

CLINICAL STUDY ON "SEPHALIKA PATRA KASHAYA" AND "NIKA PATRA KASHAYA" IN MANAGMENT OF GRDHRAŚĪ

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ABSTRACT

Gr̥dhrasī is a one of diseases which can be commonly seen among the patients who are treated with Ayurvedic medicine today. It is categorized under the 80 types of *Vāta Roga* in *Charaka Samhitā*. Though there are lot of Ayurvedic formulas for treating *Gr̥dhrasī*, "*Śephalika Dala Kvātha*" mentioned in *Bhāiṣajya Ratnāvalī* has a specific practicable value. Both Ayurvedic and native physicians used *Patra* (leaves) of *Sephalika* (night jasmine) and *Nika* (five leaved chest tree) as *Śephalika Dala Kvātha* as both of them have the synonym "*Śhephali*". A double blind, randomized clinical trial was conducted to evaluate the efficacy of two decoctions *Nika patra* and *Sephalika patra* separately for the exposition of most suitable decoction as the *Śephalika Dala Kvātha* in management of *Gr̥dhrasī*. A total of 30 patients of either sex in the age between 15 to 60 with confirmed clinical diagnosis of *Gr̥dhrasī*, were included in the study. At the initial visit, a detailed medical history was obtained by interviewing the patients who was followed through clinical examination with special emphasis of *SLRT*. Selected patients were randomly divided in to two groups and two decoctions were administered with a common drug regimen for each group for 14 days. The outcomes of each group were accessed by clinical features with their respective baseline values. According to statistical analysis, it was observed that both *Nika patra kashaya* and *Sephalika patra kashaya* are effective in management of *Gr̥dhrasī*. Comparing all the data, finally it may be concluded that use of *Nika patra kashaya* is more effective in management of *Gr̥dhrasī*.

Key words: *Sephalika patra kashaya*, *Nika patra kashaya*, *Gr̥dhrasī*, *Śephalika Dala Kvātha*

INTRODUCTION

Gr̥dhrasī, though not life-threatening, reduces the quality of life of the patients by its clinical manifestations. It has been correlated with sciatica in allopathic medicine due to similarity of clinical manifestation and pathogenesis. In *Charaka Samhitā*, it is mentioned that *Gr̥dhrasī* starts from hip and gradually comes down to waist, back,

parts with stiffness (*stamba*), distress (*ruk*), and piercing pain (*toda*) and also frequent quivering [C. Ci. 28/56]¹.

There are lot of treatments for *Gr̥dhrasī*, in Ayurveda texts. But most of the Ayurvedic and native physicians used "*Śephalika Dala Kvātha*" mentioned in *Bhāiṣajya Ratnāvalī*. Here it is said that leaves of *Śephalika* should be boiled along with the

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thigh, knee, shank and feet and affect these

water over mild fire and intake of this de-

coction instantaneously cures obstinate type of Grḁhrasī [Bha. Ra. 27/47]². Physicians are used *patra* (leaves) of both plants *Sephaliḳa* (night jasmine) and *Niḳa* (five leaved chest tree) as *Śephaliḳa Dala Kvātha* as both of them have the synonym "*Shephali*". *Nyctanthes arbortristis*, commonly called night jasmine belongs to family of Oleaceae and its medicinal properties are *tikta* (bitter) in *rasa* (taste); *lagu* (light) and *ruksha* (dry) in *guna* (quality); *ushna* (hot) in *virya* (potency) and *katuka* (astringent) in *vipaka* (final taste). *Vitex negundo* Linn., commonly called the five leaved chest tree belongs to family of Verbenaceae and its medicinal properties are *tikta* (bitter) and *kashaya* (astringent) in *rasa* (taste); *lagu* (light) and *ruksha* (dry) in *guna* (quality); *ushna* (hot) in *virya* (potency) and *katuka* (acrid) in *vipaka* (final taste)³.

Present study was conducted to evaluate the efficacy of two decoctions *Niḳa patra* and *Sephaliḳa patra* separately for the exposition of most suitable decoction as

Drug Administration

| Drug | Quantity | Time | Dosage | Duration |
|---|-----------------|---------------------------|--------------|----------|
| <i>Niḳa patra</i> / <i>Sephaliḳa patra</i> Water | 60 g 960 ml | 6 a.m. / 6 p.m. | 60 ml | 14 days |
| <i>Yogaraja Guggulu</i> Water | 500 mg 60 ml | 6 a.m. / 6 p.m. | 1 g 60 ml | 14 days |
| <i>Dasamul Kvātha</i> <i>Lashuna arka</i> | 15 ml 15 ml | after lunch and dinner | 30 ml | 14 days |

Preparation of the Drug: Decoctions were prepared according to the *Kvātha Paribhashā* of *Śārṅgadhara Samhitā* [Śā. S. M. Kha 2/1]⁴: A coarse powder of 60 g of above mentioned leaves was boiled with 960 ml of water on medium heat till it reduced to 2/16 i.e. 120 ml and Filtered.

RESULTS

Hypothesis Testing

the *Śephaliḳa Dala Kvātha* in management of *Grḁhrasī*, This was a double blind, randomized, clinical study conducted at Gam-paha Wickmarachchi Ayurveda Hospital, between April 2012 and August 2012.

METHODOLOGY

Study population: A total of 30 patients of either sex in the age between 15 to 60 with confirmed clinical diagnosis of *Grḁhrasī*, were included in the study.

Study procedure: At the initial visit, a detailed medical history, with special emphasis on symptoms *Grḁhrasī* was obtained from all the patients and all of them underwent through systemic examination. Data including stiffness (*stamba*), distress (*ruk*), piercing pain (*toda*) and *SLRT* were recorded in to a visual analogue score ranging from 0 to 4. Patients were randomly divided in to two groups and two decoctions were administered with a common drug regimen for each group for 14 days. The outcome of each group were evaluated by *stamba*, *ruk*, *toda* and *SLRT* with a follow-up period of one week.

Hypothesis testing for "*Niḳa patra kshaya*"

H_0 : There is no treatment effect between before & after getting *Niḳa patra kshaya*

H_1 : There is a treatment effect between before & after getting *Niḳa patra kshaya*

Paired T for Before 1 – After

| | N | Mean | St Dev | SE Mean |
|------------|----|---------|---------|---------|
| Before | 60 | 2.46667 | 1.06511 | 0.13751 |
| After | 60 | 0.55000 | 0.87188 | 0.11256 |
| Difference | 60 | 1.91667 | 1.33139 | 0.17188 |

95% CI for mean difference: (1.57273, 2.26060), T-Test of mean difference = 0 (vs not = 0): T-Value = 11.15 P-Value = 0.000

At 5% significance level it can be rejected the Null Hypothesis (H_0), because the p-value less than 0.05, Therefore there is a treatment effect.

1. Hypothesis Testing for “Sephaliḳa patra kshaya”

H_0 : There is no treatment effect between before & after getting Sephalika patra kshaya

H_1 : There is a treatment effect between before & after getting Sephalika patra kshaya

Paired T for Before 2 – After 2

| | N | Mean | St Dev | SE Mean |
|------------|----|---------|---------|---------|
| Before 2 | 60 | 2.16667 | 1.13745 | 0.14684 |
| After 2 | 60 | 0.51667 | 0.62414 | 0.08058 |
| Difference | 60 | 1.65000 | 1.07080 | 0.13824 |

95% CI for mean difference: (1.37338, 1.92662), T-Test of mean difference = 0 (vs not = 0): T-Value = 11.94 P-Value = 0.000

At 5% significance level it can be rejected the Null Hypothesis (H_0), because the p-value is less than 0.05, Therefore there is a treatment effect.

RESULTS AND DISCUSSION

| Symptom | Nika patra kashaya | | Sephaliḳa Patra kashaya | |
|--------------|--------------------|-----------|-------------------------|-----------|
| | Before (%) | After (%) | Before (%) | After (%) |
| Ruk (Nil) | 0 | 26.7 | 0 | 33.3 |
| Stamba (Nil) | 0 | 80.0 | 0 | 66.7 |
| Toda (Nil) | 0 | 60.0 | 0 | 53.3 |
| SLRT (Nil) | 6.7 | 86.7 | 13.3 | 66.7 |

Present study observed a highly significant reduction in the symptom of after treatment in both groups. According to statistical analysis, it was observed that both Nika patra kashaya and Sephalika patra kashaya are clinically effective in management of Gr̥dhrasī. Comparing all the data, it was identified that the group treated with decoction of Nika patra has had a significant relief rather than the other group. Therefore, it may be concluded that use of Nika patra kashaya as the Śephaliḳa Dala

Kvātha is more effective in management of Gr̥dhrasī.

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