

## CLINICAL STUDY OF EFFECT OF RASNADI GUTIKA IN THE MANAGEMENT OF GHRIDRASI

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### ABSTRACT

*Gridhrasi* is one among the 80 types of *vatavikaras (Disease)* which is found in all classics. It is of two types, *vataja* and *vatakaphaja*. The *lakshnas (Symptoms)* of it is pain starting from the *sphik (Pelvic)* region radiates towards the *pada (Leg)* which hampers the normal movement of the leg. Also stiffness and tingling sensation are presents. People suffering from this disease are unable to sleep at night because of the severity of pain. In the modern science it is called as Sciatica. The modern treatment aspect of Sciatica is not very satisfactory but in ayurveda there are many *shodhan* and *shaman chikitsa* for *Gridhrasi*. Many *shaman yogas (Preparations)* explained in literature and research work also carried out. Looking into the above problems an attempt has been taken with Randomized single blind clinical study on 30 patients as “clinical study of effect of *Rasnadigitika* in the management of *Gridhrasi*. The clinical trial revealed that the *RasnadiGutika* is significantly effective in the management of *Ghridrasi*.

**Keywords:** *Ghridrasi, Vatavyadhi, Sciatica, Rasnadigitika. Straight Leg Raising Test. (SLR Test)*

### INTRODUCTION

As the day passes, the life of a person is becoming more and more hectic. Modernization of life style is not only affecting the health of old age people but also health of young people. Advanced life style gifted busy, stressful and hectic personal, professional and social life. Because of all these things, the basic principles of body- *vata, pitta, and kapha* are changed. Among all population, most of the people are affected by different *vaticavikaras*. Excessive stressful life, irregular food habits, improper sitting style, absence of rest, insufficient sleep, and jerky movements during travelling all this responsible for vitiation of *vata dosha*, which causes so many *vatic* diseases<sup>1</sup> Because of the improper sitting postures and jerky move-

ments during traveling increases the prevalence of a disease in which compression of the sciatic nerve occurs and called as Sciatica. Ancient ayurvedacharyas explain this disease under the name of *Ghridrasi*. This comes under the *Vatavyadhis*. A variety of *Vatavyadhi* described in CharakaSamhita are divided into *Samanyaja* and *Nanatmaja* group<sup>2</sup>. *Gridhrasi* comes under 80 types of *Nanatmaja Vatavyadhi*<sup>3</sup>. As per Ayurvedic concept, *Gridhrasi* is one of the *SnayugataVataVyadhi* having vitiation of *Vata* and sometimes *VataKaphaDosh*a, which starts from *GridhrasiNadi*. In *Gridhrasi*, pain starts from *Sphika (buttock)*, radiates insidiously towards waist, *Pristha (back)* then *Uru(thigh)*, *Knee (Calf)* and *Pada (Leg)*<sup>4</sup>. Similarly pain in

distribution of sciatic nerve or its component radiates from buttock towards foot in Sciatica<sup>5</sup>. The modern treatment aspect of Sciatica is not very satisfactory but in ayurveda there are many *shodhan* and *shamanchikitsa* for *Gridhrasi*. Many *shamanyogas* explained in literature and research work also carried out. Among these, *Rasnadi Gutika*<sup>6</sup> which is mentioned in *Bhaishajya Ratnavali* for *Gridhrasi* is selected for present study because it is one of the best *vatahar* drug which helpful to patients to get rid of from suffering of *Gridhrasi* and its better management

#### **MATERIALS AND METHODS:**

**Study design:** Randomized single blind clinical study with pre and post design was adopted. 30 patients having *lakshanas* of *Ghridrasi* were selected randomly, irrespective of their sex, age, religion etc.

**Diagnostic criteria:** Patients having *lakshanas* of *Ghridrasi* like *Ruka* (Pain), *Toda* (Pricking sensation), and *Stambha* (Stiffness), *Gaurva* (Heaviness) in *sphik* (Pelvic), *kati* (Lumbar region), *uru* (Thighs), *janu* (Knee), *Jangha* (Groin) and *pada* (Leg) region. Also, with *Aruchi* (Anorexia) and *Tandra* (Dizziness) Straight Leg Raising test was considered as an objective parameter.

**Selection criteria:** The patients were taken for the present study as per the following inclusion and exclusion criteria.

#### **Inclusion criteria:**

1. Clinical signs of *Ghridhrasiruk*, *toda*, *stambha*, start from *sphikpradesha* and radiating towards foot along with other symptoms like *tandra*, *Gaurava*, *aruchi*.
2. Age- between 20 to 60 years with both sexes.

#### **Exclusion Criteria:**

1. Tuberculosis of spine.
2. Congenital abnormalities in lumbar spine, surgical indication.

3. Tumor of caudaequine.

4. CA of spine.

**MATERIALS:** All raw drugs were authenticated and standardized as per standard procedure before put to use.

#### **METHODS:**

**Treatment protocol:** Patients were orally administered *Rasnadigutika* before the meals for 30 days; the *Gutika* was prepared as explained in *Sharangadhar samhita*<sup>7</sup>. And weekly assessment was done. Patients were advised to avoid *pit-takaraahar* (Spicy food).

#### **Dose:**

*Drug* - *Rasnadigutika*

*Matra* - 2 tablet

*Sevankal* - *Pragbhaktakala*, twice a day

*Anupan* - Lukewarm water

*Duration* - 30 Days

**Assessment:** Assessments were done before and after intervention of medicine on the following criteria.

- 1) *Ruka*
- 2) *Toda*
- 3) *Stambha*
- 4) *Spandana*
- 5) *Tandra*
- 6) *Gaurava*
- 7) *Aruchi*
- 8) SLR Test

#### **RESULTS:**

***Ruka:*** The mean score of *Ruka* was reduced by 58.73%, which was statistically significant. (P-value < 0.001) at 5% level of significance

***Toda:*** The mean score of *Toda* was reduced by 62.50%, which was statistically significant. (P-value < 0.001) at 5% level of significance

***Stambha:*** The mean score of *Stambha* was reduced by 56.86%, which was statistically significant. (P-value < 0.001) at 5% level of significance

**Spandana:** The mean score of *Spandan* was reduced by 56.33%, which was statistically significant. (P-value < 0.001) at 5% level of significance

**Tandra:** The mean score of *Tandra* was reduced by 58.33%, which was statistically significant. (P-value < 0.001) at 5% level of significance

**Gaurava:** The mean score of *Gaurava* was reduced by 56.52%, which was statistically significant. (P-value < 0.001) at 5% level of significance

**Aruchi:** The mean score of *Aruchi* was reduced by 59.26%, which was statistically significant. (P-value < 0.001) at 5% level of significance

**SLR Test:** The mean score of SLR Test was reduced by 60.71%, which was statistically significant. (P-value < 0.001) at 5% level of significance

**Table No 1. : Changes in the Parameters of Ghridrasi**

Lakshana	No. of Patient	Mean Score		% Relief	SD	Wilcoxon signed rank test (T <sup>+</sup> )	P value
		BT	AT				
<i>Ruka</i>	30	2.1	0.87	58.73	0.568	406	< 0.001
<i>Sthambha</i>	30	1.83	0.87	56.86	0.183	435	< 0.001
<i>Toda</i>	30	1.87	0.70	62.50	0.379	465	< 0.001
<i>Spandana</i>	30	1.97	0.93	56.33	0.320	435	< 0.001
<i>Gaurava</i>	12	0.77	0.33	56.52	0.568	78	< 0.001
<i>Tandra</i>	13	0.80	0.33	58.33	0.629	78	< 0.001
<i>Aruchi</i>	13	0.77	0.23	59.26	0.681	91	< 0.001
<i>SLR Test</i>	30	1.97	0.83	60.71	0.345	435	< 0.001

## DISCUSSION

Patients of *Ghridrasi* with *Rasnadigitika* showed that 58.73% relief in *ruka*, 62.50 % relief in *toda*, 56.86% in *Stambha*, 56.33% in *Spandan*, 58.33% relief in *tandra*, 56.52% relief in *Gaurava*, 59.26% relief in *Aruchi* and 60.71% relief in SLR test.

**Probable mode of action of Rasnadi-gutika:** The ingredients of *Rasnadigitika* are *Rasna* (*Vanda roxburghii*) and *Guggulu* (*Commiphora wightii*). In that *Rasna*<sup>8</sup> and *Guggulu*<sup>9</sup> are having *ushnavirya* (Hot potency) *pradhan* which is the opposite quality of *vata*, thus suppresses the *vata* and at the same time due to *tikta rasa* (Bitter taste) of *Rasna* and *katu* (Pungent), *Tiktara* of *Guggulu* suppresses *kapha* also. Due to *guru* (Heavy) *guna* (Proper-

*ties*) of *Rasna* pacifies the *vata*. Thus this *Rasnadigitika* having *vatakaphahara karma* and removes the *srotoavarodha* (clears the channels) thus effective in treating both *vataja* and *vatakaphaja* type of *Gridhrasi*.

**Probable mode of action of Rasnadi-gutika on subjective and objective parameters:**

*Ruka*, *Toda* and *Spandan* are the *Vataj* symptom. Thus the *vata* is suppressed by the *ushnaveerya* of *Rasna* and *Guggulu*, and *guru guna* of *Rasna*. In this way it helps in relieving *ruka*, *Toda* and *spandana*. *Stambha*- It is the symptom due to *kaphadosha*. The *laghu* (Lightness) *guna* and *katurasa* of *Guggulu* and *tikta rasa* of *Rasna* helps in suppressing *kapha* and due to *Vishadguna* of *Guggulu* clears *srotoavarodha* thus rectifies *stambha*. *Aruchi*- The

Guggulu having properties like *laghuguna*, *katu rasa* and *ushnavirya* helps to promote the quality of *jatharaagni* (Digestive power), helps in the *shaman* of *ama* and thus helps in rectifying *aruchi*. *Gaurava*- As the formulation has *katutikta rasa dravyas* it helps in removing *srotoavarodha* hence relieving *Gaurava*.

### CONCLUSION

*Rasnadigutika* showed good results on *vataj lakshanas* i.e. *Ruka*, *toda*, *Spandana* of *Gridhrasi* and also significant results on *vatakaphajlakshanas*. In this present study *Rasnadigutika* gives overall 58.65% relief from the sign and symptoms of the *Ghridrasi*.

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