



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

Management Of Gridhrasi with Sahacharadhi Kashaya : A Case Study

Dr Salah Sulaiman¹, Dr Waheeda Banu²

1 PG Scholar, Department of P.G studies in Kayachikitsa, Karnataka Ayurveda Medical College and Hospital, Mangalore, D.K District, Karnataka, India.

2 HOD and Professor, Department of P.G studies in Kayachikitsa, Karnataka Ayurveda Medical College and Hospital, Mangalore, D.K District, Karnataka, India.

Email Id: serviceheb@gmail.com

ABSTRACT

Low back pain is one of the most common complaints in India that affects 70% to 80% of the population. Among the various causes of low back pain, the intervertebral disc prolapse is the most common and the pain may be confined in the lower back only or referred to as a leg, buttock or hip which often outline the features of Sciatica syndrome. Gridhrasi is one of the 80 Nanatmaja Vata Vyadhi, which is caused by the aggravation of Vata Dosha¹; it can be divided into Vataja and Vatakaphaja. In modern medicine Sciatica is generally managed symptomatically by using Anti-inflammatory drugs, muscle relaxants, exercises to improve muscle tone and posture along with surgical intervention in severe neurological deficit. But the Antiflammatory drugs are having many side effects e.g. gastritis. Surgical procedures like laminectomy, discectomy are indicated but these surgical procedures are expensive with their limitations. In Ayurveda, various methods used in the treatment. In Sahasrayogam Sahacharadi kashayam is one of the yoga described for Gridhrasi.² All the drugs included in Sahacharadi kashayam are having Vata-kapha shamaka, Vedanasthapana Shulahara, Shothahara and Nadiuttejaka properties which is very much effective in the treatment of Sciatica. The present case is one step in understanding the possible mechanism of Antiinflammatory, Analgesic activity of Sahacharadi Kashayam along with kati basti, swedana and other Shamanoushadis. Hence in this case study a male patient aged 49 years presenting with cardinal clinical sign and symptoms of Gridhrasi such as Ruk, Toda, Stambha and Muhu Spandana in the Sphika, Kati, Uru, Janu, Jangha and Pada in order and Sakthikshepanigraha that is restricted lifting of the leg.

Keywords- Gridhrasi, Sciatica, Sahacharadi Kashaya.

Access this Article Online

Website: <http://heb-nic.in/jrim>

Received on 04/05/2023

Accepted on 15/05/2023 © HEB All rights reserved

Quick Response Code:

