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An Open Clinical Trial To Evaluate The Combined Effect Of *Dashamoola Kashaya Adhokayaseka, Astakatvar Taila Matra Basti & Kamsakhya Guggulu* In The Management Of *Gridhrasi* With Special Reference To *Sciatica*

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ABSTRACT: *Gridhrasi* is one among the *Shoola Pradhana Vataja Nanatmaja Vyadhi*, intervening with the functional ability of low back and lower limbs. Low back pain is the major cause of morbidity throughout the world affecting mainly young adults. This is a Combined Clinical Study of *Dashamoola Kashaya Adhokayaseka, Astakatvara Taila Matra Basti and Kamsakhya Guggulu*. In the present study total 30 patients having *Gridhrasi* were included. Patients were selected randomly from the OPD and IPD of BVVS Ayurved Hospital, Bagalkot. Case Performa was prepared with all points of history taking, physical examination and X-ray to confirm the diagnosis as mentioned in our classics and modern science.

Management-1] *Dashamoola Kashaya Adhokayaseka* 30 minutes for 8 days. 2] *Astakatvara Taila Matra Basti* 48ml for 8 days. 3] *Kamsakhya Guggulu* 1gm/day for 30 days after food.

Results and Conclusion – *Dashamoola Kashaya Adhokayaseka, Astakatvara Taila Matra Basti* and *Kamsakhya Guggulu* have significant therapeutic value in *Gridhrasi*.

Key words – *Gridhrasi, Sciatica, Dashamoola Kashaya Adhokayaseka, Astakatvara taila Matra Basti, Kamsakhya Guggulu*

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INTRODUCTION:

Gridhrasi is one of the *Vata Vyadhi*, characterized by *Stambha*(Stiffness), *Ruja*(Pain), *Toda*(Pricking Sensation) and *Muhur Spandan*(Twitching) in *Sphik*(Gluteal region), *Kati*(Lumbar region), *Prusta*(Thoracic region), *Uru*(Thigh region), *Janu*(Knee joint), *Jangha*(Calf muscles) and *Paada*(Soles)¹. *Acharya Sushruta* opines that when two *Kandara* in the leg gets afflicted with *Vata Dosha*, it limits the extension of leg, resulting in *Gridhrasi* and also *Sushruta* explains that *Saktikshepa Nigraha*² i.e we can correlate with SLR Test. In *Vatakaphaja* type

of *Gridhrasi*, *Tandra*, *Gaurava*, *Arochaka* will seen. In the modern parlance *Gridhrasi* can be correlated with sciatica symptomatically. Sciatica is relatively common condition with a life time incidence varying from 13% to 40%². The prevalence rate of low back pain has been found to range from as low as 6.2% to as high as 92% depending upon occupation of people. It's found that 9 times more risk after 35 years of age. Sciatica frequently results from degenerative changes of lumbosacral spine or disc and manifests as unilateral neuropathic

pain extending from the gluteal region down to the postero lateral aspect of the leg to the foot³.

In *Gridhrasi*, *Vata* and *Kapha* gets *Prakopa* and gets obstructed in *Raktavaha Srotas* involving *Sira*, *Kandara* and *Snayu*. *Vata* takes *Adhistan* in above mentioned *Sthanas* leading to *Raktadi Dhatu Dushti*⁴.

Different *Acharya's* have mentioned various effective therapeutic procedures like *Siravyadha*, *Basti Karma*, *Agni Karma*, *Shastra Prayoga* and many *Shamanoushadhi's* for the management of *Gridhrasi*^{5,6,7,8}

Management of *Sciatica* in modern science involves administration of NSAIDs and narcotics. These may help to relieve symptoms but these may cause gastric problems, headache, dizziness, liver & kidney dysfunction etc⁵. In chronic low back pain surgical intervention is indicated⁹ but post surgery there might be significant amount of pain at area of incisions and may disturb patient's routine activities for about 3 to 4 months¹⁰.

MATERIALS AND METHODS

The 30 patients were selected on the basis of random sampling method. The selection of patients was made from OPD/IPD BVVS Ayurved Medical College and Hospital, Bagalkot, Karnataka. Since the study aims to evaluate combined effect it is having single group consists of 30 patients.

INCLUSION CRITERIA

1. Diagnosed case of *Gridhrasi* (*Sciatica*) with *Lakshanas* like *Prasaranavat Vedana*, *Ruk*, *Toda*, *Stambha*, *Spandana*, *Grahana in Kati*, *Prusta*, *Uru*, *Janu*, *Jangha and Paada*
2. Patients between age group of 30-70 years of either sex.
3. Patients who are fit fo *Basti Karma*

Positive Straight Leg Raising Test/*Sakti Utkshepa Nigraha*

EXCLUSION CRITERIA

- 1) Patients with neoplastic condition and Pott's spine, HIV, HbsAg
- 2) History of any trauma to spine
- 3) Neurological conditions like

Hemiplegia, Parkinson's disease etc

- 4) Pregnancy and lactation period
- 5) Patients suffering from any other systemic disorders which will interfere with the study will be excluded
- 6) Ankylosing Spondylitis
- 7) Any structural spinal deformity such as Scoliosis, Kyphosis
- 8) Fracture of pelvis, Femur

Duration of Study

45 days—30 days treatment and after 15 days follow up.

Criteria for Assessment:

Both subjective and objective parameters were employed for assessment of the impact of the treatment.

Subjective Parameters:

Ruk, Toda, Sthamba, Spandana in the Sphik, Kati, Uru, Janu, Janga and Pada, Tandra, Gaurava, Arochaka.

DIAGNOSTIC CRITERIA

The diagnosis will be made, based on signs and symptoms of *Gridhrasi*(Sciatica) as follows

- 1) *Stambha, Ruja and Toda in Sphik, Kathi, Prusta, Uru, Janu, Jangha and Paada*
- 2) *Muhura Spandana in Sphik, Kathi, Prusta, Uru, Janu, Jangha and Paada*
- 3) SLR Test
- 4) Bragard's Sign

Objective Parameters :

SLR Test

Lasegues Test

A special proforma was prepared with details of history taking, symptoms as mentioned in our classics and allied sciences. Patients were analysed and selected accordingly.

CHIKITSA KRAMA

Chikitsa is followed same as mentioned in below table for all 30 patients.

Table No.1 Chikitsa Krama

Sl. No	Chikitsa (method of Preparation)	Oushadhi	Kalpa	Kala	Matra
1	<i>Adhokaya seka</i>	<i>Dashamoola kwatha churna</i>	<i>Kwatha</i>	1 st day to 8 th day	3 litres for 30 minutes
2	<i>Matra Basti</i>	<i>Astakatvar Taila</i>	<i>Taila</i>	1 st day to 8 th day	48ml
	<i>Purva Karma</i>	1) <i>Sthanika Abhyanga</i> with <i>Astakatvara Taila</i> for 10 minutes 2) <i>Sthanika Swedana (Nadi sweda)</i> for 10 minutes 3) <i>Pathya Ahar Sevan</i>			
	<i>Pradhan Karma</i>	1) Administration of <i>Basti</i> with <i>Astakatvar Taila</i> – 48ml			
	<i>Paschat Karma</i>	1) <i>Tadan Karma</i> 2) Massage over abdomen (Anticlockwise direction) 3) Both lower limbs should be lifted for 3 times 4) Rest			
3	Oral	<i>Kamsakhya Guggulu</i>	<i>Vati</i>	1 st day to 30th day	1gm/day-500mg bid After food.

OBSERVATIONS

AGE: Among the 30 patients included in this study, maximum number of patients belonged to the age group of 31 - 40 years i.e. 36.66% (11) 6.66% (02) belongs to 41 - 50 years of age group, 30% (09) belongs to 51 - 60 years age group and 26.66% (08) belongs to 61-70 years age group.

SEX: In this study 60 % (18) of females were registered in comparison to 40 % (12) of males.

OCCUPATION: 13.33% (04) of the patients were laborers, while 46.66% (14) patients were House Wives. 10% (03) were office staffs and 3.33% (01) from cleaning staffs and remaining 26.66% (08) belongs to other than these fields.

SOCIOECONOMIC STATUS: 13.33% (04) of patients were from poor class, 16.66% (05) from lower middle class, 30% (09) from middle class, 26.66% (08) from upper middle class and 13.33% (04) from rich people.

ADDICTIONS: Most of the patients had no addictions. 13.33% (04) patients addicted to Tobacco, 6.66% (02) addicted to Alcohol and remaining 80% (24) were not having any addictions.

KOSHITA: Most of the patients were having *Madhyama Koshta*. 10% (03) were of *Mrudu Koshta*, 76.66% (23) were of *Madhyama Koshta* and remaining 13.33% (04) were of *Krura Koshta*.

NIDRA: In 30 patients 40% (12) were having *Prakruta Nidra*, 10%(03) were having *Alpa Nidra*, 3.33%(01) patient had *Ati Nidra*, 20%(06) patient used to have *Diwaswapna* and remaining 26.66% (08) patient had disturbed sleep.

PRAKRUTI: Majority of patients were of *Vatapitta Prakruti* i.e. 56.66% (17) and *Vata Kapha Prakriti* are of 20% (07). *Pittakapha Prakruti* patients constituted 23.33% (06). *Ekadoshaja* and *Tridoshaja* patients were not recorded for the study.

Distribution of patients on subjective and objective parameters:

Among 30 patients 93.33% (28) patients had *Stambha*, 100% (30) patients had *Ruk, Toda*, Radiating pain, SLR Test & Bragard's sign positive. 86.67% (26) patients had *Spandana*, 90% (27) patients had *Grahana*, 20% (06) patients had *Aruchi*, 53.33% (16) patients had *Gaurava* and 6.67% (02) patients had *Tandra*.

RESULTS

As it is Combined study and consists of single group, the Subjective and Objective parameters were analysed by Paired 't' Test.

EFFECT OF THERAPY ON SUBJECTIVE PARAMETERS

STAMBHA: The effect of therapy is proved to be effective on the symptom *Stambha* in *Gridhrasi*. The statistical analysis revealed that the mean score of *Stambha* which was 2.17 before the treatment was reduced to 0.60 after the treatment with an improvement by 1.57 in the mean score and reduced to 0.57 after follow up with an improvement by 1.60 in the mean score. This change is statistically extremely significant after completion of treatment and this effect increases after follow up with $p < 0.0001$.

RUK: The effect of therapy is proved to be effective on the symptom *Ruk* in *Gridhrasi*. The statistical analysis revealed that the mean score of *Ruk* which was 1.90 before the treatment was reduced to 0.43 after the treatment with an improvement by 1.47 in the mean score and reduced to 0.40 after follow up with an improvement by 1.50 in the mean score. This change is statistically extremely

significant after completion of treatment and this effect increases after follow up with $p < 0.0001$.

TODA: The effect of therapy is proved to be effective on the symptom *Toda* in *Gridhrasi*. The statistical analysis revealed that the mean score of *Toda* which was 2.33 before the treatment was reduced to 0.43 after the treatment with an improvement by 1.90 in the mean score and this remained same after the follow up. This change is statistically extremely significant after completion of treatment and this effect remained same after follow up with $p < 0.0001$.

SPANDANA: The effect of therapy is proved to be effective on the symptom *Spandana* in *Gridhrasi*. The statistical analysis revealed that the mean score of *Spandana* which was 1.60 before the treatment was reduced to 0.43 after the treatment with an improvement by 1.17 in the mean score and remained same after the follow up. This change is statistically extremely significant after completion of treatment and this effect remained same after follow up with $p < 0.0001$.

GRAHANA: The effect of therapy is proved to be effective on the symptom *Grahana* in *Gridhrasi*. The statistical analysis revealed that the mean score of *Grahana* which was 1.93 before the treatment was reduced to 0.53 after the treatment with an improvement by 1.40 in the mean score and reduced to 0.47 after follow up with an improvement by 1.47 in the mean score. This change is statistically extremely significant after completion of treatment and this effect increases after follow up with $p < 0.0001$.

ARUCHI: The effect of therapy is proved to be effective on the symptom *Aruchi* in *Gridhrasi*. The statistical analysis revealed that the mean score of *Aruchi* which was 0.37 before the treatment was reduced to 0.10 after the treatment with an improvement by 0.27 in the mean score and reduced to 0.07 after follow up with an improvement by 0.30 in the mean score. This change is statistically significant after completion of treatment and this effect increases after follow up with $p = 0.0182$ after treatment and $p = 0.0174$ after follow up.

TANDRA: The effect of therapy is proved not effective on the symptom *Tandra* in *Gridhrasi*. The statistical analysis revealed

that the mean score of *Tandra* which was 0.13 before the treatment was reduced to 0.00 after the treatment with an improvement by 0.13 in the mean score and remained same after follow up also. This change is statistically not significant after completion of treatment and this effect remained same after follow up.

GAURAVA: The effect of therapy is proved to be effective on the symptom *Gaurava* in *Gridhrasi*. The statistical analysis revealed that the mean score of *Gaurava* which was 1.17 before the treatment was reduced to 0.23 after the treatment with an improvement by 0.93 in the mean score and reduced to 0.17 after follow up with an improvement by 1.00 in the mean score. This change is statistically extremely significant after completion of treatment and this effect increases after follow up with $p < 0.0001$.

RADIATING PAIN: The effect of therapy is proved to be effective on the symptom Radiating Pain in *Gridhrasi*. The statistical analysis revealed that the mean score of Radiating Pain which was 5.00 before the treatment was reduced to 0.87 after the treatment with an improvement by 4.13 in the mean score and reduced to 0.80 after follow up with an improvement by 4.20 in the mean

score. This change is statistically extremely significant after completion of treatment and this effect increases after follow up with $p < 0.0001$.

EFFECT OF THERAPY ON OBJECTIVE PARAMETERS

SLR TEST: The effect of therapy is proved to be effective on the objective parameter SLR Test in *Gridhrasi*. The statistical analysis revealed that the mean score of SLR Test which was 26.60 before the treatment was reduced to 6.60 after the treatment with an improvement by 20.00 in the mean score and reduced to 6.47 after follow up with an improvement by 20.13 in the mean score. This change is statistically extremely significant after completion of treatment and this effect increases after follow up with $p < 0.0001$.

BRAGR'D'S SIGN: The effect of therapy is proved to be effective on the objective parameter Bragard's Sign in *Gridhrasi*. The statistical analysis revealed that the mean score of Bragard's Sign which was 2.13 before the treatment was reduced to 0.43 after the treatment with an improvement by 1.70 in the mean score and reduced to 0.20 after follow up with an improvement by 1.93 in the

mean score. This change is statistically extremely significant after completion of treatment and this effect increases after follow up with $p < 0.0001$.

OVER ALL EFFECT OF THERAPY

Out of 30 patients, 20 (66.66%) were shown Good response, 07 (23.33%) were shown Moderate response, 02 (6.66%) patients shown Mild response and 01 (3.33%) patient shown No response to the treatment.

DISCUSSION

All the three *Pariseka*, *Matra Basti* and *Guggulu Kalpa* having their own action in *Gridhrasi* but when we give those individually we may not expect complete result why because *Gridhrasi* is a *Shoola Pradhana Vata Vyadhi* which is *Kashta Tama* in *Sadhya* to treat. Hence when we give the protocol of *Dashamoola Kashaya Adhokayaseka*, *Astakatvara Taila Matra Basti* and *Kamsakhya Guggulu* it given excellent result.

Chikitsa is of two types Giving *Lakshanika Chikitsa* and *Samprapti Vighatana Chikitsa*.

As we already know that *Gridhrasi* is a *Shoola Pradhana Vata Vyadhi* giving symptomatic relief is most important factor in *Gridhrasi*. Hence when we start *Dashamoola Kashaya Adhokayaseka* it gives symptomatic result. *Dashamoola* is best *Shoolahara* and *Shothahara* when we use this for *Swedana* purpose it acts as *Shoolahara, Shothara, Stambhagna, Gauravagna*. Even *Spandana, Ruk* and *Toda* are also because of *Vata*. *Swedana* gives relief in both *Vata* and *Vatakphaja* conditions.

Along with symptomatic relief doing *Samprapti Vighatana* is also an important factor, so for the purpose of *Samprapti Vighatana Matra Basti* is helpful. For *Matra Basti Astakatvara Taila* is used which acts in both *Vatja* and *Vatakaphaja Gridhrasi*. It is having *Deepana Pachana Dravyas* which are *Teekshna, Sukshma* and as it is in *Taila* form very effective in *Vata Vyadhis*. When we administer through *Matra Basti* it helps in *Samprapti Vighatana* as explained in *Matra Basti* mode of action.

As it is a *Kashta Sadhya Vyadhi* giving symptomatic relief and doing *Samprapti Vighatana* is not enough because we should maintain the condition after *Samprapti Vighatana*, for that purpose supportive medicines are important, in this aspect *Kamsakhya Guggulu* is very helpful. As it is *Guggulu Kalpa* very much helpful in all *Shoolapradhana Sandhi Vikaras*. *Guggulu* will do *Prasadana* of *Sandhis* and gives strength and mobility to the *Sandhis*. *Kamsakhya Guggulu* specially gives strength to the affected leg and joints as like that of elephant. Hence all three together gives excellent result in *Gridhrasi* i.e. 20 patients have shown good response to the treatment.

CONCLUSION

In this study a treatment protocol has been made with *Dashamoola Kashaya Adhokayaseka, Astakatvara Taila Matra Basti* and *Kamsakhya Guggulu*.

Adhokayaseka is a type of *Swedana*. This helps to relieve the *Shoola* in *Gridhrasi*. *Matra Basti* is given with *Astakatvara Taila*, which serves the main role in *Samprapti Vighatana* in *Gridhrasi*. *Kamsakhya Guggulu* is a Herbal Compound with ingredients like *Triphala, Guggulu, Vidanga*,

Danti, Guduchi, Trivrut, Chitraka and Trikatu. As drugs are having *Vatakaphahara* qualities, they help in alleviating both *Vata* and *Kapha*. It acts as supportive medicine in *Gridhrasi*. The study revealed that when this treatment protocol is given to *Gridhrasi* patients, it has shown extremely significant statistical results and this treatment protocol is found to be very much effective in improving the *Lakshanas* of *Gridhrasi*. Overall Effect of Therapy was; Out of 30 patients, 20(66.66%) were shown Good response 07(23.33%) were shown Moderate response, 02(6.66%) patients shown Mild response and 01(3.33%) patient shown No response to the treatment.

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