

A Controlled Clinical Study of Pathyadi Guggul and Erandmooladi Kaal Basti in The Management of Gridhrasi (Scitica)

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Abstract-

The most common disorder which affects the movement of leg particularly in most productive period of life is low back pain, out of which 40% of persons will have radicular pain and this comes under the umbrella of Sciatic - syndrome. It is considered as Shoola Pradhana Vatavyadhi. In this study well diagnosed Gridhrasi patient were treated by Pathyadi Guggul in group A and Erandmuladi kaal basti in group B upto 8 weeks with proper follow up. It is found that group B shows better result than group A.

Keywords- Pathyadi Guggul, Erandmuladi kaal basti, Gridhrasi, Scitica.

Introduction- .

The most common disorder which affects the movement of leg particularly in most productive period of life is low back pain, out of which 40% of persons will have radicular pain and this comes under the umbrella of Sciatic - syndrome. The symptoms seen in Gridhrasi can be well correlated with "Sciatica" in modern terminology. Sciatica is a very painful condition in which pain beings in lumbar region and radiates along the posterolateral aspect of thigh and leg. So, here we study the effect of Pathydi Guggula & Kaal basti in the management of Gridhrasi. This Kaal basti comprises of Erandmooladi nirooh basti and Prasarini oil anuvasan basti.

Material & Methods- Their was open randomized selection of patients from the O.P.D and I.P.D of Department of Kayachikitsa. The selected patients of Gridhrasi were subjected to clinical examination.

Inclusion criteria:

- 1) Age : >20 to <70 years
- 2) Sex : No barrier
- 3) Race & Religion : No barrier
- 4) Economic status : No barrier
- 5) Patients presenting classical features of Gridhrasi (sciatica).
- 6) Patients with positive Straight leg rising test.
- 7) Patients willing to give informed written consent.

Exclusion criteria :

- 1) Age below 20 and above 70
- 2) Bone tumors, Carcinoma of spine, Tuberculosis of the vertebral column, Fibrosis of sacral ligaments
- 3) Patients suffering from infectious diseases, pregnant women.
- 4) Patients contraindicated for Basti treatment as per classical texts of Ayurveda.

Grouping:

Group A (Control Group)-

Number of Patients :20 well diagnosed patients
Treatment :Pathyadi guggul for 4 weeks (500mg twice before meals)
Follow up was taken at 6th and 8th week.

GROUP B (Trial Group)-

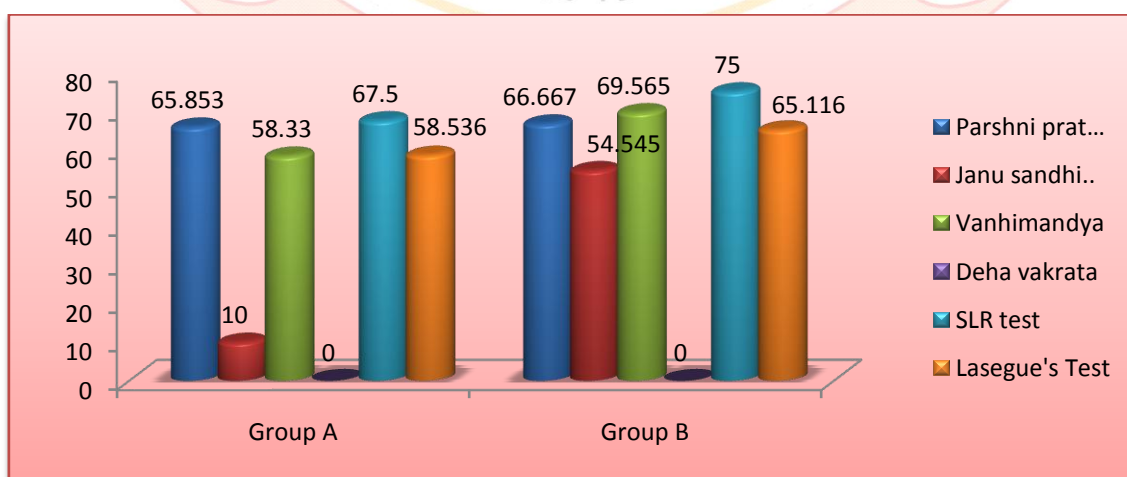
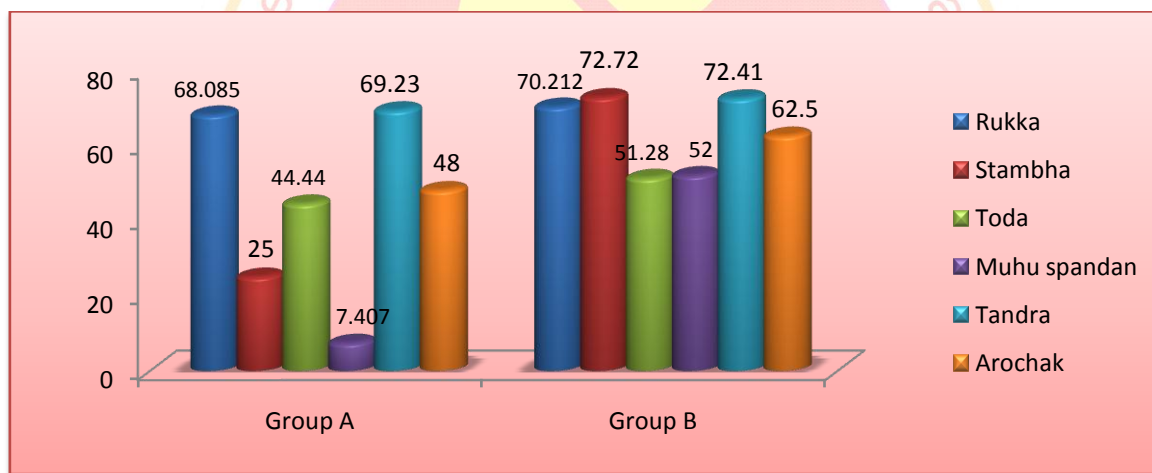
Number of Patients : 20 well diagnosed patients
Treatment : Kaal basti 16 days (Nirooh – Erandmooladi nirooh basti- 450ml)
Anuvasan – Prasarini oil-60ml
Follow up was taken at 4th week, 6th week and 8th week.

Observation & Results- Table Showing Difference Between Total Scores Of Two Groups Symptomatically

Symptoms	Mean Difference- GROUP A	Mean Difference- GROUP B
1. Sphika purva kati, uru, janu, jangha pada kramatha Rukka	32	33
2. Stambha	10	32
3. Toda	20	20
4. Muhu spandana	2	13
5. Tandra	18	21
6. Arochak	12	15
7. Parshni pratyanguli vedana	27	18
8. Janu sandhi sphuran	2	12
10. Vanhimandya	14	16
11. SLR test	27	33
12. Lasegue's test	24	28
Mean	17.091	21.909
S.D.	10.084	8.154
SEM	3.040	2.459
Min.	2.000	12.000
Max.	32.000	33.000
Follows normal distribution	YES	YES
Test applied – Unpaired t test Welch correction applied Two tailed p value is = 0.2329 Welch's approximate t = 1.232 with Considered not significant 19 degrees of freedom		

Table showing Percentage relief in symptoms :-

Symptoms	Group A	Group B
1. Sphika purva kati, uru, janu, jangha pada kramatha Rukka	68.1%	70.2%
2. Stambha	25%	72.7%
3. Toda	44.4%	51.3%
4. Muhu spandana	7.1%	52%
5. Tandra	69.2%	72.4%
6. Arochak	48%	52.5%
7. Parshni pratyanguli vedana	65.9%	66.7%
8. Janu sandhi sphuran	10%	54.5%
10. Vanhimandya	58.3%	69.5%
11. SLR test	67.5%	75%
12. Lasegue's test	58.5%	65.1%
Average	47.5%	63.8%



Discussion-

It is interesting to note that symptom-wise relief in Erandmooladi Basti group is seen in accordance with the textual description of Apana Kshetra and specifications, while working effectively on the entire body.

As per observations, the percentage relief in most symptoms are in the favour of Basti chikitsa, but statistically, the difference between the means of Basti and Shaman chikitsa for these symptoms is not significant.

In my opinion, this is mainly due to less number of samples and less duration of treatment as compared to the duration of illness and these insignificant results may convert into significant results by increasing the number of sample size and the duration of the treatment. Gridhrasi can be effectively managed by giving Erandmooladi kaal basti and Pathyadi guggul both. On comparison it was found that patients given Erandmooladi kaal basti showed better results than those given Pathyadi guggul. Also, the relief seen in patients suffering from Vatakaphaj Gridhrasi was more significant as compared to those suffering from Vataj Gridhrasi. Nevertheless, it can be concluded that both these treatment plans improve the lifestyle of Gridhrasi patients by giving them very good relief.

Conclusion-

- Pathyadi Guggul and Erandmooladi kaal Basti have both shown encouraging results in the management of Gridhrasi(Scitica).
- Percentage wise result in both groups –
- In **Group-A** Good results [50-75%] were found in symptoms like Sphika purva kati, uru, janu, jangha pada kramatha Rukka, tandra, parshni pratyanguli vedana, vanhimandya, signs like SLR test and Lasegue's test.,Average results [25-50%] were found in stambha and arochak.
- Whereas in **Group-B**; Excellent results [75-100%] were found in SLR test, Good results [50-75%] were found in symptoms like Sphika purva kati, uru, janu, jangha pada kramatha Rukka, stambha, toda, arochak, janu sandhi sphuran, tandra & vanhimandya.

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