



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Study Of Marma Chikitsa In The Management Of Gridhrasi A Case Report

DR. MUDITA NAVNATH SHINGARE ,MS (SHALYA TANTRA Pg scholar),Hon.shri. Annasaheb Dange Ayurved Medical College Ashta, Tal. Walwa, Dist. Sangli , Maharashtra.

Dr Vijay Dange ,M.S.(Assistant Professor shalyatantra)

Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Center, Ashta.

ABSTRACT

According to Ayurveda the whole human body is explained by itself but as it's a modern era so we have to correlate each and every Ayurvedic concept with the modern science this study has been taken to correlate Ayurveda has classified the vital points in the body into 107 and named them Marma according to Acharya Sushruta Marma is constituted by confluence of Mansa(muscle),Sira(vessels), Snayu (nerves, tendons and ligaments), Asthi (bone) and Sandhi (joints). The lifetime prevalence of low back pain has been reported between 60% to 80%. By contrast, the life time prevalence of sciatica is between 2% and 4%. According to Acharya Charaka, two types of Gridhrasi have been listed Vataj and Vatakaphaja. Pain starts from Sphik (buttock) and then radiates to Kati, Prushta (back), Uru (thigh), Janu (knee), Jangha (calf) and Paada (foot) along with Stambha (stiffness), Ruka (pain), Toda (pricking sensation) and Spandana (twitching) are the signs and symptoms of Vataj Gridhrasi. While Aruchi (anorexia), Tandra (drowsiness) and Gaurava (heaviness) are the additional symptoms which are found in Vatakaphaja. The Marma Chikitsa was performed in which Pada Kshipra Marma, Pada Talahridaya Marma, Gulpha Marma, Indravasti Marma, Ani Marma, Janu Marma, Urvi Marmas was manipulated. Each Marma will be stimulated or rhythm of stimulation of Marma is same as the rhythm of respiration i.e.approx 18 times per minute. The Marma Chikitsa was performed on every alternate day for two weeks Gridhrasi. Marma Chikitsa is the art of treating certain vital points to re-channelize the Pranna (vital force in the body).

KEYWORDS : *Gridhrasi, Sciatica, Kshipra Marma, Gulpha Marma, Marma Chikitsa.*

INTRODUCTION :

The lifetime prevalence of low back pain has been reported between 60% to 80%. By contrast, the life time prevalence of sciatica is between 2% and 4%. It is generally accepted that 90% of acute low back pain episode settle, allowing return to work within 6 weeks. However, some 5-7% of the population aged between 45-64 years will report back problems as a chronic sickness.

According to Acharya Charaka, two types of Gridhrasi have been listed Vataj and Vatakaphaja.

Pain starts from Sphik (buttock) and then radiates to Kati, Prushta (back), Uru (thigh), Janu (knee), Jangha (calf) and Paada (foot) along with Stambha (stiffness) Ruka (pain), Toda (pricking sensation) and Spandana (twitching) are the signs and symptoms of Vataj Gridhrasi. While Aruchi (anorexia), Tandra (drowsiness) and Gaurava (heaviness) are the additional symptoms which are found in Vatakaphaja Gridhrasi. Ancient Acharyas have given the name Gridhrasi it may be because of patient's gait became similar to the gait of the Gridhra (eagle) Gridhrasi is Shoolpradhana Nanatmaja Vataavyadhi.

The most important symptom of sciatica is lumbosacral radicular leg pain that follows a dermatomal pattern radiating below the knee and into the foot and toes. Sciatica most commonly occurs when a herniated disc, bone spur on the spine or because of the narrowing of the spine (spinal stenosis) compresses part of the nerve. This causes inflammation, pain and often some numbness in the affected leg.

Marma Chikitsa is the art of treating certain vital points to re-channelize the Pranna (vital force in the body). Touching a Marma point changes the body's biochemistry and can unfold radical, chemical change in one's makeup. Stimulation of these inner pharmacy pathways signals the body to produce certain neurochemicals that heals the body and mind.

CASE STUDY

Patient Particulars A Female patient of 28 years old, from ashta approached to Shalya Tantra OPD, with the complaint of low back pain which radiate to left lower limb from last 5 months.

Chief complaints

Low back pain which radiate to left lower limb from 8 months, difficulty in walking from 15 days

History of present illness

According to the patient, she was reportedly healthy before 5 months, then she suffer from low back pain which gradually radiate to left lower limb then she have problem in walking since 15 days So, she come to shalya OPD for further management.

General Examination of patient

The blood pressure of the patient was 120/70 mm of Hg at supine position. The pulse rate was 74 bpm.

Systemic Examination of patient

The results of the per abdominal, cardiovascular, respiratory and CNS examinations were all normal.

Local examination Inspection –

No any swelling or scar mark present Palpation – No loss of curvature,

tenderness (grade 2) present at L4-L5 level

SLR -Rt >90 degree and Lt 50 degree Braggard's test - Rt >90 degree and Lt 50 degree

Diagnosis -Gridhrasi (Sciatica).

Treatment-

The Marma Chikitsa was performed in which following Marmas were manipulated.

(1) Pada Kshipra Marma (First inter Metatarsal ligament)

(2) Pada Talahridaya Marma (Lateral ligament of the ankle joint) (3) Gulpha Marma (Ankle joint)

- (4) Indravasti Marma (Calf muscles)
- (5) Ani Marma (Tendon of quadriceps femoris)
- (6) Janu Marma (Knee joint)
- (7) Urvi Marma (Femoral vessels)

Rest was recommended to the patient for some time and then advised to walk for few steps.

The Marma Chikitsa was performed on every alternate day for two weeks. The observations were analyzed on the basis of assessment parameters clinically on 0 day, 7th day, & 14th day.

Assessment Criteria

Patient was clinically assessing on these parameters:

- Stambha(stiffness)
- Ruja(pain)
- Toda(pricking sensation)
- Spandana (twitching)
- Tenderness
- SLR Test
- Braggard's Test

These parameters were categorized into 5 grades for 0 being no signs or symptoms and 4 being highest/maximum signs or symptoms for particular parameter.

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Ruja	No Pain	Occasionally	Mild	Moderate	Severe
Toda	No Pricking Sensation	Occasionally	Mild	Moderate	Severe
Stambha	No Stiffness	Occasionally 5-10 min	Daily 10 -20 Min	Daily 21-60 Min	> 1 hour
Spandana	No Tingling Sensation	Occasionally 5-10 min	Daily 10 -20 Min	Daily 21-60 Min	> 1 hour
SLR Test	> 90 degree	>75 -<90 degree	>60-<75 degree	>45-<60 degree	<45 degree
Braggard's Test	> 90 degree	>75 -<90 degree	>60-<75 degree	>45-<60 degree	<45 degree
Tenderness	No tenderness	Tenderness to palpation without grimace or flinch	Tenderness with grimace &/or flinch to palpation	Tenderness with withdrawal	Withdrawal to non-noxious stimuli

RESULT

Patient was clinically improved after treatment and assess on the basis of following parameters. Improved in Stambhaparameter from grade 2 to 1, Ruja parameter from grade 3 to 1, Toda parameter grade 1 to 0, SLR test parameter from grade 3 to 1 and Braggard's test parameter from grade 3 to 1.

DISCUSSION

Gridhrasi is a Shoolpradhan Vatavyadhi that pain starts from Sphik (buttock) and then radiates to Kati, Prushta (back), Uru (thigh), Janu (knee), Jangha (calf) and Paada (foot) along with Stambha (stiffness) Ruka (pain), Toda (pricking sensation) and Spandana (twitching) are the signs and symptoms of Vataj Gridhrasi. While Aruchi (anorexia), Tandra (drowsiness) and Gaurava (heaviness) are the additional symptoms which are found in Vatakaphaja Gridhrasi.[13] Marma are the place of Prana that is connect to Vata. When appropriate pressure is applied to stimulate the Marma point some biochemical changes happens natural form and symptoms Like Ruka, Toda, Stambha etc. get relieved. Also it can be an alternative of surgery. A Female patient of 28 years old, approached to Shalya Tantra OPD, with the complaint of low back pain which radiate to left lower limb from last 8 months and there was problem in walking since last 15 days and also having flatulence with constipation. Patient was treated with Marma Chikitsa in which Kshipra, Talahridya, Gulpha, Indravasti, Junu, Ani and Urvi Marma were manipulated on each alternate day for 2 weeks and improvements were noted. It had seen after the Marma Chikitsa relief in previous parameters like improvement in Ruja was 90% (grade 3 to 1), improvement in Stambha parameters was 70% (grade 2 to 1), improvement in Toda parameters was 80% (grade 1 to 0), improvement in SLR test was 95% (grade 3 to 1) and improvement in Braggard's test was 95% (grade 3 to 1). In the body, also the Vata that can be correlated with nervous system comes in the

Mode of Action of Marma Chikitsa-

Marma Therapy is the precise art of touching an individual on exactly right place at a critical moment of time. It is an important tool of Pranic healing. Prana in turn is connected with Vata Dosha, which relates to deep seated, chronic and degenerative diseases like Gridhrasi. It is one of the safest, non-invasive, and cheapest therapy among all. Also, this therapy has no side effects, and no preparation is required before therapy. It even satisfies the Sushruta's concept of "Hastamaeva Pra dhantamam Yantram". By the use of appropriate pressure over these Marma points, these vital and powerful points can be stimulated leading to biochemical changes in brain as well as in the body, resulting in suppression of the symptoms like Ruja, Toda, Stambha etc. The result is supposed to be immediate and long lasting.

CONCLUSION

Gridhrasi is a Shoolpradhan Vatavyadhi that typically affects middle-aged and older people, as well as certain work groups. Marma Chikitsa is effective significantly on all the parameters in the management of Gridhrasi (Sciatica). Marma Chikitsa, which is cost-efficient, safe and beneficial treatments that helps to improve the quality of life of the patient.

REFERENCE

1. Charaka Samhita elaborated by Charaka and Dridh bala with the charak-chandrika edited by Dr. Brahmanand Tripathi, Chikitsasthana, 28/56-57; 947.
2. Shastri Kashinath, Charaka Samhita, Uttarardha, Chaukhambha bharti academy publication, Edition: Reprint, Chikitsa sthana, 2009; 28/56: 787.
3. Charaka Samhita elaborated by Charaka and Dridh bala with the charak-chandrika edited by Dr. Brahmanand Tripathi, Sootrasthana, 20/11: 389.
4. Harrison's principle of internal medicines, Anthony S, Fauci editors, Mc Graw hill publications, 15th edition, 2001.

5. Charaka Samhita elaborate by charaka and dridhbala with the charak-chandrika edited by Dr. Brahmanand Tripathi, Chikitsasthana, 28/101: 956.
6. Sushruta Samhita, edited with Ayurved-Tattva Sandipika hindi commentary of Kaviraja Amikadutta Shastri, Chikitsasthana, 5/23: 43
7. Vatavyadhi Chikitsa prakaran, Shloka no. 54, Chakrapanidutta – Chakradutta, commentary by Dr.Indradeva tripathy, edited by Prof. Ramanath Dwivedy published by chaukhambha Sanskrit sansthan, Varanasi. Vatavyadhi Chikitsa, Yog ratnakar with VidyotiniHindi Commentary1st edition, by Dr.Indradev Tripathy & Dr. D.S. Tripathy published by Krishnadas academy, Varanasi, 1998.
8. Marma points of Ayurveda by Dr. Vasant Lad [http://www.narayan-publishers.com/Marma points of Ayurveda /Vasant Lad /69673/partener/leseprobe](http://www.narayan-publishers.com/Marma%20points%20of%20Ayurveda%20Vasant%20Lad%2069673/partener/leseprobe)).
9. MarmaReference
10. Basic concepts of Medical Varmalogy, Dr. N. Shunmugam, Priyadarshini Printograph, Sivakasi Edn sept.- 2014, book series 8-8 page no 165. Marma Science and Principles of Marma Therapy Dr. Sunil Kumar Joshin, Vani Publications, Delhi, Edn- Aug., Reprint Mar-2014, page no. 55,46,61. Ayurveda And MarmaTheraphy by Dr. David frawly, 2010; 120.
11. Marma Science and Principles of Marma Therapy Dr. Sunil Kumar Joshin, Vani Publications, Delhi, Edn- Aug. 2010, Reprint Mar-, page no. 46,55,61. Ayurveda And MarmaTheraphy by Dr. David frawly, 2014; 128, 129.
12. Marma Science and Principles of Marma Therapy Dr. Sunil Kumar Joshin, Vani Publications, Delhi, Edn- Aug. 2010, Reprint Mar, page no. 46, 61. Ayurveda And MarmaTheraphy by Dr. David frawly, 2014; 130, 131.
13. Marma Science and Principles of Marma Therapy Dr. Sunil Kumar Joshin, Vani Publications, Delhi, Edn- Aug. 2010, Reprint Mar-, page no. 46, 63. Ayurveda And MarmaTheraphy by Dr. David frawly, 2014; 134, 135.

