

## AYURVEDIC MANAGEMENT OF GRIDHRASI (SCIATICA)

[Anshika Rao](#)<sup>1</sup>, [Sunita Kumari](#)<sup>2</sup><sup>1</sup>M.D. Scholar P.G. Department of Rachna Sharira, R.A.C. Lucknow (U.P.), India<sup>2</sup>Reader, H.O.D., P.G. Department of Rachna Sharira, R.A.C. Lucknow (U.P.), IndiaCorresponding Author: [anshikaraolko@gmail.com](mailto:anshikaraolko@gmail.com)<https://doi.org/10.46607/iamj1709092021>

(Published Online: August 2021)

## Open Access

© International Ayurvedic Medical Journal, India 2021

Article Received:03/08/2021 - Peer Reviewed:23/08/2021 - Accepted for Publication:24/08/2021



## ABSTRACT

In the contemporary era, human society is leading a mechanical life with a sedentary lifestyle, precariously busy schedule, constant work without rest, night shift, alarming anxiety and stress in the work field, drastic changes in the environment etc. All these cause prevalence of *Vatavyadhi*(disorders due to *Vata dosha*) in this modern era. Among the different *Vatavyadhi* (disorders due to *Vata*), the most affected one is *Gridhrasi* (*sciatica*) which is characterized by low backache radiating to one or both the lower limbs. In addition to the above-mentioned causes, constant work schedule in an improper sitting posture, travelling long distances by vehicles, lifting of heavy objects, trauma to the low back region are the precipitating factors of *Gridhrasi*. The causes, signs and symptoms explained by different *Acharyas* have more relevance to the present situation. The presentation of *Gridhrasi* varies from person to person due to changes in *Nidana*(causative factors), and *Samprapti* (pathogenesis). Close observation and thorough knowledge of our classics make the diagnosis and treatment of *Gridhrasi* easier. So, the present article tries to explain the *Lakshana* (symptoms) and treatment of *Gridhrasi* which will ensure a simpler and more effective treatment of the cases.

**Keywords:** *VataVyadhi; Gridhrasi; Nidana; Samprapti; Lakshana; Treatment.*

## INTRODUCTION

*Gridhrasi* is a frequently encountered problem in the present era produced commonly due to the changed lifestyle. *Sciatica* is characterized by severe pain which starts in the back and radiates down to one or both lower limbs. It is prevalent all over the world. *Gridhrasi (sciatica)* is also a pain dominant lifestyle disorder, in which the pain starts from *Sphik Pradesh* (back region) and radiates towards the foot. Based on the symptoms, *Sciatica* can be correlated with *Gridhrasi* in *Ayurveda*. *Gridhrasi* is included in *Vataja Nanatmaja Vyadhi* and is considered as a *Maharoga* by *Acharya Charaka*. In all *Ayurveda* classics, the description of the diseases is available. But *Sushruta*, the father of surgery has described all the details about the disease changing lifestyle of modern human beings has created several disharmonies in his biological system as the advancement of busy, professional and social life, improper sitting posture in office, factories continuous and overexertion jerky movements during travelling and sports – all these factors create undue pressure to the spinal cord and play a chief role in producing lower backache and sciatica. Similar progressive disorders affecting the pelvis and nearer structure are also precipitating in this condition. In this way, this disease is now becoming a significant threat to the working population, improper sitting posture, jerky movement during travelling & sports may worsen the disease condition.<sup>1</sup> Nowadays's a most common disorder which affects the movements of the leg particular in middle age is low backache out of which 40% are radiating pain which comes under *Sciatica syndrome* which affects daily routine work.<sup>2</sup> *Sciatica* is characterized by constant aching pain felt in the lumbar region that may radiate to the buttock, thigh, calf and foot.<sup>3</sup> *Sciatic pain* radiates along the course of the sciatic nerve. It is common between 30-40 years of age and affects both the sexes (male and female) equally.<sup>4</sup> The word *Gridhrasi* originated from the root *Gridhra* which means the bird vulture. Due to pain, the gait of the patient will be similar to that of the vulture. The cardinal signs and symptoms of *Gridhrasi* are *Ruk* (persistent pain), *Toda* (pricking pain), *Stambha* (stiffness), and *Muhu*

*Muhu Spandana* (intermittent twitching) in the regions of *Sphik* (waist), *Kati prishta* (low back), *Uru* (thigh), *Janu* (knee), *Jamgha* (calf) and *Pada* (foot) in the order<sup>4</sup> and there will be a restriction in the lifting of the leg. There are two types of *Gridhrasi* - *Vataja* and *Vatakaphaja*.<sup>5</sup> In *Vatakaphaja Gridhrasi*, along with these symptoms, additional symptoms like *Tandra* (drowsiness), *Gourava* (heaviness), *Arochaka* (anorexia) will be there. In *Vataja Gridhrasi*, there will be more *Toda* (pricking pain), *Dehasya Ativakranta* (increase in the normal curvature of the spine), *Sphurana* (throbbing pain) and *Stabdhatta* (stiffness) of *Janu* (knee), *Jangha* (calf), *Uru* (thigh), *Sandhi* (joints) and *Suptata* (numbness). In the case of *Vata Kaphaja* type, *Gourava* (heaviness), *Vahnimardava* (loss of appetite), *Tandra* (drowsiness) *Mukhaprasaka* (excessive salivation), *Bhaktadwasha* (aversion to food) will be more.<sup>6</sup>

### AIM AND OBJECTIVES:

To understand the ancient knowledge of the disease *Gridhrasi* in respect of etiology, clinical feature, prognosis, and management in current practice.

### MATERIAL AND METHODS:

#### SOURCE OF DATA:

**LITERARY REVIEW:** Classical textbooks of Ayurveda Textbooks of contemporary science Textbooks of Yoga Published articles from periodicals, journals and other magazines Authenticated websites *INDIAN (ETIOLOGY)*.

**Dietetic factor:** Excessive use of *Ruksha, Guru, Sheeta* diet, fasting, constipated diet, improper & irregular diet habits.

**Behavioral factor:** Excessive physical exertion, improper sitting/ gesture, excessive walking/ running/ swimming/ exercise/ sexual intercourse, weightlifting, excessive travelling/ bike riding, suppression of natural urges *Exogenous (Agantuja): Abhighata (Trauma)* Other cause: *Ama, Dhatushaya*

**CLINICAL FEATURES:**<sup>8</sup> *Ruk* – Dull aching pain and radiating type started from hip joint, later affect waist, back, thigh, knee, calf and feet. *Toda*<sup>9</sup> – Pricking pain felt along with the distribution of the *Sciatic nerve*. *Stambha*<sup>10</sup> – Stiffness or feeling of tightness

and rigidity in the legs, and so patient developed restricted movement of legs. *Spandana*<sup>11</sup> – Sensation of pulsation or throbbing *Sakti Kshepana Nigrahnat*<sup>12</sup> – Patient unable to do leg extension because extension increases the pain. *Deha pra vakrata*<sup>13</sup> – The patient of *Gridhrasi* walk by keeping his/ her legs in flex posture, thus the whole body is tilted on the affected side giving a special gait<sup>14</sup>, i.e., *limping gait*.

**As per Modern Medical Science Symptoms of Sciatica is:**

1. Pain in the back increases by spinal movement<sup>15</sup> 2. Pain in the buttock and thigh<sup>16</sup>. 3. Pain radiating up to the legs and feet.<sup>17</sup>

**INVESTIGATIONS**<sup>18</sup>: X-Ray/CT scan/MRI *Lumbo-sacral area* Electromyogram (EMG)/ Doppler study Blood – CBC, Sugar, Serum Calcium. CSF analysis

**PROGNOSIS**: According to *Charaka*, *Gridhrasi* occurs in a strong person and is of recent origin is easily curable<sup>19</sup>. On other hand, if it is associated with muscle wasting & stiffness along with restricted movement is difficult to cure (*Kastasadhya*) or incurable (*Asadhya*)<sup>20</sup>. In most cases of *Sciatica* spontaneous recovery occurs, in mild cases, the pain usually remains for 2 to 3 weeks, and the patient recovers in a month but may feel pain for some time. However, in severe cases, patients use to suffer for months to years. *Surgery* gives a good result in 90% of cases, relapse may find in 10% cases<sup>21</sup>. *Gridhrasi* is a *Vata Vyadhi* and all the *Vata Vyadhis* become *Asadhya* (incurable) or *Duroopakrama* (complicated) if neglected after a certain period of time.<sup>22</sup>

**MANAGEMENT**: The *Ayurvedic therapeutic* approach in *Gridhrasi*, as it is a *Vatavyadhi* is avoidance of all *Vataprakopahetus* including *Vataprakopak ahar* and *Vihar*. *Charak Samhita* mentions recommendation of *Upakrama* like *Snehan*, *Swedan* and *Vastikarma* against *Vataviyadhi*<sup>23</sup>. It has also mentioned *Dravyas* having *Amla*, *Lavan*, *Snigdha*, *Ushna* properties to treat *Vataviyadhi*. In *Sushrutasamhita*, *Snehabhyanga*, *Upanahswed*, *Mardan* and *Raktamokshana* is mentioned in *Vatavyadhi-chikitsa*. *Sushruta* has mentioned *Siravyedh* specifically for *Gridhrasi* treatment<sup>24</sup>. *Vagabhatta* has also

mentioned *Siravyedh* for treating *Gridhrasi*. Additionally, several oral medicinal preparations have also been mentioned in the treatment of *Gridhrasi* in *Ayurvedic texts* is described below<sup>25</sup>. Since *Gridhrasi* is *vatavyadhi* and *vatahara* treatment like *Abhyanga* is beneficial. and the *Yogasanas* may stretch, stimulate nerves, and tone up the back muscles in turn increase the blood supply. *Asanas* may also release pressure and compression on the *Sciatic nerve*<sup>26</sup>. Thus, yoga may help to relieve the pain and discomforts of *Sciatica*. *Yoga* and *Abhyanga* offer natural and effective remedies.

**Immobilization & traction Medicines:**

a) *Kwath/ Kasaya/ Asava-Arista Preparations*<sup>27</sup> - *Maha Rasnadi Kasaya*, *Balarista*, *Aswagandharista*, *Dasamularista*, b) *Guggulu Preparation*<sup>28</sup> – *Traydasanga Guggulu*, *Mahayogaraj Guggulu*, *Rasnadi Guggulu*, *Kaishore Guggulu* c) **Rasa Oushadhi**<sup>29</sup> – *Ekangavir Rasa*, *Vatagajankusha Rasa*, *Mahavata Vidhamsa Rasa*, *Brihat Vata Chintamoni Rasa* d) **Vati Preparation**<sup>30</sup> – *SanjivaniVati*, *VisatindukVati*, e) **Sodhan Chikitsa – Snehana**<sup>31</sup>: Both *Bahya* and *Abhyanta Snehan* are useful this disease. Following oils are very useful *Abhangya* – *NirgundiTaila*, *Maha Narayan/Narayan Taila*, *Kottamchukadi Taila*, *Saindhabadi Taila*, *Bala Taila*. **Swedana**<sup>32</sup>: *Nadi Swedana* with *Dasamula & Eranda Kwath*, *Nirgundi Patra Pinda Sweda*, *KatiBasti* with various *Taila* mentioned above *Mridu Virechan* for 3 – 7 days (once daily - bedtime): *Eranda Taila* with *Triphala Kwath* or *Milk Panchasakar Churna* **Basti Karma**<sup>33</sup>: *Basti Chikitsa* is considered as the best treatment for *Vata Vyadhi*. Following *Basti* are effective in *Gridhrasi* – *Matra Vasti Siddha Basti Anuvasan Basti*

**Other treatment procedures:**

According to *Charaka* – *Sirabhedan* between *Gulfa* and *Kandara Madhya Agni Karma* between *Gulfa* and *Kandara Madhya*<sup>34</sup>. According to *Sushruta* – *Sirabhedan* in *Janu Sandhi* after *JanuSankocha*<sup>35</sup>. According to *Vagabhatta* – *Sirabhedan* 4 *anguli* above and below *Janu Sandhi AgniKarma* following *Yogasana/ exercise* is useful – *Bhujangasana*, *Dhanurasana*, *Leg raising exercise*.<sup>36</sup>

**Non-conservative management<sup>37</sup>**

About 70% of cases respond satisfactorily to conservative treatment, if not respond and the pain continued and neurological problems persist, surgical intervention is required.

**DISCUSSION**

*Gridhrasi* is *VataNanatmaja Vyadhi*. *Vata* is playing the main role in *Gridhrasi*. *Pakwashaya* is the *Udbhavasthan* of the disease. Among the five types of *Vata*, *Apana* and *Vyana Vayu* are essential factors of *Gridhrasi*. *Apana* resides in the lower part of the body especially *Kati*, *Basti* etc. Because of various *Hetu* *Apana* *vayu* is vitiated. In *Gridhrasi*, *Sakthiutkshapanigrahat* is the main sign i.e., lifting of the lower limb is affected. This clearly explains the involvement of *Vyana Vayu* in the *Samprapti* as these movements are governed by *Vyana Vayu*. Also, sometimes *Kapha* is the *Anubandhi Dosha* producing *Vata-Kaphaj Gridhrasi*. The *Samprapti* of *Gridhrasi* takes place either by *Dhatukshaya* or *Margavarana* or due to *Agantuja* causes like *Abhighata*. In *Dhatukshayaja Samprapti*, due to improper nourishment of *Rasadi Dhatu*, these *Dhatu* land into *Kshaya avastha*. *Dhatukshaya* further vitiates *Vata* causing *Gridhrasi*. When *Vayu* is obstructed by *Kapha*, *Ama* etc. it gets vitiated leading to *Margavaranajanya Samprapti* of *Gridhrasi*. *Agantuja* factors are mentioned as a cause of *Gridhrasi* by both the systems of medicine. All these vitiated *Dosha* affect the *Kandara* of the leg. Movements of the leg are the function of *Kandara* when this *Kandara* is affected, there is a pain in the leg radiating from *Nitamba* (*gluteal region*), *Kati* (*lumber*), *Prushtha* (*posterior of thigh*), *Uru* (*knee*), *Jangha* (*calf*) and *Pada* (*foot*) etc. The pain is accompanied by *Toda*, *MuhuSphandanam*, *Stambha*. Due to pain, the upward lifting of the leg is painful. Acharya Sushruta mentioned the involvement of *Kandara* in *Gridhrasi*.<sup>38</sup> According to Sushruta, *Vayu* in its normal state, while coursing through its specific *Sira* helps the unobstructed performance of its specific functions viz. *Prasarana* and *Akunchana* and produces clearness and non-illusiveness of *Buddhi* and the sense organs. When

vitiated *Vayu* enters the *Sira*, it causes a variety of diseases<sup>39</sup>. Sushruta has quoted a special variety of *Sira* called *Vatavaha Sira*, which are the channels of movement of *Vata*, in the senses. Charaka mentions *Siravedha* between the *Kandara & Gulfa*, *Basti* (*Anuvasana & Niruha*) and *Agnikarma* as the line of treatment for *Gridhrasi*. *Ayurveda* takes a unique approach to the management of the above-mentioned neuropathies with a special emphasis on eliminating their cause by *Panchkarma*, physiotherapy and medicinal treatment with help of a wide range of herbal and herbal-mineral drugs. *Panchkarma* therapy is especially advocated in the treatment of neurological diseases. Different types of *Snehana*, *Swedana* are efficacious. Besides special treatments like *Shirobasti*, *Shirodhara* and *Basti* therapy are indicated in such diseases. *Basti* is the best therapy for mitigating *Vata*. *Ayurvedic* philosophy teaches us that the individual with a purely *Sattvik* nature does not experience disease. Likewise, one who is sick cultivates a *Sattvik* mind brings rapid healing to their body. Hence all patients should be encouraged to reduce stress and cultivate practices such as meditation which bring peace of mind. Modern science has so many treatments like *Conservative treatment Epidural steroid Injection*, *Peri-radicular infiltration*, *Surgical treatment* which are used in *Sciatica*, but the complication is more in modern science. So, the *Ayurvedic* approach of treatment is much better as compared with allopathic treatment. *Nidana Parivarjana*, *Sodhana Chikitsa & Shamana Chikitsa* are the main routes of treatment for any disease. *Sodhana* may be recommended for *Bahu-dosha*, but *Shamana* is also essential for removing the remained *Dosha* after the *Shodhana* process.

**CONCLUSION**

The disease *Gridhrasi* is a *Vataja Nanatmaja Vyadhi* described by almost all the ancient Ayurvedic Scholars as nothing but *Sciatica Syndrome* in *Modern Medical science*. This disease results from irritation of the *greater Sciatic nerve* commonly due to prolapsed intravertebral disc, other changes may be osteophytes, secondary fibrosis, tumour, or injury. Im-



proper sitting posture, jerking movement during travelling and sports may worsen the disease condition; hence, it becomes a significant threat to the working population. In contemporary science, both conservative treatment and surgical treatment are followed. The conservatives like analgesics, NSAID'S are a present line of treatments which provides only temporary relief, and its persistent use requires caution due to habit-forming and harmful side effects and surgical treatments that are available help to calm down the Sciatica discomfort and pain are not providing cure of the disease satisfactorily. If it is not treated in time, it may lead to serious complications like alteration in bowel and bladder function, loss of sensation in lower limbs etc. So, in this condition easy and effective treatment is required. As Gridhrasi is a Vatavyadhi and so Vatahara Medicine & Panchakarma (Abhyanga, Nadi Sweda, and Kati Basti) is beneficial. Yoga Asanas helps in relieving pressure and compression on the sciatic nerve. Thus, this disease can be successful manage by Ayurvedic medicines along with Panchakarma therapy and Yoga.

## REFERENCES

1. Das Somen, A manual on clinical surgery including special investigation and differential diagnosis, 6th edition 2004; published by dr. s.das; p no-225,226.
2. Davidson's principles and practices of medicine, 17th edition, edited by C.R. W Edwards I.A.D. Bouchier, C.Haslett published by ELBS with Churchill livingstone in 1996 pno 864.
3. Nicholas A. Boon, Nicki R. Colledge, Brian R. Walker, Davidson's Principles and Practice of Medicine, Churchill Livingstone Elsevier Limited, 20th edition (2006), Page no.1242.
4. John Ebnezar, Essentials of orthopedics for physiotherapist, Jaypee Brothers Medical Publishers (P) Ltd., 2nd edition (2011), Page no.382.
5. Charaka. Charaka Samhita (Ayurveda Deepika commentary of Chakrapanidatta revised by Charaka and Dridhabala). Yadavji Trikamji, editor. 4th ed. Varanasi: Chaukamba Publishers; 2013. Chikitsa sthanam, 28/56-57. p.619.
6. Charaka. Charaka Samhita (Ayurveda Deepika commentary of Chakrapanidatta revised by Charaka and Dridhabala). Yadavji Trikamji, editor. 4th ed. Varanasi: Chaukamba Publishers; 2013. Sutrasthanam, 20/11. p.113
7. Vangasena. Vangasena Samhita (Chikitsa sarasamgraham). Rajeev Kumar Rai, editor. 1st ed. Varanasi: Kush Kumar Rai; 2010. Verse, 113-115. p.267.
8. Agnivesh Charak Samhita, e-samhita Sutra Sthan 20/11, National institute of Indian Medical Heritage, www.nimh.ap.nic.in, accessed on 22/11/2015
9. Sushruta; Sushruta Samhita by Kaviraj Ambikadutta Shastry, vol 1, Nidanasthana, 1st chapter 78th sloka; 2nd edition, 2005; Chowkhambha Sanskrit series office, Varanasi; p238.
10. Vagbhata; Astanga Hradaya by K.R.Srikantha Murthy, Nidana sthana, 15th chapter 54th sloka; 5th edition, 2003; Chowkhambha sanskrit series office, Varanasi; p16.
11. Agnivesha; Charaka Samhita; revised by Charaka and Dridhabala English translation by R.K.Sharma, Bhagvan Dash vol 5, Chikitsa sthana, 27th chapter 56th sloka; 2nd edition 2007; Chowkhambha Sanskrit series office, Varanasi; p35.
12. Agnivesa; Charaka Samhita; revised by Charaka and Dridhabala English translation by Priyavratt Sharma, Sutra sthana 5th chapter 85-93 sloka; 5th edition, 1998; Chaukhambha orientalia, Varanasi; p39-40.
13. Vagbhata; Astanga Sangraha; English translation by K.R.Srikantha Murthy, Sutra sthana 3rd chapter; 5th edition, 2002; Chaukhambha Orientalia, Varanasi; p42.
14. Vagbhata; Astanga Hrudayam; by Sreekumar, 2nd vol, Sutra sthana 2nd chapter 9-10 sloka; 2nd edition, 2008; Publication dept. Harisree hospital, Kerala; p71.
15. Davidson's Principles and Practices of medicine, 17th edition, edited by C.R. W Edwards I.A.D. Bouchier, C.Haslett. Published by ELBS with Churchill Livingstone in 1996 Pp 1023, Pno 864
16. Das Somen, A manuals on Clinical Surgery including special investigation and Differential Diagnosis, 6th Edition 2004, Published by Dr S. Das. Pp 478, pno 225, 226
17. Baily and Loves; Short Practice of Surgery; 24th edition, 2004; p569.
18. Das Somen, A manuals on Clinical Surgery including special investigation and Differential Diagnosis, 6th Edition 2004, Published by Dr S. Das. Pp 478, pno 225, 226
19. Agnivesha; Charaka Samhita; revised by Charaka and Dridhabala English translation by R.K. Sharma, Bhagvan Dash vol 5, Chikitsa sthana, 27th chapter 56th sloka; 2nd edition 2007; Chowkhambha Sanskrit series office, Varanasi; p35.
20. Agnivesa; Charaka Samhita; revised by Charaka and Dridhabala English translation by Priyavratt Sharma, Sutra sthana 5th chapter 85-93 sloka; 5th edition, 1998; Chaukhambha orientalia, Varanasi; p39-40.
21. Das Somen, A manuals on Clinical Surgery including special investigation and Differential Diagnosis, 6th

- Edition 2004, Published by Dr S. Das. Pp 478, pno 225, 226
22. Vagbhata; Astanga Hradaya by K.R.Srikantha Murthy, Nidana sthana, 15th chapter 54th sloka; 5th edition, 2003; Chowkhambha sanskrit series office, Varanasi; p16.
  23. Agnivesa; Charaka Samhita; revised by Charaka and Dridhabala English translation by Priyavrat Sharma, Sutra sthana 5th chapter 85-93 sloka; 5th edition, 1998; Chaukhambha orientalia, Varanasi; p39-40.
  24. 24.Sushruta; Sushruta Samhita by Kaviraj Ambikadutta Shastri, vol 1, Nidanasthana, 1st chapter 78th sloka; 2nd edition, 2005; Chowkhambha Sanskrit series office, Varanasi; p238.
  25. Vagbhata; Astanga Sangraha; English translation by K.R. Srikantha Murthy, Sutra sthana 3rd chapter; 5th edition, 2002; Chaukhambha Orientalia, Varanasi; p42.
  26. Das Somen, A manuals on Clinical Surgery including special investigation and Differential Diagnosis, 6th Edition 2004, Published by Dr S. Das. Pp 478, pno 225, 226
  27. Agnivesh Charak Samhita, e-samhita Sutra Sthan 20/11, National institute of Indian Medical Heritage, www.niimh.ap.nic.in, accessed on 22/11/2015
  28. Sushruta; Sushruta Samhita by Kaviraj Ambikadutta Shastri, vol 1, Nidanasthana, 1st chapter 78th sloka; 2nd edition, 2005; Chowkhambha Sanskrit series office, Varanasi; p238.
  29. Vagbhata; Astanga Hradaya by K.R.Srikantha Murthy, Nidana sthana, 15th chapter 54th sloka; 5th edition, 2003; Chowkhambha sanskrit series office, Varanasi; p16.
  30. Agnivesha; Charaka Samhita; revised by Charaka and Dridhabala English translation by R.K.Sharma, Bhagvan Dash vol 5, Chikitsa sthana, 27th chapter 56th sloka; 2nd edition 2007; Chowkhambha Sanskrit series office, Varanasi; p35.
  31. Agnivesa; Charaka Samhita; revised by Charaka and Dridhabala English translation by Priyavrat Sharma, Sutra sthana 5th chapter 85-93 sloka; 5th edition, 1998; Chaukhambha orientalia, Varanasi; p39-40.
  32. Vagbhata; Astanga Sangraha; English translation by K.R.Srikantha Murthy, Sutra sthana 3rd chapter; 5th edition, 2002; Chaukhambha Orientalia, Varanasi; p42.
  33. 33. Vagbhata; Astanga Hrudayam; by Sreekumar, 2nd vol, Sutra sthana 2nd chapter 9-10 sloka; 2nd edition, 2008; Publication dept. Harisree hospital, Kerala; p71.
  34. Agnivesh Charak Samhita, e-samhita Sutra Sthan 20/11, National institute of Indian Medical Heritage, www.niimh.ap.nic.in, accessed on 22/11/2015
  35. Sushruta; Sushruta Samhita by Kaviraj Ambikadutta Shastri, vol 1, Nidanasthana, 1st chapter 78th sloka; 2nd edition, 2005; Chowkhambha Sanskrit series office, Varanasi; p238.
  36. Vagbhata; Astanga Sangraha; English translation by K.R.Srikantha Murthy, Sutra sthana 3rd chapter; 5th edition, 2002; Chaukhambha Orientalia, Varanasi; p42.
  37. 16. Das Somen, A manuals on Clinical Surgery including special investigation and Differential Diagnosis, 6th Edition 2004, Published by Dr S. Das. Pp 478, pno 225, 226
  38. Sushruta samhita (sushurta) part 1- ayurved tatva sandipika hindi commentary by ambika data shastri, pranjivan maanik chand Mehta, Published by Chaukhamba Bharti Academy, Gokul Bhawan, Gopal Mandi Lane, Varanasi, 2010. Page No.303 nidaan sthan
  39. Sushruta Samhita (sushurta) part 1- ayurved tatva sandipika hindi commentary by ambika data shastri, pranjivan maanik chand Mehta, Published by Chaukhamba Bharti Academy, Gokul Bhawan, Gopal Mandi Lane, Varanasi.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Anshika Rao & Sunita Kumari: Ayurvedic Management Of Gridhrasi (Sciatica). International Ayurvedic Medical Journal {online} 2021 {cited September 2021} Available from: [http://www.iamj.in/posts/images/upload/2044\\_2049.pdf](http://www.iamj.in/posts/images/upload/2044_2049.pdf)