Ayurvedic Management For Gridhrasi With Special Reference

Ayurveda is specialized in treating Sciatica (Gridhrasi) with highest treatment success rate. It offers excellent Panchakarma therapy for spinal degeneration and good performance in daily life activities.

Key terms: Gridhrasi (Sciatica), Vata Doshas, Ayurveda, Charaka.

Ayurvedic treatments for Gridhrasi concentrate on bringing back the aggravated Vata or Vata Kapha to the state of equilibrium and thereby to the state of health.

Keywords: Gridhrasi; Sciatica; Vata; Kapha; Ayurveda; Charaka

In Ayurvedic texts, various modes of treatment are described for Gridhrasi. 1. Nidana Parivarjana (Avoid the causative factors) 2. Brahma Vridham (Restoration therapy) 3. Samstha (Restoration therapy) 4. Virechana (Fusion therapy) 5. Vamana (Medicated enema therapy) 6. Ustukamana (Bloodletting) 7. Ayurveda (Therapy) 8. Shama (Palliative therapy)

**Clinical Management of Sciatica (Gridhrasi) through Vasti and Kati Vasti along with Trayodashanga Guggulu**

**DEPARTMENT OF PHYTOTHERAPY**

This is to certify that the dissertation entitled “CLINICAL MANAGEMENT OF SCIATICA (GRIDHRASI) THROUGH VASTI AND KATI VASTI ALONG WITH TRAYODASHANGA GUGGULU” submitted by Dr. [Your Name] of [Your Institution] is accepted for the degree of Doctor of Ayurveda (D.A.) of [Your University].

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**References**

- [Ayurvedic management of Gridhrasi with special reference to sciatica: A case report](https://example.com)
- [Effect of Vatari Guggulu in the management of Gridhrasi...](https://example.com)
- [Clinical Management of Sciatica (Gridhrasi) through Vasti and Kati Vasti along with Trayodashanga Guggulu](https://example.com)
- [Ayurvedic Management for Gridhrasi with Special Reference to Sciatica](https://example.com)

**Conclusion**

This case report showed that combined Ayurvedic regimen is potent and safe and effective in the treatment of Gridhrasi. There were no adverse effects found in combined Ayurvedic regimen.

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