



## Research Article

### A CLINICAL STUDY ON *ERANDAMULA KSHEERA BASTI* IN THE MANAGEMENT OF *VATAJA GRIDHRASI W.S.R TO SCIATICA*

Chaithra K S<sup>1\*</sup>, Vinaykumar K N<sup>2</sup>, Kiran M Goud<sup>3</sup>, Vishal K Swamy<sup>4</sup>

\*1PG Scholar, 2Reader, 3Professor, 4Lecturer, Department of PG studies in Panchakarma, SKAMCHRC, Bangalore, India.

#### ABSTRACT

Now a day's large number of population are suffering from low backache because of lifestyle modification, irregular sitting posture and house hold works. Low backache is a common symptom involving the muscles, nerves and vertebral column. Sciatica refers to pain that radiates along the path of Sciatic nerve. It resembles disease "*Gridhrasi*" in Ayurveda. Radiating pain is the predominant symptom with stiffness, which will hamper the daily activity of an individual. The purpose of the study is to evaluate the efficacy of *Erandamula Ksheera Basti* in *Vataja Gridhrasi*. A total 10 patients of *Vataja Gridhrasi* were administered *Erandamula Ksheera Basti* in *Yoga Basti* pattern for 8 days. *Vataja Gridhrasi lakshanas* and SLR Positive were taken as assessment parameters, which showed significant results. Hence, *Erandamula Ksheera Basti* has better effect on patients of *Vataja Gridhrasi*.

**KEYWORDS:** *Gridhrasi, Sciatica, Erandamula Ksheera Basti.*

#### INTRODUCTION

Hip is the best evaluated part by observing patients gait and assessing the range of motion. The large no of patient reporting hip pain localizes their pain unilaterally to the posterior gluteal musculature. Such pain tends to radiate down the posterior lateral aspect of thigh and may or may not be associated with complaints of low backache. This presentation frequently results from degenerative arthritis of the Lumbosacral spine or disk and commonly follows a dermatomal distribution with the involvement of nerve roots between L4 to S1.<sup>[1]</sup> A common cause of Low backache with radiculopathy is herniated disk with nerve root impingement, resulting in back pain with radiation down the leg.<sup>[2]</sup> The importance of back pain is under scored by the following: 1) the cost of back pain in United states exceeds \$100 billion annually; approximately one - third of these cost are direct health care expenses and two - third are indirect costs resulting from loss of wages and productivity; 2) Back symptoms are the most common cause of disability in those < 45 years; 3) Low back pain is the second most common reason for visiting a physician in the United states; 4) 70% of person will have back pain at some point in their lives.<sup>[3]</sup> The term "Sciatica" is used when the leg pain radiates posteriorly in a Sciatic or L4/S1 distribution. The prognosis of acute low back and leg pain with radiculopathy due to disc herniation is generally

favourable.<sup>[4]</sup> The condition can be correlated to "*Gridhrasi*" in Ayurveda.

The word "*Gridhrasi*" has been evolved from the word "*Gridhra*" - Vulture, which specifies regarding the gait of the patient who has been suffering from long time from this disease. It is one among 80 types *Nanatmaja Vatavyadhi*.<sup>[5]</sup> *Gridhrasi* is classified into 2 types *Vataja* and *Vatakaphaja*<sup>[6]</sup> *Vataja Gridhrasi* is characterized by pain which starts from *Kati pradesha* radiates to *Prushta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) and *Pada* (foot) in order, along with *Stambha* (stiffness), *Toda* (pricking pain), *Spandana* (twitching) and causes *Sakthi Utkshepa nigraha* (restricted movement of lifting of leg).<sup>[7]</sup> Acharya *charaka* says the root cause of diseases is *Vata dosha*, which can cause disease in *Sarva avayava*. As none of treatment modalities are as effective as *Basti chikitsa* for mitigation of *Vata dosha*, *Basti karma* is prime line of *Chikitsa* for all *Vatavyadhi's* and it is considered as *Ardha chikitsa*.<sup>[8]</sup> Here an attempt is made to study the efficacy of *Erandamula Ksheera Basti* in the management of *Vataja Gridhrasi*.

#### Objectives of the Study

To evaluate the therapeutic efficacy of *Erandamula Ksheera Basti* in the management of *Vataja Gridhrasi w.s.r to Sciatica*.

**MATERIALS AND METHODS**

**Source of data:** 10 patients of *Vataja Gridhrasi w.s.r to Sciatica*, approaching OPD and IPD of SKAMCH and RC, Bangalore were selected for the study.

**Drug source:** Drugs required for *Erandamula Ksheera Basti* were purchased in the pharmacy of SKAMCH and RC. *Basti* was prepared manually in *Panchakarma* theater and was administered to the patient.

**Method of collection of data:** Patients of *Vataja Gridhrasi* admitted in IPD were selected for the study.

**Inclusion criteria**

- Patients of either sex between the age group of 30 – 70 years.
- Patients presenting with *Lakshanas* of *Vataja Gridhrasi*.
- Patients presenting with signs and symptoms of *Sciatica*.
- Patients who are fit to undergo *Niruha Basti* and *Anuvasana Basti*.

**Exclusion criteria**

- Patients with systemic diseases that may interfere with the course of treatment.
- Surgical indication such as progressive neurological deficit.
- Benign or malignant tumour of the spine or tuberculosis of the vertebral column.

**Duration of the study**

- Total duration of the study - 8 days.

**INTERVENTION**

- 10 patients of *Vataja Gridhrasi* who fulfil the inclusion criteria were selected.

**Erandamula Ksheera Basti****Poorva Karma**

*Sthanika abhyanga* over *Nabhi pradesha* followed by *Sthanika Nadisweda*.

**Pradhana Karma**

Patient is asked to lie in left lateral position.

*Anuvasana* and *Niruha basti* are given alternately as per *Yoga Basti* pattern shown in table.

**Table 1: Showing the pattern of Yoga Basti**

Day	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Basti	A	N	A	N	A	N	A	A

1. *Anuvasana Basti* - *Bala taila* - 80 ml (After consuming *Laghuahara*)

2. *Niruha basti* - *Erandamula ksheera basti*. (On empty stomach at 7am)

**Table 2: Showing Niruha Basti ingredients**

<i>Madhu</i>	30 ml
<i>Saindhava</i>	6 gms
<i>Taila (Murchitha tila taila)</i>	80 ml
<i>Shathapushpa kalka</i>	20 gms
<i>Erandamula kwatha</i>	300 ml
<i>Ksheera</i>	200 ml

**Paschat Karma** - Lifting of the legs, patting to the buttocks, anti - clockwise massage to abdomen for about a minute.

**Assessment parameters****Table 3: Showing assessment parameters and grading**

S.No	Assessment Criteria	0	1	2	3
1.	<i>Ruk</i>	No pain	Mild pain	Moderate pain	Severe pain
2.	<i>Sthambha</i>	No stiffness	Mild stiffness	Moderate stiffness	Severe stiffness
3.	<i>Supthata</i>	Absent	Occasional	Intermittent	Continuous
4.	SLR	Negative	60 degree and above	Between 30 – 60 degree	Less than 30 degree

**Observation and Results**

The efficacy of *Erandamula ksheera basti* was studied in 10 patients suffering from *Vataja Gridhrasi*. The other observations are as follows

**Table 4: Showing distributions of patients of Vataja Gridhrasi according to sex**

Male	7
Female	3

**Table 5: Showing distributions of patients of Vataja Gridhrasi according to age**

Age Group	No of Patients
30 – 40 years	2
40 – 50 years	3
50 – 60 years	3
60 – 70 years	2

**Table 6: Showing assessment parameters in patients before treatment**

Symptoms	No of patients
<i>Ruk</i>	10
<i>Stambha</i>	10
<i>Suptatha</i>	08
SLR	09

**Table 7: showing the effect of treatment on subjective and objective parameters**

S.No	Assessment criteria	Mean		Mean diff	SD	SE	t value	P value	Remarks
		BT	AT						
1.	<i>Ruk</i>	1.8	0.7	1.1	0.67	0.15	6.9	< 0.001	S
2.	<i>Stambha</i>	2.1	1.4	0.7	0.47	0.10	6.6	< 0.001	S
3.	<i>Supthata</i>	1.1	0.7	0.4	0.50	0.11	3.5	< 0.001	S
4.	SLR	2.0	1.0	1.0	0.76	0.19	5.2	< 0.001	S

**DISCUSSION**

When *Basti* is introduced into the *Pakwashaya*, the *Veerya* of *Basti* reaches all over the body, collects the accumulated *Doshas* and *Shakrut* from *Nabhi*, *Kati*, *Parshwa* and *Kukshi pradesha*, causes *Snehana* to the body and expels out the *Dosha* along with *Pureesha*.<sup>[9]</sup> *Pakwashaya*, which is the seat of *Vata dosha*, can be correlated to *Pureeshadhara-kala*. According to *Dalhana*, *Pureeshadhara kala* itself is *Astidharakala*.<sup>[10]</sup> This establishes a relationship between the large intestine and bones. *Basti* is having 2 actions; *Veerya* of *Dravya* should get absorbed to have its systemic action. Second major action is related with the facilitation of excretion of morbid *Doshas* responsible for disease into colon from where they are evacuated. All these actions can be well explained on the basis of physiological and pharmacological actions.

**Effect from *Anuvasana basti*:** *Anuvasana basti* will retain the oil for a specific period without causing any adverse effect. It protects *Pureeshadhara kala* by

*giving Snehana* effect. *Tila Taila* having *Ushna veerya* and *Guru*, *Snigdha guna*<sup>[11]</sup> combats *Ruksha* and *Laghu guna* of *Vata*,<sup>[12]</sup> which inturn does *Vata shamana*.

**Effect from *Niruha basti*:** *Madhu* having *Yogavahi* and *Sukshma marga anusarita*<sup>[13]</sup> property acts as catalyst and penetrates into the *Sukshma srotas*. *Saindhava lavana* having *Laghu* and *Tridosha Shamaka guna*<sup>[14]</sup> was added to it. *Sneha dravya*, *Taila* having *Ushna veerya*, *Snigdha guna*<sup>[15]</sup> combats *Ruksha* and *Laghu guna* of *Vata*,<sup>[16]</sup> which inturn causes *Vata shamana*. *Kalka* is the main drug, which gives potency to the whole combination. It helps to disintegrate the *Malas*. *Kwatha* does *Anulomana* and *Nirharana* of *Doshas*. *Erandamula niruha basti* is *Vataghna* and is indicated in *Jangha*, *Uru pada*, *Prushta Shula hara*.<sup>[17]</sup> *Eranda* being main ingredient, has *Snigdha*, *Sukshma* and *Teekshna* properties does *Srotoshodhana* and thus acts as *Vatahara*, *Balya* and *Vedhanasthapana*.<sup>[18]</sup> *Ksheera*, having *Snigdha* and

*Guruguna* gives *Bruhamana* effect.<sup>[19]</sup> Hence considering the properties of all the ingredients, *Erandamula ksheera basti* is effective in treating *Vataja Gridrasi*.

### Discussion of observation on results

#### Discussion of observation on *Ruk*

Out of 10 patients, 4 patients showed mild reduction in the intensity of pain from 3<sup>rd</sup> day of *Basti* and remaining 6 patient's pain reduced after 5th day significantly. As *Guna* of *Taila* is opposite to *Gunas* of *Vata* and *Basti* given on 2<sup>nd</sup> day acts on *Mula anila* (i.e. *Pakvashaya sthitha apana vayu*). It was observed mild reduction in the intensity of pain. *Eranda* being *Vatahara* and *Vedhnasthapaka*, administered in the form of *Niruha basti* has reduced pain significantly from 5th day. Patient was able to stand and walk for a distance without pain and there was noticeable change in their gait.

#### Discussion of observation on *Supthata*

Out of 10 patients, 3 patients had significant improvement by 5<sup>th</sup> day, 5 patients had moderate improvement by 7th day and 2 patients were not having *Supthata*. *Supthata* is due to involvement of vitiated *Vata dosha* throughout the root of nerves. *Eranda* being main ingredient of *Erandamula ksheera basti*, has *Snigdha*, *Sukshma* and *Teekshna* properties does *Srotoshodhana*, thus does *Vata shamana*.

Out of 10 patients, 3 patients completely relieved of *Sthambha*, 7 patients had moderate improvement. As the retention period of *Anuvasana basti* was increasing, patient had improvement in both stiffness and *Ruk* and was able to rise from bed without difficulty. The *Ushna veerya* of *Taila* and *Snigdha guna* combats *Gunas* of *Vata* thus causes *Vata shamana*. Hence there was a significant improvement in *Sthambha*.

#### Discussion of observation on SLR

Out of 10 patients, 3 patients had good improvement (able to rise above 60 degree), 6 patients had moderate improvement (able to rise < 30 degree - > 60 degree) and 1 patients SLR was negative. Due to *Vata shamana* and *Bruhmana* effect of *Basti*, there was significant effect on all *Lakshana* like *Ruk* and *Sthambha*. Hence SLR showed significant improvement.

### CONCLUSION

Present study *Erandamula ksheera basti* proved to be effective in reducing *Lakshanas* of *Vataja Gridrasi* and has shown good results in all assessment parameters taken into consideration. The study suggests *Erandamula ksheera basti* can be taken as better choice of treatment in the management of *Vataja Gridrasi* w.s.r to *Sciatica*. The

study can be taken up for further study on large sample.

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**\*Address for correspondence**

**Dr Chaithra K S**

PG Scholar,

Department of PG studies in

Panchakarma, SKAMCHRC,

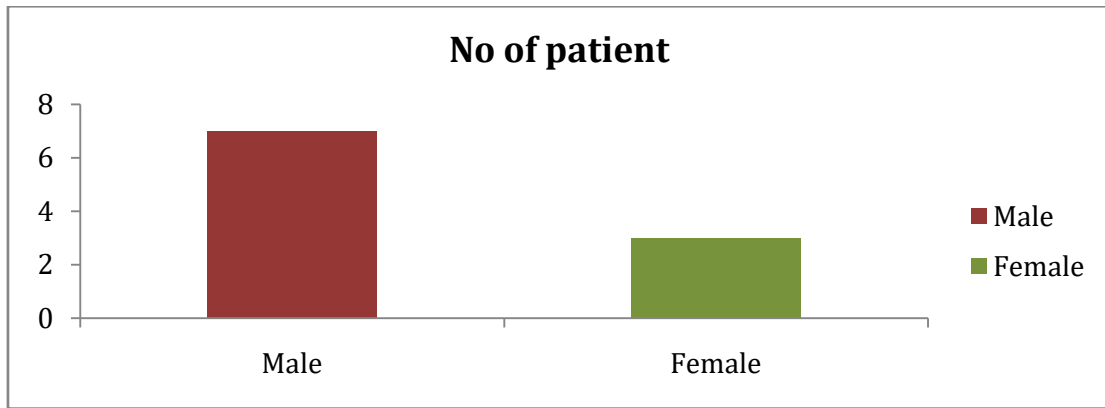
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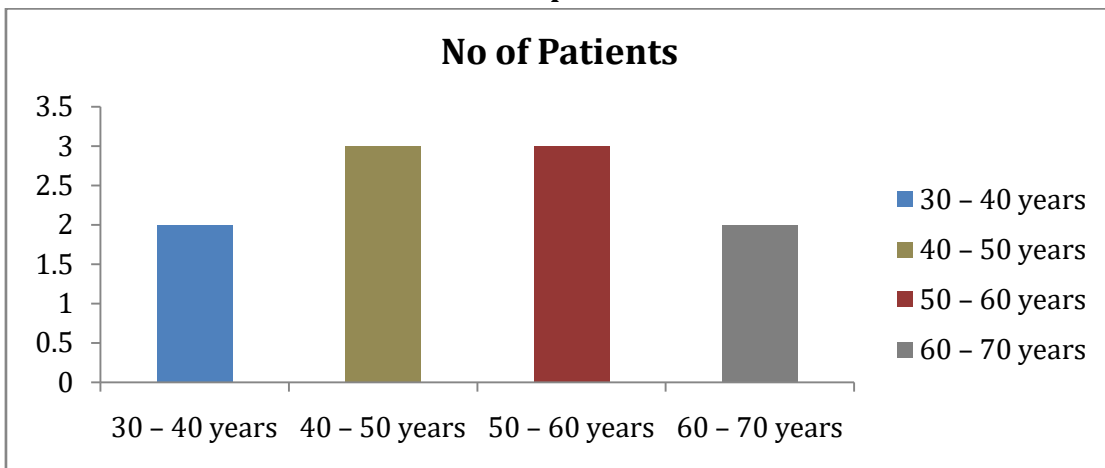
[chaithrakhgowda@gmail.com](mailto:chaithrakhgowda@gmail.com)

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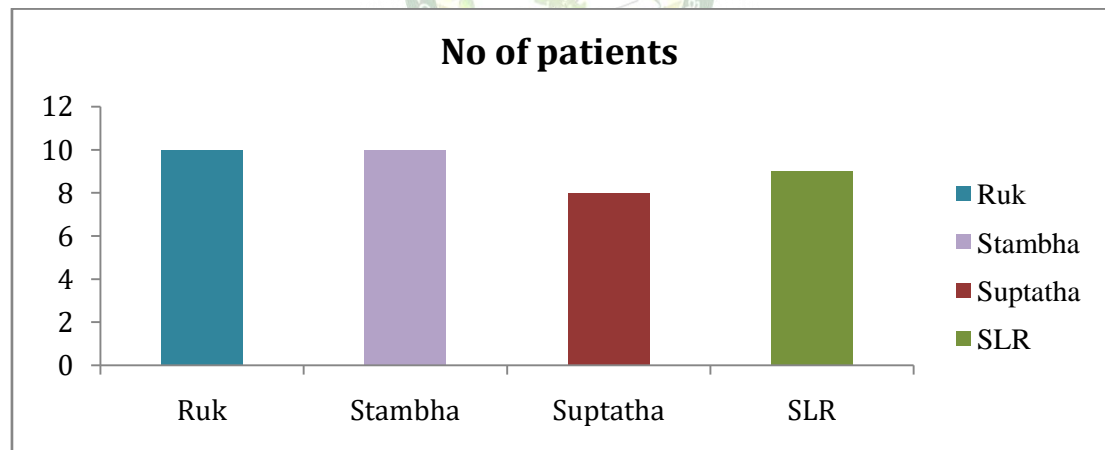
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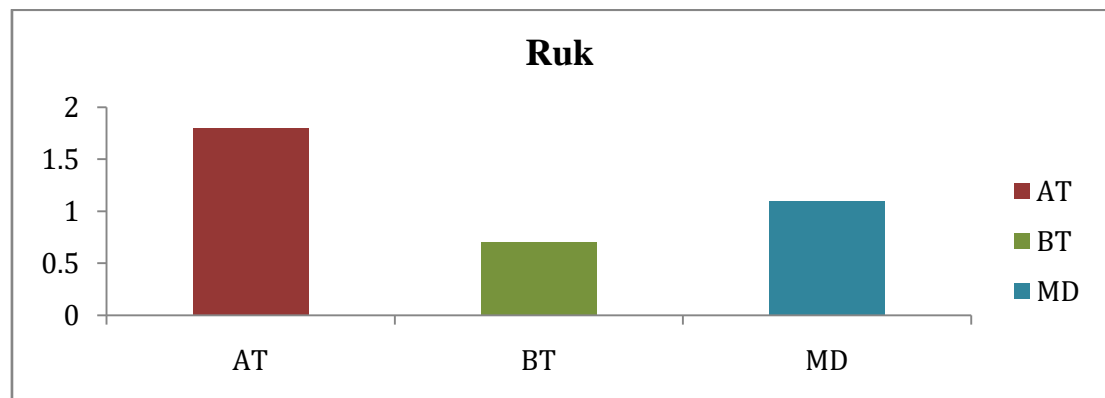
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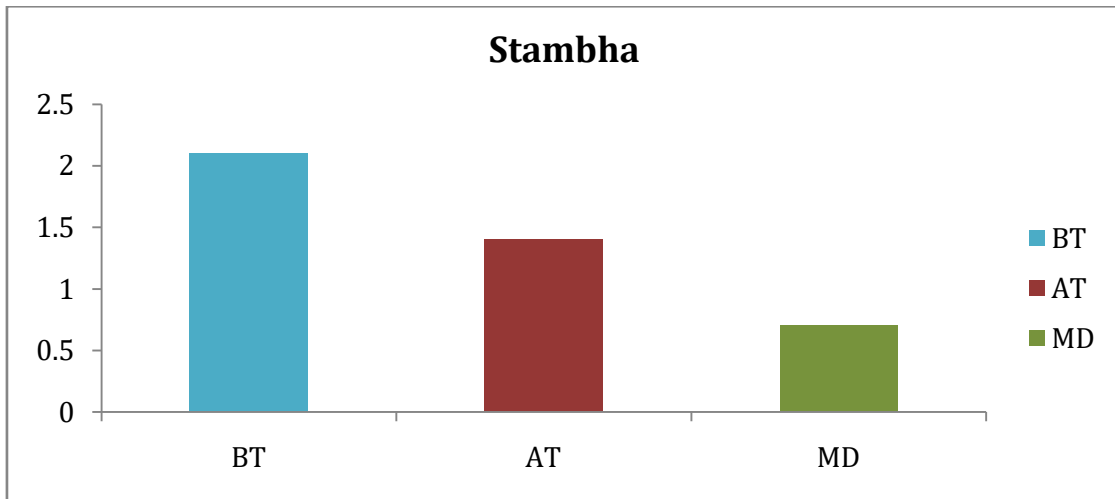
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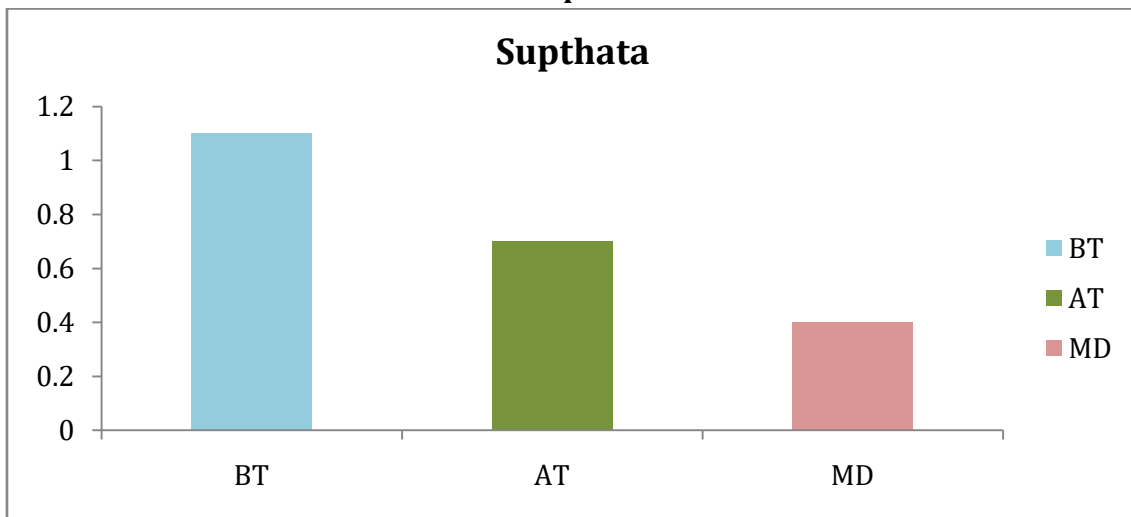
Graph 4:



Graph 5:



Graph 6:



Graph 7:

