



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