



EFFECT OF BRIMHANA BASTI FOLLOWING KALA BASTI PATTERN IN LUMBAR SPONDYLOSIS WITH SCIATICA W.S.R. TO GRIDHRASI – SINGLE CASE STUDY

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ABSTRACT

Sciatica is becoming more prevalent now-a-days due to improper lifestyle, hectic work, incorrect sitting posture and transportation methods. Lumbar disc degeneration leading to spondylotic changes associated with Sciatica is a condition which can be usually seen in older age group. Gridhrasi mentioned in our classics can be considered as a spectrum of conditions which come under the causes of Sciatica for which the treatment plan can be modified by the yukthi of the Vaidya. Here an attempt has been made to treat such a condition with Panchakarma management with the use of Brimhana basti with the help of ksheera and tikta dravyas daily for a period of 16 days. This case demonstrates the significance of selecting Brimhana basti continuously for a period of 16 days in degenerative cause of Sciatica.

KEYWORDS: Panchakarma, Basti karma, Brimhana basti, Gridhrasi, Sciatica, Lumbar Spondylosis.

INTRODUCTION

Gridhrasi is one among the 80 Nanatmaja vikaras of Vata which presents mainly with Ruk, Toda, Stambha and Muhu Spandana in Sphik, Kati, Prishta, Uru, Janu, Jangha and Pada in a sequential order.^[1] Vataja and Vata-Kaphaja are the two types of Gridhrasi wherein the former presents with the above symptoms while the latter includes Gourava, Tandra and Aruchi along with the above symptoms.^[2] These features can be equated to Sciatica presenting with pain in the low back region radiating through the buttock down to the ankle or foot which can be either lateral or posterior aspect of the lower limb which aggravates on coughing and straining.^[3] The confirmatory test performed is Straight Leg Raising (SLR Test) which can be understood as Sakthi Utkshepanigraha which is already been documented in our classics.^[4] Conservative management including local anaesthetic or corticosteroid injections and surgical management may not provide much promising results in this condition.^[5] While in Ayurveda, description regarding the management of this disease is explained extensively. In this case, Gridhrasi Chikitsa is been adopted in the form of Agnikarma and Brimhana basti.

MATERIAL AND METHODS

Case Report

History

Patient aged 67 years who is a house wife and ailing from jp nagar bangalore, presents with complaints of low back pain radiating to both lower limbs greater in left lower limb associated with numbness since 6 months. Pt also had difficulty in walking due to aggravated pain. For the same complaint she underwent physiotherapy for 10 days along with oral medicines and got symptomatic relief. But again since 5 days pain aggravated and she found difficulty in walking for 4-5 steps, pain on waking up and upon standing, pain during shifting positions on the bed. Pain used to get relieved in lying down position. K/C/O Diabetes mellitus since 6 years
Patient is on, T. Sysvog GM1 1-0-1

Personal History

Appetite – reduced

Diet – mixed, non veg weekly once (before used to take very spicy and fried chicken)- now reduced.

Frequency of food intake is irregular, sometimes 2-3

Bowel – constipated bowel, passes alternate days, hard stools – incomplete evacuation.

Micturition – 10-12/3-4 d/n, normal colour.

Sleep – sound sleep,

Diwaswapna – for 2 hrs.

Treatment history –Physiotherapy treatment for 10 days for the same complaint.

Family history – Nothing Significant

Occupational History – House wife

Nothing contributory

Menstrual history – Attained menopause at the age of 50

General Physical Examination

Built - moderate

Nourishment – moderate

Pulse Rate: 70 beats/min

Blood Pressure: 130 / 80 mm of Hg.

Body Temperature: 97 °F

Respiratory Rate: 17 cycles/minute

Height: 1.5 mts

Weight: 65 kgs

BMI: 28.9

Tongue: Coated

Pallor: Absent

Icterus: Absent

Cyanosis: Absent

Clubbing: Absent

Edema: Absent

Lymphadenopathy: Absent

Koilonychia: Absent

Musculo-skeletal System

A) Gait: Antalgic gait

B) Examination of Spine

Inspection: Lumbar lordosis with mild scoliosis

Palpation: Tenderness - Present Area – L4-5, L5-S1

Swelling - Absent

Warmth - Absent

Table 1: Table showing Special tests for Sciatica.

SL. NO	Tests	Right lower limb	Left lower limb
1.	SLR test	90°	45°, pain and stiffness
2.	Bragards	-	Positive
3.	Bowstring test	-	Positive
4.	Schober's test	Positive	

Investigations

MRI Lumbo Sacral Spine

- Grade I anterolisthesis of L4 over L5 vertebra is noted with facet arthropathy.
- Diffuse bulge of L4-5 disc with ligamentum flavum hypertrophy indenting thecal sac, impinging on bilateral transversing L5 nerve roots and compromising bilateral neural foramina.
- Diffuse bulge of L5-S1 disc with central annular fissure and protrusion indenting thecal sac, impinging on bilateral transversing S1 nerve roots and compromising bilateral neural foramina.
- Lumbar spondylosis.

Treatment

Agnikarma done on 1st day

From 2nd day

Kati basti with moorchita taila

Sarvanga abhyanga with moorchita taila

Sarvanga jambeera pinda sweda

Kala basti with Brimhana Basti

Table 2: Brimhana Basti ingredients.

Ingredients	Quantity
Honey	60 grams
Saindhava lavana	6 grams
Guggulu tikthaka ghrita	80ml
Rasna kalka	30 grams
Yashtimadhu ksheerapaka	500ml
Total	660 ml~ 7 Prasruta

OBSERVATIONS AND RESULTS

After Agnikarma

- Severity of pain reduced in the low back region.
- Improvement seen in the gait of the patient.
- No changes seen in tandra, gourava and aruchi.

After Basti Karma

- Pain in low back was seen occasionally.
- Radiating pain to the lower limbs reduced.
- Patient was able to sit without support for 15 min.
- Reduction of pain on waking up from sleeping position.
- Stiffness in the lower limbs reduced.

Table 3: Results of the study.

PARAMETERS	BT	AT1	AT2
RUK	4	3	1
TODA	3	3	0
STHAMBHA	4	3	1
MUHU SPANDANA	4	3	1
TANDRA	2	2	0
GOURAVA	2	2	1
ARUCHI	1	1	0
SLR TEST	3	2	1
BRAGARD'S TEST	1	1	0
BOWSTRING TEST	1	0	0

DISCUSSION

Discussion on disease

Vata dosha being the powerful one among the Tridoshas due to its Chalatawa and Sukshmatva guna initiates all the

activities in the body including the controls of the Indriyas and the Manas.^[6] When Vata is impaired, it harms the body by diseases based on the respective site and function.^[7] Gridhrasi is one among the Shulapradhana Nanatmaja Vatavyadhi^[8] where the gait of an individual resembles that of Gridhra (Vulture) and presents with the signs and symptoms similar to that of Sciatica in modern science.

Samprapti of the Disease

Nidana^[9]: Aharaja – ruksha, Alpa Ahara bhojana, Abhojana, Dadhi sevana for 5-6 years, even in night, Katu pradhana rasa.

Viharaja – Diwaswapna, Dukhashayyasa,

Manasika – Chinta

Samprapti^[10,11]: The above mentioned nidana leads to the Prakopa of vata in Pakvashaya. Pakupita vata takes sthanasamshraya in kati pradesha leading to the shithilata of the mamsa followed sandhi vimunchana in the kati pradesha (which can be understood as the listhesis of the lumbar vertebra confirmed by MRI scan) showing symptoms like ruk, toda, stambha, muhu spandana in sphik, kati, uru, janu, jangha and pada in both the lower limbs.

Discussion on Treatment

Samanya Vatavyadhi Chikitsa emphasises the importance of Snehana and swedana^[12] as the dravyas used for the same will be opposite to ruksha and sheeta guna of vata.^[13]

Acharya charaka highlights specific treatment modalities like Siravyadha, Basti Karma and Agnikarma to be adopted in Gridhrasi.^[14] In the present case, the patient was subjected to Agnikarma and Basti karma.

Agnikarma - Agnikarma being the treatment of Sira Snayu Asthi and Sandhigata Vyadhi's^[15] was adopted here as Gridhrasi is one among this. Also, Agnikarma is indicated in extreme pain conditions by Acharya Sushruta.^[16] Agnikarma with Dhatura patra was carried only for one sitting on the first day to provide temporary relief (Atyayika Chikitsa) from extreme pain condition.

Basti Karma - Basti karma is glorified as Ardchikitsa^[17] as it alleviates the vitiation of vata from all over the body, i.e from all the three rogamargas helping in the Samprapti vighatana of the disease. Pakwashaya being the Udbhavasthana of this disease is the main site of vata dosha^[18], and the basti dravya reaching this area will act directly on the vata dosha especially the apana vata followed by normalizing the functions of the other vatas and as well as the other two doshas.^[19] Based on the dravyas used for Basti karma, the action of basti varies providing the desired effect.^[20]

With this view in mind, Brimhana basti with Tikta dravyas and ksheera was adopted since the Chikitsa for Asthi pradoshaja Vyadhi highlights the importance of

Panchakarma and especially basti karma along with the usage of tikta dravyas.^[21]

The basti pattern adopted here is kala basti as it is indicated in persons having Madyama bala and madhayama dosha kopa.^[22]

Even though the administration of Niruha or Anuvasana alone for a long time is not advised, due to the fear of Vata prakopa and Agnivadha respectively^[23] but since the dravyas used in this basti is Snigdha in nature providing the Brimhana action, the same is adopted continuously for a period of 16 days as there won't be a fear of Vata prakopa due to the usage of Snigdha dravya. The main ingredients in the Sneha dravya ie Guggulu tikta ghrita^[24] are Nimba, Patola, Vyaghri, Guduchi and Vasa which are Tikta rasa pradhana dravyas which produces kharatva and shoshana guna has the capacity to reach till the deeper dhatus especially asthi dhatu and nourish it since khara and shoshana are the gunas of Asthi dhatu.

By using Ksheera as a main ingredient, Ksheera Basti renders dual function, i.e., Shodhana as well as Snehana acting both like Niruha and Anuvasana.^[25] It relieves the Margavarodha and produces Brimhana effect. Tikta rasa when combined with ksheera or gritha will result in asthishoshana as well as does the Vata shamana.

CONCLUSION

Hence the use of Brimhana basti in Kala basti pattern serves beneficial in degenerative conditions like Lumbar Spondylosis associated with Sciatica. From the present study it can be concluded that selection of Basti Dravya, quantity and the duration of treatment solely depends upon the Bala of the Rogi as well as Roga for the attainment of desired therapeutic effect.

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