



A CLINICAL STUDY OF MATRA BASTI & KATI BASTI IN THE MANAGEMENT OF GRIDHRASI W.S.R. TO SCIATICA

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ABSTRACT

Gridhrasi (Sciatica) is Vataj Nanaatmaj vyadhi. Gridhrasi, also presents with a clear picture of shifting pain in lower limbs radiating from sphik, kati, prishtha and affecting uru, janu, jangha and pada in order. 'sakthiutkshepanigraha' is mentioned as a cardinal sign by Sushrut and Vagbhat. But certain other symptoms such as stambha, toda, sphurana, ruk etc. are also found in some other disease. Diseases like urustambha, khalli kalaykhanja, vatakantaka can make confusion with Gridhrasi. Inspity of the spine's excellent form and function, back pain is a national, personal and clinical problem: national because it is experienced by most of the population at some time and is a drain on the nation's resources, personal because it can remain a major unresolved dilemma. Group A (Matra Basti) & GroupB (Kati Basti) with Dashmool Oil was decided to manage the Gridhrasi. The Result was excellent in both Group. Haematological values were also improved.

KEYWORDS: Naanatmaj vyadhi, Sakthikshepnigrah, Kati basti, SLR, Dashvidha Pareeksha.

INTRODUCTION

Ayurveda is a science with ageless concrete fundamentals and with a holistic approach. Some centuries ago, Ayurveda was the main stream pathy in the society.

Modern science describes 'Sciatica' as a benign syndrome characterized especially by pain beginning in the lumber region and spreading down the back of one lower limb to the ankle and sometimes the foot. The disorder apparently seems to be non-serious but it cripples the patient and results in apprehension of social responsibilities of the patient. It has been mentioned that 'Though Sciatica and lumbago carry little threat to life, they interfere greatly with living'.

Our ancient acharyas had identified this problem long back and named it 'Gridhrasi'. The word 'Gridhrasi' itself suggests the gait of the patient which is similar to Gridhra (vulture) due to pain. All the Ayurvedic classics including those written in medieval period have described the aetiopathogenesis and symptomatology of Gridhrasi in concise form. Surprisingly, the description narrated in these classics exactly coincides to the description of 'Sciatica' including the important diagnostic test SLR which is described as 'Sakthinkshepanigraha' by our acharyas.

The science of Ayurveda is based on the fundamental of tridosha. Vata, cause of Gridhrasi is the vitiated vata. Hence it is included in vata nanatmaja vyadhi. Sometimes kapha may be associated with vitiated vata. Various aetiological factors for the derangement of vata have been mentioned such as excessive walking, exercise, sleeping on an uncomfortable bed, withholding of natural urges, trauma to vital organs, excessive riding on fast moving, jerky vehicles, unwholesome dietary habits etc. All these factors are so easily accessible to today's man that almost everybody is sized in their flow, leading to increasing incidence of diseases like Gridhrasi. The pitta and kapha are considered as chief factors responsible for health and disease. Vata dosha has the chief dominance among these three vital factors of the particular order in which pain starts from sphik and then radiates to pada along with stambha, toda etc.

AIMS AND OBJECTIVES

- 1) To study aetiopathogenesis, symptomatology and progress of Gridhrasi with special reference to 'Sciatica'.
- 2) To assess the efficacy of MATRA BASTI & KATI BASTI in the management of Gridhrasi.
- 3) To compare the effects of both therapies clinically.
- 4) The find out quick, cheap, effective and safe remedy for this disease

MATERIALS AND METHOD

For the clinical part of the present study, 30 patients suffering from Gridhrasi were randomly selected from OPD and IPD of JIAR HOSPITAL, Jmmu. These 30 patients were divided into two groups and were subjected to following therapeutic regimen.

Group A: In this group, course of MATRA BASTI of Dashmool oil (50ml) with the selected combination was given to the patients for 6 weeks.

Group B: In this group KATI BASTI of dashmool oil was given. The total duration of course was 6 weeks.

Diet: Patients of both groups were advised to stick to the dietary regimen of vata.

Dashmoola

Gana : Charak: Shwayathuhara,
Asthapanopaga, Anuvasanopaga
Su: Dashmoola
Rasa : Tikta, Katu, Kashaya, Madhur
Vipaka : Madhur
Virya : Ushna
Guna : Guru, Snigdha, Tikshna, Ushna
Doshagnata : Tridoshagnata
Karma : Shoolaghna, Shothaghna, Pachan
Rogagnata : Jvara, Shwasa, Tandra, Aruchi, Kasa, Parshwashoola

Action and uses

Dashmoola is having well known antiinflammatory and analgesic action. It is used for inflammations and for its calming effect on the mind and nervous system. It is considered as one of the primary Ayurvedic herbs for positive health. It is Traditionally used as detoxifier of the entire body, as a tonic for the liver and kidneys, a hormone balancer for gynecological problems. Dashmoola is the most highly prized Ayurvedic formula for fatigue. It aids cellular regeneration to hasten removal of dead or weak cells and replace them with fresh ones. OIL has also vatasamak guna.

PROBABLE MODE OF ACTION OF BASTI

Basti is a purificatory process by which all the three vitiated doshas are expelled from The anal canal and especially vata is pacified. As a result of excretion of vitiated dosha the physiological equilibrium in three doshas is maintained and lasting results are produced after the therapy in the form of sound health. Basti therapy is a complex process in which several factors take active part for completing the action of basti.

Instead of pinpointing to one type of mechanism it is presumed that various factors work in collaboration with each other to produce the beneficial effect of basti therapy. Here an attempt has been made to explain the probable mode of action of basti in the samprapti vighatana of Gridhrasi.

CRITERIA OF INCLUSION

Age limit:	18-50Years
Sex ..	no restriction

EXCLUSION CRITERIA

Severe Accidental cases.

CRITERIA FOR DIAGNOSIS

Patients were diagnosed on the basis of classical signs and symptoms of the disease as per Ayurvedic classics.

According to modern texts necessary tests such as SLR, politeal compression etc. were done along with neurological examination. Before administration of the therapy, a detailed proforma, where in complete history, signs and symptoms, Dashavidha pariksha, Ashtavidha pariksha, Nidan Panchak etc. were compiled together, was filled for each patient. Vitals like Blood pressure, Pulse, Respiratory rate, Temperature etc. were also monitored to assess the general condition of the patient.

In addition to these routine investigations such as Hb%, Total leucocytes count, Differential leucocytes count, E.S.R. Were carried out prior to and post therapy periods to assess the efficacy of the regimen with multi fold parameters. Radiological assessment of the lumbar spine was carried out in patients where necessary (and possible) to ascertain the diagnosis as well as for differential diagnosis.

CRITERIA FOR ASSESSMENT

Severity of pain (Ruk): On the basis of severity, score of each site having the pain was noted and mean was calculated.

No pain 0
Mild pain 1
Moderate pain 2
Severe pain 3

Stiffness (stambha)

No stiffness or stiffness
lasting for 5 Min. 0
5 min. to one hour 1
One hour to two hours 2
Two hour to four hours 3
More than four hours 4

Pricking pain (Toda)

Absent 0
Mild occasional 1
Moderate after movement
Frequent but not persistent 2
severe persistent 3

S.L.R. (Sakthikshepanigrah)

More than 90° 0
71 - 90° 1
51 - 70° 2
31 - 50° 3
Up to 30° 4

Tenderness (Spars asahta)

No Tenderness 0
Subjective Experience of tenderness 1

Wincing of face on pressure 2

Overall results of the Therapies

The overall effect of each therapy was assessed at the end of completion of 6 weeks of therapy. In Group A (Matra Basti) moderate improved. In severity of pain relief was 66.6%, in stiffness relief was 80%, in pricking

pain relief was also 80%, in SLR test relief was 73-3%, & 70% relief was in Tenderness. In Group B(Kati Basti) improvement was markedly. 100% relief in severity of pain. 80.3% relief in instiffness.66.6% relief in pricking pain, 86.6% relief in SLR. & in Tenderness relief was 62.5%. Haematological & Radiological images Values were also improved.

GROUP A (MATRA BASTI) TABLE 1

Symptoms	No of patients	Grade	No of patients A.T.	Grade	Benefit	
Ruk	15	2	10	0	10	66.6%
Satambha	10	2	8	0	8	80%
Tod	15	3	12	0	12	80%
S.L.R.	15	3	11	1	11	73.3 %
Spars asahata	10	1	7	0	7	70%

GROUP B (KATI BASTI) TABLE 2

Symptoms	No of patients B.T.	Grade	No of patients A.T.	Grade	Benefit	%
Ruk	15	2	15	0	15	100%
Stambh	12	2	10	0	10	80.3%
Tod	15	3	10	0	10	66.6%
S.L.R.	15	3	13	0	13	86.6%
Spars asahta	8	1	5	0	5	62.5%

TABLE 3 GROUP A(MATRA BASTI)

Haematological value	B.T. Average	A.T .Average
Hb%	11.2%	13.2%
ESR	20	07
L4-L5 IVD	Moderate Bulge	Mild Bulge

TABLE 4 GROUP B (KATI BASTI)

Haematological Value	B.T. Average	A.T. Average
Hb%	11%	12%
ESR	19	15
L4-L5 IVD	Moderate Bulge	Mild Bulge

DISCUSSION

Following discussions can be drawn on the basis of observations made, results achieved and thorough discussions in the present context.

- Our classics have described vat a dosha as the main culprit in the disease Gridhrasi. Sometimes kapha is the anubandhi dosha. This is supported clinically as maximum no. of the patients showed vataprakopaka hetus as the cause. Physical as well as mental stress were observed as the common causes along with trauma. Also symptoms aggravated in Shishir and

Varsha ritu. Some patients also showed exaggeration of pain at night. During these periods, there is physiological aggravation of vata dosha.

- Majority of the patients had dwandwaj prakruti i.e. vatapitta or vatakapha. Also majority of patients had vishamagni and krura koshta. All these finding support the dominance of vata dosha.
- On the basis of Ayurvedic fundamentals we can explain it as dhatukshaya leading to vataprakopa and Gridhrasi.

- In the present study both the therapies were effective in combating the disease. Major improvement was observed on all signs and symptoms as well as on SLR in both the groups.
- The results were assessed according to the type of Gridhrasi. Matra Basti therapy showed equally good results on both the types of Gridhrasi while Kati Basti therapy proved to be more effective on vatakaphaj Gridhrasi & vataj Gridhrasi.
- No major adverse or side effects were encountered during this treatment period.
- Preventive aspect and patient's education play an important role in the management of Gridhrasi. Proper guidelines about posture etc along with exercises strengthening the spine are helpful for effective management.

CONCLUSION

Both groups get benefit in the management of sciatica. Kati Basti & Matra Basti with Dashmool Oil has special potency to cure Gridhrasi. Haematological (Hb%, TLC, ESR.) value was significant & Radiological images of lumber region was also improved. Prevention is better than cure.

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