CASE STUDY OF SCIATICA

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ABSTRACT
Sciatica is also known as sciatic neuritis, sciatic neuralgia or lumbar radiculopathy, is when pain is felt going down the leg from the back. The term sciatica describes the symptoms of leg pain and possibly tingling, numbness or weakness - That originate in the lower back and travel through the buttock and down the large sciatic nerve in the back of the leg. Sciatica is typically caused by irritation of the sciatic nerve, Spinal disc herniation- pressing on one of the lumbar or sacral nerve roots is the primary cause of sciatica, Lumbar Spinal stenosis- in which the spinal canal narrows and compresses the spinal cord, cauda equine or sciatic nerve roots, Piriformis Syndrome, Pregnancy- during pregnancy as a result of the weight of the fetus pressing on the sciatic nerve during sitting or during leg spasms & Others- Trauma to the spine & Tumours on the nerve root. In Ayurveda, sciatica is compare with Grudhrasi disease. Grudhrasi is a Vata vyadhi. In aggravated vata, the functional energy in the body makes the soft tissues adjacent to the vertebral column dry & rough. This leads to the weakening & eventual degeneration of such tissues. This is the basic & root cause for Grudhrasi. Here I present the case of 39 years old male patient, whose early diagnosis of sciatica permitted successful management according to ayurvedic principles. Though initially bedridden due to pain, he return to normal life.

CASE
PATIENT NAME- XYZ
AGE- 39 yrs. SEX- Male
Occupation-Worker Reg. No. 20915/1753
D.O.A-10/06/2015 D.O.D=9/07/2015

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C/O – Pain in Rt. Leg from hip to toe
- Lower Backache
- Tingling sensation in Rt. Leg
- Numbness - since 3 yrs.
No H/O- Any Drug Allergy.
H/O- Alcohol consumptions - since 20 yrs. O/E- GC-Fair & Afebrile
P-84/min BP-120/90 mm of hg S/E- RS- AEBE Clear
CVS-S1 & S2 Normal
CNS-Conscious & Oriented
SLRT- Rt.-50%, Lt.-90%, B/L- 40%; painful

INVESTIGATIONS
Hb-14%; RBC-4500; WBC-8000; ESR-15; Platelets- 165000
RA, VDRL, HbsAg – Negative
X-ray of L.S. Spine- Space reduction in L3-L4, L4-L5 & L5-S1.

NIDANPANCHAKA
Hetu-
Aaharaj- Vatana, Udid, Gahu, Mash, Draksha etc. Sevan Viharaj- Atichakraman, adhikavyayama, Strss etc.
Sanprapti-
Hetu sevana vaata prakopa merudand ruksha and shushkata increases pain that radiate to Leg Grudhrasi (Sciatica)

TREATMENT GIVEN
Oral: -
- Tab. Yograj Guggulu (500mg) TDS x 14 days
- Tab. Arogyavardhini Vati (500mg) TDS x 14 days
- Tab. Panchatikta gruta Gugulu (500mg) TDS x 30 days
- Dashmul + Rasna Kwatha 30ml BD X14 days
- Triphala Churna 5 gm HS
- Tab. Ossopan 500 1-0-0-x 15 days Panchakarma:-
- Sarvang Snehan & Swedan with Til Tail x 30 days
- Kati Basti with Sahachar Tail + Mahanarayan Tail x 30 days
- Yog Basti kram with Dashmul Kwath(400ml) with Anuvasan Basti (Til Tail-80ml) x 7 days
- Panchatikta gruta kshira Basti (120ml) & Anuvasan Basti with Bala Tail (60ml) x 21 days
- Agni Karma on Rt. Buttock region.

AFTER TREATMENT
SLRT- Rt.-70%, Lt.-90%, B/L- 50%; painless.
ON DISCHARGE- Patient is advised oral medicines and regular follow up in OPD.

DISCUSSION
Initially when patient came to us, patient was suffering from the disease almost since 3 yrs. Having painful SLRT, Rt. Leg pain, Tingling sensation & Numbness. After therapy of one month patients SLRT is painless & markedly improved. There is no other complains. Patient can now do his routine work without taking NSAIDS.

We have manage this patient with the help of Ayurvedic Medicines & Panchakarma.

CONCLUSION
The case highlight the fact that confidence can be placed in Ayurvedic treatment principles even in a case where modern medicines progress is poor. The patient was diagnosed in Ayurvedic term and treated accordingly Katti Basti, Agni Karma & Panchatikta ghrita kshira Basti in case of sciatica. Patient can now do his routine work without taking NSAIDS.