

## A CLINICAL & COMPARATIVE STUDY OF VATGAJANKUSH RAS AND SALLAKI TABLET IN THE MANAGEMENT OF GRIDHRASI WITH SPECIAL REFERENCE TO SCIATICA

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### ABSTRACT

*Gridhrasi* is a *Vatavyadhi* or *Rujapradhana Nanatmaja Vatavyadhi*. It is characterized by *Stambh* (Stiffness), *Ruk* (Pain), *Toda* (Pricking pain) and *Spandana* (Frequents switching). These symptoms initially affect *Sphik* (Buttock) as well as posterior aspect of *Kati* (Waist) and then gradually radiates to Posterior aspects of *uru* (Thigh), *Janu*(Knee), *Jangha* (Calf) and *Pada* (Foot) as described by all Acharyas. *Vatagajankush ras* & *Sallaki* Tablet both are effective medicines for *Gridhrasi* because of its Preventive, Promotive, Prophylactic and *Rejuvenative* properties as well as providing a radial cure. These two medicines are applicable in all the *Vatavyadhis*

**Keywords:** *Gridhrasi, Sciatica, Vatgajankush ras, Sallaki.*

### INTRODUCTION

*Gridhrasi* is one of the most prevailing health problems in our day to day clinical practice. Modernization of life style of human being has created several disharmonies in his biological system. As the advancement of busy, professional and socioeconomic condition, improper sitting posture in offices, factories, continuous work and overexertion, jerking movements during traveling and sports – all these factors create undue pressure to the spinal cord and play an important role in producing *Gridhrasi* (low backache and sciatica). Likewise, progressive disorders affecting the pelvis and nearer structures are also precipitating this condition which indicates the way of gate shown by the patients due to extreme pain just like a *Gidhha* (vulture), due to this disease not only inflicts pain but also causes difficulty in walking which is very much frustrating and embracing to the patient. Though, the disease is present in leg, it disturbs the daily routine and overall life of the patient.

“Sciatic Syndrom” is a condition described in modern medicine resembles with *Gridhrasi*, as its sign & symptoms are same, in *sciatica* there is pain in the distribution of sciatic nerve which begins from buttock and radiates downwards to the posterior aspect of thigh, calf and to the outer boarder of foot. Herniation or degenerative changes in intervertebral disc is the most common cause. There is often history of trauma, as twisting of the spine, lifting heavy objects, exposure to cold or due to bad posture.

### **AIMS AND OBJECTIVES**

- To assess the efficacy of *Vatgajankush ras* and *Sallaki Tab* in the Management of *Gridhrasi*.
- To find a simple, effective, and cheap drug that can be used for outpatient treatment of *Gridhrasi*.
- To assess any side effect during the course of treatment.

### **MATERIALS AND METHODS**

The Study will be randomized Clinical Trial on total **60** patients. Patients will be randomly selected from OPD and IPD of P.G. department of Kayachikitsa, Panchakarma, of Shubhdeep Ayurved Medical College and Hospital Datoda, Indore (M.P.).

### **INCLUSION CRITERIA:**

1. Patients should be willing to the trial and able to participate.
2. Presence of clinical features of *Gridhrasi* with back pain radiating to thigh, foot.
3. Age above 18 year and below 60 year. Irrespective of occupation and sex.

### **EXCLUSION CRITERIA**

1. Patient age below 18 and above 60 years of age.
2. Patient with other systemic disorder and malignancy
3. Degenerative disorder with marked deformity.
4. Pregnant women and lactating mother.
5. History of major trauma causing fractures.
6. Patient of quad equine syndrome and other surgical emergencies.
7. Patient suffering from major systemic illness necessitating long term drug treatment (rheumatoid arthritis, tuberculosis, psycho-neuro endocrinal disorder etc.) blood cancer, HIV, Hepatitis.

### **INVESTIGATIONS**

Routine investigations were done in all cases included hemoglobin, total leukocyte count, differential leukocyte count, erythrocyte sedimentation rate, fasting blood sugar, and RA factor; routine examination, and Biochemical Investigations like R.B.S. were carried out to **exclude** the possibility of any other disease as well as to know the present condition of the patients. Radiological assessment, X-ray, L.S. spine, AP & lateral view was carried out in patients where necessary to ascertain the diagnosis as well as the differential diagnosis.

## DRUG INTERVENTION:

### VATAGAJANKUSH RAS (Bh.r. 26/115)

Self-prepared in Pharmacy of S.A.M.C. INDORE (M.P.)

Dose : 250mg

### SALLAKI TAB (Himalaya Pharmacy Bangalore)

Dose : 500 mg

For Both medicine

Dosage : 2 times a day, before meal

Route of Administration : Oral

Anupana : lahasun swaras 10 drops

Sahpana : madhu

Duration of therapy : 45 days

## GROUPING & OBSERVATIONS

60 patients of Gridhrasi with irrespective age, sex, religion was included for the study & these patient was randomly divided into three groups viz. Vatagajankush Ras (20 Patients), Sallaki Tablet (20 Patients), And Vatagajankush Ras + Sallaki Tablet (20 Patients). In this study, subjective and objective

parameters will be followed from OPD/IPD of shubhdeep ayurveda medical college and PG institute Indore (M.P.).

## FOLLOW-UP

Drug was given before meal for **45 days** also the patients were kept under follow up period of **15 days**, so that the total overall effect of treatment could be assessed.

## CRITERIA FOR DIAGNOSIS

A. SUBJECTIVE CRITERIA				
1.	STAMBHA (Stiffness)			
	Throughout the day	+++	Sever	3
	Very often	++	Moderate	2
	Only in morning	+	Mild	1
	No Stiffness	-	Normal	0
2.	RUK (Pain)			
	Pain with sever difficulty in Walking	+++	Sever	3
	Pain & slight difficulty in walking	++	Moderate	2
	Pain but no difficulty in walking	+	Mild	1
	No pain	-	Normal	0
3.	TODA (Pricking sensation)			
	Pricking sensation throughout the day	+++	Sever	3
	Pricking sensation very often	++	Moderate	2

	Pricking sensation on –off	+	Mild	1
	No Pricking sensation	-	Normal	0
4.	SPANDAN (Twitching)			
	Daily throughout the day	+++	Sever	3
	Very often	++	Moderate	2
	On-off	+	Mild	1
	No Twitching	-	Normal	0
5.	GAURAVA(Heaviness)			
	Heaviness with sever difficulty in Walking	+++	Sever	3
	Heaviness with slight difficulty in walking	++	Moderate	2
	Mild Heaviness no difficulty in walking	+	Mild	1
	No Heaviness	-	Normal	0
6.	DAHA (Burning sensation)			
	Present	+	-	1
	Absent	-	-	0
7.	SUPTATA (Numbness)			
	Cannot move the leg or foot	+++	Sever	3
	Difficult in moving the leg or foot	++	Moderate	2
	Mild numbness can easy move the leg	+	Mild	1
	No Numbness	-	Normal	0
	OBJECTIVE PARAMETERS			
1.	SLR TEST			
	Less than 30 with pain	+++	Sever	3
	More than 31 to 70 with pain	++	Moderate	2
	More than 71 with pain	+	Mild	1
	More than 71 without pain	-	Normal	0
2.	LASEGUE'S SIGN			
	Present	+	-	1
	Absent	-	-	0

## STATISTICAL ANALYSIS

As there were 3 groups in this study, ANOVA test was applied to prove the treatment was Statistically Significant or not.

Overall assessment of the treatment

All the Subjective or Objective values were applied to proper Statistical Methods to produce Result

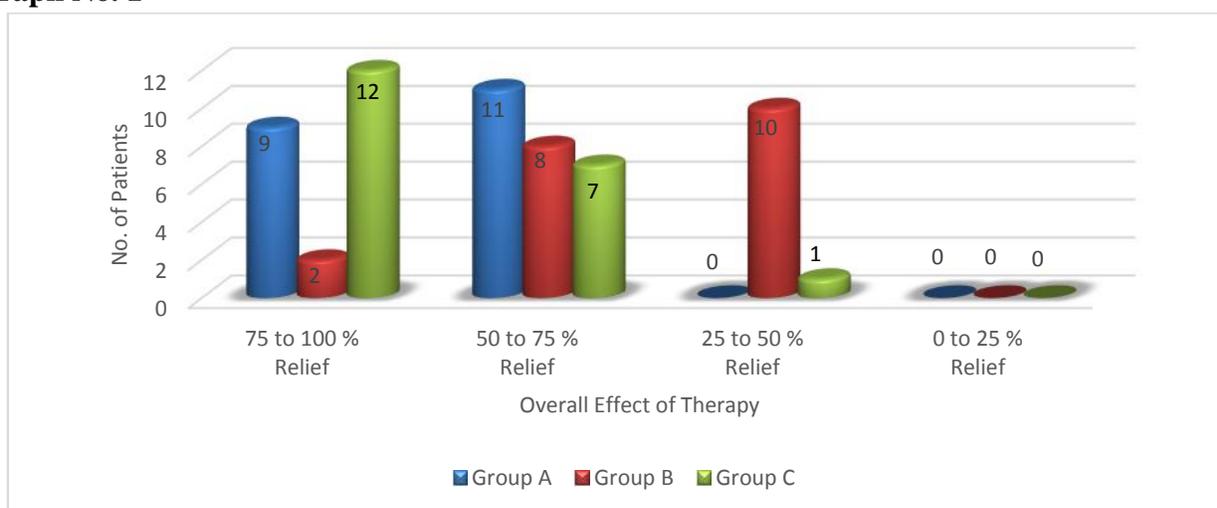
**Table no.1**

Symptom	Percentage Relief		
	Group A	Group B	Group C
Stambh	70.00 %	53.33 %	79.59%
Ruk	56.00 %	36.00 %	52.63%
Toda	89.47 %	60.00 %	81.08%
Spandan	87.50 %	50.00 %	90.90%
Gourav	68.96%	30.00%	70.70%
Daha	85.71%	80.00%	80.00%
Suptate	80.00%	83.33%	86.96%

**Table 2: Overall Effect of Therapy**

% Relief	Group (A)		Group (B)		Group (C)	
	No. of patients	Percentage	No. of patients	Percentage	No. of patients	Percentage
75 to 100	9	45.00%	2	10.00%	12	60.00%
50 to 75	11	55.00%	8	40.00%	5	35.00%
25 to 50	0	00%	10	50.00%	1	5.00%
0 to 25	0	00%	0	00%	0	00%
Total	20	100 %	20	100%	20	100%

**Graph No. 1**



## RESULT

Stambha, Ruka, Toda, Spandan, Gourav, Daha, and Suptate are proved to be significant in all the three groups but Group C is proved to be more significant than Group A and Group B.

Group C is also proved to be statistically more effective for Objective parameter such as SLR test & Lasegual's sign than other two Groups.

## DISCUSSION

We try to think to treat this disease some different angles & To find a simple, effective, and cheap drug that can be used for outpatient treatment of *Gridhrasi*. That's why we make various Samprapti according to Nidan, Dosh, Dushya Samurchhana.

**VATAGAJANKUSH RAS & SALLAKI TABLET** both are effective medicine for *Gridhrasi* because of its Preventive, Promotive, Prophylactic and Rejuvenative properties as well as providing a radical cure. These two medicine is applicable in all type of *Vatavyadhis* with **different Anupan**

The disease *Gridhrasi* as being a *Vatavyadhi* and *Vata* is also controller and regulator of other two *Dosha*, *Dhatu* and *Ma-la*. *Vata* is controlled by *Vatagajankush ras* &

*Sallaki tablet* is also work on *Vata- Kaphaja doshas* and *Aam pachak*. Mainly *Sallaki tablet* is good for *Srotorodhajanya* *Vatavyadhi* and *Vatagajankush Ras* is for *Vatavyadhy*.

It is evident that *Vatagajankush Ras* is well known and proven that it works for all type of *Vatavyadhy's* as *Vata shamak chikitsa* or *Neuro-muscular diseases*. (ÒS-j- 26) and *Sallaki tablet* is works as **Kapha-Pitta shamak** *dosh karmata* and also works as **Rasyana**. So, after the combination of both the medicines works as *Vata pradhan Tridosh shamak*.

Hence, I have selects this drugs singly and comparatively study to evaluate its efficacy or manage in *Gridhrasi (sciatica)* in a well manners.

## PROBABLE MODE OF ACTION OF MEDICINE

Its Pathogenesis is depending on factors of *MARGAVRODHJANYA* & *DHATUKSHAYAJANYA* along with *Vataj* or *Vatakaphaj Gridhrasi*.

### DOSH GUNA

**Vata Guna:** Raksha, Sheet, Laghu ,sukshma, Chal, Vishad , Khara (**ch.su.1/59**)

**Pitta Guna:** Sasneha, Ushna, Tikshna, Draw, Amla, Sara, Katu (**ch.su.1/60**)

**Kapha Guna:** Guru,Sheeta, Mradu, Snigdha, Madhur, Sthira, Pichhil (**ch.su.1/61**)

**Table a:** Dosh Prakop & Shaman (Ch.Su.1/65)<sup>86</sup>

Si.No	Dosha	Prakopak Rasa	Shamak Rasa
1.	Vata	Katu,Tikta.Kashaya	Lavan,Amla,Madhur
2.	Pitta	Katu,Amla,Lavan	Tikta,Madhur,Kashaya
3.	Kapha	Madhur,Amla,Lavan	Katu,Tikta,Kashay

**Table b:** Action of *Vatgajankush Rasa* on *Gridhrasi*

Si.No.	Guna	Dosha Praphava	Upshayatmak Karma
1.	Ushna + Laghu, Ruksha, Tikshna	Kapha Shamak	Aam Pachak, Margavrodha
2.	Guru, Snigdha, Sheeta	Vata+Pitta Shamak	Shoola prashaman, Dahashamak

3.	Vikasi, Vyavayi, Yogvahi	Tridosh Shamak	Nadi Dourbalya, DhatuKshaya, Margavrodha.
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**Table c:** Action of Sallaki on Gridhrasi

Si. No.	Guna	Dosha Praphava	Upshayatmak Karma
1.	Ushna+ Laghu, Ruksha, Katu, Tikta, Kashaya Rasa	Kapha Shamak	Aam Pachak, Margavrodha Shoola prashaman, Nadi Dourbalya, DhatuKshaya, Rasayan, Brimhaniya
2.	Madhur+ Snigdha	Vata+Pitta Shamak	Dahashamak, Shoola Shamak

**Table d:** Mode of Action of Drug Drug Review

Si. No	Name	Botanical Name	Rasa	Veerya	Vipa-ka	Guna	Doshgh-nata	Karama & Rogghanta
1	Hartaki <sup>64</sup>	Terminalia chebula	Punch Rasa Kashaya Pradhan	Ushna	Madhur	Laghu, Ruksh	Tridosh hara	Vatanulomak, Balya, Vatashamak, Vedana sthapaka,
2	Marich <sup>65</sup>	Piper nigrum	Katu	Ushna	Katu	Laghu, Tikshna	Kapha, Vata Hara	Deepan, Pachan, Krimighana
3	Pippali <sup>66</sup>	Piper Longum	Katu	Anushna Sheet	Madhur	Laghu, Snigdha	Kapha, Vata Hara	Deepan, Vatanulomak, Balya, Rasayan
4	Shunthi <sup>67</sup>	Zingiber Officinale	Katu	Ushna	Madhur	Laghu, Snigdha, Guru	Kapha, Vata Hara	RaktaShodhak, Srotak Vishodhaka
5	Agnimantha <sup>68</sup>	Premna Integrifolia	Tikta, Katu Kashaya Madhur	Ushna	Katu	Ruksha, Laghu	Kapha, Vata Hara	Vatahara, Shotha hara, Deepan, Pachan
6	Nirgundi <sup>69</sup>	Vitex Negundo	Katu, Tikta	Ushna	Katu	Ruksha, Laghu	Kapha, Vata Shamak	Vedna Sthapaka, Shothahara
7	Gorakmundi <sup>70</sup>	Sphaeranthus Indicus	Tikta, Katu, Madhur	Ushna	Madhur	Ruksha, Laghu	Tridosha Shamak	Vatashamak
8	Karkat Shruni <sup>71</sup>	Pistacia Chinensis	Kashaya, Tikta	Ushna	Katu	Ruksha, Laghu	Medhya	Vataghna, Kaphaghna
9.	Vatsanabha <sup>72</sup>	Aconitum ferix	Katu, Tikta, Kashaya	Sheet	Madhur	Ushna, Ruksha, Tikshna, Laghu, Vikasi, Vyavayi, Yogvahi	Vata-Kapha pradhan Tridosha Shamak	Rasayana, Swedal, Pitta Santap hara, Deepan, Balya, Brumhana

**Table e: Rasa - Bhasma**

Si. No	Name	English Name	Rasa	Veerya	Vipaka	Guna	Doshghnata	Karama & Rogghanta
10	Rasa Sin-doora <sup>73</sup>	Red sulphait	Shada Rasa	Ushna	Madhur	Guru, Snigdha	Kaphavata Shamaka	Rsayana, Snayu dour-balya nashak, pitta nis-sarak, yog vahi
11	Louha Bhasma <sup>74</sup>	Iron	Kashay	Sheeta	Madhur	Guru, Ruksha	Kapha pitta shamak	Deepan, lekhaniya Ag-nimandyahara, Balya, Rasayana, shulnashn shothahr.
12	Shudhha Gandhaka <sup>75</sup>	Sulphur	Kashay, Madhur, Katu, Tikta	Ushna	Katu	Ushna, Snigdha, Sara	Tridosha Shamaka	Rasayan, Balya, Aam-hara, Shothahara, Vata-hara, Krimighna, Deepan, Pachak, Vishaghna, ,
13	Shudhha Hartala <sup>76</sup>	Yellow Arsenic	Katu	Ushna	Katu	Snigdha, Ushna	Kapha, Shamak	Rasayana, Deepan, Jwaraghna, Kramighna, Vranashodhak, Kush-thaghna.
14	Makshik Bhasma <sup>77</sup>	Copper/ Iron Py-rite	Madhur, Tikta, Kashaya	Sheet	Madhur,	Laghu	Kapha, Pitta Shamak	Rasayan, Vrishya, Rasa, Rakta, Majja Dhatu gata dosh hara.
15	Tankan Bhasma <sup>78</sup>	Borax	Ka-tu, Lavan	Ushna	Katu	Ruksha, Laghu, Tikshna	Kapha, Vata Shamak	Kapha Nissarak, Shoth Shamak .

**Table f: Shallaki Tablet**

Si.No	Name	Botanical Name	Rasa	Veerya	Vipaka	Guna	Doshaghnta	Karama & Rogghanta
1.	Tab Shallaki <sup>79</sup>	Boswelliya serrata	Kashay, Tikta, Madhura	Ushna	Katu	Laghu, Ruksha	Kaphapitta shamak	Shothahara , Vedana Sthapan

**Table g: Anupan – Lahasun Swarasa**

Si No.	Name	Botanical Name	Rasa	Veerya	Vipaka	Guna	Doshaghnta	Karama & Rogghanta
1.	Rason <sup>80</sup>	Allium Sativum	Madhur, Lavan, Katu, Tikta, Kashay	Ushna	Katu	Snigdha, Guru, Tikshna	VataKaph Shamak, Pitta Vardhak	Rasayan

**Table h: Sahapana – Madhu**

Si. No.	Name	Rasa	Anu Rasa	Veerya	Vipaka	Guna	Doshaghnta	Karama & Rogghanta
1.	Madhu <sup>81</sup>	Madhur	Kashaya	Ushna	Madhur	Laghu, Vishal, Ruksha	Kaphapitta shamak	Uttam Yogvahi

THE BETTER RESULT OF VATAGAJANKUSH RAS ALONG WITH SALLAKI TABLET THAN SINGLE VATAGAJANKUSH RAS & SINGLE SALLAKI TABLET.

❖ ON THE BASIS OF AYURVEDA CONCEPT

VATAGAJANKUSH RAS

This medicine is prepared in **Pharmacy of Shubhdeep Ayurved medical college Indore (M.P.)**

*Vatagajankush Ras* is combination of *Sonth, Marich, Pippali* works as *deepan & Aam pachan*, improves digestion. *Vatsnabh* has property of *vikasi, vyavayi, yogvahi* which makes it easy to digest along with all the drugs present in *Vatagajankush ras*. It opens all the *microchennals* and easy to reached on cellular level. *Hritaki, Agnimanth, Karkatshrangi* also works as *Deepan, Vatanulomak, Kapha nisarak, Vatashamak*. All *Ras-Bhasma's* increases *Agni viz. Jatharagni, Dhatwagni, Bhutagni*. Works as *Balya, Rasayan, Vata pradhan Tridosh Shamak*.

Hence it is proving that we can use this *Vatgajankush ras* in specially *Vata pradhan Vyadhi* along with *Kapha* or *Pitta Dosh Prakop*. It is *Vata Pradhan Tridosh Shamak, Aam pachak, Dhatupushtikarak, Baly Rasyana, Brimhan*.

**SALLAKI TABLET**

The *Doshkarma* is *Aampachak & Kaphapitta Shamak*. According to classics *Sallaki* has potent *Vata Kaphahara* properties.

Hence, it is proving that according to classics it is *Kapha pitta shamak*. But due to its overall *Guna dharma* also works on *Vata Dosh*. So, we can use it in all disorder those are *Kaphapitta pradhan Vata Dosh prokopak*. It is *Vatashamak, balya, Rasayan, Dhatupush-*

*tikark* etc. So, there is combination of both the drugs has a great result and Works as *Tridosha Shamak*. Comparatively single Drugs act on Specific *Doshas* like only *Pitta-Kapha shamak* Or *Vata Shamak*.

❖ ON THE BASIS OF EXPERIMENTAL STUDY

On the basis of observation and clinical finding described in clinical study, *Vatagajankush Rasa* along with *Sallaki* tablet is comparatively better medicine than single medicine of *Vatagajankush ras* or single medicine of *Sallaki* Tablet. As it has shown more relief in symptoms considered for present study.

## CONCLUSION

The **Conclusion** thus drawn from the observations are presented as below:

**ON THE BASIS OF OBSERVATION**

- Patients having *Vatakaphaj & vatapittaj prakriti* are more affected by this disease than other *prakriti*.
- Patients of 40- 60 age group are more affected by this disease than other age group.
- Male Patients are more affected by having *Mandagni* in this disease.
- Service (Felid work job) and Businessmen are more affected by this disease.
- The maximum 33.33 % patients were having *Nidan* as a *Santarpana*, followed by 25 % patients were having *Nidan* as an *Apatarpana*, 15 % patients were having *Nidan* as a *Santarpana* and *Anyas*, 13.33 % patients were having *Nidan* as an *Apatarpana* and *Anyas*, 8.33 % patients were having *Nidan* as a *Santarpana* and *Apatarpana*, 3.33 % patients were having *Nidan* as a *Santarpana, Apatarpana & Anyas*,

and 1.67 % patients were having *Anya Nidan*.

## ON THE BASIS OF RESULTS

*Vatagajankusha ras* along with *Sallaki* tablet has shown more significant in Management of *Gridhrasi*. Which affecting the lumbar region and lower limbs. It is identified by radiating pain all through the limb and dysfunction of that limb.

This Ayurvedic remedy has its advantage over modern analgesics because analgesics may occasionally cause allergic reaction gastrointestinal disturbance such as nausea, vomiting, dyspepsia and heart burn etc. whereas this ayurvedic preparation is totally free from all the above side effects.

This is to conclude that it can be said that *Vatagajankusha ras* along with *sallaki* tablet is more effective than *singal Vatagajankusha ras* or *singal sallaki* tablet for the treatment of *Ghridhrasi*. But still more scientific work is to be done to generalize the outcome. I hope this study will show the way of further study.

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