

19th International Conference on Traditional Medicine and Acupuncture
 10th International Conference on Pharmaceutical Research and Drug Discovery
 25th Global Biotechnology Conference

October 25, 2022 | Webinar



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Ayurveda management of sciatica syndrome

Sciatica syndrome is a neuromuscular disorder which affects the lower limbs. Either due to faulty lifestyle or due altered food habits has resulted in increased incidence of this disease. Due to lumbar spondylosis or spondylolisthesis there will be nerve root compression in the Sciatica nerve root leading to Sciatica syndrome. This disease is characterized by clinical features like low back ache, pain in the lower limbs, and difficulty in walking. By plain X ray of lumbar spine, one can confirm lumbar spondylosis or spondylolisthesis. By clinical tests like SLR test, Braggards test, Lasegue sign and sitting tests one can confirm nerve root compression in sciatica syndrome. Ayurveda medicine has a better role in the management of Sciatica syndrome. Use of disease specific medicines, panchakarma therapy like Kati basti, matra basti, abhyanga and swedana and use of pathyapathya are advised in the management of Sciatica syndrome. Medicines like trayodashanga guggulu, kaishora guggulu, yogaraja guggulu,

maharasnadi kashaya, Balarishta, Ashwagandharishta, maha narayana taila, maha vishagarbha taila are commonly used in this disease. These formulations are having the ingredients with actions like vatahara, vedanasthapana, Rasayana, anti-inflammatory, antistress, adaptogenic and ojasakara actions. The present paper highlights about the role of Ayurveda management in Sciatica syndrome patients.

Keywords: Sciatica syndrome, lumbar spondylosis, matra basti.

Biography

Shripathi Acharya G is working as a Director (Academic), Department of PG Studies and Professor and HOD of PG and PhD department of Kayachikitsa, Muniyal Institute of Ayurveda Medical Science, Manipal. He worked as an Observer in RGUHS examination twice at COPS Manipal and Squad Chief, once at St John's Medical College, Bangalore.

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Received Date: September 15, 2022; **Accepted Date:** September 17, 2022; **Published Date:** October 31, 2022