

4. GṚDHRASĪ (SCIATICA)

A. Single formulations

Sl. No.	Name of the formulation (Botanical/ Mineral/ Metallic preparations)	Auṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Eraṇḍa Taila (Ricinus communis)	Taila (oral)	10 ml BD	Daśamūla Kwātha /Śuṅṭhi Kwātha	B. R. Āmavāta Cikitsā
2.	Śuṅṭhī Cūrṇa (Zingiber officinale)	Cūrṇa	3 gm BD	Hot water	B.P.N. Harītak- yādi varga

B. Compound formulations

Sl. No.	Name of the formulation	Ouṣadha kalpanā (Dosage form)*	Mātrā (Daily dose)	Anupāna (Vehicle)	Textual reference
1.	Yogarāja Guggulu	Vaṭī	1 gm	Water	B. R.

			BD		Āmavāta Cikitsā
2.	Punarnavādi Guggulu	Vaṭī	1 gm BD	Water	B. R. Āmavāta Cikitsā
3.	Nārāyaṇa Taila	Taila	Q.S Ext. Appli cation	-	B. R. Āmavāta Cikitsā
4.	Prasāraṇī taila	Taila	Q.S Ext. Appli cation	-	B. R. Āmavāta Cikitsā
5.	Rāsnāsaptaka Kwātha	Kwātha	30 ml BD	Water	B. R. Āmavāta Cikitsā

C. PATHYAPATHYA (Do's and Don'ts)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Rice, wheat,	Special variety of rice (kodrava, sāṃvaka)
Pulses	Black gram (uḍada),	Chickpea (canā), peas

	kulattha	(maṭara), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Garlic, brinjal, paravala, drum stick (śigru), mango, pomegranate, phālasā, lemon, grapes	Bitter gourd (kāravellaka), lotus stem, jambū, beans, leafy vegetables (patraśāka), udumbara
Others	Milk, coconut water, sour vinegar (kañjī), tamarind (imalī), meat juice, clarified butter, oil	Betel nut, honey
Life style	Massage, sudation, therapeutic unctuous enema (anuvāsana vasti), therapeutic non unctuous enema (nirūha vasti), therapeutic purgation (virecana), gentle pressing (saṃvāhana), sleeping on the ground, saturation (santarpaṇa), nourishing diet, sunlight exposure	Sadness (śoka), night awakening, fasting, physical exercise, suppression of natural urges, excessive walking

Note:

1. The above are certain suggested choices only.
2. The Pañcakarma and other procedures if any required may be rationally adopted by Physician on case to case basis.
3. The above mentioned dose is for the use of adults. However, dose and duration of therapy, pathya & apathya may be conveniently decided by the Physician on case to case basis on Āyurvedic principles.