

Clinical Evaluation of Hingutriguna Tail in the Management of Gridhrasi (Sciatica)

OP Singh*, Ram Ji Singh*, SK Singh* & US Singh**

Abstract

According to Ayurveda, in *Gridhrasi*, the main vitiated *Dosh* is *Vata* Asthanga Hyriday and Susrutha Samhita,, the description of (Jridhrasi is identical. However, Caraka's description differs. He classifies *Gridhrasi* into two namely *Vataj* and *Vatakaphaj*. Caraka's description is very much similar to modern concept. According to Ayurvedic concept also, the origin of the disease is at *Katipradesha* (Lumbo Sacral region).

The diseases of spinal cord are frequently causing, permanent and severe neurological disability. Trauma infection, degenerative changes, acute lumber disc herniation, malignant disease (Seconadry deposits of the myelometastasis) and diabetes mellitus are the cause for it.

In spite of the fact that the spinal diseases are difficult to be cured, sciatic pain is not so much harmful as other neurological conditions. Ayurvedic concept of treatment for Gridhrasi (Sciatica) is more effective and suitable as compared to modern mode of treatment. On prolonged use also, there is no side eject with Ayurvedic regimen of treatment. Severed single and compound herbal preparations like. Bhallataka (Tripathi et. al., 1965), Nirgundi (join., 1976) etc. has shown good response in the management of *Gridhrasi* (Sciatica).

The result of Hitigu Triguna Ta1a on 35 patients has shown as good respone in 10 patients., fair response in 5 patients, poor response in 6 patients no response in 2 patients while 12 patients were dropped out from the study. The detail ofthe paper will be presented at the time of seminar

*Research Officer, Central Research Institute (Ay.), 474/6, Sitapur Road, Lucknow.

**Research Officer I/c, Central Research Institute (Ay.), 474/6, Sitapur Road, Lucknow.