



Gridhrasi (Sciatica)

Plan - 1 (In Niramavastha)

- Abhyangam, Sweda – 7 days
- Kati Basti, Patra Pottali Sweda – 7 days
- Yoga Vasti – 8 days

Plan - 2 (In Amavastha)

- Ruksha Sweda or Udvartana – 3 days
- Churna Pinda Sweda – 3 days
- Patra Pottali Sweda – 7 days
- Yoga Vasti – 8 days

Plan - 3

- Deepan Pachan – 3 days
- Snehapana & Virechana – 9 days
- Sansarjana Karma – 3 days
- Kati Basti, Patra Pottali Sweda – 7 days
- Yoga Vasti – 8 days

Plan - 4. In case of severe pain, tingling sensation & numbness, stiffness and muscles weakness:

- Snehapana – Nirgundi Ghrita from 1st to 7th day.
- Swedana -Vashpa Sweda from 8th to 10th day.
- Virechana – On 11th day.
- Samsajana – Light diet from 12th to 13th day.
- Shamana treatment –
 - 10ml Nirgundi ghrita with 60 ml Nirgundi Kashaya once a day (at 6 am) from 14th to 184 days.
 - 1 gm Shuddha Guggulu with 60 ml Nirgundi Kashaya twice a day (at 12.00 pm and 6.00 pm) from 14th to 184 days.
- Abhyanga – Nirgundi Taila from 14th to 18th day.
- Yoga Basti – 5 Anuvastana and 3 Niruha vasti
 - Anuvastana vasti – Nirgundi Taila on 19th, 20th, 22nd, 24th and 26th day.
 - Niruha vasti – Nirgundi Kashaya on the 21st, 23rd and 25th day.
- Shamana treatment – same as for 14th to 18th day from 27th to 45th day.

Plan - 5. In cases of excruciating pain with discomfort in walking:

- Abhyanga – Mahavishagarbha Taila for 15-20 minutes.
- Swedana – Nadi Sweda with Rasnasaptak Kwath for 20 minutes.
- Siravedha – It should be stopped when the total amount of blood letting becomes about 50 – 100ml.
- Abhyanga- Mahavishagarbha Taila for 15 days.
- Swedana – Nadi Sweda with Rasnasaptak Kwath for 15 days.
- Shuddha Kupilu Beeja Churna (Strychnos nuxvomica) – 50 mg twice a day for 15 days.
- Yograj Guggulu – 2 tablets thrice a day for 15 days

For instant vedana sthapana, Viddha Karma in 4 angula above and below Janu Sandhi is advised.

Agnikarma in most tender points is advised. Agnikarma in the lateral aspect of the small toe is advised.