

A CRITICAL ANALYSIS OF BASTI CHIKITSA IN GRIDHRASI W.S.R. TO SCIATICA- A REVIEW STUDY

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ABSTRACT

Among all the neurological disorders Sciatica (*Gridhrasi*) is one of the severe debilitating syndromes. The cardinal signs and symptoms of *Gridhrasi* are *Ruka* (pain), *Toda* (pricking sensation), *Stambha* (stiffness) and *Muhuspanadana* (twitching) in the *Sphika* (Gluteal Region), *Kati* (Waist), *Prishtha* (Low Back), *Uru* (Thigh), *Janu* (Knee), *Jangha* (Calf) and *Pada* (Foot) respectively and *Sakthikshepa Nigraha* i.e. restricted lifting of the leg. Above characteristics can be equated with the condition Sciatica syndrome in modern parlance, which occurs because of spinal nerve irritation and is characterized by pain in the distribution of sciatic nerve which begins from buttock and radiates downwards to the posterior aspect of thigh, calf and to the outer border of foot. Among the various *ayurvedic* treatments of the *Gridhrasi*, *Basti* is a unique procedure which eliminates the aggravated *Doshas* from the body as such it was described as half of the treatment of all the treatment. Here in, an effort is put forward to compile and analyse the various studies conducted on *Basti* management of *Gridhrasi* from the year 1990 to 2014 in the Department of *Kayachikitsa* and *Panchakarma* at Institute of Post Graduate Studies & Research in Ayurveda, Jamnagar, Gujarat. Total 07 studies on *Gridhrasi* were analysed which revalidated the impact of *Basti* treatment in *Gridhrasi*. It was analysed that *Basti* was found to be significantly effective and clinically safe without any adverse drug reactions.

Keywords: *Basti*, *Gridhrasi*, Sciatica

INTRODUCTION

Gridhrasi is one among the 80 types of *Nanatmaja Vatavyadhi* [1]. *Gridhrasi* is classified into two types i.e. *Vataja* and *Vatakaphaja*. *Vataja Gridhrasi* is characterised by *Ruka* (pain), *Toda* (pricking sensation), *Stambha* (stiffness) and *Muhuspandana* (twitching) in the *Sphika* (Gluteal Region), *Kati* (Waist), *Prishtha* (Low Back), *Uru* (Thigh), *Janu* (Knee), *Jangha* (Calf) and *Pada* (Foot) respectively [2]. This is a cardinal symptom of *Gridhrasi*. In *Vatakaphaja Gridhrasi*, due to *Kaphaanubandh*, *Arochaka* (Anorexia), *Tandra* (Stupor) and *Gaurava* (Heaviness) are found as associated symptoms. Sciatica is a condition where there is distribution of pain along the course of sciatica nerve, which radiates from low back to buttock and leg [3]. This is commonly accepted as being caused by lumbar disc prolapse. In contemporary medical science Sciatica is closely equivalent to *Gridhrasi* by its similarity in the course of pain from low back radiating down through the posterior part of leg. Sciatica cases occur in about 5% of cases [4]. Sciatica is more common among the age group between 30-50 years of age. The chance of *Gridhrasi* is expected to increase in the upcoming years due to sedentary life style, the increased use of computerization and also due to increasing body weight, mental stress, hectic work schedules and transportation methods. All these along with the improper posture are one

In this study 24 patients were divided in two groups. In SHODHANA GROUP (n-12) Karma Basti (contained- *Anuvasana* with *Bala Taila* 100ml and *Asthapana* with *Erandamulakwath* 500ml, *Bala Taila* 100ml, honey 40ml, *Putoyawanikalka* 10gm and *Saindhava*

of the highlighted causes for spine and nerve compression disorders in the present scenario. *Basti* is the therapy advocated for *Gridhrasi* by many *Acharyas*. *Basti* has been glorified as the definitive therapy to subdue the aggravated *Vata* and *Vata Pradhan Vyadhies* [5]. With the aid of various drugs incorporated, in the *Basti Dravyas*, it does *Sanshodhan*, *Sanshaman* and *Sangrahan* of *Dosha* [6]. *Basti* is a purification process by which all the three vitiated *Dosha* are expelled from the anal route and especially *Vata* is pacified. As a result of excretion of vitiated *Dosha* the physiological equilibrium in three *Dosha* is maintained and lasting results are produced with the therapy in the form of sound health.

Keeping these facts in mind this review study has been undertaken to bring out which type of *Basti* is more effective in the management of *Gridhrasi* with no side effect and long lasting effect.

MATERIALS AND METHODS

All the thesis work has been collected from department of *Kayachikitsa* and *Panchakarma*, IPGT & RA, Jamnagar.

Method: hand search.

The procured thesis was studied in detail and scientific review was done.

OBSERVATIONS:

G J Moradiya (1990) [7]

10gm) were administered for 30 days. In SHAMANA GROUP (n-12) *Mahanimbadi-churna* 6gm/day and *Rasanaguggulu* 6gm/day each in three divided dose were given for 30 days. The study concluded that *Basti* provided better relief in distribution and severity of

pain, *Stambha*, *Gaurava*, *Toda*, tenderness and *Spurana* in *Shodhana* group, whereas *Shamana* therapy provided better relief in *Graha*, *Arochaka* and *Tandra*. Study concluded that

Basti group was better in providing relief in sign and symptoms of *Gridhrasi* in comparison to *Shamana* group.

Table1: Effect of therapies on sign and symptoms of *Gridhrasi*

| Sign and symptoms | Shodhana Group | | | | Shamana Group | | | |
|-------------------|----------------|---------|----------|-----------|---------------|---------|----------|-----------|
| | Mean BT | Mean AT | % Relief | 'P' Value | Mean BT | Mean AT | % Relief | 'P' Value |
| Severity of pain | 2.87 | 0.54 | 81.18% | <0.001 | 2.35 | 0.99 | 57.87% | <0.001 |
| <i>Stambha</i> | 2.41 | 0.83 | 65.56% | <0.001 | 2.17 | 1.08 | 50.23% | <0.001 |
| <i>Toda</i> | 1.67 | 0.25 | 84.99% | <0.001 | 2.0 | 0.75 | 62.5% | <0.001 |
| <i>Spurana</i> | 1.33 | 0.25 | 81.02% | <0.01 | 1.5 | 0.58 | 61.33% | <0.01 |
| <i>Tandra</i> | 1.5 | 0.92 | 38.93% | <0.01 | 1.5 | 0.5 | 66.66% | <0.01 |
| <i>Gaurav</i> | 1.5 | 0.5 | 66.66% | <0.01 | 1.5 | 0.5 | 66.66% | <0.01 |
| <i>Arochaka</i> | 1.5 | 1.08 | 28% | <0.05 | 1.5 | 0.58 | 61.33% | <0.01 |

Dr.Manoranjana Sahu(2002) [8]

In this study 25 patients of *Gridhrasi* were divided in two groups. In GROUP-A (*Shodhana* group)10 patients were given *Virechana* with *Erandataila* 50ml and *Nigundipatraswarasa* 50ml after proper *Snehana* and *Swedana* was done. After *Samsarjana Karma Siddha-Basti*(A.H. Ka. 4/33) for 8 days as *YogaBasti* as well as *Rasanaguggulu* for 30days was given. In GROUP B (*Shamana* group) 15 patients were given *Rasanaguggulu* for30 days

along with *Mriduabhayanga* and *Nirgundi-patrapinda Sweda* once daily. The study concluded that *Shodhana* shows better result than *Shamana* group. *Shodhana* should be carried out before commencing internal medication. *Erandataila* and *Nirgundipatraswarasa* has the strongability to give relief in *Gridharsi* and *Siddhabasti* should be given in other *Vatika* disorders also.

Table2: Dr. Manoranjana Sahu: Effect of therapies on sign and symptoms of *Gridhrasi*

| Sign and symptoms | Group-A(<i>Shodhana</i>) | | | | Group-B(<i>Shamana</i>) | | | |
|----------------------|----------------------------|---------|----------|-----------|---------------------------|---------|----------|-----------|
| | Mean BT | Mean AT | % Relief | 'P' Value | Mean BT | Mean AT | % Relief | 'P' Value |
| Distribution of pain | 4.8 | 1.8 | 64.58% | <0.001 | 3.66 | 1.86 | 49.18% | <0.001 |
| Severity of pain | 2.8 | 0.7 | 75% | <0.001 | 2.3 | 1.33 | 42.85% | <0.001 |
| <i>Stambha</i> | 2.7 | 0.7 | 74% | <0.001 | 2.07 | 1.30 | 37.19% | <0.05 |
| <i>Toda</i> | 2.22 | 0.77 | 65% | <0.01 | 2.0 | 1.67 | 46% | <0.001 |
| <i>Spurana</i> | 2.44 | 0.66 | 72.85% | <0.001 | 1.76 | 1.16 | 34.96% | >0.05 |
| <i>Tandra</i> | 2.50 | 0.8 | 68% | <0.01 | 2.25 | 1.80 | 20.58% | >0.05 |
| <i>Gaurav</i> | 2.4 | 0.9 | 62.50% | <0.001 | 2.0 | 1.0 | 50% | <0.001 |
| <i>Arochaka</i> | 2.50 | 0.37 | 85% | <0.001 | 2.46 | 1.20 | 46.90% | <0.001 |

Vd. Swati V. Atre (2004)^[9]

In this work 30 patients were treated in two groups. In GROUP-A, 15 patients were given course of *Kalabasti*(*Asthanabasti* with *Kwath* prepared from *Dashmoola*, *Bala*, *Rasana*, *Guduchi* and *Sunthi* about 400ml, *Erandataila* 80ml, *Kalka* of *Satpushpa* 10gm, *Madhu* 30gm, *Saidhava* 10gm and for *Anuvasana Basti Taila* prepared from same drug as *Dashmoola*, *Bala*, *Rasana*, *Guduchi* and *Sunthi* about 100ml.) along with *Erandataila* 20ml was given orally as *Shamana* therapy for rest

of the period for 6weeks. In GROUP-B(n-15) *Kwath* of same drugs used in *Asthanabasti* were give norally 20ml each time twice a day and 20ml of *Erandataila* was given with the evening dose for 6weeks. The study concluded that total effect of therapies on individual patient reflects that *Shodhana* therapy along with *Shamana* therapy was more effective in pacifying the symptoms of *Gridhrasi* as compare to *Shamana* therapy alone.

Table-3:Effect of therapies on sign and symptoms of *Gridhrasi*

| Sign and symptoms | Group-A(<i>Shodhanapurvak-Shamana</i>) | | | | Group-B(<i>Shamana</i>) | | | |
|----------------------|--|---------|----------|-----------|---------------------------|---------|----------|-----------|
| | Mean BT | Mean AT | % Relief | 'P' Value | Mean BT | Mean AT | % Relief | 'P' Value |
| Distribution of pain | 5.6 | 1.6 | 71.42% | <0.001 | 5.33 | 2.66 | 50.09% | <0.001 |
| Severity of pain | 2.93 | 0.86 | 70.64% | <0.001 | 2.6 | 1.06 | 59.23% | <0.001 |
| <i>Stambha</i> | 1.85 | 0.64 | 65.40% | <0.001 | 1.46 | 0.73 | 50% | <0.001 |
| <i>Toda</i> | 2.2 | 0.6 | 72.72% | <0.001 | 2.0 | 0.66 | 67% | <0.001 |
| <i>Muhusnadana</i> | 2.35 | 0.85 | 63.82% | <0.001 | 2.06 | 0.8 | 61.61% | <0.001 |
| <i>Tandra</i> | 2.0 | 0.6 | 70% | <0.01 | 2.0 | 1.0 | 50% | <0.02 |
| <i>Gaurav</i> | 2.0 | 0.36 | 82% | <0.001 | 2.0 | 0.87 | 5605% | <0.01 |
| <i>Arochaka</i> | 2.0 | 0.42 | 79% | <0.01 | 2.0 | 1.0 | 50% | >0.05 |

Dr. Anamika Kumari(2006)^[10]

In this study total 34 patients were treated in two groups. In GROUP-A(n-17) oral capsule 500mg (contained- *Nirgundichurna* 440mg, *Suddhakupilu* 60mg and *Parijatapatrakwath* used for *Bhavana* for 3 times) 2 cap twice daily were given with Luke warm water for 30days. In GROUP-B(n-17) oral cap same as

above and *Matrabasti* with 60ml of *Prasarini Taila* (*BhaishajyaRatnavaliAmavataRogadhikara*) for 21 days. The study concluded that oral capsule was also given good results but oral capsule with *Matrabasti* provided better relief in the amelioration of sign and symptoms.

Table-4: Effect of therapies on sign and symptoms of *Gridhrasi*

| Sign and symptoms | Group-A(oral capsule) | | | | Group-B(oral cap. + <i>MatraBasti</i>) | | | |
|-------------------|-----------------------|---------|----------|-----------|---|---------|----------|-----------|
| | Mean BT | Mean AT | % Relief | 'P' Value | Mean BT | Mean AT | % Relief | 'P' Value |
| <i>Rukh</i> | 3.17 | 1.35 | 57.41% | <0.001 | 3.29 | 1.05 | 68.08% | <0.001 |
| <i>Stambha</i> | 1.60 | 0.13 | 91.87% | <0.001 | 1.36 | 0.27 | 80.14% | <0.001 |
| <i>Toda</i> | 1.50 | 0.25 | 83.33% | <0.01 | 1.77 | 0.11 | 93.78% | <0.001 |
| <i>Spandana</i> | 1.40 | 0.10 | 92.85% | <0.001 | 1.16 | 0.00 | 100% | <0.001 |
| <i>Tandra</i> | 1.50 | 0.00 | 100% | >0.05 | 1.00 | 0.00 | 100% | >0.05 |
| <i>Gaurav</i> | 1.80 | 0.40 | 77.77% | <0.05 | 1.16 | 0.50 | 56.89% | <0.001 |
| <i>Arochaka</i> | 1.50 | 0.5 | 66.66% | >0.05 | 1.33 | 0.33 | 75.18% | >0.05 |

Shraddha P Joshi (2008)^[11]

In this study 20 patients were treated in two groups. In GROUP-A(n-10) *Shephalikakala Basti*(contained- *Anuvasana* with *Shephalika Taila* 100ml and *Asthapana* with same *kwatha* with 400ml/*Basti* dose) was given. In GROUP-B *Vajigandhadya Kala Basti* (described in *Yogaratnakar Vatavyadhichikitsa*)

was administered. The study concluded, overall effect of therapies as GROUP-B *Vajigandhadya Kala Basti* proved to be more effective than *Shephalika Kala Basti*. The reason behind the better results of *Vajigandhadya Kala Basti* is that it was a *Sastroktayoga* from *Yogaratnakar*.

Table-5: Effect of therapies on sign and symptoms of *Gridhrasi*

| Sign and symptoms | Group-A(<i>Shephalika Kala Basti</i>) | | | | Group-B(<i>Vajigandhadya KalaBasti</i>) | | | |
|--------------------|---|---------|----------|-----------|---|---------|----------|-----------|
| | Mean BT | Mean AT | % Relief | 'P' Value | Mean BT | Mean AT | % Relief | 'P' Value |
| <i>Rukh</i> | 3.4 | 1.2 | 65.71% | <0.001 | 3.5 | 1.1 | 68.57% | <0.001 |
| <i>Stambha</i> | 2.8 | 1.3 | 53.57% | <0.001 | 2.8 | 1.0 | 64.26% | <0.001 |
| <i>Toda</i> | 2.0 | 0.8 | 60% | <0.001 | 2.2 | 0.7 | 68.18% | <0.001 |
| <i>Muhuspandan</i> | 1.9 | 0.5 | 73.68% | <0.001 | 2.4 | 0.6 | 75% | <0.001 |
| <i>Tandra</i> | 1.1 | 0.4 | 63.63% | <0.05 | 1.0 | 0.3 | 70% | <0.01 |
| <i>Gaurav</i> | 2.0 | 1.0 | 50% | <0.05 | 0.5 | 0.1 | 80% | <0.05 |
| <i>Arochaka</i> | 1.0 | 0.3 | 70% | <0.05 | 1.6 | 0.3 | 81.25% | <0.001 |

MumtazAli(2009)^[12]

In this study 119 patients were registered but 102 patients took continued treatment remaining patients did not continued. In GROUP-A(n-52) oral *Nirgundighanvati* 500mg 2tab thrice a day after meal was given for 30days with Luke warm water followed by local *Abhayanga* and *Swedana* for 21days. In GROUP-

B(n-50) oral *Nigundighanavati* along with *Abhayanga Swedana* and *Matrabasti* of *Nirgunditaila* 60ml for 30 days were given. The study concluded that *Nirgundighanavati* gave good results but *Nirgundighanavati* with *Matrabasti* provided better relief in amelioration of sign and symptoms.

Table-6:Effect of therapies on sign and symptoms of *Gridhrasi*

| Sign and symptoms | Gropu-A(<i>Nirgundighanavati</i>) | | | | Group-B(<i>Nirgundighanavati</i> + <i>MatraBasti</i>) | | | |
|--------------------|-------------------------------------|---------|----------|-----------|---|---------|----------|-----------|
| | Mean BT | Mean AT | % Relief | 'P' Value | Mean BT | Mean AT | % Relief | 'P' Value |
| <i>Rukh</i> | 3.23 | 1.98 | 38.69% | <0.001 | 3.28 | 1.2 | 62.19% | <0.001 |
| <i>Stambha</i> | 2.0 | 0.78 | 61.53% | <0.001 | 1.88 | 0.56 | 71.27% | <0.001 |
| <i>Toda</i> | 2.51 | 1.42 | 45.03% | <0.001 | 2.48 | 0.9 | 62.90% | <0.001 |
| <i>Muhuspandan</i> | 1.07 | 0.35 | 86.66% | <0.001 | 1.21 | 0.28 | 64.70% | <0.01 |
| <i>Tandra</i> | 1.66 | 0.91 | 50% | <0.001 | 1.41 | 0.47 | 58.33 | <0.001 |
| <i>Gaurav</i> | 2.0 | 0.66 | 66.66% | <0.001 | 1.92 | 0.06 | 68.75% | <0.001 |
| <i>Arochaka</i> | 2.15 | 0.39 | 78.04% | <0.001 | 1.89 | 0.23 | 84.26% | <0.001 |

Sumedh N Paikrao (2014)^[13]

In this study total 40 patients were treated in two groups. In GROUP-A (n-20) *Siravedha* at the site of four *Angulas* below the *Janusandhi* in total 4 seating1 seating per week was done. In GROUP-B classical *VaitaranaBasti*^[14] was

given to patients for 15 days. The study concluded that both of procedure is effective, simple, cheap and safe but *Vaitarana Basti* is more effective in treating the cardinal symptoms of *Gridhrasi*.

Table-7: Effect of therapies on sign and symptoms of *Gridhrasi*

| Sign and symptoms | Group-A(<i>Siravedha</i>) | | | | Group-B(<i>VaitaranaBasti</i>) | | | |
|-------------------|-----------------------------|---------|----------|-----------|----------------------------------|---------|----------|-----------|
| | Mean BT | Mean AT | % Relief | 'P' Value | Mean BT | Mean AT | % Relief | 'P' Value |
| <i>Rukh</i> | 5.0 | 0.95 | 83% | <0.001 | 5.5 | 1.35 | 75% | <0.001 |
| <i>Stambha</i> | 2.77 | 1.05 | 52.2% | <0.001 | 3.15 | 0.89 | 71.66% | <0.001 |
| <i>Spanadana</i> | 2.36 | 0.75 | 63.33% | <0.001 | 2.41 | 0.38 | 78.31% | <0.001 |
| <i>Tandra</i> | 1.78 | 0.4 | 47.6% | <0.001 | 2.0 | 0.66 | 66.66% | <0.05 |
| <i>Gaurav</i> | 1.71 | 0.3 | 52.5% | <0.001 | 2.4 | 0.6 | 75% | <0.001 |
| <i>Arochaka</i> | 1.57 | 0.15 | 26.49% | <0.01 | 03 | 01 | 66.66 | <0.001 |

RESULT:-

The highly relief percentage found in *Ruka* (severity of pain) was 81.18% which was statistically highly significant where $p < 0.001$ (Table 1) in *Erandamooladi Karma Basti*.

The highly percentage of relief in *Stambha* (80.14%), *Toda* (93.78%) and *Spandana* (100%) were found in *MatraBasti* along with oral capsule, which were statistically highly significant ($P < 0.001$). (Table 4)

Table-8: Overall effect of *Basti* therapies on sign and symptoms of *Gridhrasi*(sciatica) in various research works-

| Basti Therapy | Sign and Symptoms | | | | | | |
|--|-------------------|----------------|-------------|------------------|----------------|-----------------|------------------|
| | <i>Ruka</i> | <i>Stambha</i> | <i>Toda</i> | <i>Span-dana</i> | <i>Tan-dra</i> | <i>Gau-rava</i> | <i>Aro-chaka</i> |
| <i>ErandamooladiKarma Basti</i> (G J Moradiya) | 81.18% | 65.56% | 84.99 % | 81.02% | 38.93 % | 66.66% | 28% |
| <i>VirechanapurvakSiddha-Basti</i> (Dr.ManoranjanSahu) | 75% | 74% | 65% | 72.85% | 68% | 62.5% | 85% |
| <i>KalaBasti</i> (Vd. Swati V Atre) | 70.64% | 65.40% | 72.72 % | 63.82% | 70% | 82% | 79% |
| <i>MatraBasti</i> with Oral Capsule (AnamikaKumari) | 68.08% | 80.14% | 93.78 % | 100% | 100% | 56.89% | 75.18% |
| <i>ShephalikaKalaBasti</i> (Shraddha P Joshi) | 65.71% | 53.57% | 60% | 73.68% | 63.63 % | 57.14% | 70% |
| <i>VajigandhadhyaKalaBasti</i> (Shraddha P Joshi) | 68.57% | 64.28% | 68.18 % | 75% | 70% | 80% | 81.25% |
| <i>NirgundiTailaMatraBasti</i> with <i>NirgundighanaVat i</i> (Mumtaz Ali) | 62.19% | 71.27% | 62.90 % | 64.70% | 58.33 % | 68.75% | 84.26% |
| <i>VaitaranaBasti</i> (Sumedh N Paikrao) | 75% | 71.66% | - | 78.31% | 66.66 % | 75% | 66.66% |

DISCUSSION

On reviewing the thesis works, it can be said that *Erandamooladi karma Basti* was found more effective in relieving cardinal symptom of *Sciatica* (*Gridhrasi*) i.e. *Ruka* (Pain) as it is a course of 30 *Basti* which has been specially indicated for *Vatavyadhis* and *Erandamooladikwatha* is having properties like anti-inflammatory, analgesics and *kaphavatahara* therefore helps in relieving the pain and inflammation of nerve, if any. Through its *Snigdha*, *UshnaGuna* and *Ushnavirya* it pacifies

Ruksha and *SheetaGuna* of aggravated *Vata-Dosha*.

Oral capsule (contained- *NirgundiChurna* 440mg, *Suddhakupilu* 60mg and *Parijatapatra Kwath* used for *Bhavana*) along with *Matra Basti* of *Prasarini Taila* were found more effective in relieving symptoms like *Stambha* (stiffness), *Toda* (pricking sensation), *Spandana* (Pulsation), *Tandra* (Stupor). *Stambha* is the symptom mainly attributed to *Ama*(undigested food part). *Shamana* drug possess *Deepana-Pachana*, *UshnaVirya* properties, thus by correcting vitiated *Ama* and by

improving Agni of the patients, it might be provided relief in *Stambha* symptom. *Spandana* and *Toda* are also important symptom produced by vitiation of *Vata*. All the drugs of oral capsule and *Basti* are having *UshnaVirya* and *Kapha-VataShamaka* properties. So by their virtue, they help in relieving *Spandana* and *Toda*.

Basti is the *PradhanKarma* as it possesses a wide spectrum of effects & is thought to be the *Ardhachikitsa* in *Ayurveda*. *Shamana* therapy is also used in many studies along with *Basti* as *Shodhana* therapy in which *Rasanagugulis* being widely used. It has been observed that *Shamana* therapy alone is not as much effective as *Shodhanapurvakshamana* therapy on various sign and symptoms of *Gridhrasi*. Various drugs (*Erandamoola*, *Dashmoola*, *Bala*, *Sahachara*, *Nirgundi*, *Rasana*, etc.) that have been used for *Basti* in various studies have *Vata-Kaphagna* property that is effective in subsiding the signs and symptoms in *Gridhrasi*.

In *Gridhrasi*, *Vata* specifically *Apana* and *VyanaVayu Dushti* is found. *Basti* stays at *Pakwashaya* and starts its action from there. *Pakwashaya* is the natural abode of *Vayu*. *Basti* conquers the vitiated *Vata* in its *PrakrutaSthana* by which *Vata* dwelling in other parts of the body is automatically conquered^[15]. *Basti* removes *Malasanghata*^[16] and thus maintains the *Anulomagati* of *ApanaVayu*. This further helps in regulation of *Samana* & *VyanaVayu*. *Vata* is vitiated by *Laghu*, *Ruksha*, *Sheeta* etc. *Gunas*. *AnuvasanaBasti* (medicated oil Enema) with its *SnigdhaGuna* destroys *Rukshata*, with *GuruGuna*, *Laghuta* and with *UshnaGuna*, *Sheetata* of *Vata*^[17].

CONCLUSION

With this review study it can be concluded that *Basti Chikitsa* is very effective either given with or without palliative drugs for the management of *Sciatica*. Palliative drugs has shown just add on effect with it. *Karmabasti* and *Kalabasti* shows better results compared to 7days scheduled *Yogabasti*.

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