

ROLE OF VATARI GUGGULU IN THE MANAGEMENT OF GRIDHRASI

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ABSTRACT

Gridhrasi is a *nanatmaj vatavyadhi* in which patient experiences pain primarily in the *sphik Pradesh* (low backache) which later radiates down to *kati* (lumbar), posterior aspect of *uru* (thigh), *janu* (knee), *jangha* and *pada* (foot). It can be correlated with sciatica of modern medicine.

The present study was aimed to assess clinically the effect of *Vatari Guggulu*, mentioned in *Bhaishajyaratnavali*, in the management of *Gridhrasi*. 30 patients were treated with *Vatari Guggulu* for a month. Results obtained were analyzed for statistical significance which shows *Vatari Guggulu* is effective in bringing relief in signs and symptoms.

Key words: *Gridhrasi*, sciatica, *Vatari Guggulu*

INTRODUCTION

Gridhrasi is a *shulpradhan nanatmaj vatavyadhi*¹ which affects the daily routine of patients. Patient suffering from *Gridhrasi* is unable to walk properly. According to *Charaksamhita*, *stambha* (stiffness), *ruk* (pain), *toda* (pricking sensation) and *spandan* (twitching) are the signs and symptoms of *vataj Gridhrasi*. *Aruchi* (anorexia), *tandra* (drowsiness) and *gaurav* (heaviness) are the additional symptoms of *vatakaphaj Gridhrasi*^{2,3}. It can be correlated with sciatica⁴ which is characterized by low backache radiating down to legs and anterolateral aspect of foot. In *vata-vyadhi*, *snehan* (oleation), *swedan* (sudation), *mrudu shodhan* (purification) are effective. However, *siravedh* (blood-letting), *agnikarma* are mentioned for *Gridhrasi*. Various *shaman yogas* (palliative Preparations) are also mentioned in *samhita*.

AIMS: To assess clinically the effect of *Vatari Guggulu* in the management of *Gridhrasi*.

PREVIOUS WORK DONE:

- The management of *Gridhrasi* (sciatica) with *Sephalika Ghanavati* (*N.arbortristis* Linn), (1991)G. Ayu. College.
- *Gridhrasi Chikitsa* with *Rasa Taila Eranda* and *Rasna* I.A.S.R. (1968) Jamnagar
- Concept of *Gridhrasi* in Ayurveda and modern medical sciences and its management by an Ayurvedic drug *Rasona* – 1993, *Kayaachikitsa*, Varanasi

MATERIALS AND METHODS

30 Patients suffering from *Gridhrasi* attending *Kayachikitsa OPD* of *Y.A.C.P.G.T & R.C*, Kodoli were selected for the study.

Inclusive criteria:

1. Age group between 20 to 60 years of either sex
2. Presence of clinical features of both *vataj & vatakaphaj Gridhrasi*
3. Pain along the course of *Gridhrasi Nadi* (Sciatic Nerve)

4. Straight Leg Raising(SLR) Test being positive
5. Patient diagnosed with *Gridhrasi* – not more than 1 year

Exclusive Criteria:

1. Degenerative disorders with marked deformity, Infective disorders, Congenital abnormalities in lumbar spine, Surgical indications
2. History of major trauma
3. Pregnancy

Study design

*Vatari Guggulu*⁵ –

Drug - *Vatari Guggulu*, *Matra*-1 gm (1 masha), *Sevankal*- *Pratha Kala*, *Anupan* - Lukewarm water, Duration - 30 Days

Vatari Guggulu It was prepared according to the description given in Bhaishajyaratnavali 29/154-155 which contains 1 part *Eranda tail*, 1 part *Gandhaka*, 1 part *Haritaki*, 1 part *Amalaki*, 1 part *Bibheetak*, 1 part *Guggulu*.

CRITERIA FOR ASSESSMENT

Assessment was done initially before intervention of medicine and there after weekly for a period of 1 month on the basis of improvement in the subjective (*ruk*, *toda*, *stambha*, *spandan*, *aruchi*, *tandra*, *gaurav*) and objective parameters (SLR test) on various rating scales. Results obtained were analysed for statistical significance by adapting Wilcoxon signed rank test. The total effect of the drug on the parameters was assessed as follow

Good improvement - >75% relief in signs & symptoms
Moderate improvement - 51% to 75% relief in signs & symptoms
Mild improvement - 25% to 50% relief in signs & symptoms
No improvement - below 25% relief in signs & symptoms

RESULT AND DISCUSSION

The response of the patients to the treatment done was observed according to the

subjective & objective parameters before and after the treatment.

Maximum patients were belonging to 41-50yr of age group (40%). Maximum patients were male (60%). Improper sitting posture for prolonged period, travelling, weight lifting, long walking, and suppression of natural urges (*vegvidharan*) were the aggravating factors in most of the patients. In case of signs and symptoms *Ruk* was found in all patients. 93.3% patients were having complaints of *toda*. *Stambha* was seen in all and *spandan* was present in 43.3% patients. *Gaurav*, *aruchi*, *tandra* were present in 53.3%, 56.6%, and 46.6% respectively. Positive SLR was observed in all patients.

30 patients treated with *Vatari Guggulu* showed that this drug provided highly significant relief in symptoms *ruk* (58.8%) and in *stambha* (67.3%). It also provided significant relief in the symptoms *toda* (29.2.7%), *spandan* (51.1%), *aruchi* (51.9%), *tandra* (66 %), *gaurav* (47.1%) and SLR test (28.9%).

On assessing overall effect, moderate improvement was found in *ruk*, *stambha* and *tandra*. Mild improvement was observed in *toda*, *spandan*, *aruchi* and *gaurav*.

CONCLUSION

- The clinical study reveals that there is significant relief in symptoms of *Gridhrasi* after use of *Vatari Guggulu*. Improvement was observed in all signs and symptoms.
- Clinical trials of the drug conclude that it possesses properties like *shoolhar* (analgesic), *vatahar* and *kaphaer* without any toxic effects.
- Preventive aspect and patient's education such as proper information about causes, *pathya-apathya* (Do's and Don'ts) play an important role in the management of *Gridhrasi*.

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