



## Case Study

### A CASE DISCUSSION ON SCIATICA

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#### ABSTRACT

Sciatica is a common type of pain affecting the sciatic nerve. Sciatica usually affects only one side of the lower body, often the pain extends from the lower back all the way through the back of the thigh and down through the leg. Depending on where the sciatic nerve is affected the pain may also extend to the root or toes. For some people, the pain from sciatica can be severe and debilitating, for others the sciatica pain might be infrequent and irritating, but has the potential to get worse. Among the affected patients, 40 % have radicular pain and these cases can be classified under the Umbrella term of sciatica syndrome. Low back pain is extra ordinarily common second only to the common cold particularly in most productive period of life. The person who suffers from this disease is partially handicapped as the patient may not be able to walk, stand or sit comfortably due to his constant attention to the painful limb. We describe a case of 45 years old man who is Police by Occupation. The patient came to us complaining of pricking pain, pulling pain, stiffness at Right leg. He was not able to walk without support. The X-Ray of Pelvis with both the Hips shows PID. The Patient was suggested an operative and he thought that he never stand and walk on his own legs. With this complains the patient was admitted in our institute. Shodhan therapy has already been established as being better than shaman. Hence Panchtikta Kshir basti and Majja Ghrita Basti were selected for the present case. At the same time we started him oral medication with Yoga. The patient was admitted for two months and fifteen days, and completely recovered from sciatica. This is one of our best cases of recovery of this kind. It is due mainly to the fact that the condition was in early stages. The results replicated the original study and showed substantial improvement for the patient and his dream came true to walk on his own legs without support.

**Keywords:** Sciatica, Panchtikta Kshir basti, Majja Basti, Yoga.

#### INTRODUCTION

Sciatica is a more common cause of pain and disability. Sciatica is a common type of pain affecting the sciatic nerve. Sciatica is defined as the pain in the distribution of sciatic nerve or its component nerve roots. The syndrome now has been accepted as caused by lumbar disc. Prolapse in maximum case, but there are some predisposing factors towards herniation such as degenerative changes in the vertebral column and history of some kind of trauma. History of trauma is present in about half of the sciatic cases. The trauma may be sudden such as fall from height, lifting heavy weights. Usually it is a repetitious trauma like digging, bending, lifting heavy loads, and travelling in jerky vehicles. Postural factors such as sitting for long time in an overstretched chair, badly designed car or scooter seat, sleeping with back hyper extended position plays the role in cause of sciatica. However sciatica rates reported in different studies and reviews very considerably and provide no clear picture about sciatica prevalence. Sciatica prevalence from different studies ranged from 1.2 % to 43 %<sup>1</sup>. Sciatica is a relatively common disorder. The prevalence estimates among the normal population vary between 2 % and 5 %. It is considered the leading manifestation of ruptured lumbar inter vertebral disc which may lead to protrusion or herniation.<sup>2</sup> Extruded disk herniation, displacement of nerve root and interruption of anololigamentous complex are unusual finding in an asymptomatic population and can be more closely related to patients with low back pain or sciatica.<sup>3</sup> The prevalence were found to be highest in the wage earning years. The prevalence of sciatica peaked at much younger ages than the corresponding peak rate for other low back

syndromes.<sup>4</sup> Sciatica is a neuralgic pain referred to the muscles supplied by the sciatic nerve.<sup>5</sup> Pain in the distribution of the lumbar or sacral root is often due to disc protrusion.<sup>6</sup> Pain and limitation on SLR is a feature of prolapsed inter vertebral disc, when there is irritation or compression of one of the root of sciatic nerve.<sup>7</sup> A symptomatic lumbar disc herniation occur during the lifetime of approximately 2 % of population. Risk factor includes male gender, age 30-70 years, heavy lifting or twisting, stressful occupation, cigarette smoking. Symptoms typically commences with a period of back pain followed by sciatica. There may be parasthesia, motor weakness, loss of reflexes and reduction in SLR.<sup>8</sup> Sciatica can be equated with Gridhrasi in Ayurveda. Gridhrasi is one of the most agonising disorders characterised by its distinct feature of severe pain starting from gluteal region and radiating towards ankle joint and foot of the affected site of leg.<sup>9</sup> Gridhrasi in entity enumerated by Shulapradhan is one among 80 types of Vatavyadhi.<sup>10</sup> Pain is the prominent symptom of Gridhrasi. It is classical fact that this pain is effectively relived by Basti. It is counterpart, the management by modern medicine for this condition is by conservative treatment like rest, immobilisation, use of analgesics, anti-inflammatory drugs, physiotherapy, or surgical in later course of the disease. If the pain and neurological defect may not subside on prolonged conservative treatment finally surgery is considered which not a right choice is. Shodhan therapy has already been established as being better than shaman. Hence initially Panchtikta Kshir basti is selected for the present case.<sup>11</sup> After two sessions of Panchtiktakshirbasti, Majja Ghrita basti was selected for the patient with oral medications.

**Case Report**

**Patient's name-** XYZ

**Gender -** Male

**Age –** 45 Years

**Built –** Medium

**Date of First visit -**31/12/2013

**Chief complains**

Pain radiating from hip of Right leg to the toe, Pain in the back of Thigh, Pain in the foot, Patient is not able to walk, lying on the bed with pain affected limb flexed by supportive pillows, Pricking and Pulling pain, with Stiffness and Numbness at right leg, All the above complains were since one and half months.

**Past history**

History of fall before one and half month, Appendectomy before 13 years

**On examination Clinical Findings**

SLR of Right Leg 30<sup>0</sup> Left Leg 45<sup>0</sup> Patient was unable to look lively endless pain; Patient is not able to walk. Other systemic examinations were within normal limits.

**X-Ray Findings**

Pelvis with both the Hips suggests PID. Other routine investigations were within normal limits.

**Diagnosis-** Sciatica.

**Date of Admission-** 31/12/2013

**Date of Discharge-**21/3/2014

**Principle of treatment**

Reduce the pain and inflammation, Relax muscles, Promote blood circulation, Increase muscle tone.

**Criteria of Assessment for Observation**

S. No.	Subjective Symptoms	Parameters	Gradation
1.	Pricking Pain	Absent Mild Moderate Severe	0 2 4 6
2.	Pulling Pain	Absent Mild Moderate Severe	0 2 4 6
3.	Stiffness	Absent Mild Moderate Severe	0 1 2 3
4.	<b>Subjective Signs</b> Tenderness of Sciatic Nerve	Grade I says 2 Grade II winces 4 Grade III winces	2 4 <6
5.	SLR Scoring	0 10 20 30 40 50 60 70 80 90	54 48 42 36 30 24 13 12 6 0
6.	Pressing Power	Up to 10 kg 10-20 kg 20-25kg >25kg	3 2 1 0
7.	Walking Speed Time taken to cover 20 minutes.	up to 20 sec 21-40 sec 41-60 sec >60 sec	0 1 2 3
8.	Sensory impairment	Present Absent	2 0
9.	Posture	1. No complains 2. Patient walk without difficulty but experienced difficulty from getting up from squatting posture 3. Difficulty to squat 4. Difficulty in climbing up stairs 5. Limping gait 6. Can stand on both limbs but with pain 7. Can stand without touching the affected limb on floor 8. Can sit on bed without support but with pain and difficulty 9. Lying on bed with pain affected limb flexed by supportive pillows.	0 1 2 3 4 5 6 7 8

Observations in the Present Case

S. No.	Signs and Symptoms	Score Before Treatment	Score After Treatment	Percentage of Relief
1.	Pricking Pain	4	2	50 %
2.	Pulling Pain	6	0	100 %
3.	Stiffness	3	0	100 %
4.	Tenderness of sciatic nerve	6	2	67 %
5.	SLR	36	6	83 %
	Rt.	30	0	100 %
	Lt.			
6.	Pressing Power (Both Lower limb)	3	0	100 %
7.	Walking Speed	3	0	100 %
8.	Sensory impairment	2	0	100 %
9.	Posture	8	0	100 %

**Total Treatment Schedule for Two Months and 15 Days Snehan and Swedan Chikitsa**

- Sarwang Snehan ,Swedan-Daily during the course of Basti.
- Kati Basti- Daily in the Morning.
- Prastar Swed -Daily at night.

**Basti Chikitsa**

- Panchtikta Kshir Basti -1/1/2014-13/1/2014
- Panchtikta Kshir Basti -31/1/2014-16/2/2014
- Majja Ghrit Basti – 26/2/2014-14/3/2014

**Yoga**

- Padmasan- daily for 1 minute, after the pain was relived daily for 3 minutes.
- Pawanmuktasan-daily for 1 minute, after the pain was relived daily for 3 minutes.

During the above course of treatment oral medication like Rasrajeshwar ras, Shephali patra swaras, and Siddhdh Ghruta, etc. were also given to the patient.

**Date of Discharge-21/3/2014**

**DISCUSSION**

Acharya Charak describes Basti as a Treatment for Gridhrasi. Pain is produced mainly by Vata Prakop and Basti is best treatment for Vata. So Panchtiktakshir basti acts as Vatanuloman and relaxes the spinal muscles controlling Apana Vayu. Just destruction of roots kills a plant, Basti administration destroys the disease. Basti is best for vatavyadhi and also for Asthigat vata so tikta drugs were beneficial. Asthi is being the site of vata and basti materials purify the purishdhara kala. Asthivah strotas gets purified and vitiated vata gets subsided. Pakwashaya is the main site of vata and Basti mainly posses vata shaman property. So in this patient Panchtiktakshir Basti plays very important role. This Basti was given for 21 days. The ingredients of Majjaghrut Basti have Ushna virya, Guru Vipak and potent Vatahar properties. Generally with increasing age there is depletion of Dhatus, and Bala etc. This phase is also recognised with hyperactive vatadosha resulting from Dhatukshaya. Majja has the properties of increasing Bala, Shukra, Ras, Shleshma, Meda, and Majja. It has been described to rejuvenate especially Asthi Dhatu. So Majja Ghrita Basti plays very important role for Asthidhatu as Balya and Rasayan.

**Mode of Action of Panchtiktakshir Basti**

Gridhrasi is Madhyama marggata Vyadhi in which vitiated vata gets lodged in Katipradesh. Various types of pain in Gridhrasi is due to Vatadosh getting lodged in Asthidhatu

and tingling sensation along the root of sciatic nerve can be correlated with majjagatva of vatadosh. Therefore drugs acting on vatadosh, Asthi and majja dhatu and Katisthana were selected. According to Charak in Asthidhatu dushti the treatment should be given Tikta Dravya Ghrita and Kshir. In panchtiktakshir basti predominance of tikta ras is there. Tikta ras has vayu and Akash mahabhuta in dominance. Hence it has got affinity towards the body elements like Asthi having vayu and Akash mahabhuta in dominance. Most of ingredients have tikta ras, Ushna virya, Madhur ras and Katu Vipak. Tikta ras increases Dhatwagni and so the nutrition of all dhatus will be increased. As a result Asthidhatu and Majjadhathu Kshya will be decreased. So degeneration of Asthidhatu may not occur rapidly. Tikta ras has Deepan, Pachan, and Rochan Properties. So it helps in the improvement of general condition of health thus strengthen the whole body as well as the joints. On the other hand tikta ras possess lekhan property, so it helps in weight reduction of the patient and helps in the management of the disease. Tikta ras also got Jwaraghna and Dahaprashman properties that it may acts as anti-inflammatory agent and can reduce the pain and swelling of affected vertebral root and nerve root. Milk contains calcium, Phosphorus, Vitamin D which helps in bone formation by maintain the proper levels of calcium in blood. Cow's milk also contains lactoferin, and iron binding protein, that boosts the growth and activity of the osteoblast. This also decreases the formation of osteoclasts, the cells responsible for breaking down of bone and helping to build the bone and prevent osteoporosis.

**Mode of action of Majjaghruta Basti**

Ghruta is Vatapittashaman, Balya, agnivardhan, Madhura, Saumya, Sheet, Jwarahar and Vayusthapan. So it improves the general condition of the body and acts a rejuvenator of the body. Ghrita is having property like yogvahi which is helpful in increasing bio availability of other drugs without losing its own property. Ghrita also contains Vitamin D which plays important role to utilize calcium and phosphorus in blood and bone building.

**CONCLUSION**

Panchtiktakshir Basti and Majjaghruta Basti has given a miraculous results in this patient. The patient was admitted for total two months and 15 days and completely recovered from sciatica. This is one of our best cases of recovery of this kind. It is due mainly to the fact that the condition was in the early stages. The results replicated the original study and showed substantial improvement for the patient as he increased his function.

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