



**AN AYURVEDIC MANAGEMENT OF LUMBAGO-SCIATICA
SYNDROME WITH SPECIAL REFERENCE TO *GRIDHIRASI* - A
SINGLE CASE STUDY**

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ABSTRACT

Lumbago with Sciatica (lumbago-sciatica syndrome) is characterized by the pain radiates along with the path of sciatic nerve. Sciatica also known as "Lumbar radicular pain". Lumbago-Sciatica Syndrome is the neuralgic pain that starts in the back and radiates along the posterior aspect of lower limb to heel, occurs due to irritation of a spinal root compressed by the protruded disc close to the intervertebral foramen. Pain is shooting, burning like in character. The life time prevalence of sciatica varies from 13-40%. The prevalence of sciatica varies from 3.8% in the working population to 7.9% in nonworking population. It is most common during people's fourth and fifth decade. Men are more frequently affected than women. In the present case study patient is successfully treated with the *Sodhan Chikitsa* along with *Shaman Chikitsa*. It was proved by significant improvement of patient's primary symptoms. The patient is doing well with his daily activities. *Gridhrasi* can be successfully managed by proper Ayurvedic assessment and treatment.

Keywords: Lumbago-Sciatica syndrome, Sciatica, *Gridhrasi*

Ayurvedic Management For Gridhrasi With Special Reference

Ying Liu



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