

A CLINICAL STUDY ON THE ROLE OF MATRA BASTI (ERANDA TAILA) AND SHAMAN CHIKITSA (SHEPHALIKA, NIRGUNDI PATRA KWATH) IN THE MANAGEMENT OF GRIDHRASI W.S.R TO SCIATICA SYNDROME

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ABSTRACT

Gridhrasi is a physical complain which is characterized by *Ruka* (Pain), *Stambha* (Stiffness), *Toda* (Pricking sensation) and *Ruja* in *Kati Pristha Janu Jangha* and *Pada* in an order. In *Astanga Hridaya* we found another symptom *Sakthyutkshepa Nigrihanati* which is similar to SLR test. The disease can be correlated with Sciatica Syndrome. For this study, a series of 40 patients were selected. Patients were questioned, examined and investigated thoroughly by following the exclusion & inclusion criteria and they were divided into two groups- Group A and Group B (20 patients in each group). Group A patients were treated with *Nirgundiadi kwath* and Group B patients treated with *Nirgundiadi kwath* and *Matra Basti*. The response of the treatment was recorded by periodical checkup on the basis of clinical improvement. At the end of the treatment, the result of Group-‘B’ was statistically more significant in comparison to Group-‘A’ without untoward effect.

Keywords: *Gridhrasi*, Sciatica syndrome, *Nirgundiadi kwath*, *Matra Basti*.

INTRODUCTION

According to *Ayurveda* the concept of healthy person is not restricted only up to the body but the physical, spiritual and mental all the three

state must be in proper condition i.e. in the equilibrium state¹. Low back pain is the second most common cause of disability² in society.

Gridhrasi is a physical complain due to which people cannot stand, sit or walk properly which causes continuous pain in the affected limb³ and nature of pain is similar to that which is caused due to eating flesh by vulture⁴. The Sciatica Syndrome is characterized by pain radiating from the back into the buttock and along the posterior or lateral aspect of the lower limb and is caused by pressure on the Sciatic Nerve⁵. Hence, the term *Gridhrasi* can be considered as equivalent to Sciatica Syndrome. According to *Ayurveda Gridhrasi* is one among the 80 types of *Vatavyadhi*⁶ and *Basti* is the best treatment for it⁷, here *Vata* is considered to be the most powerful and active among the three dosas. *Garuda Puran* first described the detailed and separate description of *Gridhrasi*⁹. According to *CharakSamhita*, *Gridhrasi* is of two types, one is caused by aggravation of *Vata* alone and the other caused by the aggravation of both *Vata* and *Kapha*⁸. Among *Panchkarma*, *Basti karma* is such a *Chikitsa* that is applicable to all the *Vatavyadhis*¹⁰. The management of this disease is still a medical problem; chances of recurrence are high even after surgery but special attention has been given in *Ayurveda*. The development of new harmless drug of plant origin which is cheap and easily available for the treatment of this disease is the reason behind the selection of my work.

AIMS AND OBJECTIVES

1. A thorough review of literature concern with *Gridhrasi*.
2. To study the etiopathogenesis of *Gridhrasi* as well as Sciatica Syndrome.
3. To assess the efficacy of *Matra Basti*.
4. To compare the effect of *Nirgundiyadi kwath and Matra Basti*.

MATERIALS AND METHODS:

Inclusion criteria:

1. Patients between the age group of 30 – 60 years.
2. Presence of *Ruka* (pain), *Toda* (pricking sensation), *Stambha* (stiffness) in leg.
3. Origin of pain from hip region.
4. Pain radiates from hip to thigh, knee, leg and foot posteriorly.
5. Tenderness of sciatic nerve.
6. SLR (Straight Leg Raising) test positive.
7. Both sexes.
8. Written consent for trial.

Exclusion criteria:

1. Age below 30 years and above 60 years.
2. Patients suffering from Cardiac Diseases.
3. Uncontrolled Diabetes Mellitus, Hypertension.
4. Ca of Lumbo-Sacral spine
5. Tuberculosis of vertebral column.
6. Pregnancy.

Grouping of the patients-

Total 40 patients of *Gridhrasi* (sciatica syndrome) were divided into two groups i.e Group-A

(20 patients) were administered *Nirgundiyadi Kwath* and Group B (20 patients) both *Nirgundiyadi Kwath* and *Matra Basti*.

Trial drug & doses

Nirgundiyadi Kwatha and *Eranda Tail*.

Dosage:- 25ml in empty stomach twice daily.

Matra Basti with 60 ml *Eranda Tail* (Castor Oil) for 15 days.

Ingredients:-

Nirgundiyadi Kwatha:- *Shephalika Patra* (*Nyctanthes arbortritis* Linn)¹¹ and *Nirgundi Patra* (*Vitex negundo* Linn)¹².

Study Period: 18 months. Individual patient 45 days.

Sample Size: 40 patients.

Diagnostic Criteria:

- a) Subjective: *Ruka, Stambha, Toda* and SLR Test.
- b) Objective : Blood for TC, DC, ESR, Hb%, Blood for FBS, PPBS

X-ray of lumbo-sacral spine Antero Posterior and lateral view.

Assessment Criteria:

The patients will assess mainly on the basis of relief of symptoms. To assess the effect of the therapy, all the sign and symptoms were given scoring pattern depending upon their severity.

Table 1: Showing the assessment criteria

<i>Ruka</i> (Pain)		<i>Stambha</i> (Stiffness)		<i>Toda</i> (Pricking sensation)		SLR (Straight leg Raise Test)	
No pain	00	No stiffness	00	Absent	00	>90 ⁰	00
Occasional pain	01	Occasional Stiffness	01	Mild	01	71 ⁰ – 90 ⁰	01
Mild pain	02	Regular Stiffness (10 to 30 min.)	02	Moderate	02	51 ⁰ – 70 ⁰	02
Moderate pain	03	Regular Stiffness (30 to 60 min.)	03	Severe	03	31 ⁰ – 50 ⁰	03
Severe pain	04	Regular Stiffness (More than 1 hr.)	04	Extreme	04	Upto 30 ⁰	04

Study design:

Step – 1 Selection of patients as per selection criteria.

Step – 2 Informed consent were taken from all the patients of the study.

Step – 3 Confirmation of diagnosis.

Step – 4 Patients were divided into 2 groups (Group A and Group B).

Step – 5 Dropout: A record of all dropout patients were recorded.

Step – 6 Assessment of result.

Step – 7 Regular follow up.

Step – 8 Statistical analysis.

the therapeutic modalities. They were divided into two groups, Group-A (18 patients) were administered of *Nirgundiyadi kwath* and Group-B (20 patients) were treated with both *Nirgundiyadi kwath* and *Matra Basti* with *Eranda Taila*. The effect of treatment on symptom’s profile in terms of percentage of relief, SD, SE, ‘t’ value, ‘p’ value were evaluated.

RESULT

The effect of treatment on symptoms profile in terms of percentage of relief, SD, SE, ‘t’ value, ‘p’ value were evaluated. The clinical trial was conducted among all the patients and the observation discussed under the following headings-

THERAPEUTIC TRIAL

In this present research program therapeutic trial was conducted in all the 40 patients of *Gridhrasi* out of which 38 patients completed

Table 2: Effect of Nirgundiyadi Kwath on Group-A patients of Gridhrasi

Sl. No.	Symptoms of patients (n=18)	Mean Score		% of Relief	SD(±)	SE(±)	't' value	'p' Value
		BT	AT					
1.	Ruka (Pain)	2.66	2.50	6.0%	0.42	0.08	1.77	<0.05
2.	Stambha (Stiff-ness)	2.50	2.33	6.8%	0.38	0.09	1.82	<0.05
3.	Toda (Pricking sensation)	2.00	1.83	8.5%	0.40	0.092	1.83	<0.05
4.	SLR Test	2.17	2.00	7.66%	0.37	0.086	1.84	<0.05

Table 3: Effect of Nirgundiyadi Kwath and Matra Basti on Group-B patients

Sl. No.	Symptoms of patients (n=20)	Mean Score		% of Relief	SD(±)	SE(±)	't' value	'p' value
		BT	AT					
1.	Ruka (Pain)	3.50	1.80	48.57%	0.80	0.17	9.55	<0.001
2.	Stambha (Stiff-ness)	2.45	1.40	42.85%	0.75	0.16	6.28	<0.001
3.	Toda (Pricking sensation)	2.60	1.35	48.07%	0.84	0.18	6.61	<0.001
4.	SLR Test	2.80	1.35	51.78%	0.73	0.15	8.95	<0.001

n= Number of patients, SD=Standard deviation, BT= Before treatment AT= After treatment, SE= Standard error, 't'= paired 't' test, 'p'= Level of significance.

Fig 1: Showing the effect of Nirgundiyadi Kwath on Group-A patients

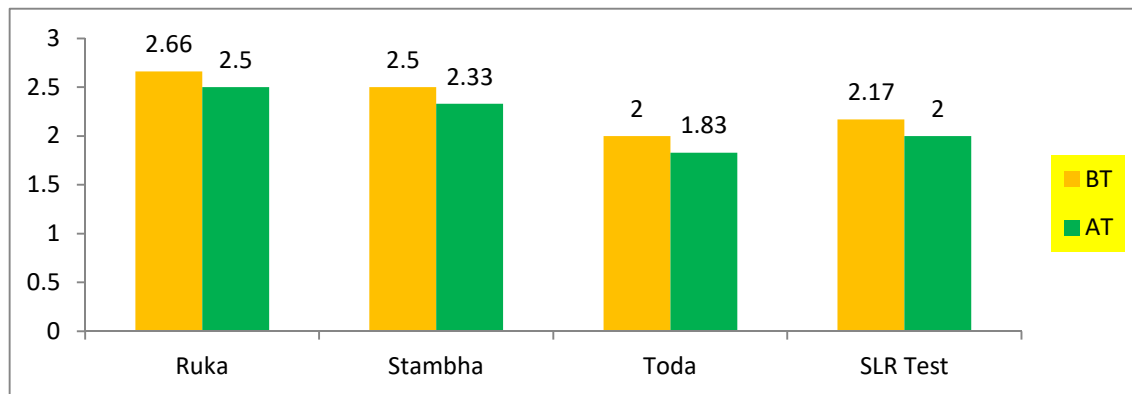
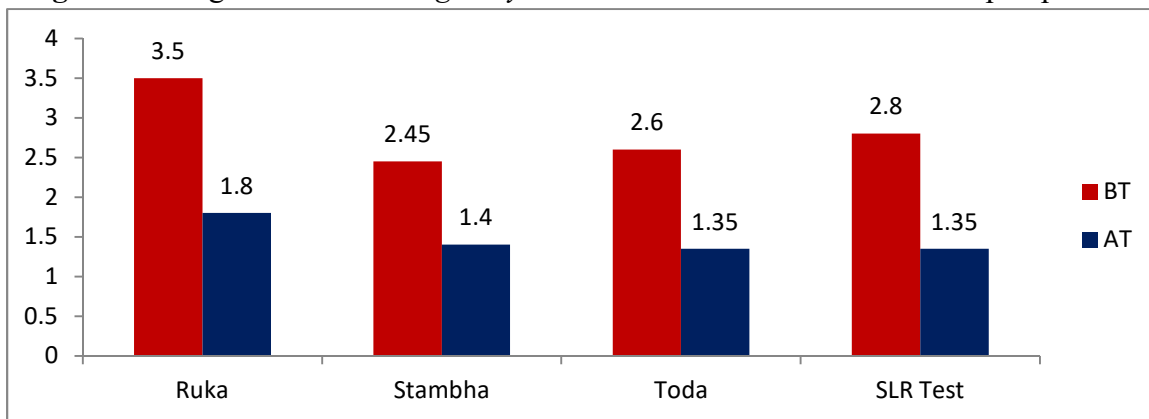


Fig 2: Showing the effect of Nirgundiyadi Kwath and Matra Basti on Group-B patients



DISCUSSION

The entire nervous system depends upon the spine. So, the disease affecting lumbar spines are handled very carefully. *Gridhrasi* is such a disease having its origin in *Pakwasaya*, *Sphik*, and *Kati* i.e Lumbar spines in the classics. *Acharya Sushruta* has emphasized the involvement of *Kandara* from *Parshni* to *Anguli* in the disease *Gridhrasi*. He also added the symptom i.e. *Sakthikshepa Nigraha* i.e restriction of lifting the affected legs. Now a days, this symptoms known as SLR test which helps in the diagnosis of disease and assessment of nerves involves in the disease. The disease *Gridhrasi* is characterized by *Ruka* (Pain), *Stambha* (Stiffness), *Toda* (Pricking sensation) and *Ruja* in *Kati Pristha Janu Jangha* and *Pada* (Pain originates from hip region and radiates to thigh, knee, leg and foot posteriorly). Herniation of spinal cord, degenerative changes in disc are common causes, the other causes often associated are trauma, or lifting heavy object and extreme cold. This disease hampers the day to day activity and makes the patient partially crippled. Detailed description of *samprapti* of the disease *Gridhrasi* was not found as a separate disease. It is included under *Vatavyadhi chikitsa*. Modern drugs are highly symptomatic with troublesome side effects. This needs for special requirement of *Ayurvedic* management. This is the reason behind the selection of this topic, on the basis of *Ayurvedic* classics. All the components of trial drug formulation possess *Katu*, *Tikta rasa*, *Katu Vipak*, *Ushna Virya*. *Erand* possess *Madhur Vipaka* and *Madhur*; *Tikta Kashaya rasa*¹³. Hence, they all mitigate *Vata* and *Kapha dosha* which is involved in *Gridhrasi roga*. The Bio-purificatory procedure i.e *Matra Basti* with *Eranda taila* eliminates the

toxins from the body. Overall, the trial drug formulation and *Matra Basti* alleviate the *Shula*(pain), *Stambha*(stiffness), *Gaurava*(heaviness) of *Gridhrasi*. In this clinical study 40 patients were selected from the OPD and IPD of *Kayachikitsa* department of I.P.G.A.E. &.R at S.V.S.P. on the basis of sign and symptoms described in *Ayurvedic* and *Modern* text. The patients were divided in to two groups. Group-A patients were orally administered *Nirgundiyadi Kwath* in a dose of 25ml twice daily for 45 days. Group-B patients were administered *Matra Basti* with *Erand taila* for 15 days, along with oral administration of *Nirgundiyadi Kwath* 25ml twice daily for 15 days. The results obtained were analyzed by using paired ‘t’ test.

CONCLUSION

Gridhrasi is included under 80 types of *Nanatmaja vata vyadhi*. It is a chronic and recurrent disorder. There is no direct reference of this disease is available in *Vaidik* period. In *Garuda Puran Gridhrasi* is explained as an independent disease. It can be correlated with *Sciatica* syndrome in *Western* system of medicine because maximum sign and symptoms of *Gridhrasi* are similar with *Sciatica* syndrome *Vata-kapha prakriti* persons are more susceptible to *Gridhrasi*. Male are more prone than female. Mainly *vatavyadhi chikitsa* have been advocated for this disease. *Matra Basti* with *Erand taila* along with *Nirgundiyadi kwath* both together acts significantly and shown better results in comparison to oral administration of *Nirgundiyadi Kwath*. *Matra Basti* has definite role in the management of *Gridhrasi*. All the drugs have properties like *sothhara* (anti-inflammatory), *vedanasthapak* (analgesic),

rasayan etc. So, they can help in relieving the *samprapti* of *Gridhrasi roga*¹⁴. Therapeutic trial was conducted among 38 cases of *Gridhrasi* vis-à-vis *Sciatica* syndrome in two groups i.e Gr-A and Gr-B. Group –B results were statistically highly significant i.e $p < 0.001$ in comparison to Group-A, which shows that Ayurvedic management of this disease is better, safe and effective then Western system of medicine. Hence further more extensive studies are suggested by future research workers for the management of this disease.

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