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An Agnikarma in Sciatica – A Case Study

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Abstract

Acharya Charak mentioned 80 nanatmaja vata vyadhies in charak samhita. *Gridhrasi* is one of the vatavyadhi explained by acharya Charaka in vatavyadhi chikitsa adhyaya. Sedentary lifestyle in proper sitting posture at work place, continuous and over exertion jerking movement during travelling and sports leads to under pressure on spinal cord which results in low backache and sciatica. Symptoms of *Gridhrasi* closely resembles to the clinical features of sciatica. Sciatica is a very painful condition where sciatica nerve of one or both the legs is involved. In our patient who got no relief with conservative treatment. The patient presented hears with pain in lower back radiating to Right legs along with numbness and paraesthesia. The treatment as specified by acharya in various texts is focused on *Agnikarma*. *Gridhrasi* can be treated remarkably with procedure of *Agnikarma*. Here in the case study a female patient age 42 yrs presenting with clinical features of *Gridhrasi* & was given *Agnikarma*.

Key word- *Gridhrasi*, *Agnikarma* , Sciatica.

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INTRODUCTION

People with sciatica suffer from a wide range of symptoms often the pain will come and go. Some people may feel only a dull ache or numbness which travels down the back into legs. It may be intense shooting pains down the legs into the foot and toes. In reference to sciatica treatment, there is no need to state that in other

medicinal science only the symptomatic management and also few surgical procedures with interest of adverse reaction are available for the patient.

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Changing of life style of modern human being has created several disharmonies in his biological system. As the advancement of age. Professional & social sedentary lifestyle improper sitting posture in office, factories, continuous and over exertion jerking movements during travelling and sports. All these factors create undue pressure to the spinal cord & play an important role in producing low backache & Sciatica. The symptoms of this disease initially affect sphik (buttock) as well as posterior aspect of kati (lumber) and then gradually radiates to posterior aspects of uru (thigh), Janu (knee), Jangha (calf) and pada (foot)¹. Acharya sushruta opines when two kandaras in the leg gets afflicted with vata doshas, it limits the extension of leg, resulting in *Gridhrasi*⁽²⁾. The symptoms are stambha (stiffness), Toda (pricking sensation), Ruk (pain), Muhuspanan (tingling)³. Sciatica is also known as sciatica neuritis, sciatic neuralgia or lumbar radiculopathy, is when pain is felt going down the leg from the back⁴. Whereas in Ayurveda, various treatment modalities like siravedha, *Agnikarma*, basti chikitsa and palliative medicines are used successfully. Among these *Agnikarma* procedure seems to be more effective by providing timely relief, It's a classical fact that this pain is effectively relieved by the *Agnikarma* and

there is no fear of putrefaction & bleeding ultimately it produces balancing effect on vitiated vata dosha⁵.

CASE REPORT-

Name - Mrs. M. Age - 42 years

Occupation – House Wife

O/E – G.C- Fair, Pallor, Ecterus- No

B/P- 110/70 mm Hg, CVS- S1, S2-NAD, RS- NAD

A 42 years old lady patient presented to our OPD S.G.A.C.S.H, Tanta University, Sri Ganganagar Rajasthan, Dept of swasthivritta .with C/O Severe pain in lower back region & pain radiates to words Rt. Legs for 6 months. Pain worst at nighttime & patient was not able to walk & stand for long time even patient was not able to sit on Earth properly.

History of patient illness:-

A 42 years old woman was absolutely alright 5 months back suddenly she got severe pain in lower back region & pain radiates to words Rt. leg. She took some analgesics available at home. Tab. Diclofenac but did not get relief. After same days, pain was gradually increasing in intensity. As the patient feel difficulty in own house hold work.

When she come our hospital for ayurvedic treatment. On the basis of observation & history we diagnosed her as a case of *Gridhrari* or *Sciatica*. In Ayurvedic tests, *Gridhrasi* has similar

Syptomias with Sciatica. According to acharya Charka, stambha (stiffness) ruka (pain). Toda (pricking sensation) and spandana (twitching) are the signs & symptoms of *Gridhrasi*. *Gridhrasi* is one of the vata vyadhi. It starts from hip and gradually comes down to waist, back, thigh, knee & foot and affects these parts with stiffness, distress, piercing pain and with frequent quivering.

On the basis of diagnosis we decided to go for *Agnikarma* & consent for the same as taken after explaining her whole procedure properly. Most painful & tender points marked with marker pen. Skin was cleaned by spirit. *Agnikarma* shalaka (an instrument made up of 5 metals (e.g. – Zinc, Copper, silver, iron, tin)) was made red hot by burning it on LPG gas stove. *Agnikarma* was performed in bindu manner. Lower back to toe comes down with 5-7 dots. On each marked point. As soon as *Agnikarma* was over, assistant put fresh aloe vera rubbed over burned site immediately after *Agnikarma*. She got 80% relief at the tender spot. We applied honey & ghee on burned area. She was advised for follow up after 7 days. After *Agnikarma* patient advised to try walk or stand for 10-15 mins. Pt was able to stand or walk properly with mild discomfort. Then patient came at hospital after 7 days. She complained pain again in morning

time after *Agnikarma* day. She said pain was increased that time pain increased due to *Agnikarma*. She admitted that she was able to do household work & walk properly. Now in this follow up she got 80-90% relief. Patients were much satisfied as she was able to do household works. Thus patient got almost complete relief in 10 days with some ayurvedic medicine & management.

DISCUSSION

Gridhrasi is one of the painful conditions which hamper the daily routine of the patient. This disease has a predominance of vata dosha as it comes under 80 vataj nanatmaj vyadhi and may have kapha anubandha with it. Ayurveda believes that being ushna treatment *agnikarma* acts against the properties of vata & kapha doshas and hence *Agnikarma* cures all the vata & kapha disorders.

According to gate control theory, gate control system is located at the junction of first and second neuron. Large diameter fiber 'A' is stimulated by touch and temperature, fine 'C' fiber is stimulated by pain. If 'A' fiber once gets stimulated, it blocks the gate mechanism, then pain from 'C' fiber doesn't pass through the gate to reach the brain for perception. Thus by *Agnikarma* pain perception is not felt to the patient. Heat induces metabolism at muscle fiber cells

and removes waste products and release the stiffness of the muscles⁶.

CONCLUSION –

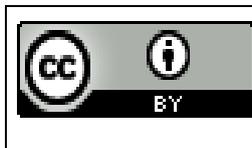
Gridhrasi or Sciatica can be effectively treated with *Agnikarma*. This treatment regimen needs to be applied on larger number of patient to draw appropriate conclusion.

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