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AN AYURVEDIC MANAGEMENT OF LUMBAGO-SCIATICA SYNDROME WITH SPECIAL REFERENCE TO *GRIDHIRASI* - A SINGLE CASE STUDY

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ABSTRACT

Lumbago with Sciatica (lumbago-sciatica syndrome) is characterized by the pain radiates along with the path of sciatic nerve. Sciatica also known as "Lumbar radicular pain". Lumbago-Sciatica Syndrome is the neuralgic pain that starts in the back and radiates along the posterior aspect of lower limb to heel, occurs due to irritation of a spinal root compressed by the protruded disc close to the intervertebral foramen. Pain is shooting, burning like in character. The life time prevalence of sciatica varies from 13-40%. The prevalence of sciatica varies from 3.8% in the working population to 7.9% in nonworking population. It is most common during people's fourth and fifth decade. Men are more frequently affected than women. In the present case study patient is successfully treated with the *Sodhan Chikitsa* along with *Shaman Chikitsa*. It was proved by significant improvement of patient's primary symptoms. The patient is doing well with his daily activities. *Gridhrasi* can be successfully managed by proper Ayurvedic assessment and treatment.

Keywords: Lumbago-Sciatica syndrome, Sciatica, *Gridhrasi*

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ayurveda and Siddha (New Delhi,
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Mastishka- Neurology In Ayurveda Prof. Dr. Pandurang Kulkarni ,2021-08-11 This unique research based book contains 38 chapters Some topics are as follows 1 Triguna and Brain Chemistry 2 Concept of Mastishka 3 Alzheimer s disease 4 Preventive Neurology 5 Parkinsonism 6 Transcranial doppler evaluation 7 Role of Panchakarma 8 Plants for brain 9 Prakruti and cerebral insult 10 Multiple sclerosis This book is used by students and research workers **Evidence-Based Practice in Complementary and Alternative Medicine** Sanjeev Rastogi,2012-01-30 This book investigates the ways in which the evidence base is influencing complementary and alternative medicine in general and Ayurveda and allied health practices in particular The latter have traditionally been prevalent in Asia and are now increasingly attracting interest worldwide The book is divided into four sections the first of which examines issues related to acquisition and evaluation of the evidence base Evidence based approaches to Ayurvedic diagnosis and therapy are then examined with a special focus on management of cardiovascular and rheumatological diseases dental care and rejuvenating treatments The final section explores further the challenges of applying evidence based practice in contemporary and alternative medicine and Ayurveda with a focus upon the issues requiring urgent attention in ongoing decade The same involves encompassing areas such as Ayurvedic pharmaceuticals practice education and research within an evidence based perspective **Ayurveda in The New Millennium** D. Suresh Kumar,2020-11-10 Ayurveda or the sacred knowledge of longevity has been practiced in India and many Asian countries since time immemorial Interest in Ayurveda started growing all over the world in the late 1970s following the Alma Ata Declaration adopted by the W H O in 1978 Ayurveda in the New Millennium Emerging Roles and Future Challenges attempts to survey the progress made in this field and to formulate a course of action to take Ayurveda through the new millennium It also identifies the many stumbling blocks that need to be removed if Ayurveda is to cater to the needs of a wider audience Features Newer insights into the history of Ayurveda Regulatory aspects of the manufacture of ayurvedic medicines Industrial production of traditional ayurvedic medicines Quality control The scientific rationale of single herb therapy Biological effects of ayurvedic formulations Optimization of ancient wisdom and newer knowledge Conservation of threatened herbs Nutraceuticals and cosmeceuticals from Ayurveda Critical view of Ayurveda in the West Direction for the Ayurveda renaissance Ayurveda in the New Millennium Emerging Roles and Future Challenges describes the strength of Ayurveda and how to usher in the Ayurveda renaissance This book will be of interest to proponents of Ayurveda and all branches of traditional and alternative medicine Experts from the fields of medicine pharmacology new drug discovery and food technology will also find it useful *Contemporary Phytomedicines* Amritpal Singh Saroya,2017-05-25 The term phytomedicine was coined by French physician Henri Leclerc in 1913 Till recently phytomedicine has remained in the background But due to emerging challenges to the conventional pharmaceutical industry cost effectiveness and potency of the drugs phytomedicine has made a dramatic comeback Phytomedicine has witnessed several changes and several new

concepts have been introduced Phytomedicine although a separate discipline is strongly linked to Phytotherapy and Phytopharmacology As the title suggests the book is an attempt to bridge the gap between fundamental and emerging concepts in this field of medicine The book has been divided into two parts Part A deals with core issues of the phyto pharmaceutical drug industry The book begins with an introductory chapter dealing with basic definitions with phytomedicine Chapters 2 5 narrate emerging subjects such as Phytopharmacovigilance Phytopharmacoeconomics Phytopharmacoeidemiology and Phytopharmacogenomics Chapter 6 discusses ethical issues in phytomedicine Chapter 7 covers recent advances in drug delivery systems in phytomedicine whereas Chapter 8 is about application of nanotechnology in the field of phytomedicine The further chapters cover metabolomics regulatory and legal aspects of the phyto pharmaceutical drug industry The chapter on herbal bioavailability enhancing agents is the salient feature of Part A Part B is related to applied research in the field of phytomedicine Experimental findings on phyto bioactive agents such as withanolides steroidal alkaloids phytosteroids and phytocannabinoids have been elaborated Nine annexures related to herbal drug registration are included

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Table of Contents Ayurvedic Management For Gridhrasi With Special Reference

1. Understanding the eBook Ayurvedic Management For Gridhrasi With Special Reference
 - The Rise of Digital Reading Ayurvedic Management For Gridhrasi With Special Reference
 - Advantages of eBooks Over Traditional Books
2. Identifying Ayurvedic Management For Gridhrasi With Special Reference
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ayurvedic Management For Gridhrasi With Special Reference
 - User-Friendly Interface

4. Exploring eBook Recommendations from Ayurvedic Management For Gridhrasi With Special Reference
 - Personalized Recommendations
 - Ayurvedic Management For Gridhrasi With Special Reference User Reviews and Ratings
 - Ayurvedic Management For Gridhrasi With Special Reference and Bestseller Lists
5. Accessing Ayurvedic Management For Gridhrasi With Special Reference Free and Paid eBooks
 - Ayurvedic Management For Gridhrasi With Special Reference Public Domain eBooks
 - Ayurvedic Management For Gridhrasi With Special Reference eBook Subscription Services
 - Ayurvedic Management For Gridhrasi With Special Reference Budget-Friendly Options
6. Navigating Ayurvedic Management For Gridhrasi With Special Reference eBook Formats
 - ePub, PDF, MOBI, and More
 - Ayurvedic Management For Gridhrasi With Special Reference Compatibility with Devices
 - Ayurvedic Management For Gridhrasi With Special Reference Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ayurvedic Management For Gridhrasi With Special Reference
 - Highlighting and Note-Taking Ayurvedic Management For Gridhrasi With Special Reference
 - Interactive Elements Ayurvedic Management For Gridhrasi With Special Reference
8. Staying Engaged with Ayurvedic Management For Gridhrasi With Special Reference
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ayurvedic Management For Gridhrasi With Special Reference
9. Balancing eBooks and Physical Books Ayurvedic Management For Gridhrasi With Special Reference
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ayurvedic Management For Gridhrasi With Special Reference
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Ayurvedic Management For Gridhrasi With Special Reference
 - Setting Reading Goals Ayurvedic Management For Gridhrasi With Special Reference
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Ayurvedic Management For Gridhrasi With Special Reference
 - Fact-Checking eBook Content of Ayurvedic Management For Gridhrasi With Special Reference
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
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