



TO ASSESS THE EFFICACY OF BASTI KARMA IN THE MANAGEMENT OF GRIDHRASI W.S.R. TO SCIATICA: A RESEARCH ARTICLE

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Article Received on 17/11/2020

Article Revised on 07/12/2020

Article Accepted on 27/12/2020

ABSTRACT

Sciatica is the *degenerative* changes affecting *lumber* region. The management of Sciatica in conventional medicine is *temporary* and in many cases *surgical treatment*. In this, the *Non-Steroidal Anti-Inflammatory Drugs* (NSAID's) and *analgesics* are the main drug; however they have *serious adverse effects* and have limitations for a *long term* therapy. **Gridhrasi (Sciatica)** produces *disability* in people affecting almost each and every routine work of a person. **Ayurvedic management** seems to be *more satisfactory* because of its *long lasting effects* and *multi systemic regenerative* actions without any *harm*. Therefore, it was decided to evaluate certain Ayurvedic management for a group of patients of Gridhrasi which could be *safe, effective* and *readily available*. **Basti Chikitsa** is the *best* treatment for Vatavyadhi like Gridhrasi. The study had been done on 30 clinically diagnosed registered patients from the IPD/OPD of JIAR, Jammu. In this study, *Karma Basti* was planned in 30 patients with *VrishadiNiruhaBasti* and *VajigandhadiAnuvasanaBasti* for 30 days. Observations and findings were documented and evaluated by using various assessment criteria. *Symptomatically* and *Statistically significant improvement* was observed in all clinically parameters in *majority* of the cases. The results obtained indicated *improvement in sign and symptoms* and *Basti* was *effective* in combating the disease.

KEYWORDS: Gridhrasi (Sciatica), Lumber, BastiChikitsa, KarmaBasti, Vrishadi NiruhaBasti, Vajigandhadi Anuvasana Basti.

INTRODUCTION

The *low back pain* is *common* problem seen in modern society. Out of which 40% persons have *radicular pain* and this comes underneath the **Sciatic Syndrome**. Such presentation was also *common* in old era and **Ayurveda** named it as **GridhrasiRoga**. It is considered as *Shool Pradhana Vata Vyadhi*.

Gridhrasi indicates the *typical gait* that resembles of a bird 'Gridhra' i.e. *vulture*, which is often seen in patients of GridhrasiRoga.

The **cardinal clinical features** of GridhrasiRoga are

- Ruka (Pain)- Toda (Pricking Sensation)-Stambha (Stiffness)-MuhurSpandana in the Sphika-Kati-Uru-Janu-Jangha-Pada in order.
- In Kaphanubandhi, Tandra, Arochaka and Gaurava are also present.
- Sakthikshapam- Nigrahai.restricted lifting of lower limb.

The clinical features seen in **Gridhrasi Rogacan** be well

correlated with Sciatica of modern medicine. Sciatica is a set of symptoms including *pain* that *may* be caused by *generalcompression* and/or *irritation* of one of five *nerve roots* that give rise to each sciatic nerve, or by compression or irritation of the left or right or both sciatic nerves. The *pain* is felt in the *lower back, buttock*, and/or various parts of the *leg and foot*. In addition to pain, there *may* be *numbness, muscular weakness, pins and needles* or *tingling* and *difficulty* in moving or controlling the *leg*. *Typically*, the symptoms are *only* felt on *one side* of the body.

MATERIALS AND METHODS

Following materials and methods were employed for conducting the present research-
(A) **Selection of Patients:** The Study was conducted on the 30 *clinically* and *radiologically* diagnosed patients of *Gridhrasi*. They were registered in the OPD/IPD of P.G. Department of Kayachikitsa, JIAR, Jammu irrespective of religion, sex, occupation and caste etc. after obtaining due consent.

(a) Inclusion Criteria

1. Patients in the age group of 25-60 years suffered from Gridhrasi.
2. Patients with *Pratyamalakshana* of Gridhrasi.
3. Patients had *positive* physical signs/special tests of Sciatica.
4. Patients had *chronicity of Gridhrasi* less than 5 years.
5. Sciatica due to *Disc prolapsed (L4-5 and L5-S1), Lumbar Spondylosis and Disc herniation*

(b) Exclusion Criteria

1. Bilateral sciatica
2. Patient suffered from Tuberculosis (*spine*), *Tumours/neoplasm of spinal cord, pyogenic osteomyelitis* or any *infective conditions* of spine.
3. Pain due to Spinal deformity, fracture of hip bone, Sacro – iliac Arthritis.
4. Patients with Rheumatoid arthritis, Gout, arthritis, etc.
5. Sciatica with uncontrolled Diabetes and uncontrolled Hypertension.

(B) Selection of Basti Procedure: *Basti* relieves stiffness, contractions and adhesions. It is effective in paralytic conditions, effective in dislocations and fracture conditions. In addition to this Basti is effective in those conditions where *Vata aggravated in extremities*. It also relieves pain, effective in disorders of GI tract, beneficial to debilitated and weak persons. Basti is considered as *ArdhaChikitsa* or sometimes *Sampurna Chikitsa*.

Gridhrasi is a *Vatavyadhi* and counted under 80 *Nanatmaja Vatavyadhi*. Thus *basti* had been chosen for the treatment of Gridhrasi. For **Niruhabasti**, **Vrishadi Niruha Basti** had taken from *Sushruta Samhita and Anuvasanabasti* had been taken from *YogRatnakarai. eVajigandhadi AnuvasanaBasti*.

(C) Management of Patients and Treatment Schedule *Karma Basti* were given to 30 registered patients with *Vrishadi – NiruhaBasti and Vajigandhadi Anuvasana Basti*.

- **Dose of Basti**

1. NiruhaBasti amount: 750 ml – 1000 ml
2. AnuvasanaBasti amount: 80 ml – 120 ml

- **Total Duration** - 30 days

- **Route of administration** - Per Anal

- **Time of administration**

1. NiruhaBasti - before meal at morning (10:00 – 11:00 am)
2. AnuvasanaBasti – after meal at morning (10:00 – 11:00 am)

(D) Laboratory Parameters

1. Routine hematological investigations to rule out any infectious conditions.
2. Radiological examination (X- Ray) of the lumbosacral spine in anteroposterior and lateral position

was taken.

OBSERVATIONS

In present study, total 30 patients were registered, in which 22 patients completed full trial while 8 patients were *LAMA*. Maximum number of patients i.e 63.16% were of *Vataja type of Gridhrasi*, 60.52% patients were having involvement of *Right limbs*, 39.47% patients were of *upto 1 year* chronicity, 55.26% patients were having history of *any type* of trauma as associated symptoms and 31.58% patients were having *habitual constipation*.

FOLLOW UP

In maximum number of patients i.e in 80%, no recurrence of symptoms was reported during the period of follow – up after *one* month. The explanation may be that selected treatment doesn't work *only* at symptom level, though it works at the level of *Samprapti* and *minimize* the chances of recurrence of the disease. Thus *satisfactory result persists* during the period of follow up. Recurrences were *observed* in total 06 (20%) patients.

RESULTS

1. In present study, 30 patients of Gridhrasi (Sciatica) were treated with *Vrishadi – NirukaBasti and Vajigandhadi AnuvasanaBasti* in 30 days. Marked *significant* results were found in *all* clinical feature of the disease. *Extremely* significant result was found in *Ruka, Toda, Stambha, Spandana and Aruchi*. Highly significant results were found in *Gauravaand Tandra*.
2. On the basis of *improvement* in *objective* variables such as *S.L.R. Test* and *walking distance* shows the *extremely* significant result.
3. *Recurrences* were also found in *some* patients after 1 month from completion of therapy.
4. Overall 20% of patients show *recurrence* of disease while 80% patients show *no recurrence*.
5. In present study, *Visual Analogue Scale* shows that in the *maximum* patients i.e 53.33% *moderate* improvement were found, while 3.33% patients had *mild* improvement, 33.33% patients got *marked improvement* and 10% patients were *completely cured* [100% complete, 75-99% - marked, 50-74% moderate, 25 – 49% mild and 0 – 24% no improvement]

DISCUSSION

In this study, *Vrishadi NiruhaBasti* has provided *better relief* in *cardinal symptom, associated symptoms* and *general symptoms* of disease. Here *Basti* is given in the format of *Karma Basti*. It was used in *alternation* with *Vajigandhadi Taila AnuvasanaBasti*.

It is *thought* to be an *ultimate* solution for *eradication* of *VataDosh* and *Vata Viti*ation is the *main* cause of Gridhrasi. Moreover, it also has *action* on the *viti*ated *Pitta, Kapha* and *Rakta*.

As a whole the **effect of Basti can be summarized** as *encolonic* (action on tissue of colon), *end colonic* (action inside colon), and *diacolonic* (for systemic action). Thus, *BastiDravya* after reaching to *large* and *small intestine* get *absorbed* from *intestine*, now due to *Guna* of the *BastiDravya*, it *breaks the obstructions* and *expels* out the *morbid material* from all over the body (*Srotoshodhana*), thus help in *breakingdown* the *pathogenesis* of disease. Basti help in *Vatanulomana* thus helping correcting the *Apanavayu*. Action of Basti directly *pacifies Apanavayu* which in turn *brings back the equilibrium* of *Agni* which controls *two other important Vayu – SamanaVayu andPranaVayu*. Basti relieves *Ruka, Toda, Stambha etc.* It is very effective in those *conditions* where *Vata aggravated in shakha/extremities*.

CONCLUSIONS

Gridhrasidescribed under *80 types* of *Nanatmaja Vatavyadhi* and commonly seen in society as a *prominent trouble*. *Vyana Vayu* is an *essential factor* for *manifestation* of the disease *Gridhrasi*. *Gridhrasi* is a *painful condition* and so far there is *no established therapy*. Mainly *VatavyadhiChikitsa* has been advocated in *Gridhrasi*. *Conventional management* is just *temporary* and seems like a *delusion* while **Ayurvedic management** eradicates the *root cause* and brings about *substantial relief*. **Basti** being the *preferentially best line of treatment* in *VataVikara* and very effective in *Gridhrasi*. **Ayurvedic classics** have described *VataDosha* as the *main offender* in *Gridhrasi*. Sometimes *Kapha* is the *AnubandhiDosha*. It is supported clinically as *maximum number of patients* shows *VataprakolpakaHetu* as the cause.

As *most of the patients* hailed from *Parihani Kala*, degenerative changes occur at this stage. It is the *main aetiological factor* of *sciatica*. On the basis of **Ayurvedic fundamentals**, we can explain it as *Dhatulakshaya* leading to *VataPrakopa* and *Gridhrasi*. In this study *Karma Basti* was effective in *combating* the disease. *Major improvement* was observed on all signs and symptoms as well as on *SLR*. The *selected management* has *potential effect* on *GridhrasiRoga* (*Sciatica*), with the added *advantage* of being *free from side effects*. *Preventive aspect* and *patients 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.

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