Ayurvedic Management of Gridhrasi (Sciatica) in Ayurveda

Gridhrasi (sciatica) is a disorder in which low back pain is found, that spreads through the hip, to the back of the thigh and down the inside of the leg. There are many causes for low back pain, however, Gridhrasi is a severe painful condition afflicting the posterior aspect of the pelvis and lumbo sacral regions.

Gridhrasi is explained in Ayurvedic literature as a painful condition of the sciatic nerve, which is the nerve that runs from the back of the pelvis to the back of the thigh and down the inside of the leg. In Ayurvedic texts, Gridhrasi is described as a condition characterized by burning, stinging or numbing pain that is felt in the buttocks, thighs, legs, or feet.

Ayurvedic management of Gridhrasi involves the use of various therapies, including internal medicines, herbal preparations, and physical therapies. The treatment approach is based on the principle of balancing the doshas (vata, pitta, and kapha) of the body to alleviate the symptoms of Gridhrasi.

A contemporary perspective on Gridhrasi in Ayurveda includes the use of specialized herbs and formulations, as well as modern medical interventions. This study presents a case report of a successful ayurvedic management of Gridhrasi with special respect to Sciatica.
Ayurvedic Management For Gridhrasi With Special Reference

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Ayurvedic Management For Gridhrasi With Special Reference

Sciatica or Gridhrasi is a severe painful condition affecting the posterior aspect of one or both the lower limbs. The pain radiates along the path of the sciatic nerve which has its origin at the back of the pelvis from the lumbosacral vertebrae.

gridhrasi - Ayurveda

Discover the meaning of gridhrasi or grdhrasi in the context of Sanskrit from relevant books on Exotic India. See also (Relevant definitions) Partial matches: Gridhra. Relevant text. Search found 5 books and stories containing Gridhrasi, Gridhrishi, Gridhrasi, Grdhra-si, Gridhra-si, Gridhrasi; plurals include: Gridhrasis, Gridhrashis, Gridhraśis ...

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Ayurvedic Management For Gridhrasi With Special Reference

The Ayurvedic treatises in the context of Vata Vyadhi explain a painful condition afflicting the lower limbs called 'Gridhrasi' wherein the pain along with stiffness, sensation of pins and needles, gripping and pulsations start in the spik or the buttocks [gluteal region] initially and gradually encroach the regions of the posterior aspect of kati (pelvis and lumbo sacral regions), ooru ...

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Sunshine Ayurveda is an authentic Panchakarma centre in the heart of the Sunshine Coast, committed to holistic healing with natural therapies to balance your body, mind and spirit. In an initial consultation, an Ayurvedic doctor, Ram Mani Bhandari, determines your doshas (Vata, Pitta, Kapha) through pulse diagnosis and recommends Ayurvedic treatments targeted to your specific needs.

Ayurvedic Management of Sciatica: Shodana: Urdhwa and adho shuddhi – Vamana and Virechana are the purificatory measures which are implemented to get rid of the morbid kapha and pitta respectively. Gridhrasi is a vata vyadhi. Vamana logically need not be given in the diseases of vata origin.

Ayurvedic Management of Gridhrasi WSR to Sciatica: A Review

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Ayurveda Perspective & Management. Ayurveda is specialized in treating Sciatica with highest treatment success rate. It offers excellent Panchakarma therapies along with internal medicines for treating Sciatica. Ayurveda described sciatica as Gridhrasi (Gridhra means Eagle), as the gait of the affected person resembles that of an eagle's walk and the inflamed nerve appears like eagle's beak. Ayurvedic Management of Gridhrasi WSR to Sciatica: A Review

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Gridhrasi (Sciatica) - Part 2: Ayurveda Management of ...