

## EFFECT OF KSHEERA VAITARANA BASTI ON OCCUPATIONAL HAZARDS IN GRIDHRASI – A SINGLE CASE STUDY

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## ABSTRACT

The word *Vaitarana* is derived from the word *Vaitaranam*, which means to donate, which helps in expelling morbid *Dosha* from the body and thus gives relief in disease. According to Sushruta, in *Gridhrasi* two *Kandara* i.e ligaments of heel and toes are affected by vitiated *Vata*, and the movements of the lower limb get restricted. *Vata* either alone or associated with *Kapha avarana* manifests *Gridhrasi* characterised by stiffness (inability to move) and severe pain from the lumbar region moving downwards through thighs, knees, calves and feet. Rigidity, throbbing and Pricking pain, irregular shape of the body parts was observed in *Kevala Vata* involvement. *Kapha Avarana* is associated with numbness, heaviness and anorexia. In this case study 42 years, a male patient diagnosed with *Vata-kaphaja Gridhrasi* was treated with *Ksheera Vaitarana Basti*.

**Keywords:** *Ksheera Vaitarana Basti*, *Vata-kaphaja Gridhrasi*, Occupational hazard

## INTRODUCTION

In *Garuda Purana*, *Vaitarana* is the name of the river that a person is supposed to cross during death in his astronomical kingdom. *Vaitarana Basti* is powerful in the sense that it can bring back the life of a person who

is about to cross the *Vaitarana* river. It means relieves extreme pain. *Vangasena* directs the combination of *Saindhava lavana* 10 gm, *Chincha* 40 gm, *Guda* 20 gm, *Godugdha* 160 gm and a small quantity of *Sneha*

all are mixed well. This *basti* can be given after food in the evening. If the patient is strong then *Basti* can be given like other *Niruha* before food. It alleviates *Shoola*, *Vatavyadhi*, *Gridhrasi*, *Janu sankocha*, *Vishama jwara* and *Klaibya* etc.<sup>1</sup>

*Gridhrasi* is a set of symptoms rather than a disease. The pain is caused by compression or irritation of either or both Sciatic nerves. Symptoms include lower back pain, buttock pain, tingling and numbness, weakness in various parts of the leg and foot with restricted movements. Sometimes the pain may radiate above the knee. The pain along the distribution of the sciatic nerve occurs due to inflammation of the sciatic nerve.<sup>2</sup> *Gridhrasi* involves many vital points which are not life-threatening but cause permanent damage to the body. Vitals points involved in *Gridhrasi* and their *Marmabhogata Lakshanas* are –

- *Kshipra Marma* injury causes death from convulsions.
- *Talahradaya Marma* injury causes death from pain.
- *Kurcha Marma* injury produces difficulty for walking and bending the foot.
- *Gulpha Marma* injury gives rise to pain, stiffness of the foot, and limping.
- *Indrabasti* injury causes death by loss of blood.
- *Katikataruna* injury leads to death from loss of blood with anaemia and loss of complexion.
- *Kukkundara Marma* injury leads to loss of sensation and function of the lower part of the body and debility.

In *Gridhrasi*, *Kukkundara* and *Nitambha Marmabhogata Lakshanas* are seen. Radiating pain along with *Kati*, *Prushtha*, *Uru*, *Jaanu*, *Jangha*, *Pada* indicates the *Marmabhogata Lakshanas* of all above *Marmas* are seen in *Gridhrasi*.<sup>3</sup>

#### Materials And Methods:

This is a single case study. Informed consent was obtained from the patient in his language.

#### CASE REPORT:

*Pradhana Vedana Evam Avadhi*: Low backache radiating to the left leg for 6 years.

*Anubandhi Vedana Evam Avadhi*:

Pain in both wrist joint regions for 6 years., Pain in both shoulder joints for 6 years.

*Vedana Vruttanta*:

The patient was normal before 6 years. He developed pain in the lower back region, which started gradually radiating to the posterior aspect of the left leg and was not able to do his occupational work. He consulted a local doctor, but he didn't get any relief, so he came to our hospital for further management.

*Poorva Vyadhi Vruttanta*:

The male patient is an occupational driver. For 2 years the patient is suffering from severe pain and discomfort in the lower back, ankle while driving.

No history of falls/ trauma.

No history of DM/HTN other systemic illness.

No surgical intervention.

*Kula Vruttanta*:

Nothing significant.

*Chikitsa Vruttanta*:

The patient had taken medicine Tab. Etofos 60, Cap.PFOS DSR, Calciark D3 sachets, Tab.mext 10mg, Tab Otium, Tab. Fol-5, Tab Zy-q 200mg for low backache and joint pain.

*Vaiyaktika Vruttanta*:

*Ahara – Katu Rasa Pradhana Ahara*, (both veg and nonveg)

*Vihara – Excessive travelling*

*Nidra – Nidralpata*

*Vyasana - None*

*Astavidha Pariksha*:

- *Nadi* – Regular, 64/minute
- *Malapravrutti – Prakruta*, once a day
- *Mutravrutti – Prakruta*, 4 to 5 Times/day
- *Jiwha – Lipta*
- *Shabda – Prakruta*
- *Sparsha – Prakruta*
- *Druk – Prakruta*
- *Akruti – Madhyama*

*Samanya Pariksha*:

Temp: *Prakruta* (98.6 °F)

Respiratory rate :18/min

B.P: 120/80 mmHg

*Agni: Prakruta*

*Koshta: Madhyama*

**VISHESHA PARIKSHA:**

a) *Uraha Sthana Pariksha:*

*Hradaya: Prakruta* (S<sub>1</sub> & S<sub>2</sub> heard)

*Puppusa: Prakruta*

b) *Udara Sthana Pariksha:*

Soft and slight pain in umbilical region.

*Yakrit: Prakruta*

*Pleeha: Prakruta*

c) *Anyas Sthana Pariksha:*

SLR test positive at 40° left legs.

Gait- Normal

**ROGA PARIKSHA:**

- Nidana-* Continuous sitting, driving and travelling as an occupational hazard.
- Purvarupa – Purvarupa* not elicited.
- Rupa –* Low back pain radiating along the left sciatic nerve.
- Upashaya –* Resting in a supine position, Vishram.
- Anupashaya –* Walking, Forward bending, Excessive sitting in one place.
- Samprapti –* *Hetu sevana* leads to *Vataprakopa*, *Stroto-Sthana Vaigunya* then *Kapha Avarana* at

*Shira-dharani* causing radiating pain from *Kati* to *Padapradesha*.

g. *Samprapti Ghataka –*

*Dosha- Apana Vyana Vata Karmatah Kshaya*

*Dusya- Rasa, Rakta, Mamsa, Meda, Snayu, Kandara and Sira.*

*Adhithana- Katipradesha* and radiated towards the posterior aspect of the left lower limb.

*Srotas – Rasa, Rakta, Mamsa, Meda, Asthi, Majjavaha Srotas.*

Investigations –

ESR – 15mm/hr

CRP – 2.3mg/dl

**TREATMENT PROTOCOL-**

*Purva Karma-*

*Eranda Taila* 80 ml along with 100ml milk given in *Pratah Kala* around 9.15 am for *Kostha Sodhana* and *Vegas* started at 10-35 am. Total 5 *Vegas* observed. *Ksheera Vaitarana Basti* was planned after 5days along with *Sarvanga Abhyanga* by *Sahacharadi Taila* and *Dashamoola Kashaya Bhaspa Swedana*.

**Table 1: Pradhana Karma –**

1 <sup>st</sup> day	2 <sup>nd</sup> day	3 <sup>rd</sup> day	4 <sup>th</sup> day	5 <sup>th</sup> day	6 <sup>th</sup> day	7 <sup>th</sup> day
A	A	KVB	KVB	KVB	KVB	KVB
		A	A	A	A	A

A- *Anuvasana Basti* (60ml) with *Tiktashatphala ghrita*

KVB- *Ksheera Vaitarana Basti* (485ml)

*Paschat Karma-*

The patient was advised to take a rest, *sukhoshna jalasnana* and to take *laghu ahara*.

Ingredients of *Ksheera Vaitarana Basti*:

- Saindhava-* 5gms
- Guda-* 50gms
- Chincha Rasa-* 50ml
- Sneha – Tiktashatphala Ghrita* (40 ml) + *Sahacharadi Taila* (40ml)
- Kwatha – Dashamula Churna + Triphala Churna + Musta Churna* = 200 ml

6. *Godugdha-* 100 ml

**Total- 485 ml**

**OBSERVATIONS AND RESULTS:**

After the third day of treatment, the patient complained of *Amlodgara* so the quantity of *Godugdha* was increased to 200ml in the *Ksheera Vaitarana Basti* and *Tiktashatphala Ghrita* quantity was increased to 75ml for the *Anuvasana basti*. The patient was advised to eat more ghee along with rice. After two days patient got relief from *Amlodgara* and also marked improvement was seen from the 5<sup>th</sup> day of *Basti*. There was marked relief in the radiating lower back pain also shoulder joint pain was reduced.

**Table 2:** Below table represents the effect of the therapy:

	Before treatment	After 3 days of treatment	After 5 days of treatment	After treatment
Ruk	Severe pain and difficulty in daily routine work	Moderate pain but difficulty in daily routine work	Mild pain but no difficulty in daily routine work	Mild pain but no difficulty in daily routine work
Stambha	Absent	Absent	Absent	Absent
Suptata	For multiple times throughout the day	Frequency reduced	Occasionally Suptata was experienced	No Suptata
Aruchi	Aversion towards the food	Aversion towards food reduced	Desire to take food	Normal taste in food, desire to eat food on time.
Gourava	The feeling of heaviness affecting the normal movements	the feeling of heaviness affecting the normal movements	The occasional feeling of heaviness does not affect the normal movements	No feeling of heaviness.
SLR Test Left leg	40° with pain	50° with pain	70° without pain	Negative

## DISCUSSION

*Vaitarana Basti* is helpful in Vatakaphaja Gridhrasi due to the *Samprapti Vighataka* combination. *Vaitaran Basti* should be planned by proper analysis of *Dosha* and *Amshash Kalpana*. Observation from the study suggests that management not only gives symptomatic relief but also helps in the correction of pathology resuming daily routine activities by providing long-lasting effects.

## CONCLUSION

*Basti* is considered to be the most powerful purification process and is called *Ardha Chikitsa*. It is the most effective treatment for diseases arising out of vitiation of *Vata*. *Ksheera Vaitarana Basti* removes the *Aavaranjanya Vata Vikara* and also acts as *Rasayana* or *Shrotobalavridhdhikara Chikitsa*. Since *Godugdha* is the main ingredient as *Basti Dravya*, it is very effective in degenerative bone disorder or bone metallurgical disorder which is one of the main causes of sciatica.

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