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

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ABSTRACT

Ghridrasi 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 Ghridrasi. 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 Rasnadigutika in the management of Ghridrasi. The clinical trial revealed that the RasnadiGutika is significantly effective in the management of Ghridrasi.

Keywords: Ghridrasi, Vatavyadhi, Sciatica, Rasnadigutika. 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 vatikavikaras. 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 vatadosha, which causes so many vatik diseases. Because of the improper sitting postures and jerky movements 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 Vatavyadhi. A variety of Vatavyadhi described in CharakaSamhita are divided into Samanyaja and Nanatmaja group. Gridhrasi comes under 80 types of Nanatmaja Vatavyadhi. As per Ayurvedic concept, Gridhrasi is one of the SnayugataVataVyadhi having vitiation of Vata and sometimes VataKaphaDosha, 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). Similarly pain in
distribution of sciatic nerve or its component radiates from buttock towards foot in 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 explained in literature and research work also carried out. Among these, Rasnadi Gutika which is mentioned in BhaishajyaRatnavali 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 authentified 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. And weekly assessment was done. Patients were advised to avoid pitakaraahar (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

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

DISCUSSION

Patients of Ghridrasi with Rasnadigutika 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 Rasnadigutika 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 spandan.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 Guggululears srotoavrodha thus rectifies stambha. Aruchi- The ushnavirya (Hot potency) of Rasna pacifies the vata. Thus this-Rasnadigutika having vatakaphahara karmaand removes the srotoavrodha(clears the channels) thus effective in treating both vataja and vatakaphaja type of Gridhrasi.
Guggulu having properties like laghuguna, katu rasa and ushnnavirya 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 katutika 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 vatakapha jlakshanas. In this present study Rasnadigutikagives overall 58.65% relief from the sign and symptoms of the Ghridrasi.

REFERENCES


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