

## A COMPARATIVE CLINICAL STUDY OF SHAMANAUSHADHI AND KATIBASTI IN THE MANAGEMENT OF GRIDHRASI W.S.R. TO SCIATICA

Archana P Kashid

Asst Professor, Kayachikitsa Department, Dr. D.Y.Patil Ayurvedic College and Hospital, Navi Mumbai, Maharashtra, India

### ABSTRACT

*Gridhrasi* is a syndrome where radiating pain from low back region to lower limbs associated with tingling sensation & other discomforts along the path of sciatic nerve. The treatment available for Sciatica in modern medicine is not very satisfactory. A clinical trial was carried out in 30 patients suffering from *Gridhrasi* (sciatica). *Kati basti* (local treatment on lumbo sacral region) & oral medications like *Dashmulaghanavati* & *Gandharvaharitaki churna* found to be safe & effective in the recovery of *Gridhrasi* patient.

**Keywords:** *Gridhrasi*, Sciatica, *DashmulaGhanavati*, *Kati Basti*, *Gandharvaharitaki churna*

### INTRODUCTION

The low back pain is extra ordinarily common as that of common cold. The life time prevalence of non-specific (common) low back pain is estimated at 60% to 70% in industrialized countries. Among the affected patients 40% have radicular pain.

The prevalence<sup>1</sup> of Sciatica ranges from 11%-40% *Gridhrasi*, an entity enumerated by *Shula Pradhana*, is one among the 80 types of *NanatmajaVataVyadhi*. According to *Charaka*, *Stambha*, *Ruka*, *Toda*, & *spandana* are the signs & symptoms of *vataja Gridhrasi*, *Aruchi*, *Tandra* & *Gaurava* are additional symptoms of *Vata-KaphajaGridhrasi*<sup>2</sup>.

In general, *Vataprakopa* is prime causative factor for *gridhrasi*.

*Samprapti* (Pathogenesis) of *gridhrasi* where *vyanavata* which is masked by *kapha*. This produces restricted movements of *gati* or *vayu* gets disturbed. *Kandara* is affected by vitiated *Doshas* & the symptoms of 'Sakthanahkshepan Nigriharniyata' (i.e. restricted movement of leg) proves the involvement of *AsthiSandhi*, as *Asthi* is site of *Vata* & there is an inverse relation between two. As far as the

pathological aspect is concerned there is irritation of the 4<sup>th</sup> and 5<sup>th</sup> lumbar roots and the 1<sup>st</sup> Sacral root, which together form the Sciatica Nerve<sup>3</sup>.

The Straight Leg Raising (SLR) test is used both for diagnosis as well as for assessing the progress of treatment. *Snehana*, *swedana* & *Mridushodhana* are applied in all *vatavyadhi*. However, in *Gridhrasi* since *Snayu* & *Rakta* are involved, *Agnikarma* & *Siravyadha* are the lines of treatment<sup>4</sup>.

Management of Sciatica include usage of analgesics. NSAIDs for pain are having several adverse reactions & surgical corrections with complications. *Snehana* and *Swedana* are considered to be prime in the treatment of *Vata*. *Snehana* includes both external and internal *Oleation*. External *Snehana* & *Swedana* are done by *Katibasti* (local treatment over lumbo sacral region), *abhyanga* (Massage), *Pariseka* (pouring the medicated oil), *Avagaha* (Tub bath), etc. *Snehan* & *Swedana* by virtue of their *vatashamaka* & *DhatuPosaka* (nourishment of the body elements) properties relieves the symptoms. *Swedana* relieves *shita* (cold

Sensation), *Shula* (pain) & *Stambha* (stiffness), thus helps in alleviating the sign & symptoms of Gridhrasi<sup>5</sup>.

*KatiBasti*, an external simple, non-invasive, economic & palatable treatment is found to be effective in clinical practice & oral medicines like *Dashmula Ghanavati* & *Gandharvaharitamakichurna* are also found to be safe. In Allopathy, a medication like pain killer has many adverse side effects. Hence, study was conducted to evaluate the efficacy of these *Samshaman Aushadhi* & *Kati basti* in management of *Gridhrasi* (Sciatica).

**Aims & Objectives**

- 1) To evaluate the efficacy of *Dashamula Ghanavati* & *Gandharvaharitamakichurna* in the management of *Gridhrasi*.
- 2) To compare the efficacy of *shamanaushadhi* i.e. *Dashamula Ghanavati*, *Gandharvaharitamakichurna* & *katibasti* in the management of *Gridhrasi*.

**Materials & Methods**

Total 30 patients of *Gridhrasi* from among the OPD & IPD of Kayachikitsa Department of

D.Y. Patil School of Ayurveda, Nerul were selected for study.

**Inclusion Criteria**

Subjective Parameters

- 1) Patients in the age-group of 25-60 years.
- 2) Patients having presence of *Ruk* (pain), *Toda* (pricking sensation), *Stambha* (stiffness) & *Spandana* in the *sphik, kati, uru & pada*.

Objective Parameters

- 1) SLR test in affected leg as objective measure for diagnosis & assessment of improvement in treatment.
- 2) Popliteal compression test, knee jerk & ankle jerk.

**Exclusion Criteria**

- 1) Patients age below 25 years & above 60 years of age.
- 2) Those having uncontrolled diabetes mellitus, cardiovascular disease & pregnant women.
- 3) Having tuberculosis of spine, renal disorders.

**Table 1: Assessment criteria parameters with scoring pattern**

Parameters	Severity of Sign and symptoms	Scores
Pain	No pain	0
	Occasional pain (1 to 2 hrs per day)	1
	Mild pain (Able to tolerate)	2
	Moderate pain (Hampers the routine activities)	3
	Severe pain which requires medication	4
Tingling Sensation	No tingling sensation	0
	Present sometimes	1
	Present most of times	2
	Present all the times and requires medication.	3
Tenderness	No tenderness	0
	Bearable tenderness	1
	Wincing of face on pressure	2
	Wincing of face and withdrawal of affected part on pressure	3
	Resist - touch	4

Forward bending	Can bend completely	0
	Can bend with slight pain	1
	Can bend with moderate pain	2
	Can bend with severe pain.	3
	No movement	4
SLR Test	>90 deg.	0
	60 to 90 deg.	1
	45 to 60 deg.	2
	30 to 45 deg.	3
	< 30 deg.	4

## Treatment modalities

### I) Internal

#### 1) DashmulaGhanavati–Ingradients

- ✚ Bilva (Aeglemarmelos)
- ✚ Prishniparni (Urariapicta)
- ✚ Kantakari (Solanumsurratense)
- ✚ Gambhari (Gmelinaribes)
- ✚ Brihati root (Solanumindicum)
- ✚ Shyonak (Oroxylumindicum)
- ✚ Shalparni (Desmodiumgangeticum)
- ✚ Gokshur (Tribulusterrestris)
- ✚ Patla (Stereospermumsuaveolens)
- ✚ Agnimanth (Premnamucronata)

#### 2) GhandharavaharitkiChurna – Ingredients

- ✚ Haritaki (Terminaliachebula)
- ✚ Eranda (Castor Oil)

### II) External:-

*KatiBasti* with *Tila Tail*.

**Kati Basti:** The patients are prepared in prone position; a circular ring about 5-6 cms height & 10-12 cms diameter using black gram powder paste is made over the lumbo sacral region & fixed properly by pressing its edges from outside and inside. Warm tilataila is poured in the ring so as to cover the whole skin surface area. The temperature of the oil is maintained by changing it repeatedly & according to the heat tolerance capacity of the patient. The duration of the procedure is 30 minutes.

### Grouping

Patients were randomly divided into two groups.

#### 1) Group A

- *Dashmoolaghanavati* – 500 mg (2 tablets thrice a day) after meals.

Duration: 30 days

*Anupana:* With luke warm water.

- *GandharavaharitkiChurna* – 4gms at night after meals.

Duration – 15 days.

*Anupana* – With lukewarm water.

Follow up - 0,1<sup>st</sup> Month

#### 2) Group B

- *Dashmoolaghanavati* – 500 mg (2 tablets thrice a day) after meals.

Duration: 30 days

*Anupana:* With luke warm water.

- *GandharavaharitkiChurna* – 4 gms at night after meals.

Duration – 15 days.

*Anupana* – With lukewarm water.

- *KatiBasti* using 400 ml of *tila tail* for 15 days.

Follow up-0,1<sup>st</sup> Month

### Observation & Results

Out of 30 patients, maximum(64.33%) were male, 84.33% in between age group of 25-50 years, 74% married, 80% were engaged on strenuous work, 50.01% *Vata-Kaphaprakriti*

72% *Krurakostha* & 80% were non-vegetarians.

Statistical analysis was done using Z-test as both the groups were symmetrical.

The patients treated with *Dashmoolaghanavati* & *Gandharavaharitaki Churna* (Group A)

showed moderate improvement whereas in Group B i.e. patients treated with *Dashmoolaghanavati*, *Gandharavaharitaki Churna* & *Kativasti* showed marked improvement on the sign & symptoms of Gridhrasi (Table 2)

**Table 2: Effect of treatment in Group A & B**

Group A	Mean							
Parameters	BT	AT	Difference	%	SP	SE	't'	P
Pain	2.533	1.4	1.133	44.73	0.3518	0.090	12.47	<0.001
Tenderness	1.866	1	0.866	46.42	0.3518	0.090	9.539	<0.001
Tingling sensation	2.333	1.266	0.867	40.62	0.3518	0.0908	9.539	<0.001
Forward bending	2.406	1.33	1.13	45.94	0.351	0.09	12.47	<0.001
SLR Test	2.2	1.066	1.13	51.51	0.35	0.09	12.47	<0.00

Group B								
Parameters	BT	AT	Difference	%	SP	SE	't'	P
Pain	3.33	1.2	1.86	59.57	0.516	0.133	14	<0.001
Tenderness	2.860	1	1.866	65.11	0.351	0.90	20.54	<0.001
Tingling Sensation	2.733	0.866	1.866	68.29	0.516	0.133	14	<0.001
Forward Bending	2.86	0.53	2.33	81.39	0.723	0.1868	12.48	<0.001
SLR Test	3.333	1	2.33	70	0.617	0.159	14.64	<0.001

## DISCUSSION

*Gridhrasi* (Sciatica) is one of the “*Nanatmajavyadhi* of *Vata*” in the classic.<sup>6</sup>

The ingredient drugs of the formulations that administered orally have *Ushnavirya* & *Kapha-Vatashamaka* properties. This helps to correct *Vata&Kapha* which are the main factors involved in the *samprapti* of *Gridhrasi*.

The drug combination of *Dashmoolaghanavati* acts as *VataharaSulhara* (relieves pain) & *Srotosodhaka* (cleanses body channels) *Gandharavaharitki Churna* acts as *Vatahara* and has purgative and laxative action. It evacuates bowels and removes toxins from body.

There are various properties of *snehana* such as *Snigdthaguna* which lubricates

the body and acts as *vata shaman*, *Guruguna* which acts as *vatahara*, *pustikara* and as an anabolic agent, *Shithaguna* which enables refreshing and cooling effect on the body, pacifies thirsty feeling, burning sensation, stops perspiration etc., *Mriduguna* which brings softness in impaired body channels called *srotas* helping to move the vitiated *doshas* to their respective locations for subsequent elimination by *sodhan* therapies, *Dravaguna* helps to bring the moistening effect in the body and *vilayana* of vitiated harmful *doshas*, *Pichhliguna* helps in the integrity-firmness of body parts, *Saragunahelp* in moving vitiated *doshas* which are stand still to move out, *Mandaguna* causes sluggishness of the activity of *snehadravya* & *Sukshmaguna* is for quick

and easy entry in minute srotamsis to effect cleansing action.

Similarly, There are various properties of *swedana* such as *Ushna* acts as *Stabdahara* (Stiffness Remover), *Tikshna* acts as *Kapha-vatanashak*, *Sara* acts as *anulomakara*, *Snigdha* acts as *vatahar*, *Mardhava& snehakruta*, *Ruksa* acts as *Drudata*, *Kathinya&Kaphahara*, *Sukshama* having penetrative action, *Drava* acts as *vilayana&kledana*, *Sthira* specially useful in *ekangaswedana*, & *Guru* as *brihmana*, *Pusti* etc.

*Kativasti*, a kind of heat application through oily substances, have penetration through the skin and reaches to the site of lesion and increases the circulation in the region pacifies one of the primary sites of *vata*, relieving pain, soreness, tension and restoring flexibility.

*Tilataila* which is used in *Kativasti* as *Vatahara* in property which is effective for the correction of *Vata*. *Tilataila* is *madhur rasa* and *vipaka*, *balya* and *rasayan* in *karma*<sup>7</sup>, It nourishes and strengthens all the *dhatu*s. Thus alleviates *vata*. *Snigdha* and *Guruguna* decreases *rukshata* of *vata* and with the help of *ushna*, *guna* and *virya*. It alleviates *vata*. The *vikasi* property reduces the spasm, *sukshamata* dilates the channels and *vishada* prevents stickness of channels.

The combined effect of drug i.e. *Dashmoolaghanavati* & *Gandharavaharitaki* with the procedure (*Kativasti*) combination of *Snehana*, *Swedana* helped in relieving the sign & symptoms.

## CONCLUSION

Both treatments have effect on Gridhrasi. Although *Dashmoolaghanavati* with *Gandharavaharitaki churna* showed good results, *Dashmoolaghanavati*, *Gand-*

*haravaharitaki churna* & *Kati basti* provided better relief of the signs and symptoms. *Shamana* therapy does not appear to be solely responsible for the end result. Therefore, *Kati Basti* & *Shamana* drugs both have better effect in recovery of patient.

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## CORRESPONDING AUTHOR

**Dr. Archana P Kashid**

Asst Professor, Kayachikitsa Department, Dr. D.Y.Patil Ayurvedic College and Hospital, Navi Mumbai, Maharashtra, India

**Email:** suhas\_vjti@rediffmail.com

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