
<th>DRAVIDA</th>
<th>DOSE</th>
<th>DURATION</th>
<th>ANUPAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Agnikarma</td>
<td></td>
<td>on the points vam kati, uru, janu, pad, parshni pradeshi (posterior site of luber, femoral, knee, calf muscle, calcanum region)</td>
<td></td>
</tr>
</tbody>
</table>
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DISCUSSION
Hetu seven
Ahar- ruksha, shita (cold), bread, bekari products oily, katu tikta kashaya rasatamak diet.
Vihar- night duty, heavy exercise, mental tension, vegadharana, panchakarma atiyaga, aamotpatti (indigestion).
Samprati:

- Udhhavasthana - asthi, sandhi
- Vyaktasthana - katipradesh, uru, jamu, jangha, pad pradeshi

Samprapti bhanga:
In line of treatment we think about Aampachn, dipan, vatashamana, balya and Rasayan chikitsa. Action of all individual drug mentioned in following table-

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Dravya</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Yograj guggulu [6,7]</td>
<td>vatashamak, vatashoddashak, strotobandanashak</td>
</tr>
<tr>
<td>2</td>
<td>Samirpannag [8]</td>
<td>vata kaphaghana</td>
</tr>
<tr>
<td>3</td>
<td>Guduchi [9]</td>
<td>Rasayani, vayasta, jwaragni, vatkaphagun</td>
</tr>
<tr>
<td>4</td>
<td>Dasashmool</td>
<td>vataashak</td>
</tr>
<tr>
<td>5</td>
<td>Gandhrav haritaki</td>
<td>anudomak, vatashalaashak</td>
</tr>
</tbody>
</table>

OBSERVATION & RESULT
The results observed after the treatment: Improvement in signs and symptoms of the patient. Relief was found in dragging pain, numbness and tingling sensation. Gait has improved.

- Walking distance:-
  Before treatment: - Patient had severe pain after walking 100 mts.
  After treatment: - Patient could easily walk without pain about 200 mts.

- Walking time:-

Photo which show agnikarma points

agnikarma point on pad pradeshi
Before treatment: - Patient took around ten minutes to walk 100 steps.
After treatment: patient took around five minutes to walk 100 steps.
No significant change was observed in MRI REPORT

Above results after Agnikarma treatment only.

Table 3 : showing SLR Test before and after treatment Agnikarma.

<table>
<thead>
<tr>
<th>SLR TEST OF LEFT LEG</th>
<th>BEFORE AGNIKARMA</th>
<th>AFTER AGNIKARMA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>30+</td>
<td>75+</td>
</tr>
</tbody>
</table>

CONCLUSION

Agnikarma therapy shows highly significant results in all signs and symptoms, especially in case of pain as it is one of the most uncomfortable factors for patient. The entire treatment was tolerated comfortably by the patients. There were no side effects noticed in any of the patients. The procedure was simple economical and can be done in OPD level gives instant relief to most of the patients, but still to avoid the reoccurrence of the disease and to break the Samprapti the patient may need to continue on oral shaman medication. The Pain relief provided by Agnikarma presents a window of opportunity in the clinical management of Sciatica.

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