

A Conceptual Study on Role of Siravyadhana and Agnikarma in Pain Management of Gridhrasi

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ABSTRACT

Gridhrasi is one of the Shoolapradhana Vyadhi which included under 80 types of Vataj Nanatmaja Vyadhi, characterized by features like Ruk (continuous pain) , Toda (Pricking Pain) ,Stambha(stiffness) ,Spanadana(twitching sensation) over Sphika, Kati,Prishta,Uru,Janu,Jangha upto Pada.On the basis symptomology disease can be correlated with sciatica. Sciatica is a disease occurs due to spinal nerve irritation and characterized by pain in distribution of sciatic nerve. The lifetime incidence varying from 10-40% while annual incidence varying of an episode of sciatica ranges between1-5%. There are some conservative management includes NSAIDS, steroid, muscle relaxant which gives temporary relief. And surgical procedures indicated with its limitations.Various treatment modalities explained in the management of Gridhrasi such as Basti, siravyadhan,Agnikarma,Bheshaj .Here we will discuss about role of Siravyadhana and Agnikarma in management of Gridhrasi.

Keywords: Gridhrasi, Siravyadhana,Agnikarma, Vataj nanatmaj vydhi.

Introduction:

Gridhrasi is one of the vataj nanatmaj Vyadhi and considered as maha Agad by Aacharya Charak¹ In all Ayurvedic literature there is no direct refrence regarding Nidana, but it is vata Vyadhi so vataprakopaka nidanas to be considered. In this disease dushyas like vata and invading the kandaras of the Ankle, Toes, produces Kshepa in the thighs ,this diseases known as Gridhrasi².

In modern medicine for management of Sciatica various modalities are available such as-Conservative management, Epidural Steroid injection, peri-radicular infiltration and surgical management like laminectomy discectomy³. These methods are working efficiently in their own way.

Ayurvedic treatment modalities explained by many authors such as Bheshaj, Sneha, Snehapana,Siravyadhana,Agnikarma.Among those Siravyadhana and Agnikarma are considered as Lakshnika Chikitsa and relieves symptoms like Ruk, Toda,Sthambha, Spandana etc.

Diseasae Review:

Samprapti Ghatakas⁴ :

- Nidana -Vataprakopaka Nidana.
- Dosha -Vyana and apana vata, kapha
- Dushya - Asthi, majja, sira, kandara, snayu

- Agni -Jatharagni and Dhatwagni
 - Ama- Jatharagnijanya and dhatwagnijanya
 - Udhbhava sthana-Pakwashaya
 - Sancharasthana-Rasayani
 - Adhisthana -pristha, kati, sphik
 - Srotas- asthi and majjavaha & vatavaha srotasas
 - Vyaktasthana- Sphika,kati,uru, janu jangha and pada
 - Rupa- Ruk, toda, stambha arochaka, suptata, bhaktadwesa, tandra, gaurava.
- Aacharya Sushruta mentioned that due to nidanasevana, Vata get agreevated .

Management of Gridhrasi:

Siravyadhana is mentioned in management of Gridhrasi by various authors .Also Siravyadhana considered as Ardha Chikitsa of Shalyatantra⁵. It is one of the Shastrakrita type of Raktamokshan. Raktamokshana treatment used for Shonitadushita Vyadhi as well as in management of Shoola. Aacharya Sushruta mentioned diseases not relived by Snehana,lepana etc therapeutic measures can relived by Siravyadhana alone.

Agnikarma is one of Pradhanatam Chikitsa as disease will never reoccur once treated by it⁶. And it is indicated in “Atyugra ruja”

Sites for Siravyadha:

Samhita	Site for siravyadha
Charaka Samhita	Antara kandaragulpham
Sushruta Samhita	Janusandheruparyadhovachaturangule
Astanga Hrudaya	Janunoadhasthadurdvachaturangule
Astanga Sangraha	Janusandheruparyadhovachaturangule
Chakradatta	Indravastheradhashtatchaturangule
Yogaratanakara	Medrabastheradhashtatchaturangule
Gadanigraha	Indravastheradhashtatchaturangule

Sites Of Agnikarma:

Samhita	Sites for Agnikarma
Charaka Samhita	Antara kantaragulpham
Yogaratanakara	Pada kanishtikam
Chakradatta	Pada kanishtikam
Gadanigraha	Gulphechaturanguletiriyakdham

Procedure of Siravyadhana⁷

Poorvakarma:

- Required materials: Tourniquet, measuring glass, Kidney tray, Sterile disposable gauze needle no 18 or Scalp vein set no 20, Surgical spirit.
- Patient is advised to Yavagupana 1 hour prior to the procedure.
Sthanika abhyanga with triphala taila followed by Sthanika swedana.

Pradhankarma:

- Clean the site of Siravyadhana with surgical spirit.
- Tie the tourniquet 4 angula above the Sira.
- Siravyadhana is done at the proper site as mentioned in classics.
- A sterile disposable 18 G needle with bevel facing upward introduced into Sira and blood is collected in measuring glass.
- Release the tourniquet.
- The amount of blood is collected according to Dehabala of patient.

Paschatakarma:

- Cleaning the site of Siravyadhana with sterile cotton.
- Haemostasis to be achieved.
- Tight bandaging is done with sterile gauze.
- Advised for elevation of limb.

Procedure Of Agnikarma:

Poorvakarma:

- Required material: Sterile gauze, surgical spirit, Panchadhatu shalaka, ghrita, Madhu, Sponge holding forcep.
- Patient advised to lie down in prone position.

Pradhanakarma:

- Panchadhatu shalaka is heated to red hot.
- Agnikarma is performed with the red hot shalaka at mentioned site as per the Classics.
- Samyaka Dagdha Lakshana should be observed.

Paschatakarma:

Immediately after Agnikarma Madhu and Ghrita is applied over the area.

Discussion:

Probable Mode of Action of Siravyadhana in Gridhrasi:

- Gridhrasi is Aavaranajanya Vyadhi that is Aavarana of vata by kapha or vice-versa, also Vata vatavruta Aavrana will be there. So, Siravyadhana helps to remove the Samprapti Ghataka like Srotoavarodha and produces Laghavata in the body.

- Also there is involvement of dushyakandara in the pathogenesis of Gridhrasi as per Sushruta., and Kandara is upadhatu of Rakta. So Siravyadhana removes dushita rakta and produces Vedanashanti, also reduces the intensity of the disease.

Hence various scholars described siravyadhana in pain management of Gridhrasi.

Probable mode of action of Agnikarma:

- As Agni possess Ushna ,tikshna ,sukshma, ashukari guna which are opposite to vata and kapha. So help in pain management of Gridhrasi.
- Soon after the Agnikarma rasa rakta samhana increases to affected site and the excess blood circulation to the affected part flushes away the pain producing substances and get relief from pain. Agnikarma indicated in Atyugra ruja. After samyaka agnikarma it produces laghvata, vikaropashma etc.

Conclusion:

Hence Siravyadhana and Agnikarma plays a major role in the pain management of Gridhrasi. These procedures are Simple, Safe, and effective. These are helpful in relieving the symptoms such as Ruk, toda, Sambha, spandana etc.

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