

Gridhrasi Management by Siravedha W.S.R. to Sciatica: A Review

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Abstract: A pain-dominant lifestyle illness called gridhrasi (sciatica) causes discomfort that radiates from the Sphik Pradesha, back, or to the foot. Charaka says that the processes of Siravedha, Snehana, Bastikarma, and Agni karma all have the potential to regulate it. The ailments are described in all of the classic Ayurvedic texts. However, Sushruta, the surgeon, has explained every aspect of the illness. Similar to Basti in Kayachikitsa, Siravedha is regarded as half of the therapeutic measure in Shalyatantra. For improved outcomes, Siravedha is an emergency management technique used by Vataja Nanatmaja Vyadhi like Gridhrasi. The sites of the four Anguli above and below the Janu Sandhi have been used for siravedha in gridhrasi.

Keywords: Gridhrasi; Siravedha; Raktamokshan; Shalyatantra; Sciatica.

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I. INTRODUCTION

Evolving lifestyles of peoples have led to a number of biological systemic imbalances, including the development of hectic, Inappropriate sitting posture in the workplace, a busy social and professional life, and prolonged, jerky movements during travel and sports all put undue strain on the spinal cord and are major contributors to lower backache and sciatica.(1) This condition is likewise being precipitated by similar progressive disorders that damage the pelvis and nearby anatomy. As a result, this illness is now posing a serious risk to the working population. Nowadays, low backache is the most prevalent condition that affects leg movements, especially in middle age. Of these, 40% have radiating pain, which is a symptom of sciatica syndrome and affects every day routine tasks. (2) Constant pain is a hallmark of sciatica. Modern medicine and surgery face difficulties in treating sciatica.

In Ayurveda, Sciatica is associated with Gridhrasi based on the symptoms. A component of Vataja Nanatmaja Vyadhi is Gridhrasi. Was considered by Acharya Charaka as a maharoga as well. The disorders are discussed in all of the old Ayurvedic texts, but Sushruta, the father of surgery, has gone into great detail to explain each one in detail. Acharya Sushruta has provided thorough explanations of the

Gridhrasi etiopathogenesis, symptoms, treatment, and other facets of in his treatise.

NSAIDs, muscle relaxants, analgesics, and corticosteroids are all part of the conservative treatment of sciatica. However, prolonged usage of these can have detrimental consequences on the body's many systems. Additionally, costly surgical treatments are performed, which might result in side effects include bladder and bowel incontinence and restricted spinal movement. The Gridhrasi Line of Management consists of Agnikarma, Bastikarma, and Sira Vyadha. (3,4) Agnikarma and Siravyadha are regarded as immediate pain relievers.

According to Sushruta, the Siravyadha technique of Raktamokshana is Ardhachikitsa. Siravyadha is particularly recommended in Gridhrasi.

II. DISCUSSION

Acharya Sushruta states, When Vata enters the ankles' and toes' Kandaras (tendons), it results in kshepan, or decreased movement, in the thighs, a condition called Gridhrasi. (5) Acharya Charaka says the gluteal region (Nitamba), lumbar region (Kati), the posterior thigh (Prushtha), the knee (Uru), the calf (Jangha), and the foot

(Pada) are impacted in turn. While Tandra (fatigue), Gaurava (heaviness), and Arochaka (aversion) are also present in the Vata-Kaphaja type of Gridhrasi, Sthambha (stiffness), Ruk (pain), Toda (pricking feeling), and Muhuspandanam (tingling sensation) are seen in the Vataja kind. (6) Acharya Bhavprakash described Dehapravakrata, or improving one's bodily posture, in terms of both the Vataja and Vata-Kaphaja types of Gridhrasi. In addition to Vataja type Gridhrasi, there are Gaurava (heaviness), Agnimandha (lack of appetite), Tandra (fatigue), Mukhapraseka (excessive salivation), and Bhaktadvesha (anorexia). (7)

According to Charaka, Sushruta and Vagabhaṭa Vata Dosha is dominance in Gridhrasi. Samprapti Ghatak. (8)

Dosha– Vata, Kapha pradhan Tridosha; Dushya– Rakta, Mamsa, Meda, Nadi sansthan; Adhishtan- Kati, Uru, Janu, Jangha, Pada; Srotas– Raktavaha, Mamsavaha, Medavaha, Asthivaha; Sroto dushti prakara- Sanga, Sira granthi; Agni– Vishmagni, Mandagni; Vyadhi swabhava– Aashukari/ Chirkari; Sadhyta- Naveen– Krichrasadhy

In Ayurvedic texts, the treatment described for the Gridhrasi is (9)

- Siravedha
- Agni karma
- Basti karma
- Snehna
- Swedana
- Oral medication

Similar to Basti in Kayachikitsa, Siravedha is acknowledged as half of the corrective measure in Shalya tantra. (10) Additionally, this disease has spontaneous impacts here as well. Siravedha procedure relieves the cardinal symptoms of Gridhrasi, which include pain (Ruk), stiffness (Stambha), pricking sensation (Toda), and tingling sensation (Muhuspandanama). (11) The four Angula sites above and below the Janu Sandhi are where it is carried out. (12) When discussing Siravedha in Gridhrasi, Dalhana made it clear that it would be advantageous in Avrita Vatajanya Gridhrasi. According to Sushruta, there are certain illnesses that Snehana and Lepamadi treatments cannot cure right away; in these cases, Siravedha is an emergency management technique that produces better outcomes. (13)

In the context of contemporary medicine, gridhrasi is comparable to sciatica syndrome. Pain distribution throughout the sciatica nerve's path or its one distinguishing element is the component nerve roots. The primary symptom of sciatica syndrome is pain that originates in the lumbar-sacral area and travels to the postolateral portion of the thigh, the calf, and the outer part of the foot. (14) The disease condition Gridhrasi and its therapeutic concepts have been discussed by several Acharyas. They are Agnikarma, Siravedha, Basti, Swedana, Vamana, Snehana, and Virechana. The state and stage of the disease must be taken into account when implementing these treatments.

III. MODE OF ACTION OF SIRAVEDHA

In Shalya tantra, siravedha is half of the treatment line. This process is preventative as well as therapeutic. Acharya Sushruta's citation of Siravedha said that the Gridhrasi environment results in immediate symptom alleviation. According to Siravedha, the obstruction (Avarana) may be broken down, allowing Vata to travel normally and reestablishing its regular circulation and function. It clears the area around Shonita Avarana of clogged blood. Siravedha has a very uplifting effect on pain. Siravedha may have lessened pain by lowering the pressure on the nearby nerves. It significantly impacts the SLR test. It could be because stored blood was released through Siravedha, giving the limbs more room to move. In Rakta avrita vata, Toda, Stambha, Muhuspandanam, Aruchi, and Gaurava was present. The letting of Rakta avrita vata improved these. Following Siravedha, walking time significantly improved. The patient's pain decreased and they were able to move for a brief period of time. Siravedha has been demonstrated to have a significant impact on lowering pain, stiffness, and soreness as well as improving walking time and SLR.

Pitta, Rakta, and Kaphaja Vyadhies, or when Pitta or Kapha is in Anubandha to Vata Dosha, are the main indications of Siravedha. Siravedha can assist in eliminating the Avarana of Vata Prakopa caused by Kapha and Pitta Avarana. Anuloma Gati of vitiated Vata replaces Pitta and Kapha Dosha, which indirectly alleviates both the symptoms of Kapha Dosha and Vatika. (15)

IV. CONCLUSION

In Gridhrasi Vyana, vata plays a crucial role in how the illness manifests. Siravedha has been demonstrated to be effective in the management of Gridhrasi. Siravedha helps to relieve symptoms quickly by breaking down blockage (Avarana), which supports Vata's proper function. In addition, Siravedha decreases pain, pricking sensation, stiffness, tingling sensation, heaviness, walking time, and increases the SLR angle. It is a straightforward, cost-effective, and very successful procedure, and patients did not need to stay in bed for extended periods of time. For these reasons, Siravedha can be regarded as an excellent treatment method for Gridhrasi.

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