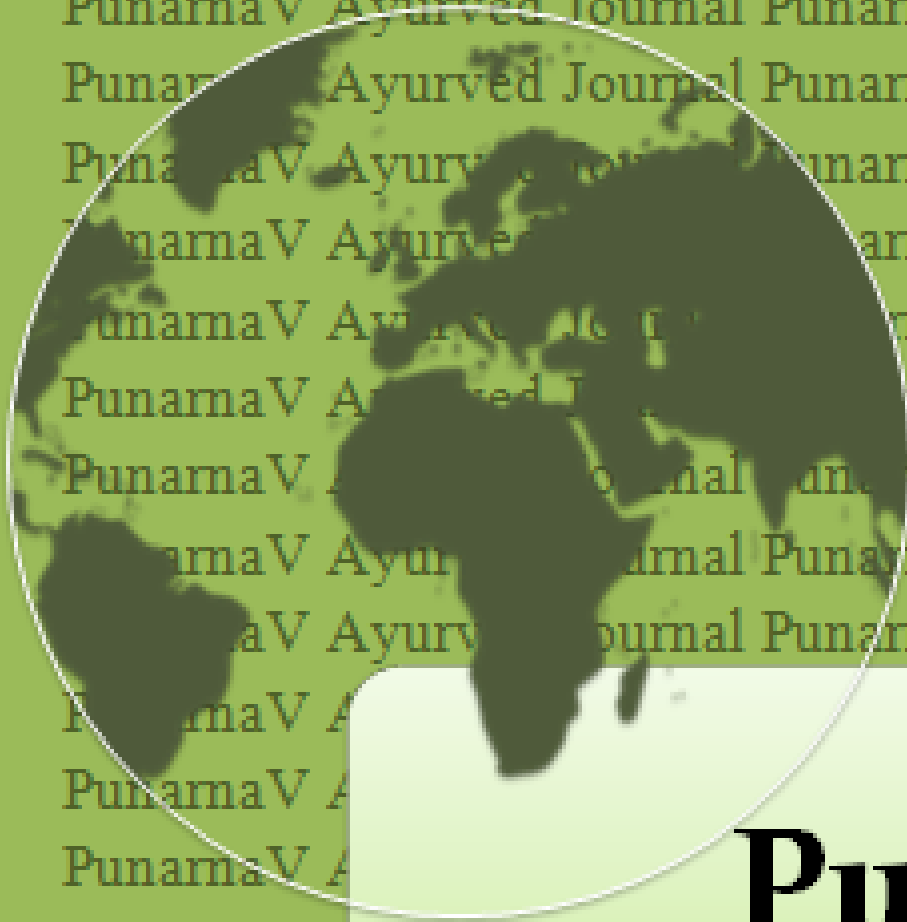


MONTH: MAY: JUNE-2015

VOLUME: 3, ISSUE: 1

ISSN: 2348-1846



Punarna V

TITLE

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**AN INTERNATIONAL PEER REVIEWED AYURVED JOURNAL
ON LINE BI-MONTHLY AYURVED JOURNAL**

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A PILOT STUDY ON EFFICACY OF AGNIKARMA IN MANAGEMENT OF GRIDRASI W.S.R. TO SCIATICA

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ABSTRACT:

The study was undertaken to evaluate the clinical efficacy of Agnikarma in the management of Sciatica. Gridhrasi is one among 80 types of nanatmaj vatavyadhi. Sciatica affects many people. The most important symptoms are radiating leg pain and related disabilities. Present Pilot study is a single blind clinical study where in Agnikarma was advised for 4 weeks of treatment in 20 patients of Gridhrasi. The signs and symptoms were assessed before and after the treatment based on the grading. Results obtained were analyzed for the statistical significance using paired t test. The statistical analysis revealed that there is statistically significant improvement in symptoms of gridhrasi. Ideally this technique should be practically taught to the physicians and should be evaluated scientifically using principles of biophysics and nerve conduction studies.

KEYWORDS: Agnikarma, Ayurveda, Gridhrasi, Sciatica

INTRODUCTION

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Gridhrasi is a *shulpradhan nanatmaj vatavyadhi* which affects the daily routine of patients.¹ Patient suffering from *Gridhrasi* is not capable to walk properly. According to Acharya Charaka, *stambha* (stiffness), *ruka* (pain), *toda* (pricking sensation) and *spandan* (twitching) are the signs and symptoms of *vataj Gridhrasi*. *Aruchi* (anorexia), *tandra* (drowsiness) and *gaurava* (heaviness) are the additional symptoms of *vatakaphaj Gridhrasi*.^{2,3} There are Variety of surgical & Para surgical procedures in the management of Sciatica. In general an estimated 5%-10% of patients with low back pain have sciatica, whereas the reported lifetime prevalence of low back pain ranges from 49% to 70%. The annual prevalence of disc related sciatica in the general population is estimated at 2.2%.⁴ As in the reference of *samhitas Gridhrasi* can be managed with *Agnikarma* so the patient should be kept under *Agnikarma* therapy.

AIMS AND OBJECTIVES

To evaluate the therapeutic effect of *Agnikarma* in patients of *Gridhrasi* (Sciatica)

MATERIALS AND METHODS

The study was performed in the Aryagram Trust Hospital, Gandhinagr, Gujarat. We have selected 30 patients of clinically diagnosed *gridhrasi* on the basis of signs and symptoms given in ayurvedic texts.

Duration of Treatment: Four weeks

Inclusion criteria:

- Patients having classical symptoms of *gridhrasi* –namely pain over *sphik*(waist), *kati* (back), *prishtha* (thigh), *uru* (hip), *janu* (knee), *jangha* (calf region), extending up to *pada* (foot), *stambha* (stiffness),*toda* (pricking pain), tingling and numbness of limbs, difficulty in walking etc. were included.
- Patients with SLR test +ve, chronic disease (at least 6 months)
- Age group – 30 to 60 were included

EXCLUSION CRITERIA

- Cases of spondylolisthesis, sacroiliac arthritis
- Known cases of tuberculoma, or cyst compressing the nerve root, diabetic neuropathies are excluded

- Patients having multiple wounds, vertebral bodies were excluded
fracture of vertebra , destructed

Table 1 Assessment Criteria:-

Symptoms	Grade			
	0	1	2	3
Pain	No pain	Mild	Moderate	Severe
Numbness	No pain	Mild	Moderate	Severe
Walking distance	500 m without Pain	250 m without Pain	Feels pain on standing	Cannot stand
Tingling sensation	No pain	Mild	Moderate	Severe
SLR test	Above 75	60 – 75	45 – 60	Below 45

STATISTICAL METHODS

- Statistical analysis was done using SPSS VER. 16
- 30 patients were taken for statistical analysis.
- Paired t test was done for analyzing the significance of parameters.

Pradhan karma – Points having maximum tenderness were marked. *Agnikarma* done by *panchalauha shalaka* on multiple points depending on intensity of pain on path of sciatica .*Agnikarma* done till achieving *samyakdagdha lakshana* like *twak sankocha, Shabda pradurbhav, daurgandha.*

PROCEDURE

Poorva karma - Patients consent was taken after proper counseling prior *agnikarma.*

Paschyat karma – *Grita pratisaran* on points were *agnikarma* was done.

RESULTS

Table No 2 Observations: Demographic data

Age of the patient	
31-40	8
41-50	12
51-60	4
61-70	6
Sex of the patient	
Male	11
Female	19
Limb affected	
Right	14
Left	16

According to demographic data of this study, it is observed that ,maximum patients belongs to age group of 41-50yrs of age, there were 19 female patients and 11 male patients found in the study.

Maximum patients showed left sided affected limb, occurrence of left limb involvement may not have specific reason behind.

Table 3. Effect of Agnikarma in the patients

<i>Signs & Symptoms</i>	<i>Mean BT</i>	<i>Mean AT</i>	<i>MD</i>	<i>% of Change</i>	<i>SD (±)</i>	<i>SE (±)</i>	<i>t*</i>	<i>p value (Significance)</i>
Pain	1.66	1.55	0.11	7.05%	15.07	4.54	2.37	0.03
Numbness	0.60	0.15	0.45	64.28%	0.53	0.16	2.82	0.01
Walking distance	2.15	2.06	0.09	4.18%	19.78	5.96	1.38	0.19
Tingling sensation	0.77	0.27	0.50	51.54%	0.64	0.19	2.58	0.02
SLR	3.4	0.7	2.7	79.41%	0.95	0.33	9.00	0.28

DISCUSSION

EFFECT OF AGNIKARMA THERAPY ON PATIENTS

Pain reduced significantly with the p value at 0.03 after a period of one months. Numbness reduced significantly with the p value at 0.01 after a period of one months. Walking distance reduced significantly with the p value at 0.19 after a period of one months. Tingling sensation reduced significantly with the p value at 0.02 after a period of one months. There was improvement in SLR which also gives significant results with p value 0.28. . In the present study effect of *agnikarma* shows significant results with p value of <0.001 in all signs and symptoms. It is found that patients were clinically improved with the treatment of *agnikarma* with no side effects of the therapy

MODE OF ACTION^{5,6}

Gridhrasi, a pain and disability dominant disease needs an energetic treatment. The line of management depends on *dosha* and *dhatu* involved in the pathogenesis which in turn depends on the *nidana*. *Dhatu kshaya*, *vata prakopa* are the inevitable conditions and involvement of *asti*, *sandhi*, *upadhatus* are evident in any pathogenesis of *Gridhrasi*.

Ayurvedic principles state that being *Ushna* treatment acts against the qualities of *Vata* and *Kapha Doshas* and hence cures all the *Vataja* and *Kaphaj* disorders. even it helps to remove *Srothosangha* and *avarana* by *Ushnaguna*. According to scientist Dr Ven Hanff. the place where heat burns the local tissue metabolism is improved, thus various metabolic and rejuvenating changes takes places at the site of heat burns, thus it leads to increase demand of oxygen and nutrients of the tissues at the site of heat burns. It also excretes the unwanted metabolites and toxins. Due to increased local metabolism, the waste products (metabolites) which are produced gets excreted, which normalize the blood circulation thus resulting in reduction in intensity of pain. There may be generalize dilatation of the heated blood vessels on the centers concerned with regeneration of the body temperature. Heating affect the vasomotor centers causing general rise in temperature. Due to increased local metabolism, the waste products (metabolites) which are produced gets excreted, which normalize the blood circulation thus resulting in reduction in intensity of pain.

CONCLUSION

Agnikarma therapy shows highly significant results in all signs and symptoms, especially in case of pain as it is one of the most disturbing factor for patient. The entire treatment was tolerated comfortably by the patient. There were no side effects noticed in any of the patients. The procedure was simple economical and can be done in OPD level gives instant

relief to most of the patients. But still to avoid the reoccurrence of the disease and to break the *samprapti*. The patient has to continue oral medication. The Pain relief provided by *Agnikarma* presents a window of opportunity in the clinical management of Sciatica.

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