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INTEGRATIVE APPROACH TO MANAGING GRIDHRASI - UNVEILING THE THERAPEUTIC SYNERGY OF RASNADI GUGGULU AND SHEPHALI PATRA KWATH IN SCIATICA CARE – A CASE REPORT

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ABSTRACT

Gridhrasi, described in Ayurvedic texts as a Vata-Kapha Vyadhi, manifests with symptoms resembling modern sciatica, including radiating pain, stiffness, and restricted movement. Rasnadi Guggulu and Shephali patra kwath, traditional Ayurvedic formulations, have shown promising results in alleviating the symptoms of Gridhrasi. This article explores the pathophysiology of Gridhrasi in Ayurveda, pharmacological insights of these formulations, and their application in integrative care for sciatica.

KEYWORDS: Gridhrasi, Sciatica, Rasnadi Guggulu, Shephali patra kwath Ayurveda, Integrative Care

INTRODUCTION

Gridhrasi, often correlated with sciatica, is characterized by pain radiating along the sciatic nerve pathway. The term "*Gridhrasi*" is derived from the *Gṛdhra* (vulture), symbolizing the patient's limping gait due to excruciating pain.[1]

Modern sciatica is primarily attributed to lumbar disc herniation, nerve compression, or degenerative changes. This article aims to bridge *Ayurvedic* wisdom with contemporary medical approaches for effective management.

Understanding *Gridhrasi* in Ayurveda

According to *Ayurveda*, *Gridhrasi* is a result of aggravated *Vata Dosha*, often combined with *Kapha*, leading to *Srotorodha* (channel obstruction).[2]

The symptoms, including pain, stiffness, and restricted movement, are closely aligned with those of sciatica. *Nidana* (causative factors) include:

***Aharaja*:** Incompatible foods (*Viruddha Ahara*) and improper digestion.

***Viharaja*:** Overexertion, long hours of sitting, and poor posture.

***Manasika*:** Stress-induced *Vata* aggravated [3]

Therapeutic Synergy: *Rasanadi Guggulu and Shephali Ghanavati*

1. Rasnadi Guggulu

Ingredients: *Rasna* (*Pluchea lanceolata*), *Guggulu* (*Commiphora mukul*), and other Vata-*Kapha* pacifying herbs.
Pharmacological Actions: Anti-inflammatory and analgesic properties.
Deepana-Pachana (digestive and metabolic stimulation) to address *Ama* (toxins).[4]
Vata-Kapha Shamana, reducing pain and stiffness.

2 .Shephali Patra kwath

Ingredients: *Shephali* as the primary component.
Pharmacological Actions: Potent analgesic and muscle relaxant properties.
Sroto-shodhana (channel cleansing), aiding nerve function.[5] Anti-spasmodic effects, reducing nerve compression.

Clinical Application and Case Insights

The combination of *Rasnadi Guggulu* and *Shephali Patra kwath* has demonstrated significant results in reducing pain, improving mobility, and enhancing quality of life.

CASE

A 45-year-old female presented with classical symptoms of *Gridhrasi*, including radiating pain from the lumbar region to the left lower limb, stiffness, and difficulty in walking.

***Rogi Pariksha* (Patient Examination)**

1. Darshana Pariksha

The patient exhibited an antalgic gait (limping due to pain)
Visible muscle stiffness in the lower back and affected limb.
Mild swelling was noted around the sacral region and thigh.
The patient frequently changed positions due to discomfort.

2. Sparshana Pariksha

Tenderness observed along the sciatic nerve pathway, especially in the gluteal region and posterior thigh.
Increased muscle tightness in the hamstrings and calf muscles. Cold extremities, indicating *Vata* dominance.
Decreased sensation in the affected limb

3. Prashna Pariksha

*Pradhana Vedan*a - Radiating pain from the lumbar region to the left lower limb.
Kaalaprabhava - Pain aggravated at night and early morning.
Vega - Sudden, sharp, shooting pain upon movement.
Upashaya - Warm fomentation and mild stretching provided temporary relief.
Anupashaya - Prolonged sitting, cold exposure, and excessive physical activity worsened symptoms.
Bowel Movements - Slight constipation, indicating *Vata* aggravation.
Appetite & Digestion – Mild *Agnimandya* with bloating.
Sleep Pattern - Disturbed due to pain.

4. Nadi Pariksha

Nadi (Pulse): *Vata-Kapha* predominant, irregular, and slightly weak.

5. Mala Pariksha

Hard stools with occasional dryness, indicating *Vata-Kopa*.

6. Mutra Pariksha

Normal, with no significant abnormalities.

7. Jihva Pariksha

Slightly coated tongue, suggesting *Ama* (toxins) accumulation.

8. Shabda, Sparsha, Rupa, Rasa Pariksha

Shabda (Voice): Normal, no hoarseness.
Sparsha (Touch): Dry and rough skin, indicating *Vata Prakopa.*
Rupa (Appearance): Dull, tired look due to disturbed sleep.

Rasa (Taste Perception): Slight bitter taste, suggesting *Vata-Kapha Dushti*.

Clinical Findings and Management Approach

Based on these observations, a 6-week regimen of *Rasnadi Guggulu* (500 mg twice daily) and *Shephali Patra kwath* (20ml twice daily) was administered, along with Panchakarma therapies, including:

1.Abhyanga (Oil Massage) with *Mahanarayana Taila*.

2. Swedana (Sudation Therapy) using *Nadi Sweda* with *Dashmoola*

3.Kati Basti (Lumbar Oil Retention Therapy) with *Sahacharadi Taila*.

4. Mild *Virechana* (Purgation Therapy) to eliminate *Ama* and balance *Vata*.

RESULTS

After 6 Weeks

80% reduction in pain.

Improved mobility and flexibility.

Significant relief from stiffness.

Better sleep quality and digestion.

Decreased dependency on analgesics.

Integrative Approach in Modern Sciatica Care

While modern management relies on NSAIDs, physiotherapy, and surgery in severe cases, *Ayurveda* offers a non-invasive, root-cause approach[6] Integrating *Ayurvedic* principles with modern diagnostics can:

1.Reduce dependency on painkillers.

2. Offer sustainable pain relief.

3. Prevent recurrence by addressing *Nidana*

DISCUSSION

Sciatica, known as *Gridhrasi* in Ayurveda, is a disorder primarily caused by the vitiation of *Vata Dosha*, sometimes accompanied by *Kapha Dosha*, leading to obstruction in the nerve pathways and resulting in characteristic radiating pain from the lower back to the lower limb. The term *Gridhrasi* is derived from *Gṛdhra* (vulture), signifying the limping gait that patients develop due to severe pain.

From a modern perspective, sciatica occurs due to compression or irritation of the sciatic nerve, commonly caused by lumbar disc herniation, spinal degenerative changes, trauma, or muscular entrapment, such as in piriformis syndrome. The present study highlights the effectiveness of *Ayurvedic* interventions in managing *Gridhrasi*. The administration of *Rasnadi Guggulu a*nd *Shephali Patra kwath* provided significant symptomatic relief by addressing the root cause of the condition. *Rasnadi Guggulu*, with its key ingredients like *Rasna, Guggulu, Eranda, Devadaru*, and *Shunthi*, possesses anti-inflammatory, analgesic, and detoxifying properties, which help in reducing pain, stiffness, and nerve irritation. It acts as a *Vata-Kapha* pacifier, improving nerve function and circulation while also removing metabolic toxins (*Ama*) that contribute to nerve compression. *Shephali patra kwath*, prepared from *Shephali*, is known for its *Shothahara* (anti-inflammatory), *Vedana-sthapana* (analgesic), and *Srotoshodhana* (channel-clearing) properties, which help in reducing nerve swelling and muscle spasms.

The patient experienced significant pain relief, improved mobility, and better quality of life within six weeks of treatment.

The holistic approach of Ayurveda, which focuses on *Dosha* balance, detoxification, and nerve rejuvenation, offers a promising

alternative to conventional treatments, particularly for chronic cases of sciatica where long-term pain management is necessary.

CONCLUSION

The therapeutic synergy of *Rasnadi Guggulu* and *Shephali Patra kwath* exemplifies Ayurveda's potential in managing *Gridhrasi* (Sciatica)[7] with their multifaceted actions on *Vata-Kapha* imbalance, these formulations not only alleviate symptoms but also address the root cause. *Gridhrasi* is a *Ruja Pradhaana Vatavyadhi*. It is characterized with intense shooting pain that radiates from *Sphika* (gluteal region) to *Pada* (foot).[8] It disturbs both physical and mental status of a patient. On the basis of symptoms of *Gridhrasi*; it can be correlated with the disease sciatica in modern science which occurs due to spinal nerve irritation and is characterized by pain along the distribution of sciatic nerve.[9]

Integrating these *Ayurvedic* interventions with modern medicine can pave the way for holistic and effective sciatica care.

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