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Role of Snehana and Swedana treatment in Gridhrasi: A case study on Vata Kaphaja Gridhrasi

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Abstract

Background: In the present era, Vata Vyadhi is the most prevalent disease which causes many systemic dysfunctions. Back pain is the most common problem amongst the middle-aged group of individuals. In the current era, sciatica comes under the major health issue. This health issue brings light on what kinds of different modes of treatment can reverse back the symptoms of Gridhrasi.

Aim and Objective: It was hypothesised to get on a case study of Gridhrasi where the initial stage can easily be managed by External Medication (Abhyangam, Patra pinda Sweda, Upanaha Sweda) and Internally (Kokilaksha Kashaya+ Rasna Saptaka Kashaya, Mahayogaraja Guggulu, Tablet. Myostal, Capsule. Lumbatone, Kottamchukadi Tailam + Pyroflex Liniment).

Discussion: Constant pressure or compression of the (L4-S1) Lumbosacral nerve roots of sciatic nerve Sciatica is caused. Whereas Gridhrasi is said to be one among the Vata Nanatmaja Vyadhi as per Acharyas. The patient who was admitted to our hospital was suffering from Vata Kaphaja Gridhrasi.

Conclusion: The line of treatment given to the patient was Abhyangam, Patra Pinda Sweda, Upanaha Sweda) patient's condition was much better at the time of discharge.

Keywords: Vatakaphaja Gridhrasi, Abhyangam, Podikizhi, Patra Pinda Sweda, Upanaha Sweda

Introduction

In working population around 3.8% and non-working 7.9% population are at risk of Sciatica with a higher inflating rate. As per our hospital the age of 30-60 yrs patient suffering from the sciatica, probability of working women is higher in this case. Now a days persons suffering from any kind of sciatic pain is referred for surgical interventions.

▪ As per charka

Sphik Poorva Kati Pristha Janu Jangha Padamkramat Ruk

Pain starts to spread from hip, gluteal region, thighs, knee, legs to the feet and is having Muhu Spandanam (pulsating pain)

▪ As per the ayurvedic texts and our Acharyas Charaka Sutrasthana 19th chapter Ashtaudariya Adhyaya mentions 2 types of Gridhrasi Vata and Vata Kaphaja

▪ The 20th chapter of Charaka Sutrasthana Maharogiya Adhyaya Ghridrasi is enumerated in 80 types of Nanatmaja Vatavyadhi.

▪ Acharya Sushruta said that in Gridhrasi there will be difficulty in lifting the leg when the ligament of heel and toe is afflicted with Vata.

▪ Vagbhata opines that tendons on the heel and greater toe are affected with Vata and making it difficult to lift the leg

▪ Bhavaprakasham says that the pain initially starts at spik and gradually radiates to Kati Pristha Janu Jangham Pradesh he has explained 2 types Vata (prinking stiffness) and Vatakaphaja (heaviness of limbs)

▪ Yogaratnagara has also Mention Vata having pain twitching sensation and Vata Kaphaja having wet cloth tied around the leg sensation

▪ Bhasavarajeeyam has also mentioned the Gridhrasi.

A case report

History of present illness

A 43-year-old female patient reported to the Panchakarma OPD, Sri Jayendra Saraswathi Ayurveda Medical College and Hospital with complaints of severe pain in the low back region (buttock) radiating towards the left thigh and leg associated with numbness over both the feet. The patient was apparently alright before 3 years, later she started pain and discomfort while walking and sitting. Patient went to consult the physician underwent treatment the initial stage and got temporary relief by the intake of pain killer. After this the patient aroused pain every even day and it started to radiate towards her buttock and the leg region even, she was under medication she started feeling the pain sensation all over the left leg and lately she developed numbness over her both the feet. Patient was housewife and used to do house works. Patient used to take mixed diet, she take her breakfast by 7 30am and lunch by 12: 30pm and after taking food she immediately sleeps. Later she wakes up after 2 hours and take tea by 6:00pm. She used to take chicken every day. The patient then came to our hospital on 03-05-2023 and admitted on the same day for further ayurvedic treatment.

Table 1: Chief complaints of patient.

Chief complaints	Duration
Pain in lower back region radiating towards the thigh and left leg.	3 years
Stiffness in Lumbar region.	
Numbness.	
Walking difficulty.	

History of Past Illness

General Examination

- No specific history of major illness Astha Vidha pariksha
- No specific surgical history

Table 2: Neurological Examination

Nadi	86/min.	Druka	Avara
Mala	Samyak	Akriti	Madhayama
Mutra	Samyak	Prakruti	KaphaVata
Jivha	Sama	Weight	78kg
Shabda	Sparsha	Blood Pressure	130/90
Sparsha	Anushnasheeta	Temperature	36.2°C

Table 3: Neurological Assessment

Test	Right leg	Left leg
Straight leg raise test (SLR)	Negative	Positive (35°)

Nidana Panchaka

- Nidana (Causative Factor): Prolonged continuing walk, standing in one place for long time, house work
- Poorvaroop (Prodromal Symptom): Pain in Lower back region radiating towards thigh and legs and feeling of Suptata in both feet while walking
- Roop (Manifestation): Pain in the lower back radiating towards the thighs and numbness across both the feet
- Samprapti (Pathogenesis): Due to the vitiated Vata dosha due to vihara followed by her causes Ruksham, kharam from lumbar to sacrum there is a decrease in flexion and elasticity of the disc, resulting to decrease in function of lumbar to sacral region which leads to herniation or disc bulge due to compression of nerve. Because of the compression of nerves there is severe

pain in lower back area, gluteal region, thigh, Feet with numbness over both feet.

Vyadhi Ghataka: Dosha Involvement: Vata Kaphaja
Dushya Involvement: Rakta and Kandara

Investigations

Patient had an MRI Lumbar Spine of recent 2020

Sacralisation of L5

Extrusion of L4-L5 disc

Severe spinal Canal Stenosis ΔCauda equine comparison

Moderate bulge of L2-L3 and L3-L4 disc

Chikitsa (Treatment Aspect)

Shamana line of treatment (Sneha and Swedana) is opted for the patient.

Treatment Plan

The treatment plan is set accordingly which includes Podikizhi for 3 days, Abhyangam for 12 days, Patrapinda Sweda for 12 days, Upanaha Sweda for 13 days, along with internal medicine i.e., Kolakulathadi Kashaya+ Rasna Saptaka Kashaya.

Detailed treatment

PodiKizhi Swedanam

It was the first line of treatment given to the patient for first 3 days by using Udvartana Chooranam, Rasnadichoornam, Kulatha Chooranam for 35 Minutes for first 3 days.

Abhyangam Snehana

Massage of complete body was done with Kottamchukadi Oil+ Pyroflex Liniment from day 5 till 12 days

Upanaha Swedam

It was started on day 4th of the treatment procedure Kolakulathadi Churnam+ Rasnadi Chooranam + Udvartanam Churnam+ Murchita Tailam and continued till 13 days of procedure aspect.

Patra Pinda Swedam

It was given by using Eranda Patra, Nirgundi Patra, Tulasi Patra, Shigeru part, grated coconut, lemon was made into potali and it was started on day 4 and continued for 12 days.

Observation

Table 4: Assessing before and after

Low back pain radiating from the buttock, thigh and leg (left)	Grade 2	Grade 0
Numbness	Grade 2	Grade 0
Pain while walk	Grade 1	Grade 0
Straight leg raise(SLR)	Left leg 35	Left leg 60

Discussion

There are disorders which can be co-related to Gridhrasi but in the present case, the disc bulge can be one of the reasons for the emergence of sciatic nerve compression leading to sciatica. Many treatments are illustrated in treatment of sciatica based on the condition of the disease. Podikizhi (Using Udvartana Chooranam+ Kolakulathadi Chooranam+ Rasnadi Chooranam) was selected for Swedana karma for the first line of treatment for 3 days as there was the involvement of Vata and Kapha Dosha, Swedanam relieves

from Sthamba, (Stiffness) Gaurava (Heaviness), Sheeta (Coldness) due to its pain-reducing property of the lower back region. From 4th day Upanaha Sweda was done with (Kolakulathadi Choornam + Rasnadi Choornam + Udvartanam Choornam along with Murchita Taila). Abhyangam started by 5th day with Kotamchukadi Oil + Pyroflex Liniment as Snehana slows down the degenerative process occurring in different Dhatus mainly in the spine, sciatic nerve, and muscles of lower extremities Swedanam itself is Shulavayuparama properties. Then 5th day onwards and Patrapinda Sweda and Upanaha Sweda was done simultaneously because it helps reducing pain, inflammation, stiffness of the muscle and increase blood circulation throughout the body, along with the intake of internal medication was given Kokilaksha Kashayam+ Rasnasaptaka Kashayam (75 ml) empty stomach tablet Myostal 0-2-2 after food and Capsule Lumbatone1-0-1 after food Mahayogaraja Guggulu 1 TDS for the pain management.

This case has revealed that Snehana and Swedana alone can act so well symptomatically and bio chemical parameters. Patient recovered 70% after all the treatment procedure and the health of the patient is much improved the patient can do the daily routine activity.

Conclusion

Sciatica is so alarming now a days, the case has revealed that initial stage of sciatica can be managed by Snehana Swedan alone, the patient of Gridhrasi by giving Podi Kizhi, Abhyanga, Patrapinda Sweda, Upanaha Sweda and by internal medicines. Gridhrasi comes under Vataja Nanatmaja Vikara. Marked improvement is seen so for the initial stage Snehana Swedana Chikitsa has shown very good results in the patient.

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