

A CASE STUDY ON THE COMBINED APPROACH OF *KALABASTHI* AND *RASAYANA CHIKITSA* IN *GRDHRASI*

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ABSTRACT

Grdhrasi is one among the *vataja nanatmaja vyadhi*¹, affecting the *mamsa, asthi dhatus*. The disease is characterized by predominantly pain originating from the lower back (*Kati*) and pelvic region (*Sphik Pradesha*), with pain extending down to the legs, resulting in a walking pattern reminiscent of a *grdhra* (vulture). Timely and appropriate treatment is crucial for relieving pain, improving function, preventing complication ultimately promoting a better quality of life. A 58-year-old male patient approached to *Kayachikitsa* OPD Alvas Ayurveda Medical College with the chief complaints of pain in low back region radiating to right leg for 11/2 months (pulling type of pain). The patient was given Ayurvedic medications along with panchakarma procedures. *Gandharvahasthadi Kashaya*, *Gokshuradi guggulu*, *Kala basthi*, *Rasayana* medications was given. The results were remarkable. Hence this study was taken to prove that comprehensive Ayurvedic management has remarkable results in *Grdhrasi*.

Keywords: *Grdhrasi*, *Shamana oushadhis*, *Panchakarma*, *Kala basthi*, *Rajayapana basthi*

INTRODUCTION

Vatavyadhis refers to a group of disorders in Ayurveda, primarily caused by imbalance in the *vata*

dosha. *Grdhrasi* is one among the 80 *Vataja nanatmaja vyadhis*. According to Ayurvedic concepts,

due to more intake of *vatavardhaka ahara* and *vihara vata* get vitiated and this vitiated *vata* or along with *kapha* creates pain in *sphik kati prshta janu jangha* and *pada* results in *Grdhrasi*.² There are mainly two types *Vataja grdhrasi* and *Vatakaphaja grdhrasi*. The features of *Vataja grdhrasi* include *sthambha*, (stiffness) *ruk* (pain), *toda* (throbbing pain), *spandate muhuhu* (pulsating) and *deha vakratha* (deformity).

Vatakaphaja features are *stambha*, *gaurava*, *arochaka* and *tandra* along with *Vata grdhrasi* features.³ *Grdhrasi* can be correlated to sciatica due to shared symptoms and underlying mechanisms Both the conditions manifest with pain, numbness, tingling and weakness of lower back, buttocks and legs often radiating along the path of the sciatic nerve. In Ayurveda, treatment modalities include *snehana*, *swedana*, *basthi*, *agnikarma*⁴ etc. Here the patient is successfully treated with Ayurvedic treatment principle of *snehana*, *swedana*, *basthi* and *rasayana chikitsa*. The case study is discussed below.

MATERIALS AND METHODS:

Place of study: Outpatient Department of *Kayachikitsa*, Alva's Ayurveda Medical College,

Moodabidire, Dakshina Kannada, Karnataka India, 574227.

CASE REPORT

A 58-year-old male patient with Registered OP No : 35108/23 came to Outpatient Department of *Kayachikitsa*, Alva's Ayurveda Medical College, on 9/11/23 with chief complaints of pain in low back region radiating to right lower limb since 1½ months., with associated complaints of difficulty to walk due to pain, used to aggravate with strenuous work, long time standing and sitting. Patient from a middle-class family working as a teacher. He was asymptomatic 5 years. Gradually he developed back pain. But he didn't take any medication. Then the pain radiated towards right leg. Then 2 years back he took Ayurvedic treatment and got relief, but since 1½ months back pain radiating to right leg aggravated due to strenuous work, long time standing and sitting. So, he approached our hospital for further management.

PAST HISTORY: There was no significant past illness in the patient. Patients are free from comorbidities like diabetes and hypertension.

FAMILY HISTORY: His siblings also had similar complaints (low back pain).

HISTORY

Bowel: Regular - once a day
Appetite: Normal
Micturation: 5 - 6 times/day
Sleep: Disturbed due to pain
Diet: Vegetarian diet

GENERAL EXAMINATION WITH VITALS	
Pallor : Absent	BP: 120/80 mmHg
Oedema: Absent	PULSE RATE: 74 bpm
HEIGHT: 169cm	RESPIRATORY RATE: 20/min
WEIGHT: 65kg	SPO2: 98%
BMI: 22.8kg/m ²	TEMP: 98.6 F

<u>DASHAVIDHA PAREEKSHA</u>
PRAKRITI: Vata Pitta
VIKRITI: Pravara (Hethu : Athivyayama, Athichintha Dosa: Vata Dushya: Rasa, Raktha, Mamsa, Asthi, Snayu, Kandara Prakriti: Vata Pitta Desha: Jangala Kala: Varsha Bala: Madhyama Lingam: Pravara)

SAARA: Madhyama
SAMHANANA: Madhyama
PRAMANA: Madhyama
SATHMYA: Madhyama (Katu amla rasa pradhana ahara)
SATWA: Madhyama

AHARA SHAKTI: ABHYAVAHARANA SHAKTI: Madhyama JARANA SHAKTI: Madhyama
VYAYAMA SHAKTI: Madhyama
VAYA: Madhyama

Roga Bala: Pravara

Rogi Bala: Madhyama

<u>SAMPRAPTI GHATAKA</u>
DOSHA: Vata
DUSHYA: Rasa, Rakta, Mamsa, Asthi
SROTAS: Rasavaha, Raktavaha, Asthivaha
SROTODUSHTI: Sanga
ADHISTHANA: Kati pradasha(radiating to lower limbs)
ROGAMARGA: Madhyama
VYADHI SWABHAV: Chirakari
SADHYASADYATHA: Kruchrasadya

SYSTEMIC EXAMINATION

CNS: Higher mental functions intact Conscious and well oriented Sensory and Motor system : Intact
 CVS: S1 S2 heard, No added sound.

Respiratory system: Normal vesicular breath sounds heard

Gastro-intestinal Tract:

Upper GIT: Oral cavity, teeth, gingiva, buccal mucosa looks normal Lower GIT: P/A: Soft, non-tender and no organomegaly seen

CLINICAL EXAMINATION

Musculoskeletal System

GAIT	Antalgic gait
PALPATION	Tenderness - grade 2 in L3 to S1 region Muscle Tone – Normal Muscle power- Right extremities (Upper and lower)-5/5 Left extremities – (Upper and lower)-5/5
RANGE OF MOVEMENTS	Forward flexion, Lateral flexion (B/L) Extension is restricted due to pain
SLR Test (Active)	Positive at 50 degrees on the Right leg Negative on the Left leg
Bragards Test	Positive on the Right leg Negative on the Left leg
Pain Score (VAS)	8
Oswestry Disability Index	70%(crippled)

RADIOLOGICAL INVESTIGATIONS

MRI findings

Degenerative changes in the lumbar spine
 Posterior annular fissure in L3/L4 and L4/L5 disc
 Asymmetrical post disc bulges at L4/L5 level causing bilateral lateral recess and neural foraminal narrowing resulting in compression of right traversing nerve root, impingement of left traversing and bilateral exiting nerve roots.
 Posterior disc bulge at L4/S1 level with right paracentral disc protrusion and bilateral facet joint mild arthropathy causing bilateral lateral recess and neural foraminal narrowing resulting in compression

of the right traversing nerve root impingement of the left traversing and right exiting nerve roots.

THERAPEUTIC INTERVENTION:

On 9/11/2023 treatment started on IPD basis
Gandharvahasthadi Kashaya + 1pinch *saindhava* - 50ml BD /BF for first 10 day
Rasnerandadi Kashaya - 50ml BD /BF for next 10days
 Tab. *Gokshuradi guggulu* - 2BD with *Kashaya* 20days
 Tab. *Sallaki* 400 - 1TID(A/F) for 20 days
 Tab *Vishamushti* - 1TID for 20 days

DATE	TREATMENT GIVEN	OBSERVATION
10/11/2023 to	<i>Sarvanga Churna Pinda Sweda</i> with <i>Upanaha</i>	<i>Rookshana lakshana</i> observed
17/11/2023	<i>choorna</i> + <i>Shacharadi taila</i>	VAS Score - 8
10/11/2023 to 18/11/2023	<i>Kati basti</i> with <i>Kottamchukkadi taila</i> + <i>Karpooradi taila</i> <i>Nadi sweda</i> (Local) with <i>Kottamchukkadi taila</i> + <i>Karpooradi taila</i> for 8 days	After the treatment considerable relief in pain VAS Score - 6
18/11/2023 to 25/11/2024	<i>Patra Pinda Sweda</i> with <i>Kottamchukkadi taila</i> + <i>Karpooradi taila</i>	After treatment 50 percentage of symptoms got relieved. VAS Score - 5
15/11/2023 to 29/11/2023	<i>Kala basthi</i> : <i>Anuvasana Basthi</i> with <i>Guggulu thikthaka Ghrthm</i> (60ML) <i>Nirooha Basthi</i> with <i>Erandamoola Kashaya</i> <i>Rajayapana Basthi</i>	Patient got relief from all difficulties Patient got rejuvenated VAS Score - 4

After first schedule of treatment pain score (VAS)comes down to 4 from 8

RAJAYAPANA BASTHI INGREDIENTS

Saindhava: 10gm, *Makshika*: 100ml *Ksheerabala taila*: 100ml
Rajayapanakalka: 40gm(*Rasanjana, Indrayava, Priyangu, Yashtimadhu, shathapushpa*) *Rajayapana kwatha choorna*: 60gm
 Prepare *kwatha* with *Rajayapana kwatha choorna* in the ratio 1:8 reduced to 1/4th. Add equal quantity of *ksheera* to decoction, reduced to quantity equal to *ksheera Ajamamsa rasa* - 100ml

DISCHARGE MEDICINES

1. *Ashwagandarishtha* 15ml - 0 -15ml
2. Tab. *Vishamushti* 1TID A/F
3. Tab. *Yogaraja guggulu* 1TID A/F

Follow up after 1 month (OP Consultation)

ASSESSMENT

Pain score (VAS)	4
SLR Test	Left - Negative Right – Positive at 70 degrees
Oswestry Disability Index	36%(moderate)

MEDICATIONS GIVEN

1. *Danadanayanadi Kashayam* 15ml BD with 45ml lukewarm water
2. *Yogaraja guggulu* 2-0-2 with *kashaya*
3. *Avipathichoornam* – 25gm
Godanti bhasma – 25gm
Tapyadi loham – 5gm
ushna jala Abhraka – 1gm

}	¼ tsp -0 - ¼ tsp with (After food)
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ASSESSMENT AFTER 1 MONTH

Pain score (VAS)	1
SLR Test	Left - Negative Right – Positive at 70 degrees

OVERALL RESULTS OF 3 MONTHS OF TREATMENT

OBSERVATION	BEFORE TREATMENT	AFTER TREATMENT
PAIN (VAS) SCORE	8	1
SLR TEST	+ve on Rt leg at 50degree	-ve on Rt leg
Bragards test	+ve on Rt leg	-ve on Lt leg
Range of Movements	Painful	Not Painful
Oswestry Disability Index	70%(crippled)	12%(minimal disability)

DISCUSSION

In Ayurveda treatment protocol of *Gridhrasi* includes *shamana* and *sodhana chikitsa* which includes *deepana* , *pachana*, *snehana*, *swedana*, *basthi*, *agnikarma*, *siraavyadha* etc. Here the treatment planned for this patient was *shamana chikitsa* along with *Kalabasthi*.

The treatment principle adopted for this patient was *vedanasthapana*, *shothahara*, and *vata dosha* line of treatment with *balya* as well as *rasayana oushadhi*.

*Gandharvahastadi Kashayam*⁵ contains *eranda*, *chiribilwa*, *chitraka*, *pathya*, *punarnava*, etc helps to pacify and balance aggravated *Vata dosha*, which is

responsible for the symptoms of pain, numbness, and tingling sensations. Also, ingredients have *vedanasthapana* and *shothahara* properties, helping to alleviate pain associated with *Gridhrasi*. Also helps to lubricate the joints and reduce stiffness and discomfort. Also helps in *Vatanulomana* and *deepana* – *pachana* action.

*Rasnerandadi Kashaya*⁶ contains *rasna*, *eranda*, *bala*, *sahachara*, *vasa*, *dusparsha* etc these ingredients help to pacify aggravated *Vata dosha*, also acts as *vedanasthapana*, *shothahara* specially in *jangha ,uru.trika.prshta* . It helps to improve circulation, relax muscles, and support the health of the nervous system, thereby providing relief from *Gridhrasi* symptoms.

Vishamushti vati contains *kupilu*, most of the ingredients having *thikta rasa* and *,ushna veerya*, so it can act as *vatahara* .

*Gokshuradi Guggulu*⁷ is directly indicated in *Vatavyadhis*. The ingredients are *agnideepana* and *amapachana* in nature. Also, *vatahara*, *shothahara*, *vedanasthapana*, *mootrala* and *vataanulomana*.

Pippalyasavam contains 23 *dravyas* having *ushna virya*, *tikta rasa* and *madhura vipaka*. Therefore, it seems that due to *ushna virya* this formulation stimulates the *agni* and *vatahara* by its *madhura vipaka*.

*Kati Basti*⁸ provides *Snehana* (oleation) therapy to the lower back area, which helps to lubricate the joints, muscles, and nerves. This lubrication reduces friction, improves mobility, and alleviates stiffness and tension in the affected region, thereby reducing the severity of *Gridhrasi* symptoms. The warm medicated oil used in *Kati Basti* therapy promotes *Sandhana* (healing) of the tissues in the lower back region. It nourishes and rejuvenates the muscles, ligaments, and nerves, thereby accelerating the healing process and preventing the

recurrence of episodes. *Kottamchukkadi taila* and *Karpooradi taila* for *katibasti* helps in *vedanasathapana* and *shothahara*.

Nadisweda having the properties of *sthambhagna*, *sandhichestakara*, *,srotoshudhikara* etc. It removes the *sanga* and allowing the normal *gati* of *dosa*.

Churnapinda sweda (herbal powders prepared by pounding the medicinal drugs which can relieve pain and associated conditions are tied in bolus) is the best treatment to provide relief from pain , inflammation swelling, and stiffness associated with bone and skeletal disorders.

Patrapinda sweda (leaves of medicinal plants which can relieve pain, stiffness and swelling are used in bolus) .It is more *snigdha* than *churna pinda sweda*. Also provides relief pain ,inflammation and stiffness associated with bone and joint.

Erandamooladi nirooha basthi is one of the main *vasthi* preparation used for treating *vata vyadhis*.It has a wide spectrum of action. Its action is *balya*, *vataanulomana* , *shoolahara*, *shothagna*. Also helpful

for relieving stiffness in *jangha uru pada trika ,prshtha* .

Anuvasanavasthi, in which *Sneha* can be administered through anal route. *Guggulithikthaka ghrtha* contains drugs which possess *thikta rasa* and *ushna virya* .So *anuvasana vasthi* with this *ghrtha* is very much beneficial in *asthivikaras* .Also *sothahara* and *vedana sthapana* in nature.

*Rajayapana Basthi*⁸, is *balya sanjeevana* ,*vrshya chakshushya* and *shoolahara*. When administered properly, it can provide immediate relief from symptoms such as pain, stiffness, and discomfort associated with conditions like sciatica (*Gridhrasi*). The warm, herbal oil-based enema used in *Rajayapana basthi* delivers therapeutic benefits directly to the affected area, helping to alleviate symptoms and restore balance to the body.

Ashwagandharishtam is an *arishta* preparation containing 27 herbs including *ashwagandha*, *musali* ,*manjishta* etc is a potent drug indicated in *vata dosas* predominant conditions. It is *deepana*, *pachana* ,*balya hrdaya* as well as *rasayana* in action.

Yogaraja guggulu is having *deepana pachana* action .Also directly indicated in *sandhi majja gata vatavyadhis* .

Dandhanayanadi kashayam having ingredients which are *ushna* and *vatahara* in nature and directly indicated in *vatarogas*.

The combination of *Avipattikara Churna*, *Tapyadi Loha*, *Abhrak Bhasma*, and *Godanti Bhasma* in the management of *Gridhrasi* (sciatica) possesses *Rasayana* properties along with other therapeutic effects.

Avipattikara Churna is a classical Ayurvedic formulation that acts as a *rasayana* by the virtue of its *gunas* and its effect on the body. It is *sheetha*,*laghu*,*snigdha guna* and *madhura rasa*. Also enhances the bioavailability and absorption of nutrients, thereby supporting overall health and vitality.

Tapyadi Loha is an Ayurvedic mineral-based preparation contains *triphala* ,*trikatu*,*chitraka*, *vidanga*,

Swarnamaakshika bhasma, raupya bhasma, mandura bhasma, loha bhasma etc. It mainly acts on *rasa*, *rakta*, *mamsa dhathu* acts mainly as *rakta dhathu prasadaka* and *vardhaka*. Improved *rakta dhathu* is responsible for good quality of other *dhathus*. Also, *balya*, *rasayana*, *pachaka*, and *dipyaka*.

Abhrak Bhasma is a mineral-based preparation having *snigdha guna* and *madhura rasa* acts as *balya* and *ayushya* acts as *rasayana* and *vrshya*. It helps strengthen the body, improve vitality, and enhance overall well-being. *Bhasma* supports tissue regeneration and repair, making it beneficial in conditions like *Gridhrasi*.

Godanti Bhasma prepared from gypsum, is known for its *sheetha* and *soolahara* properties. Additionally, *Godanti Bhasma* supports bone health and strengthens the musculoskeletal system, which is important in managing conditions like *Gridhrasi*. Overall, the combination of *Avipattikar Churna*, *Tapyadi Loha*, *Abhrak Bhasma*, and *Godanti Bhasma* in the treatment of *Gridhrasi* offers *Rasayana* properties along with *shothahara*, *vedanasthapana*, and *dhathu poshana*.

CONCLUSION

The case study of *Gridhrasi* illustrates the effectiveness of Ayurvedic treatment modalities, including *Snehana*, *Swedana*, *Kala Basti* and *Rasayana oushadhis*. Through a comprehensive assessment and individualized treatment plan, significant improvements were observed in patient's symptoms, quality of life, and overall well-being, *Swedana*, *Kala Basti*, and *Rasayana* providing comprehensive relief and management of *Gridhrasi*. It highlights the importance of personalized care, integration of traditional therapies, and patient empowerment in achieving optimal health outcomes in individuals with musculoskeletal disorders like *Gridhrasi*.

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