



**Journal of Research in Indian Medicine**  
**An Official Publication of Bureau for Health & Education Status Upliftment**  
(Constitutionally Entitled As Health-Education, Bureau)

## **Ayurvedic Management of Gridhrasi – A Case Study**

*Dr Kavitha Mulukompimath.<sup>1</sup> Guide:- Dr Santosh N Belavadi<sup>2</sup>*

<sup>1</sup>1<sup>st</sup> Year PhD Scholar, Department of Kayachikitsa, Shri D.G.M.Ayurvedic medical college and Hospital Gadag.

<sup>2</sup>Professor and HOD, Department of P.G. PhD Studies In Kayachikitsa, Shri D.G.M.Ayurvedic medical college and Hospital Gadag..

**Email Id:** [serviceheb@gmail.com](mailto:serviceheb@gmail.com)

### **ABSTRACT:**

Gridhrasi is VatajaNanatmaja Vyadhi, here pain radiating from Kati pradesha to Padanguli is main clinical feature. Gridhrasi can be well correlated with Sciatica in modern medicine. Gridhrasi is not a life threatening condition, but it makes person disabled to do daily routine work and reduces quality of life. In classics we find Shodhana, ShamanaChikitsa, and Agnikarma to treat the Gridhrasi. With Bastikarma and Guggulupalpas which are best known for Vatashamaka and Vedanasthapana properties. An effort is made to manage Gridhrasi with Dashamulabasti followed by Pathyadi Guggulu.

**Keywords:** *Gridhrasi, Sciatica Dashamulabasti, Pathyadi Guggulu,*

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Received on 07/02/2023

Accepted on 09/02/2023 © HEB All rights reserved

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