

Integrative Ayurvedic Management of Acute Lumbar Disc Prolapse with Neurological Deficit – A Clinical Observation

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Abstract: *Background: Gridhrasi (sciatica) is a common Vata Vyadhi often correlated with lumbar disc herniation. Conventional management provides symptomatic relief but recurrence is frequent. Ayurveda offers a holistic approach emphasizing Vata Shamana, Avarana Nivritti, and Snayu Poshana.*

Objective: To evaluate the effectiveness of an integrative Ayurvedic protocol in managing Vata-Kaphaja Gridhrasi (lumbar disc prolapse) with neurological deficit.

Methods: A 37-year-old female with acute L5–S1 disc prolapse and left lower limb weakness was treated with Rasaraja Rasa, Samirapannaga Rasa, Ekangaveer Rasa, Sahacharadi Kwatha, Eranda Sneha, and Ashwagandha, along with Siravedha, Agnikarma, Patra Pinda Sweda, and Basti Karma.

Results: Significant reduction in radiating pain and stiffness was observed within 10 days, followed by improvement in muscle strength (from 2/5 to 4+/5) and mobility by the end of 30 days.

Conclusion: Integrative Ayurvedic management demonstrated effective pain relief, functional recovery, and neurological improvement, suggesting its potential as a non-surgical alternative in lumbar disc prolapse.

Keywords: Gridhrasi, Lumbar Disc Prolapse, Vata-Kaphaja Vyadhi, Panchakarma

