REVIEW ARTICLE ON ROLE OF SIRAVEDHAN IN GRIDHASI W.S.R. TO SCIATICA - A CONCEPTUAL STUDY

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https://doi.org/10.46607/iamj3308092020
(Published online: September 2020)
Open Access
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Article Received: 26/08/2020 - Peer Reviewed: 08/09/2020 - Accepted for Publication: 08/09/2020

ABSTRACT
Katishool, low back ache (lumbago) is the most common problem in middle and old age people hampering the normal activity. There are several reasons associated with the pain such as – neurological, metabolic, degenerative, traumatic, bad posture, restless lifestyle, etc. Gridhasi is one of the Nanatmaja Vata Vyadhi, characterised by Katishool where the site of pain starts from the Sphika (back region) and then radiates to Kati, Pristha, Uru, Janu, Jangha, Pada in order. The signs and symptoms mentioned in ayurvedic texts resembles the medical condition named sciatica. Sciatica describes leg pain that is localised in the distribution of one or more lumbosacral nerve roots, typically L4-S2, with or without neurological deficit. This causes abnormality in the gait of the patient. Gridhasi being a dominant lifestyle disorder needs a proper management and Siravedhan is one of the propitious managements of Gridhasi described in Ayurveda classics. Acharya Sushruta explained the importance of Siravedhan by accepting it as Ardha Chikitsa (half of the therapeutic measure) in Shalya tantra like Basti in
Kayachikitsa. Acharya Sushruta also mentioned that the diseases which are not relieved so quickly by Snehana, Lepanadi measure, in this Siravedhan do wonders by acting as an emergency management to achieve good results.

**Keywords:** Pain, Sciatica, Gridhasi, Siravedhan

**INTRODUCTION**

Pain is the unpleasant sensation and emotional experience that hampers one’s normal day to day routine and productivity of life. It is the most common problem with which patient arrives to the physician for consultation. Gridhasi is the painful condition in which patient can neither sit nor walk properly. In this disease the patient walks like the bird Gridhara and his legs becomes tense and slightly curved, so due to resemblance with the gait of a vulture, Gridhati term might have been given to this disease. The description regarding Gridhasi is given in almost all Ayurveda classics. Acharya Charaka describes the Lakshana of Gridhasi as pain starting from Sphika then radiating to Kati, Pristha, Uru Janu, Jangha orderly. He mentioned two types of Gridhasi, Vataj and Vata-Kaphaj. Vataj Gridhasi where symptoms like Ruk, Toda, Stambha, Muhuspandana are present. Acharya Sushruta mentioned Sakshikhepa Nigrahamti as a symptom. Commenting upon this symptom Dalhana opines that Kandara that forbids the movement of limb is called Gridhasi. This is the additional manifestation of limited mobility of affected leg. Vagbha while describing the Gridhasi Lakshana used the word Utkshepana in place of Kshepa means that patient finds difficulty or fails to uplift the leg due to vata. Acharya Madhav described another symptom of Vata Gridhasi, Dehasyapi Pravakrata considering the gait where the body of patient bends towards the affected side of the body. Another type of Gridhasi is Vata Kaphaja where symptoms like Tandra, Gaurava, Arochaka, are present. Acharya Bhavprakash and Madhava have mentioned Mukhpraseka and Bhaktadwesa as symptoms of Vata Kaphaja Gridhasi. Staimitya (feeling as if wet cloth is wrapped) as the symptom of Vata Kaphaja Gridhasi is mentioned by Acharya Harita only. The symptomatology of disease Gridhasi closely resembles sciatica in modern medical science. Sciatica is a common painful condition becoming a significant problem to working population and burden to both industrial and health service providers. Sciatica is a relatively common condition with lifetime incidence varying from 13% to 40%. The corresponding annual incidence of an episode of sciatica ranges from 1% to 5%. Sciatica is the term used for low back pain that radiates into buttock, hips and down the leg to the foot. The pain often is associated with tingling, numbness, or weakness of the leg. Sciatica can be caused by number of conditions that lead to compression or irritation of nerves as they exit the spinal canal in the region of the lower back where they come together to form sciatic nerves at the end of spinal column. The treatment of sciatica is done symptomatically in conventional medical practice. NSAIDS, physiotherapy, etc are primarily given to the patient and lastly surgery is recommended. All this doesn’t necessarily show satisfactory results and also have more of adverse effects. So, there is a need to find promising management which is easier and cost effective. In ayurvedic texts several methods are used as a line of treatment of Gridhasi which includes Bhesaja, Siravedha, Agnikarma, and Basti. Siravedhan (vene puncture) which is a parasurgical procedure used as treatment modality to reduce pain, stiffness, muscle spasm and inflammation in patients of Gridhasi. It is one of the methods of Raktamokshana or bloodletting used as emergency management of disease.

**Materials and Methods**

A literary review is conducted using references that has been collected and compiled from various available ayurvedic classics texts like Sushruta Samhita, Charak Samhita, Astanghridaya, Astangsamgraha, Madhavnidan, etc and available commentaries on it. Electronic database like Google scholar, AyU, IJPAAM, JAMA, IJCAM, IJAPR, etc are also used to conduct the conceptual study.
Siravedhan in Gridhasi

Siravedhan is one of the Shodhana Chikitsa. It is accepted as half of the therapeutic measure in Shalya Tantra like Basti in Kaya Chikitsa. Cardinal symptoms of Gridhasi such as Ruk, Toda, etc are relieved by Siravedhan. The different sites of Siravedhan are mentioned by Acharyas in ayurvedic texts which is as follows: Acharya Charaka: In between Kandara and Gufja, Acharya Sushruta: 4 Angula above or below from Janu Sandhi, Acharya Harita: 4 Angula above from Gufja. Acharya Sushruta described the whole Siravedhan Vidhi in Sharir Sthan. A patient done with Snehana and Swedana, is advised to take liquid diet and Yavagu Paan (gruel). Then in Yogya Kala (not in rainy or winter season) patient is asked to visit the surgeon and made him sit or lie in position that doesn’t hinder his vital functions. The site selected for Siravedhan is then tied neither loose nor too tight with cloth, creepers, inner fibres of bark, etc. Then use appropriate instrument for the Siravedhan procedure. Acharya also mentioned the maximum quantity of bloodletting that is 1 Prastha (640 ml) of blood per sitting. This volume of blood is indicated in people having more Doshas, strong built and young age.

Probable Mode of Action of Siravedhan

Gridhasi is the Shool pradhana Vatavayadhi and wherever Shoola is present there is always involvement of Vata Dosha. Treatment or using particular therapy in Ayurveda is simply correcting the aggravated Doshas and bringing the Tridoshas into state of equilibrium. Siravedhan is predominantly indicated in Pitta, Raka and Kaphaja Vyadhies or when pitta and Kapha is in Anubandha to Vata Dosha. In such conditions of Vata Prakopa due to Kapha and Pitta Avarana, Siravedhan can help to remove the Avarana of Pitta and Kapha Dosha giving way for Anuloma Gati of vitiated Vata that indirectly cures the Vatika symptoms along with symptoms produced by Kapha Dosha. By Siravedhan, pain in Gridhasi might get reduced due to reduction of pressure over the surrounding nerves. Siravedhan also have significant effect on SLR. It might be due to accumulated blood that is let out through Siravedhan and allows free space for movement of limb. According to the modern concept various probable mechanism are going to change in body by bloodletting, such as local blood supply is improved, local metabolism is improved, fresh RBC’S are produced which are active. Release of hormones, sympathetic nerve function etc, are triggered which directly stimulates bone marrow and immune related T-lymphocytes helping in relaunching of healing mechanism.

DISCUSSION

Siravedhan is a procedure that is used as a treatment in Sarvaadhika Doshas Dushti or vitiation of Doshas in whole body. Acharya Sushruta in Sharir Sthan explained the functioning of Siravedhan with an example. It states that, during Siravedhan procedure when the vein is opened the vitiated blood is seen to flow out first like drop of yellow pigment that comes out of Kasum-bha flower whenever it is plucked. So by this vitiated blood comes out with elimination of Doshas and finally curing the disease. Disease like Gridhasi where affliction of Rakta along with Vata occurs, there Siravedhan plays an important role in management. It helps in immediate lowering of symptoms like Ruka, Stambha, Toda, Spandan, etc and works as an emergency treatment. Patients of Gridhasi comes with the most common symptom that is pain which is unpleasant sensation that effects physical and emotional wellbeing. There also Siravedhan serves as a boon for the pain management along with the cure of disease hence providing treatment satisfaction to the patient.

CONCLUSION

Gridhasi is the most common pain dominant disease that dominates in the society. Siravedhan is a parasurgical procedure which is cost effective and promising management of diseases like Gridhasi. It is a simple procedure and does not necessarily requires hospitalization. When other treatment doesn’t show marked improvement or fails then Siravedhan shows miraculous effect by relieving symptoms like pain, stiffness, heaviness, pricking sensation, heaviness and drowsiness. Acharya Vridhha Vagbhata made a beautiful comparison while describing the importance of Siravedhan. He mentioned that as the water comes out and plants die...
on cutting the borders of field likewise vitiated blood comes out and automatically the disease gets cured by Siravedhan.[16] In Gridhasi Vyana Vayu is the most important factor responsible for the disease. Siravedhan acts on the Avarana or the obstruction further establishing normal Vata function. The symptoms of Samyak Siravedha are Laghva Veednashanti, vyadhivegapari-shaya, Prasado Manastatha.[17] It means that patient feels lightness and alleviation of pain in the affected part by an abatement of disease, and a sense of joy. So, by this we can conclude that Siravedhan is beneficial for pain dominant diseases like Gridhasi.

REFERENCES


Source of Support: Nil
Conflict of Interest: None Declared