



## A CONCEPTUAL STUDY OF SAHACHARADI YAPAN BASTI IN GRIDHRASI

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### ABSTRACT

Grudhrasi (Sciatica) is one among the eighty Nanatmaja Vatavyadhi described in Ayurvedic text. In today's era the changing lifestyle like shift duties, inappropriate posture, excessive two wheeler travelling, irregular dietary habits, no exercise, these factors produce stress on spine and responsible for disease like Grudhrasi. Patient bends or tilt towards the affected side and the involved leg in the fixed position with another normal leg. The gait has resemblance with that of gait of vulture. Lakshans of Grudhrasi in Ayurveda are similar to the symptoms of Sciatica in modern science. Sciatica is defined as pain that radiates along the track of the sciatic nerve, felt in the buttocks and down the back of the leg to the foot caused by pressure on the sciatic nerve. Charakacharya has given the Lakshanas of Grudhrasi in Vata Chikitsadhya (Ch. Chi 28/56) Vitiated Vata Dosh is responsible for it. So Basti is the best treatment for it. Yapan Basti is one of the types of Basti which is soft, safe and there are least restrictions pertaining to Kala. Almost all Yapan Basti are effective in Gridhrasi. But Sahacharadi Yapan Basti would be very effective as it contains Sahachar as a main ingredient. So it will decrease the stiffness present in Gridhrasi. **Materials** - Classical literature of Gridhrasi and Sahacharadi Yapan Basti collected from Charak Samhita. **Methods**- Preparation of Sahacharadi Ksheer: Sahachar, BalaMool, DarbhaMool and Sariva each should be taken in Bharad Churna form in the equal quantity. **Observations**- Literature study regarding Nidana, Samprapti, Rupa of Gridhrasi, Sahacharadi Yapan Basti and drugs used are done. **Conclusion**- Sahacharadi Yapan Basti would be effective treatment for Gridhrasi.

**KEYWORDS:** Gridhrasi, Sahacharadi Yapan Basti.

### 1. INTRODUCTION

Grudhrasi (Sciatica) is one among the eighty Nanatmaja Vatavyadhi described in Ayurvedic text. There are two types of Grudhrasi- Vataj and Kaphanubandhi. In today's era the changing lifestyle like shift duties, inappropriate posture, excessive two wheeler travelling, irregular dietary habits, no exercise, these factors produce stress on spine and responsible for disease like Grudhrasi. The name itself indicates the way of gait shown by the patient due to extreme pain like Grudhra (Vulture). It creates severe pain in back and in one or both legs. The cardinal signs and symptoms of Grudhrasi are Ruka, Toda, Stambha, Muhuspanda in Sphik, Kati, Uru, Janu, Jangha and Pada in order and Sakthikshep Nigraha i.e. restricted lifting of leg. In Kaphanubandhi -Tandra, Gourav, Arochak are present.

All these symptoms can be correlated with Sciatica. Sciatica is a type of neuralgia (nerve pain). In this pain begins in lumbar region and radiates in the posterolateral aspect of thigh and leg. Hence movement of affected leg

is restricted and patient can't walk properly. Moreover, the available medications that promise to mitigate the pain have several risk/benefit considerations. Non-steroidal anti-inflammatory drugs (NSAIDs) have been associated with a clinically relevant 50 –100% increase in the risk of myocardial infarction. Because of these treatments related adverse events and the paucity of other effective treatments, there is an urgent need for clinical studies of new and existing agents that might intervene in the pathophysiology and progression of Sciatica.

Vitiated Vata Dosh is responsible for Grudhrasi. So Basti is the best treatment for it. Using various forms of Basti viz. Yog Basti, Kal Basti, Tikta Ksheer Basti, Madhutailik Basti and what not. But Yapan Basti is one such type of Basti which despite having so much good effects and comparatively low ill effects or low restrictions not being used so far. Yapan Basti is advocated in almost all diseases. There are no restrictions of Pathya and time. Likewise, the lower percentage of usage, researches are also not carried out upon Yapan

Basti in large quantity. Godugdha is compulsory ingredient part of almost all Yapan Basti and it is been proved that milk is very good in osteoporotic conditions. In fact, in Asthivah Srotas Dushti, Tikta Ksheer Basti has been described in all Samhitas. Again, if various Yapan Basti are considered, MustadiYapan, Baladi Yapan are being used, but Sahacharadi Yapan Basti is not being used widely. Sahachar is a potent Vatshamak Dravya, it may prove good in lowering the symptoms of Grudhrasi.

#### LITERARY REVIEW

- Review of Grudhrasi was concentrated from Charak Samhita.
- Drugs used in Sahacharadi Yapan Basti were studied from Charak Samhita and Bhavprakash Nighantu.

#### Observations of Literary Review

##### Hetu and Samprapti of Grudhrasi

Specific Nidanans of Grudhrasi are not mentioned in Ayurvedic text. So the Nidanans of Vatavyadhi can be considered as Nidan for Grudhrasi (Ch.Chi 28/15-18). Ativyayam, Vataprakopak Aahar, Aaghat, Atichankraman are some of the causative factors. In today's era the changing lifestyle like shift duties, inappropriate posture, excessive two wheeler travelling, irregular dietary habits, no exercise, these factors produce stress on spine and responsible for disease Grudhrasi.

##### Signs and symptoms

The cardinal signs and symptoms of Grudhrasi are Ruka, Toda, Stambha, Muhuspanda in Sphik, Kati, Uru, Janu, Jangha and Pada in order and Sakthikshep Nigraha i.e. restricted lifting of leg. (Ch.Chi.28/56).

##### Treatment details

For SahacharadiYapan Basti following ingredients should be taken in the prescribed dose.

##### Preparation of Sahacharadi Ksheer

Sahachar, Bala Mool, Darbha Mool and Sariva each should be taken in Bharad Churna form in the quantity of 10 each gm and mixed with 320 ml of Cow milk and 1280 ml of water and boiled till all the water evaporates (Bhaishajyakalpna, Siddinandan Mishra)

**Yapan Basti should be prepared as follows (Ch.Si.12/18).**

Content	Quantity
Sahacharadi Ksheer	320 ml
Honey	80 ml
Teel Tail (Sesame oil)	40 ml
Goghрут	40 ml
Kalka	05 gm
Saidhav	05 gm

Saindhava and Madhu should be mixed to form a homogenous mixture. Then Sneha Dravya i.e. Tila tail and Goghрут 40 ml each should be added to above

mixture to form a homogenous mixture. Then Kalka should be added in above mixture and in the last lukewarm Sahacharadi Ksheer along should be mixed and should be churned to form a homogenous mixture.

Basti should be given in left lateral position after Sthanik snehan (Local oleation) and Swedana (Medicated fomentation). The time of Bastidan should be just before day meal around 11.30 am to 12 pm (Ch.Si.3/12) for 8 days

##### Properties of Sahachar (Barleria prionitis)

Rasa: Madhura, Tikta

Guna: Snigdha

Virya: Ushna

Vipaka: Katu

Karma: Kaphahara, Keshya, Kasa, Ranjana, Vishahara.

##### Properties of Bala (Abutilon indicum)

Rasa: Madhura

Guna: Snigdha

Virya: Sheeta

Vipaka: Madhura

Karma: Balya, Vatahara, Vrushya, Grahi

##### Properties of Darbha (Imperata cylindrica)

Rasa: Madhura, Kashaya

Guna: Laghu, Snigdha

Virya: Sheeta

Vipaka: Madhura

Karma: Rasayana, Vamaka, Tridosahara, Mutravirechaneeya, Stanyajanana, Pipasahara, Kushthaghna

##### Properties of Goghruta (Cow ghee)

Rasa: Madhura

Virya: Sheeta

Guṇa: Snigdha, Guru

Vipaka: Katu

Doṣhagnata: Vata-Pitta Shamak, Kaphavardhak

Properties: Sukṣma, Yogavahi, Mrudu, Manda

##### Properties of Tila Taila (Sesame oil)

Rasa- Madhur, Kashaya, Tikta, Katu.

Vipak- Madhura.

Virya- Uṣhṇa.

Guṇa- Guru, Snigdha, Sukṣma

Doṣhagnata Vata Shamak, Kaphapittakara.

##### Properties of Saindhav (Rock Salt)

Saindhav is Sukshma, Laghu and Snigdha. It is Agnideepak, Pachak, Ruchivardhak, Netrya and Tridoshashamak.

#### DISCUSSION

- Vata is a very active principle in pathogenesis of Grudhrasi. Vitiated Vata can be controlled through the use of Basti.
- Vata is mainly located in the large intestine, but bone tissue (Asthi Dhatu) is also a site for Vata.

Hence the medication administered rectally affects on Asthi Dhatu.

- The mucus membrane of the colon is related to the outer covering of the bones (periosteum), which nourishes the bones. Therefore, any medication given rectally goes into the deeper tissues, like bones, and corrects Vata disorders.
- Basti is having two actions

**1) Nourishment of bones**

**2) Expulsion of the Doṣhas**

- Potency of the Basti Dravyas get absorbed to have its Systemic action. Due to Hypertonicity of drug, osmosis phenomenon takes place which promote the effect of drug by absorption.
- Properties of Dravyas used in Sahacharadi Yapan Basti are Madhur, Snigdha and Ushna which subsides the Vata. Goghruta, Goghrita and Tila Taila having Bruhan Properties which nourishes the Asthi Dhatu.

**CONCLUSION**

The reduction in signs and symptoms of Grudhrasi can be achieved by the use of Sahacharadi Yapan Basti.

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