



# TREATMENT OF SCIATICA IN AYURVEDA



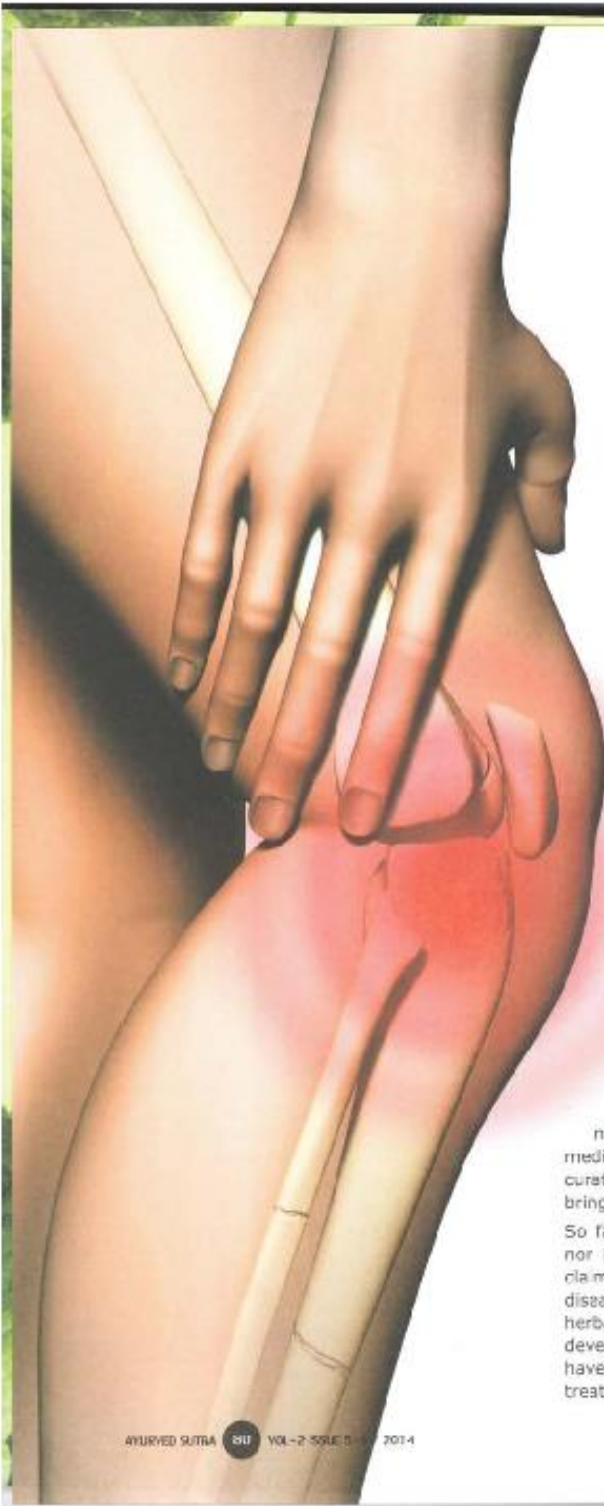
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About 250,000 Americans have disk surgery for sciatica each year, while another quarter-million instead choose physical therapy, painkillers or rest until they feel better. In India no definite figures are available. Some studies reported the prevalence of disease about 3-8%.



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Americans spend at least \$50 billion each year on low back pain, the most common cause of job-related disability and a leading contributor to missed work.



Sciatica or Lumbar disc prolapse (PVD) is a painful condition for which no specific medical treatment is available. The medical advice is usually based on bed rest for long time and pain killers. Lumbar disc herniation occurs 15 times more often than cervical (neck) disc herniation, and it is one of the most common causes of lower back pain. Americans spend at least \$50 billion each year on low back pain, the most common cause of job-related disability and a leading contributor to missed work. About 250,000 Americans have disk surgery for sciatica each year, while another quarter-million instead choose physical therapy, painkillers or rest until they feel better. In India no definite figures are available. Some studies reported the prevalence of disease about 3-8%.

Most of the cases do not relieved by this medical advice and if relieved, the recurrence is one of the major problems, and normally the patient is advised for surgery.

Review of literature indicates that the result of surgery varies from 10-30%, and once there is failure of surgery, the treatment is very difficult. Hence it is needed to have some sort of medical treatment, which can give curative effects to these patients and bring out them from this malady.

So far specifically, neither allopathic nor herbal medicine/ supplement is claiming to have a cure for this disease. Here are the details of the herba nutritional supplement as developed by KRASS and which have been found to be useful in the treatment of this disorder.





There are many choices of treatment available. However any of such treatment do not provide full relief from the symptoms of disease, good amount of financial involvement, fair amount of recurrence, low success rate, surgical complications etc. (Box 1)

**Whereas the treatment with this Ayurvedic herbal nutritional supplement containing Myrobalans - Terminalia chebula, Aloe Vera, Colchicum Variegatum, Cassia Elongata etc (Box 2) have the following advantages over the ongoing treatment-**

1. Complete cure after due course of treatment
2. Rest only for 3 weeks - You can do day to day activity
3. No recurrence after 15 years follow up study
4. No side effects
5. More than 90% cure rate
6. Financial implications are affordable to lower medium class community
7. Avoiding all complications of surgery
8. No repeated surgery

The improvement with this supplement starts in 3 weeks of starting the treatment.

### Box-1

#### Choice of available treatments and prognosis

##### Physical therapy

About 46 % CASES RESPOND TO bed rest for 4-6 months followed by physiotherapy. Out of these cases most on the cases shows recurrence



##### Medication

Commonly the medication are Analgesics (painkillers), such as Paracetamol, Non-steroidal anti-inflammatory drugs (NSAIDs), such as Ibuprofen, Diclofenac and Naproxen, Codeine (a stronger type of painkiller), often taken in combination with Paracetamol, Corticosteroid (steroid) injections, Muscle relaxants, such as Diazepam.



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## Surgery

The aim of surgery is to cut away the piece of the disc that bulges out. This is known as a discectomy and can be done in several ways. Some of these procedures are Open discectomy, Prosthetic intervertebral disc replacement, Endoscopic laser discectomy. For most people, this type of back surgery helps to ease symptoms. You can usually return to work after two to six weeks. However, the surgery does not work for everyone, and you may require further operations and treatment if the initial surgery does not work.

Possible complications resulting from surgery may include, an infection, nerve injury, haemorrhage (severe bleeding), temporary dysaesthesia (impaired sense, for example not being able to sense touch).

It appears, despite the improvement in symptoms, that except for the first 6 weeks after surgery, work status is not related to treatment. Work status showed a non-significant benefit for surgery at 4 years.

**The cost of surgery also matters, which is about 60000 to 100000 in India and much more in USA.**

### Box-2 Symptom Duration of relief

Radiation of pain to areas beyond knowndermatomal patterns	Improvement between 90 - 120 days
Pain in buttocks (referred)	Improvement between 90 - 120 days
Sitting uncomfortable	Improvement between 60 - 90 days
Backpain	Variable improvement (depending on physiotherapy) in 120-360 days
Sciatica	Improvement between 60 - 90 days
Neurogenic claudication	Improvement between 90 - 120 days
Sensory dysfunction	Improvement between 60 - 90 days
Cold feet	Improvement between 60 - 90 days
Burning	Improvement between 60 - 90 days
Tingling, hyperaesthesia Saddle pain - genital hypaesthesia	Improvement between 60 - 90 days
Stance- tilted to one side	Improvement between 60 - 90 days
Movements restricted	Improvement in SLR start by 21 days Improvement continues and SLR comes to normal by 90 days
Lorcosis obliterated	Improvement between 90 - 120 days
Leg: sensations - Hypoaesthesia	Improvement between 60 - 90 days
Weakness of muscles	Improvement between 90 - 120 days
Wasting in muscles	Variable improvement in 120-360 days
Reflexes	Improvement between 90 - 120 days

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