

CLINICAL EVALUATION OF ERANDAMULADI VASTI ON GRIDHRASI (SCIATICA)

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ABSTRACT:

Sciatica is a neurological disease caused mainly due to unknown etiology or inter vertebral disc prolapsed. It is not fatal, but severe pain may make the patient bed ridden.

The management of sciatica with unknown etiology is still a medical problem where except for some palliative measures no permanent medical treatment is available. The NSAIDs, of course, may instantaneously relieve the pain and are being widely used in the medical practice. But the adverse effects are so drastic that the patients are forced to discontinue the treatment.

Keeping the above shortcoming in view, an attempt was made to find out the therapeutic efficacy of Erandamuladi vasti on this disease.

Total 30 cases were taken for the study and received selected therapy. The result was highly encouraging and statistically highly significant ($P < 0.001$).

Introduction:

Gridhrasi (sciatica) is one of the vata disorders, which comes under eighty vatarogas. The description mentioned in Ashtanghridaya and Sushrut Samhita is one and the same. The pain starting from the low back down to heel and toes due to vitiation of vata, which makes the patient difficult to walk is called gridhrasi.

Charak has described two types of gridhrasi viz vataj and vatakapahaj. The pain in gridhrasi (sciatica) starts from the buttock, the waist or the back and radiates gradually towards the thigh, the knee, the leg and foot. Stiffness, pricking pain, restricted morbidity and frequent catching sensation, if present the gridhrasi is due to vata; on the other hand if drowsiness, heaviness and anorexia are present in addition, it is due to vata kaphaj.

Charak's description is very much similar to that of modern opinion. Severe pain originating from gluteal region gradually radiating towards the foot is the symptom of sciatica. Pulling pain, pricking pain, numbness and stiffness will also be present. Low backache with sciatica is very common among people of middle age. Trauma and prolapsed disc are the most common causative factors of sciatica. Severe cases are more chronic and give a history of remitting attacks.

Even though sciatica is not a serious disease in comparison to other neurological conditions, lack of proper management may lead to severe neurological deformity. Ayurvedic line of treatment is found to be more effective and suitable as compared to modern mode of treatment.

MATERIALS AND METHODS:

Thirty sciatic patients of either sex were selected from the OPD for the study. They received Erandamuladi vasti along with purvakarma with the help of Nirgundi taila and Patra pinda sweda.

Criteria of selection of patients:

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