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Sciatica nerve is the longest nerve of our body, which starts from the spinal cord, passes through the lower back and into the lower leg. Sciatica is a symptom of pain in the sciatic nerve which occurs if it is being compressed by any mass, irritated, or overgrowth along its course. Symptoms of Sciatic Nerve Pain in Back Patients with sciatica experience severe pain along their back as well as may suffer from additional symptoms including numbness and weakness, a feeling of tingling and pins and needles on the foot or toes. In severe cases, some people may also suffer from loss of bladder and bowel control. Causes of Sudden Sciatic Nerve Pain One of the most common reasons is the pinching of the nerve due to a slipped disc in the lower back. Other conditions which cause sciatica are trauma to the spine, spondylolisthesis, spinal tumors, and lumbar vertebral canal stenosis. The pain in the lower extremity of the body caused by the irritation of the sciatic nerve (the large nerve running down from the lower back of the body to each one of the legs) is referred to as Sciatica. Sciatica is caused by injury, inflammation or compression of the sciatic nerve and causes pain or numbness spreading to leg, buttocks, and hips. In Ayurveda, Sciatica is known by the name of Gradhrasi. It is believed to be aggravated by the imbalance of Vata Dosha. Causes - Sciatica can be caused by strenuous physical activity such as heavy weight lifting, or to exposure to extreme cold. Pressure on buttocks due to sitting or lying continuously for long hours, injury due to a fractured pelvis or trauma to thighs also damages the sciatic nerve. Symptoms - Pain in the back and the lower extremity of the body is the primary symptom of Sciatica. Also, there is a burning or tingling sensation in the affected area. It can also become numb. One may even find it difficult to walk. In severe cases, it becomes impossible to bend the knee or move the foot. Treatment Through Ayurveda - Through Ayurveda, Sciatica can be treated internally and externally by balancing the energies involved in the doshas: Internal methods of treatment: Yogaraja Guggulu is the herbal pill consisting of Guggulu resin, twenty-five types of herbs and ghee effectively treats all types of pain associated with the nervous system. Dashamula Arishta, an elixir having sixty-three herbs, jaggery, plums, honey, and water has anti-inflammatory properties which help in toning up the affected nerve. External methods of treatment: Application of Sarshapadi medicinal oil (made up of camphor, mustard oil, and vegetable turpentine as a base) on the affected area helps in relieving pain. Panchakarma therapies are very effective in the treatment of this condition. They aim to relieve inflammation and release nerve compressions and spasms for strengthening the entire spine and the surrounding tissue. Generally, treatment through the Panchkarma therapies takes four to five weeks depending upon the severity of the condition. Following are some of the processes involved in treatment through Panchakarma: Kativasti and Elakizi, Naranga Kizhi, Navarakizhi are very important in the treatment of sciatica. Sarwang Abhyang is the full body massage with medicated warm oils for lubricating and nurturing the body for the pacification of Vayu. Swedana refers to steaming the body for detoxification. Vasti refers to the administration of medicated oils and decoction through anal route for treating the vatic disorder that is Sciatica as per Ayurveda. It pacifies dryness and strengthens intestines and is one of the permanent cures for most of the vatic disorders. Siravedha is the venous puncture or venesection. Agnikarma is the Cauterisation or burning the affected part. Raktamokshan is the process for Blood purification. Take Away- Sciatica refers to the pain in the lower body due to an irritated sciatic nerve, caused due to nerve compression or trauma or injury. Through Ayurveda, Sciatica can be treated through internal or external methods as well as through Panchakarma therapies. The longest nerve in the body is the sciatic nerve. The sciatic nerve starts from the lower part of the spine, through your hip to the back of the leg. So when it is said sciatica, we refer to pain in this nerve. Since the nerve covers the spine, hip, and leg, sciatic pain is felt in the areas through which it passes. The lower leg muscles and sensation in the legs, thighs, and feet are controlled by this nerve. Sciatica Symptoms Pain that radiates from the lower back to the hip and to the leg Sharp, tingling, dull, constant or burning pain Loss of bladder or bowel control Sneezing or coughing increases pain Moving the leg gets difficult so usual activities like walking, sitting and standing become painful Homeopathic Remedies for Sciatica Nerve Pain Homeopathic remedies are easy and gentle on the body. Homeopathy aims to boost the body's immune system so it can fight all its weaknesses. The following homeopathic remedies may prove to be useful in Sciatica Nerve Pain. Ammonium Muriaticum: It is taken for chronic pain in the heel or for chronic backache or when straightening the knee gets difficult as hamstrings contract. It is also taken for limping. Bellis Perennis: In periosteum injuries, stiffness and deep aches in the spine Bellis Perennis is used. It is also used for tailbone injuries. It is also helpful for nerve pains during pregnancy. Calcarea Fluorica: If the vertebra degenerates after trauma to the spine, then Calcarea Fluorica can be useful. Cicuta: The worst back injuries with serious trauma and muscle spasms are treated with Cicuta. Hypericum: Hypericum is suggested for tailbone injuries, temporary paralysis, spinal concussions, and sharp pain that tingles and moves upwards. Rhus tox: If after lifting weights, overexerting muscles, and exposure to anything wet, you feel tearing and burning pain, then Rhus tox is beneficial. Cramps that get better after heat application, but get worse after exposure to the cold are also treated with Rhus tox. Ruta: Stiffness and pain from back injuries, twisting the wrong way, and bruises are prescribed with Ruta. If you wish to discuss about any specific problem, you can consult a doctor and ask a free question. Update From Lybrate: Brain care supplements are beneficial for the healthy working of the brain. Buy these Memory Booster supplements from Lybrate and enhance your creativity, skills, memory, etc. Last Updated: Feb 21, 2023 Sciatica is the pain that occurs in the large sciatic nerve that runs from our lower back down through the back of the legs. It’s a disease that causes severe and debilitating pain. Sciatica pain that originates in the lower back moves down and travels through our buttocks along the path of the sciatic nerve, behind our legs causing numbness, tingling sensation or weakness. Anatomically speaking, this nerve is the largest single nerve in our body and constitutes individual nerve roots that start by spreading out from our spine in the lower back and then assimilate to form the ‘sciatic nerve’. The symptoms of this disease arise, when this large nerve gets compressed or irritated at or near its point of origin. There are four types of sciatica and each of the types requires a different kind of treatment. Herniated or Bulging disc: This condition happens mostly after an accident. The disc turns herniated when the nucleus of the disc breaks through the annulus layer. If the nucleus does not break but only the disc emerges out, then it is known as a bulging disc. However, in both cases, the discs compress the sciatic nerve and the inflammation causes numbness, tingling sensation along with pain. Spondylolisthesis: This may be a congenital condition or rise from a traumatic injury. One of the vertebrae in the spine slips from its position and rides over the next vertebra. In this condition, the sciatic nerve is totally compressed and causes excruciating pain. Piriformis syndrome: Piriformis is a muscle that extends from the sacrum’s front side and in its back the sciatic nerve runs. This muscle is connected with the hip bone. Hence, when this muscle tenses, there could be an irritation felt. The muscle tension can compress the sciatic nerve and starts paining. This muscular problem cannot be detected in X-Ray. But, this can be cured with the help of stretching exercises and this is the easier form of sciatica when compared to other types. Lumbar Spinal Stenosis: This condition is often associated with age. The spinal canal gradually starts narrowing and causes pressure on the spinal cord and on the spinal nerves. This pressure on the spinal nerves could develop sciatica pain. When the sciatic nerve is irritated by compression, it will lead to sciatica that causes severe pain. The pain ranges from mild to severe depending on the level of compression. Usually, a compressed nerve in the lower spine causes sciatic pain. Sciatic nerve:The longest and widest nerve in the human body is the sciatic nerve. It runs through the buttocks, and legs and ends just below the knee. Sensation to the skin of the foot and lower part of the legs, along with several muscles are controlled by sciatica. The most common symptoms of sciatica include: Hip pain associated with lower back pain Burning and tingling sensation in the lower leg An excruciating pain that makes the standing/sitting posture difficult The pain will be better in the lying posture Numbness and weakness in the foot Sciatica pain reasons: The following 6 lower back medical issues are the most common causes of sciatica: In addition to the above stated 6 most common causes, a number of other conditions can also cause sciatica, which includes: When you go with pain, the physician will do a physical examination to check your muscle strength and reflexes. During some activities such as lying on the back, and rising from a squatting position, the sciatica pain might suit up. If the pain does not improve even after taking medicines, you will be recommended to go for an X-Ray, CT/MRI, and Electromyography. The last test will decide whether the nerve compression is caused by a herniated disc or spinal stenosis. The Myelogram is another test to find if a disc or vertebra is causing the pain and it is done by injecting dye between the vertebrae. After seeing all the reports, the physician will decide the underlying cause or major cause of the sciatic pain. Dealing with sciatica can be difficult. During daily life work, one often forgets the small things that need to be considered to prevent the sciatic nerve. Below mentioned are some of the measures that can help you in dealing with sciatica: Cold/Hot compress: while a cold pack will give you relief from the swelling and pain, a hot pack soothes the sore spots. You can use both compresses separately. Do not use one compress after another as it can cause sudden changes in your body temperature. OTC therapeutics: Your doctor will prescribe you a couple of non-steroidal anti-inflammatory drugs that can be used in case of pain, inflammation, and swelling. The medications will come with some common compounds like aspirin, ibuprofen, and naproxen. Consult your doctor in case you are allergic to any of these elements. Homestretch exercise: Ask your doctor about the exercises that are good for your pain. Practice the exercises at home to get relief from the pain. Summary: Dealing with discomfort in the sciatic nerve can be difficult. But with the help of daily exercise, medication, and compress, one can very well manage sciatica. Patients suffering from sciatica pain are rarely aged below 20. This disease is commonplace in middle age people who are between the ages of 40-50. While sciatica pain is often loosely used to describe all kinds of leg pains, researchers estimate that up to 43 percent of the global population gets affected by this disease, at some time in their lives. Although pain from a pinched nerve can be debilitating, most patients suffering from sciatica, find themselves feeling better with medication, within a few weeks or months. Sciatica is a condition that seldom occurs because of a particular injury, but rather this painful condition develops over time. Medical conditions associated with nerves and bones can get worse with normal lifestyle actions. Here are some of the things that need to be avoided to ensure relief in sciatica: Bending forward with the waist Sitting for too long Lifting heavy objects or lifting objects bending forward Persistent coughing Sleeping on the affected side Summary: There are many things that can put pressure on your sciatic nerve and make your condition worse. Avoid repeating some daily life activities bending, sitting for a longer period of time, and inappropriate sleeping position. Sciatica can be treated both surgically and non-surgically. There are a wide range of options that are available for nonsurgical sciatica treatment, such as, ice and heat compression on the affected site, ingesting over-the-counter pain medications and injecting epidural steroid injection for relieving acute pain. Usually all these treatments are prescribed in conjunction with specific exercises. In addition, these common medical treatments, a wide number of alternative treatments have also proved effective for many patients for alleviating this pain. Some of the most accepted forms of alternate care for treating sciatica includes acupuncture therapy, chiropractic manipulation, massage and cognitive behavior therapy. Since the medical condition is concentrated on physical pain, the treatment and prevention will also deal with the same. Here are some physical activities that should be strictly avoided to protect oneself from extensive pain and damage during sciatica: Exercises That Stretch Your Hamstrings Sitting For Longer Than 20 Minutes Lifting Heavy Weights Before Warming Up Prolonged Bed Rest Certain Exercise Machines Bending Over Lifting Heavy Objects Sitting in the “Wrong” Office Chair Long Car Trips Worrying Twisting Your Spine Summary: To keep the nerve pain-free, one needs to take care of many things. These daily based actions need to be avoided for effective treatment.The complications of sciatica arise when the problem is not cured and the following impediments are generally experienced by the victims. Foot drop: The person may experience chronic muscle weakness and drop foot in the case of the severely injured sciatic nerve. In this condition, the person cannot lift the foot and it may be a temporary or permanent condition. Increased disc herniation: Disc herniation can worsen and may cause excess nerve compression. Loss of feeling in the affected leg: The patient may feel a gradual loss of feeling and sensation in the affected leg. Loss of bowel or bladder control: Sciatica may try to reduce the bowel or bladder control step-by-step. Anxiety and depression: Chronic pain of sciatic always pulls down one’s emotions that make the person fall in depression and stress. It is important for an individual to have a certain amount of physical activity in order to maintain their physical and mental health. Walking is good for your body, however, walking in the wrong position can put pressure on your sciatic nerve resulting in worsening sciatica. Take shorter steps by landing your feet with the toe side first. Also, keep the feet landing between the midfoot and heel to decrease the pressure on your sciatic nerve. Summary: Walking is good for your body, but in the case of sciatica, walking right is important. Incorrect walking can flare up the pain in the sciatic nerve.Some simple stretching exercises have the capacity to reduce sciatica pain and they are: Knees to chest: Laying flat on the back with the knees bent and soles of the feet on the floor. Now, gradually hold your knees with both hands and draw them into your chest. Hold the posture for at least 30 seconds and release the stretch slowly. Repeat it for at least three times to see better results. Standing hamstring stretch: Stand straight in a position and lift the affected leg straight in the front of you. Rest your heel on the table that is just under the hip. Keep the knee straight, bend forward at the waist and keep the spine straight until you feel a stretch at the back of the leg. Hold the posture for at least 30 seconds at least. Now, go back to the starting posture, repeat on the other side. Other than the above two, seated spinal twist, knee to shoulder, seated hip stretch are other types of stretching exercises for the sciatica pain. Fruit is an essential part of our diet and it is important to look out for what we eat to maintain a well functioning healthy body. Before choosing fruits for your sciatica diet, you must be sure about the presence of the following nutrients: Magnesium Vitamin B12 Omega 3 fatty acids Fiber Summary: Fruits are an essential part of our diet. They help us enrich our daily mineral value. Taking a sufficient amount of magnesium, vitamin b12, omega 3 fatty acids, and fiber can help you soothe the painful nerve.Some of the effective home remedies for sciatica pain are as follows: Drinking a cup of garlic milk helps in reducing sciatica pain as it is a natural anti-inflammatory. A hot or cold compression is an effective way of treating sciatica pain. Hot compression reduces inflammation and pain whereas cold compression numbs the pain area. Applying peppermint oil to the affected area immediately relieves pain as the herb naturally contains analgesic and anti-inflammatory properties. Taking Vitamins B12, C, and D helps to reduce pain and inflammation. Consuming citrus fruits, nuts milk, green vegetables, cheese, and beans naturally improves vitamins and mineral levels. Valerian root has the tendency of relaxing muscles around the sciatic nerve due to its antispasmodic properties. Taking valerian tea at least three times daily helps in reducing inflammation and pain. White willow bark contains salicin, an active ingredient. This ingredient treats sciatica nerve pain out of its analgesic and anti-inflammatory properties. Intake of white willow bark tea at least 4 times helps you in fast recovery from sciatica pain. Summary: Sciatica can be described as radiating pain that emits from the Sciatic nerve. The sciatic nerve connects your lower back, hips, and buttocks to your lower legs. Some of the common causes of sciatica may include herniated disc or bone spur in the spine which puts pressure on the nerve. There is no permanent treatment for the condition however, one can go for physiotherapy and therapeutics. Gridhrasi is what Sciatica is known as in Ayurveda. It is the disorder that causes mild to agonizing pain in the sciatic nerve or neuralgia. These nerves, emerging from the pelvis, run along the hamstring and may cause intense pain in one or both the legs when a person suffers from Sciatica. Sciatic pains fill your life with misery as the simplest of daily activities cause sudden and excruciating pain. There are two types of sciatica i.e. true sciatica and pseudo sciatica. Sciatica may be caused due to bulging disc or herniated disc, degenerative disc disease, piriformis syndrome, pregnancy or trauma etc. According to Ayurveda, Sciatica is caused due to impairment in Vata i.e. the dosha responsible for the functional ability and movement of the body, and also in some cases due to impairment in the Kapha i.e. the dosha that is responsible for body fluids and lubrication. Ayurvedic herbs that improve the symptoms of Sciatica are: Babunah is also known as Bitter Chamomile. Not only is it used to relieve and reduce the pain faced by a sciatica patient, but it is also used for treating problems such as rheumatism due to the advancement of age. Compressed bitter chamomile flowers are prescribed for sciatica. Guggul is also known as Indian Bdellium. Since guggulu is well known for its anti-inflammatory properties, it relaxes the sciatic nerves. Rasna is also known as Vanda Orchid. Intense or agonizing pain due to the sciatic nerve issues can be reduced by this ayurvedic herb due to its anti-inflammatory properties. Juniper oil is extremely helpful when massaged onto the thigh muscles with firm strokes or pressure. It is used extensively in massage therapy for treating sciatica since the extent of reduction in sciatic nerve pain is tremendous. Jaiphal is also known as Nutmeg. After being mixed with sesame seeds oil, nutmeg is coarsely powdered and then fried till it turns brown. This is then applied to those areas where the sciatic pain is intense for instant relief. Kumari is also known as Indian Aloe. Properties of Indian Aloe are extremely helpful in treating lower back ailments such as sciatica and lumbago. Shallaki is also known as Boswellia or Frankincense. Containing anti-inflammatory properties, shallaki is applied externally to get relief from sciatic nerve pain. Ayurvedic preparations such as yogaraja guggulu, Vataganjakusha, Saindhavadi taila are also very useful in treating Sciatica. Quantity Description: bottle of 20 ml Drop Manufacturer: Adel Pekana Germany Price: ₹ 235.0 apo-SCIATICA Drops (Adel 39 Drops) FOR TREATMENT OF SCIATICA, PAIN IN THE LEGS/ARMS, LOW BACK PAIN AND SOFT TISSUE RHEUMATISM INDICATIONS: For treatment of Sciatica, low back pain, pain in the legs/arms and treatment of soft tissue rheumatism. INGREDIENTS: Arnica Montana 6X, Bryonia cretica 6X, Colchicum autumnale 4X, Gnaphalium obtusifolium 4X, Guajacum 6X, Lachnanthes tinctoria 4X, Solanum dulcamara 4X,Taraxacum officinalis 4X, Rhus toxicodendron 8X. The unhindered circulation in congested regions of the body restores Arnica montana Balancing the blood pressure and catagorizes inflamed regions and stagnations in it. But also it helps for beginning and up working rheumatism in different parts of the body. Bryonia cretica acts against drawing and tearing pains in the muscles within irritating pains in the muscles combined with an impaired temperature regulation and inflammating developments in the muscles and extremities in which each movement makes the pains worse, so that the ingredient is an important remedy for gout, rheumatism of the limbs and joints. Colchicum autumnale combinates the relationship of inner organs and is recognized as an important remedy for dyspetic irregulations, but it is more used as one of the best active substances for gout and arthotic attacks in the small limbs, tenosynovities and lumbalsyndromatic processes. Gnaphalium obtusifolium is a classical function against ischia synrdrome and low back pains. Deafness feelings and drawing pains in the arms, legs and calves can be felt. Guajacum in reference to displaced infections shows gouty-inflamed rheumatic processes in all muscles and limbs, connected with burning symptoms in the effected regions combined with lamed feelings, sticking pains and tendon shortenings. Lachnanthes tinctoria in its remedy picture shows reuralgic-rheumatic states with pains, stiffness and cramps in the neck, but it will be found in other regions of the body too, for examplein the splint bones and feet. Solanum dulcamara treats neuralgia and muscle rheumatism. The feeling of Ice coldparalysed, stiff and battered feelings pains are the known symptoms for the well proved remedy. Taraxacum officinale shows indications for sticking rheumatic pains, but in the main it regulates the metabolism of the liver and the eliminating power of the kidneys. So influences that hurt the body with wrong metabolism products are overpowered by the healing power of this important ingredient. Rhus toxicodendron is indicated for treatment of rheumatic symptoms, including joint and muscle pain, lumbago, sciatica, brachial neuritis and tendovaginitis. Suppression of diseases with chemical drugs, including skin conditions, can play a role in the development of chronic symptoms, and this substance addresses any underlying toxic burden. RECOMMENDED DOSAGE (Unless otherwise prescribed) Adults 15 to 20 drops Children 7 to 10 drops 3 times a day in 1/4 Cup of water Original Packing: 20 ml sealed bottle Hello lybrate-user, seeing your symptoms would advise you to contact some nearby homeopathic doctor and take complete treatment as homeopathy has encouraging results in treating such conditions. Prevention it's not always possible to prevent sciatica, and the condition may recur. The following can play a key role in protecting your back: exercise regularly. To keep your back strong, pay special attention to your core muscles â€” the muscles in your abdomen and lower back that are essential for proper posture and alignment. Ask your doctor to recommend specific activities. Maintain proper posture when you sit. Choose a seat with good lower back support, armrests and a swivel base. Consider placing a pillow or rolled towel in the small of your back to maintain its normal curve. Keep your knees and hips level. Use good body mechanics. If you stand for long periods, rest one foot on a stool or small box from time to time. When you lift something heavy, let your lower extremities do the work. Move straight up and down. Keep your back straight and bend only at the knees. Hold the load close to your body. Avoid lifting and twisting simultaneously. Find a lifting partner if the object is heavy or awkward. Take homeopathy remedy gnaphalium mother tincture of recekeweg company 10drops 3times in some water. Take homeopathy remedy rhus to 30 10 drops 3 times of same company. 1 person found this helpful Sciatica is pain in leg due to impingement of sciatic nerve in the lower back. Some time pain reaches to severe over the entire nerve root of sciatic nerve which is your lower back that causes buttock, thigh, lower leg and even foot numbness, pain, and sometimes even weakness. After looking to your pain I am recommending you something: Precautions: 1. Avoid forward bending, if required then bend your knees first and then bend forward. 2. Avoid weight lifting. 3. Sit in chairs or car seats with proper back support. 4. Place pillow under your legs while sleeping or can opt sidelying position for sleep. 5. Get enough vit d from sun as vit d keep bones strong including spine and other bones. 6. Drink plenty of water to enhance the intervertebral disks. 7. Avoid prolonged standing. 8. Change your sitting position every 15 minutes so that it does not pain. If possible visit some neuro-physio who can give you several modalities like SWD, IFT, traction etc to cure the pain. Along with it we have a special program designed in case of sciatica that is Butler?s mobilisation and Mckenzie exercises which a physio gives with the proper technique to get cure from disease. I understand your pain so I am suggesting you the following treatment that you can take at home and can get some relief from pain and discomfort. Treatment: 1. Use of Cold packs- Sometimes piriformis muscle gets tight which cause impingement of sciatic nerve leading to tingling and numbness sensation down into the leg. So ice massage can be given over the area of piriformis muscle or the entire back for 15 min. Once done with cold therapy take rest for 2-3 min to relax the muscles. 2. Since the pain is radiating you can do some below mentioned exercises which will give you immediate relief from pain if done correctly. A) Lie on bed on your stomach gently push up with your arms, resting on your forearms. Hold for 5 secs. Now slightly stretch your back muscles and count till 10 and relax. You might feel a slight pain initially but do not worry. Repeat it 15 times. B) Now that pain must have gone. And now you can push up onto your hands fully. Slowly lower down back to floor. Perform this atleast 15 times. Again a slight pain will be there initially. Once you will complete this exercise program your pain will be relieved right away. If pain is severe while doing the exercise then stop doing the exercise and immediately consult some physio to take care further. Other exercises that can be done in sciatica pain are: 1. Straight leg raising 2. Knee to chest. 3. Hamstring stretch. 4. Back extensors stretches and strengthening. 5. Gluteal stretch. All the above can be done for 10-15 times with the hold (stretch) time of 5 -6 secs Make sure to perform the exercises correctly which will give you relief from your pain and strengthen your muscles. Good Luck and Get Well Soon. 1 person found this helpful Yes, homoeopathic treatment can cure Sciatica... there is no doubt and there are number of cured cases... But these combinations and mixtures are not actually following the homoeopathic prinicipals... Most of the patients take over the counter suggestions or directly from the medical store... And when they don't give results, start blaming homoeopathy. A selection of homoeopathic medicine requires meticulous case study and matching of the individual symptoms of the patient.. Ayurvedic Doctor27 Years Exp.Jiva Ayurveda Pune, Kharadi , Kharadi , PuneRecently consulted for:Acne Treatment, Hair Loss, FluOrthopedic Doctor19 Years Exp.Life Care Multi Speciality Hospital , Civil Line , GorakhpurOrthopedic Doctor10 Years Exp.MS - Orthopaedics, Maulana Azad Medical College & Lok nayak hospital, New Delhi, IGESI hos...read moreSardar Patel Hospital , Gorakhpur , GorakhpurRecently consulted for:Joint PainPhysiotherapist12 Years Exp.MPT - Neurological RehabilitationDivyakiran Physiotherapy & Rehabilitation , MaharajganjAverage Ratings(502 ratings and reviews) Last Updated: May 26, 2025 [illegible]

Sciatica nerve is the longest nerve of our body, which starts from the spinal cord, passes through the lower back and into the lower leg. Sciatica is a symptom of pain in the sciatic nerve which occurs if it is being compressed by any mass, irritated, or overgrowth along its course. Symptoms of Sciatic Nerve Pain in Back Patients with sciatica experience severe pain along their back as well as may suffer from additional symptoms including numbness and weakness, a feeling of tingling and pins and needles on the foot or toes. In severe cases, some people may also suffer from loss of bladder and bowel control. Causes of Sudden Sciatic Nerve Pain One of the most common reasons is the pinching of the nerve due to a slipped disc in the lower back. Other conditions which cause sciatica are trauma to the spine, spondylolisthesis, spinal tumors, and lumbar vertebral canal stenosis. Gridhrasi is what Sciatica is known as in Ayurveda. It is the disorder that causes mild to agonizing pain in the sciatic nerve or neuralgia. These nerves, emerging from the pelvis, run along the hamstring and may cause intense pain in one or both the legs when a person suffers from Sciatica. Sciatic pains fill your life with misery as the simplest of daily activities cause sudden and excruciating pain. There are two types of sciatia i.e. true sciatica and pseudo sciatica. Sciatica may be caused due to bulging disc or herniated disc, degenerative disc disease, piriformis syndrome, pregnancy or trauma etc. According to Ayurveda, Sciatica is caused due to impairment in Vata i.e. the dosha responsible for the functional ability and movement of the body, and also in some cases due to impairment in the Kapha i.e. the dosha that is responsible for body fluids and lubrication. Ayurvedic herbs that improve the symptoms of Sciatica are: 1. Babunah is also known as Bitter Chamomile. Not only is it used to relieve and reduce the pain faced by a sciatica patient, but it is also used for treating problems such as rheumatism due to the advancement of age. Compressed bitter chamomile flowers are prescribed for sciatica. 2. Guggulu is also known as Indian Bdellium. Since guggulu is well known for its anti-inflammatory properties, it relaxes the sciatic nerves. 3. Rasna is also known as Vanda Orchid. Intense or agonizing pain due to the sciatic nerve issues can be reduced by this ayurvedic herb due to its anti-inflammatory properties. 4. Juniper oil is extremely helpful when massaged onto the thigh muscles with firm strokes or pressure. It is used extensively in massage therapy for treating sciatica since the extent of reduction in sciatic nerve pain is tremendous. 5. Jaiphal is also known as Nutmeg. After being mixed with sesame seeds oil, nutmeg is coarsely powdered and then fried till it turns brown. This is then applied to those areas where the sciatic pain is intense for instant relief. 6. Kumari is also known as Indian Aloe. Properties of Indian Aloe are extremely helpful in treating lower back ailments such as sciatica and lumbago. 7. Shallaki is also known as Boswellia or Frankincense. Containing anti-inflammatory properties, shallaki is applied externally to get relief from sciatic nerve pain. Ayurvedic preparations such as yogaraja guggulu, Vataganjakusha, Saindhavadi taila are also very useful in treating Sciatica.

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