

**CLINICAL EVALUATION OF *KATI BASTI* IN THE MANAGEMENT OF *GRIDHRASI* W.S.R SCIATICA- A CASE REPORT.****Nasreen Ahmed^{1*} and Divya Kajaria²**¹MD Scholar, Department of Kayachikitsa, AIIA, New Delhi.²Assistant Professor, Department of Kayachikitsa, AIIA, New Delhi.

Article Received on
02 Dec. 2018,
Revised on 23 Dec. 2018,
Accepted on 13 Jan. 2019
DOI: 10.20959/wjpps20192-13053

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ABSTRACT

Gridhrasi is mentioned under the diseases of Vata dosha and it is mentioned by all the Acharyas under *Vatvyadhi*, in this disease pain starts in the lower back and radiates towards the buttocks, thighs and both or one leg. It can be correlated with Sciatica in modern science on the basis of the presenting symptoms. The name *Gridhrasi* was given as the gait of the patient suffering from this disease resembles as of the bird vulture and in Sanskrit it is named as gridha. In today's era 2% to 40% of people have Sciatica at some point in time. It is most common during people's 40's and 50's and men are more frequently affected

than women. It is commonly occurs due to the compression of lumbar nerves L4 or L5 or sacral nerves S1, S2 or S3 or by the compression of the sciatic nerve itself. In modern science there is no satisfactory treatment or permanent treatment for this physiotherapy or painkillers are the choice for treatment. A case study on Sciatica or *Gridhrasi* was done in which *Katibasti* was given along with oral medications and there was marked relief in all the symptoms and considerable change in the MRI of the patient.

KEYWORDS: *Gridhrasi*, *Vatavyadhi*, Sciatica, MRI, *Katibasti*, Physiotherapy.**INTRODUCTION**

Gridhrasi is explained in the context of *Vatavyadhi* in all the *samhitas* of Ayurveda. In this disease pain starts from lower back and deviates towards both the legs.

स्फिक्पूर्वा कतिप्रिष्ठोरुजानुजन्घापदं क्रमात् | गृध्रसी स्तंभरुकोदैर्ग्रहणाति स्पन्दते मुहुः ||
वाताद्वातकफात्तन्द्रागौरवारोचाकान्विता || (Ch.chi.28/56)

According to Acharya charak in this disease firstly lower back then buttocks then thighs groin region and lastly legs got involved with pain and stiffness and with a regular interval tingling sensations occurs, these symptoms are due to vitiated vata dosha and if in this disease kapha dosha also get involved then symptoms like heaviness in the body and loss of appetite developed.

पार्श्वप्रत्याङ्गुलिनां तु कण्डरा याऽनिलार्दिता| सक्थनः क्षेपं निग्रहणीयाद् गृध्रसीती हि सा स्मृता|| (Su.ni.1/74)

According to Acharya susruta when the kandara of ankle and feet get vitiated by vata dosha and difficulty in bending of legs occurs then it is known as gridhrasi roga.

On the basis of the symptoms it can be correlated with Sciatica in modern medicine. Sciatica is a condition in which pain radiates from back towards the legs. Onset is often sudden following activities like heavy lifting. Symptoms are only on one side of the body, weakness and numbness may occur in various parts of the affected leg and foot. About 90% of the time sciatica is due to a spinal disc herniation pressing on one of the lumbar or sacral nerve roots.

Case Presentation

A 56 years old female patient (UHID no-279665, IP no-001170) came to *Kayachikitsa* OPD of All India Institute of Ayurveda on 4 June 2018 and got admitted on the same day. Patient presented with complains of pain over lower back which radiates towards both legs since 2 years and difficulty in walking. H/O Present illness: According to the patient she was asymptomatic 15 years back then she met with an accident or fall from stairs after that she suddenly developed pain over back and both the legs, for this she took allopathic treatment and got relief, she again developed pain over lower back which radiates towards both the legs since 2 years she took allopathic treatment for this but could not get relief, so she came here for needful treatment.

Investigation: MRI was done which shows herniated disc over L4-L5 vertebra and indentation of the vertebra. Haemogram, RBS.

Examination**Table 1**

General Examination	<i>Dashavidha parikasha</i>	Systemic Examination
Appetite-normal	<i>Prakriti-pittakaphaja</i>	Cardiovascular system- NAD
Bowel-regular	<i>Vikriti- samanyarthakari</i>	Respiratory system-B/L chest clear no added sound.
Bladder-normal	<i>Saara-madhyama</i>	Gastrointestinal system-NAD
Sleep-normal	<i>Samhana-madhyama</i>	Locomotor system- difficulty in walking, steppage gait.
Temperature-normal	<i>Pramana-madhyama</i>	Straight leg raising test-positive in both legs with 70 ⁰ in right leg and 60 ⁰ in the left leg
Pallor, Icterus, Clubbing, Lymphadenopathy-absent	<i>Satmya-madhyama</i>	Central nervous system-
Menstrual history-menopause 10 years back.	<i>Satva-avara</i>	Higher mental function:normal
Blood pressure-110/80 mmHg	<i>Ahara Shakti-madhyama</i>	Motor function-normal
Pulse-78 beats per minute.	<i>Vyayama Shakti-avara</i>	Cranial nerves-normal
Tongue-clear	<i>Vaya-madhyama</i>	Reflexes-present.

According to all the signs and symptoms this case is diagnosed as Gridhrasi or Sciatica.

Treatment Protocol**A. Oral medication****Table 2**

S.no	Medication	Dose	Route	Frequency
1	<i>Trayodashang guggulu</i>	2 tablet	Orally	Twice a day before meal
2	<i>Dashmool kwatha</i>	50ml	Orally	Twice a day before meal along with 1 teaspoonful of Castor oil
3	<i>Ajmodadi churna</i>	3 grams	Orally	Twice a day
4	<i>Ashwagandhadi leham</i>	1 teaspoonful	Orally	Twice a day
5	<i>Panchguna tail</i>		Local application	SOS

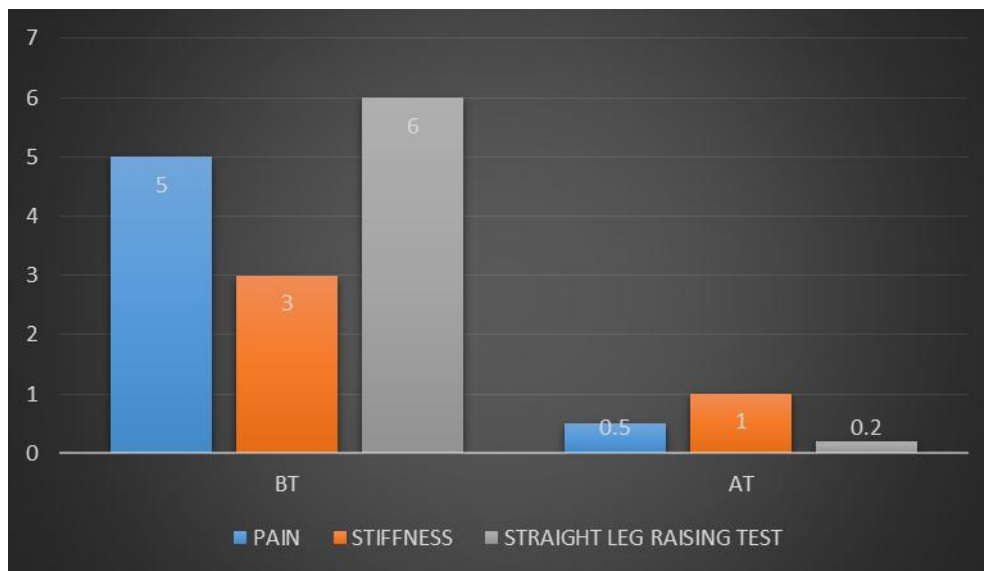
A.Panchakarma treatment

- *Sarvanga abhyanga* with *Saindhavadi tail* and *Nadi swedana* with *Dashmoola kwatha* for 8 days.
- *Kati Basti* with *Laghuvishgarbha tail* and *Saindhavadi tail* for 8 days.

RESULT

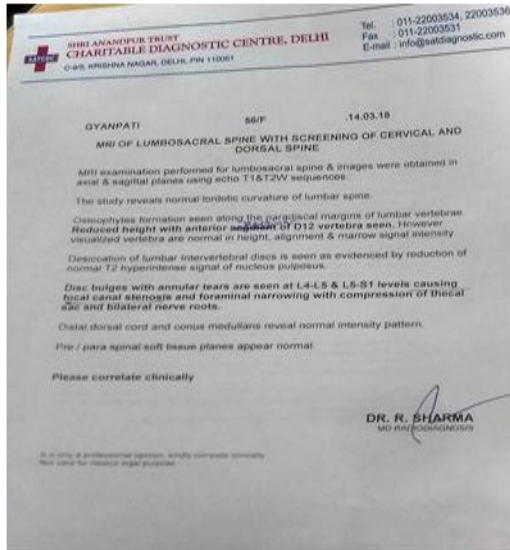
After giving the above treatment for 8 days the patient's complain of pain got slightly reduced. Condition of the patient got improved. She was able to walk more efficiently than before. Straight Leg raising(SLR) test become negative after the treatment.

S.no	Signs and Symptoms	BT	AT
1	Pain	Present(+++)	Absent
2	Stiffness	Present(++)	Absent
3	SLR	Positive 70 ⁰ (right leg) 60 ⁰ (left leg)	Negative
4	Haemogram	Normal	Normal
5	RBS	Normal	Normal

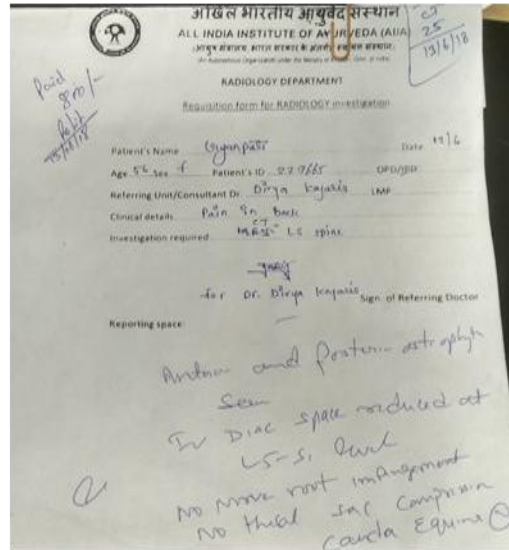


This is the graph showing improvement and changes seen in the patient after treatment.

Below is the MRI report of the patient before and after Treatment.



BT



AT

DISCUSSION

On the basis of signs and symptoms the disease diagnosed was Gridhrasi or Sciatica. In modern medicine, treatment for Sciatica is not permanent, painkillers and steroids are given to subside the pain, and lastly the surgery is only option. Long term intake of steroids lead to various side effects and withdrawal of painkillers and steroids make the condition of the patient more worse than before. In Ayurveda treatment for gridhrasi is well explained. Siravedha between kandara and gulfa, basti karma, kati basti, agni karma are the treatments given in this disease according to Ayurveda. In this case also we followed the same line of treatment as explained in Ayurveda classics. Here dosha which are involved are Vata and Kapha, dushya are rasa, rakta, mansa, asthi, majja. Srotas involved are raktavaha, maansvaha, medovaha, asthivaha, majjavaha. Srotodushti type is sanga due to this maargavrod occurs. Due to various factors agni dushti occurs and vata prakop occurs simultaneously kha vaigunya also occurs, due to agnimandya ama is produced which accumulates with the dosha at the site of kha vaigunya, prakupit vata dosha goes to the site of kha vaigunya that is kati in the case of gridhrasi and the symptoms occurs. In this case the treatment was given accordingly, Trayodashang guggulu is indicated by Acharya chakradutta in the gridhrasi rogadohikar, dashmool kwath was given to pacifies vata dosha and castor oil was given for mridu virechan and vatanuloman, because the main dosha here is vata and that has to cured first, panchguna tail was for local application again to pacify the pain caused by vata dosha at

the site of disease, ashwagandhadi leha is for rasayana purpose as it is a chronic disease and rasayana is important to be given here, ajmodadi churna is for ama dosha pachana because here ama condition was present so it is important to treat ama also, In panchakarma procedure sarvanga abhyang with saindhavadi tail was given because it helps in pacifying the vata dosha and nadi swedana with dashmoola kwath was to pacify vata dosha in the particular site, kati basti was indicated for kati shool, gridhrasi in Ayurveda so here it was given with laghuvishgarbha tail and saindhavadi tail, both these are indicated for the treatment of vatavyadhi. Kati basti is known as local therapy in which the warm oil is filled in the frame or mould made up of black gram flour paste which is made around the lower back region for a time period followed by massaging of that region, this increases the circulation in that place where it is applied and nourishes and gives strength to the muscles and nerves of that area. All this was done to treat the condition of the patient.

CONCLUSION

On the basis of all symptoms and signs this patient was diagnosed with Gridhrasi and treatment was done accordingly, the condition of the patient was improved, pain got reduced and patient was able to walk properly, gridhrasi can be seems to be a lifestyle disorder and in today's time most of the people suffers from this disease, the treatment which was given in this case is easy and effective for this.

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