

IMPACT OF ORAL ADMINISTRATION OF GANDHA TAILA CAPSULE ALONG WITH SIRAVEDH IN GRIDHRASI - A CASE REPORT

Rutuja Jitendra Shah¹, Harshada Rupesh Terdale², Shravani Uday Mahajan³

^{1,2,3}UG Student, S. G. R. Ayurved College, Solapur, Maharashtra, India

Email: rutuja18shah@gmail.com

ABSTRACT

Ayurvedic medicine is one of the world's oldest holistic healing systems. *Bruhatrayi* in *Ayurveda* include *Gridhrasi* as a *Nanatmaja vyadhi* of *vata dosha*. According to *Acharya Charak*, *vata* either alone or associated with *kapha* produces *Gridhrasi*. *Gridhrasi* is correlated with *Sciatica* in modern Science. *Sciatica* is a significant risk in working population due to pressure in the buttock or upper part of thigh. The prevalence of *sciatica* in India is around 13% to 40%. The conventional system suggests pain relievers, muscle relaxants and antidepressants in the form of treatment. But all this provide temporary relief only. A 25 years old male patient with complaints of *Katipradeshi shool* and *Kati to dakshin padanguli siragata vedana* from 3 years and MRI suggested that annular tear seen at L5-S1, hence patient was admitted in our SSNJ Ayurved Hospital, Solapur. As per *Ayurveda*, this case was managed by oral administration of *Gandha taila* capsule along with *Siravedha*. *Gandha Taila* plays significant role in healing the annular tear. Due to *Siravedha*, damage of the nerve is prevented. Compared to other treatment, *Gandha taila* capsule and *Siravedha* proves to be more effective in *Gridhrasi*.

Keywords: *Gridhrasi, vata dosha, Gandha taila, Siravedha*

INTRODUCTION

Gridhrasi (*sciatica*) is one among the major crippling diseases which mentioned under *nanatmaja vata vyadhis*¹. Even though it shows two types - *vataja* and *vata kaphaja*. *Vataja Gridhrasi* shows *lakshanas* like *Shool, Toda* similarly *vata kaphaja Gridhrasi* shows *lakshanas* like *Stambha, Gaurava, Padasuptata*².

The *Sciatica* having radiating pain along with *Sciatic nerve root* which runs downwards from lower back to leg. Similarly, *gridhrasi* also have *kramat vedana* from *Sphik- Kati- Prushtha- Uru- Janu- Jangha- Pad*³. So, it can be correlated with *Sciatica* in contemporary science. *Gridhrasi* can be equated with the *sciatica* on the basis of root of origin, cause, sign and symp-

toms. The prevalence of *sciatica* in India is around 13% to 40%⁴. The conventional system suggests pain relievers, muscle relaxants, and antidepressants in the form of treatment⁵. But all these provide temporary relief only.

In most of the patients, *Gridhrasi* is caused mainly due to *Aaghata* (trauma) and *Aatishram*⁶. The patient was previously treated by conventional medicine for about 2 years. But later he was treated with oral administration of *Gandha taila* capsule along with *siravedha* and he got relief. *Gandha taila* is mentioned in *Bhaishajya Ratnavali*⁷ and *Ashtanga Hridayam*⁸ as a treatment for *Bhagnasandhaniya* (healing tear) and

controlling the vitiated *vata dosha*. Hence, above reference of *Gandha Taila* was used in the form of Capsule. The impure blood caused by *vata prakopa* was brought out, about 30 ml by *Siravedha*⁹ karma which results in reducing the *Siradushti*, SLR test and the radiating pain.

CASE REPORT

A male patient 25 years old, working as police officer visited to our SSNJ Ayurved Hospital, Solapur, with complaints about *Katipradeshi shoola*, *Katipradesh to dakshin padanguli-siragat vedana*, *Toda*, *Stambha*, *Dakshin Pada Chimchimayan* since last 3 years.

The patient walked with antalgic gait because he noticed sudden jerk before 3 years ago. The intensity of pain is felt more by extra warm up exercise and continuous standing position.

Ashtavidha Pariksha:

Nadi- Vatta Pradhan Pitta; Sarpgati - 76/min; Mala- 1time/day; Mutra-4-5time/day; Jivha-Saama; Shabd-Spashata; Sparsh-Ruksha; Druk-Prakrut; Akriti-Madhyama

Past History –

No H/O of DM, HTN, T.B, Asthma or any major illness. No H/O of any Surgery.

Dosha-Dushya lakshana-

In above patient, the predominant *dosha* is *Vyana vayu* and *Apana vayu* which affects *Raktavaha strotas*, *Astivaha strotas* and *Majjavaha Strotas* which give rise to the above symptoms.

INVESTIGATION-

Serum uric acid- 9.90 mg/dl

ESR-4 mms

RA - negative

CBC- Hb -14.20gm/dl

RBC-5.8 million/cmm

WBC-6600 cmm

Platelets-2.45millions/cmm

BSL (f) -72mg/dl

BSL (PP)-86mg/dl

MRI of Lumbar spine-L5-S1- Diffuse disc bulge with right paracentral protrusion and annular tear seen at L5/S1.

EXAMINATION –

SLR Test



NIDAN PANCHAKA:

Hetu- Aahara- Not specific time

Vihara - Aatishrama,

H/O- **Aghataj Etihas** (Jerk at lumbar region),

Aalpanidra.

Samrapti-

Nidan (Abhighataja) ➔ Vata prakopa ➔

Dosha dushya samurchana ➔ Stana Samshraya in kati, Uru... ➔ Sanchari Vedana (from Kati to padanguli) ➔ Vataja Gridhrasi

Rupa –

1. *Katipradeshi shoola* (low back pain)
2. *Katipradesh to dakshin padanguli-siragat vedana*
3. *Toda* (pricking type of pain at right leg)

4. *Stambha*, at the region of feet and toe)
 5. *Dakshin Pada chimchimayana* (tingling sensation

TREATMENT-

Shodhana Chikitsa:

	Procedure	Ingredients	Duration
1.	<i>Sarvang Abhyanga</i>	with <i>Mahanarayana taila</i> F/B <i>Nadi sweda</i>	10 days
2.	<i>Merudanda Basti</i>	<i>Mahanarayana taila</i>	10 days
3.	<i>Tiktaksheer Basti</i> - 220ml	<i>Vasa, Patol, Kantakari, Guduchi, Nimba, Kshira, Go-ghrita</i>	8 days
4.	<i>Agni karma</i> at <i>kati pradesha</i>		1 day
5.	<i>Siravedha</i> - at <i>gulf sandhi</i> , a total volume of 30-40ml of bloodletting		2 days

Shamana Chikitsa:

	Procedure	Duration
1.	<i>Ativisha, Musta, Haritaki, Shunti Choorna</i> -each 500mg(2 gm)	4 days
2.	Capsule of <i>Gandha taila</i> with Luke warm water in BD dose.	10 days
3.	<i>Tb. Panchamruta Loha Guggulu</i> -250 mg TDS (750mg)	10 days
4.	<i>Dashmularishta</i> -20 ml BD with Luke warm water	10 days
5.	<i>Amrutadi kwatha</i> -20ml BD with Luke warm water	6days
6.	<i>Yogaraj Guggulu</i> -500mg BD (1 gm)	5days
7.	<i>Gandharwa Haritaki</i> -2gm	10 days

DISCUSSION

According to classical text of *Ayurveda*, *Gandha Taila* capsules are administrated for various types of *Bhagna* and for *vata shamana*. Oral administration of *Gandha Taila* capsule has healing properties and helps to spread evenly at cellular level in the body. It also helps to bring *mruduta* in *koshta* region due to which the existence of *vata* in *koshta* is reduced. The elevated *vata dosha* causes annular tear which is subsided by the *Gandha Taila* capsule also it prove to be excellent *vataghna* as it has *ushna, guru and snigdha guna*. All this results in healing of annular tear.

The treatment for *Gridhrasi* in *Ayurveda* includes *vata shaman*, pain relief, reduce the *sira dushti* and *aama pachan*. The *chikitsa sutra* for *gridhrasi*, according to *charaka* is *siravedha, agnikarma* and *basti*. So, *sarvang abhyanga, merudanda basti* were performed for *vata shamana* and *tikta rasa* nourishes the bones, *sheera* acts as *balya* and the *basti* is prime treatment for *vata dosha*, hence *tiktasheera basti* was preferred, *agnikarma* gives instant relief for radiating pain by balancing local *vata dosha*.

Kandara is *upadhatu* of *rakta* and *kandara* is *dushya* in *gridhrasi*. According to *Harita*, *Gridhrasi* is *rakta vataj vyadhi*. *Gridhrasi* occurs due to *vyana vayu prakopa* and this *vyana vayu* is related to blood circulation. By *siravedha*, probably there may be breaking down of obstruction (*avarana*) which helps in normal movement of *vata* and hence significant result on SLR test also. *Siravedha* was done at *gulf sandhi* with the help of disposable scalp vein no-20 under all aseptic condition; the total volume of 30 ml bloodletting was *krishnavarna*. So, according to above evaluation *siravedha* can be considered as superior treatment procedure for *gridhrasi*.

CONCLUSION

Gridhrasi which is the recent burning issue in working population can be treated with oral administration of *gandha taila* capsule and *panchakarma* therapy of *siravedha*, which give significant effect in healing of annular tear, reduce *siradushti*, relief pain and concluded into negative SLR test. The patient was suffering from the above complaints since last 3 years

which was cured within 10 days. This treatment proved to be non-complicated, less time consuming, more effective with no side effects and providing best outcome.

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