

**Comparative study of Pathyadi Guggul and Moolakadi Tail in management of Gridhrasi (Sciatica)**

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**Abstract**

*Gridhrasi is a painful condition in which the person can't sit and properly that hampers his normal activity. Almost all signs and symptoms of Gridhrasi resemble with the condition of sciatica described by modern texts. Its details symptomatology has been described in ayurvedic classics since 5000 years, while this condition was known to modern medical science just two centuries ago. According to Ayurved different treatments for Vatvyadi are mentioned. According to present era it should be less time consuming and more effective. Keeping this in mind, a clinical study in the management of Gridhrasi with Pthyadi Guggul and Moolakadi Tail was undertaken in Dr. VJDG Ayurved Mahavidyalay and Hospital, Patur with the aim to give promising result to the patient of Gridhrasi. Two groups of 30 patients each with classical symptoms of Gridhrasi, Pthyadi Guggul was given to 30 patients and Moolakadi Tail to another group of 30 patients. It showed Moolakadi Tail is more effective than Pthyadi Guggul.*

**Key word-** Gridhrasi Pathyadi Guggul Moolakadi Tail Sciatica

**Introduction**

Ayurveda is a life science advocates not only treatments but healthy principles or principles to an individual and society. Ayurvedic pioneers have emphasized on mithyaahar-vihar, which is sole cause for all sorts of diseases. Further they advocated on specific diet for individual, according to season, climate and prakruti, so that diet which is prescribed to that particular person will protect from many diseases by improving body tissues and pacifying vitiated doshas. In the same way "vihara" is one of the important factor to manifest many diseases, Mithya-vihara includes bad postures, long travellings on vehicles i. e. Cars, scooters, trains, bullock-carts, jumping, sports, games and also heavy exercises, night-working etc. There by causing all sorts of disorder and diseases of vertebral column, specially low backaches. If one does not take proper care at this state, is prone to get other compression diseases.

The low back pain is the most common disorder affecting 50% of the working population every year. Most of the persons will have radicular pain and this comes under the Sciatica syndrome.

Gridhrasi is a shoopalpradhanajvyadhi characterized by ruk in sphik, kati, uru, janu, jangha, pada and also associated with toda, stambha, mahurspandana. The lakshanas of Gridhrasi can be well correlated with the Sciatica in modern.

The present clinical study to see the clinical efficacy and standardisation of "Moolakadi Tail" and to search for simple economically cheap and affective treatment for Gridhrasi which should be within common man's reach.

**Materials and Methods**

**1. Inclusion criteria:**

- Age – 18 to 70 years
- Sex – Either
- Religion – No Barrier
- Lakshanas (sign and symptoms) of Gridhrasi described in shastra.
- Patients with positive Straight leg rising test(SLR).
- Patients with positive Lassegues Sign.

**2. Exclusion criteria:**

- a. Age – Patient below 18 and above 70 years.
- b. Patient having major cardiac disorders, Diabetes Mellitus.
- c. Patient taking Pregnant ladies and Lactation.
- d. Person undergoing treatment for any other serious illness.
- e. Bone tumors, Carcinoma of spine, Tuberculosis of the vertebral column, Fibrosis of sacral ligaments.

**Grouping and randomization of patient with Drug administration details:**

Group A of 30 Patients given PathyadiGuggul 1gm in two devided doses in pragbhakt with sukhoshna jala for 4 weeks.

Group B of 30 patients given Moolakadi Tail 20 ml as single dose in pragbhakta with sukhoshna jala for 4 weeks.

**Gradation & Criteria For Clinical Assessment**

Gradation of symptoms and sign done as absent, mild, moderate and severe for Sphikapurvakati, uru, janu, jangha, padakramatharukka, Stambha, Toda (pricking sensation ), Muhuspandan, Tandra, Arochak, Parshnipratyangulivedana, Janu sandhi sphuran, Dehavakrata, Vanhimandya, SLR, and Lasegue’s sign.

**Observations & Results:**

**Effect of therapy**

**A. Effect of therapy according to relief in Patients’ score**

Table 1.1 Relieved score and % relief in Patients’ score

Sr No	Group A				Sr No	Group B			
	B.T.	A.T.	Relieved	Relief %		B.T.	A.T.	Relieved	Relief %
1	19	0	19	100	1	22	2	20	90.91
2	23	10	13	56.52	2	20	2	18	90
3	23	9	14	60.87	3	27	8	19	70.37
4	26	17	9	34.61	4	24	7	17	70.83
5	22	9	13	59.09	5	24	0	24	100
6	25	13	12	48	6	21	10	11	52.38
7	23	9	14	60.87	7	19	0	19	100
8	26	14	12	46.15	8	17	1	16	94.12
9	17	5	12	70.58	9	21	5	16	76.19
10	19	6	13	68.42	10	21	1	20	95.24
11	17	1	16	94.11	11	21	7	14	66.67
12	20	8	12	60	12	21	2	19	90.48
13	19	7	12	63.15	13	19	9	10	52.63
14	31	11	20	64.51	14	22	1	21	95.45
15	21	8	13	61.90	15	19	6	13	68.42
16	21	7	14	66.66	16	16	1	15	93.75
17	25	11	14	56	17	15	5	10	66.67
18	19	7	12	63.15	18	29	17	12	41.38

19	26	17	9	34.61	19	21	7	14	66.67
20	16	1	15	93.75	20	19	9	10	52.63
21	17	4	13	76.47	21	22	9	13	59.09
22	16	5	11	68.75	22	25	11	14	56
23	15	3	12	80	23	14	1	13	92.86
24	12	1	11	91.66	24	15	5	10	66.67
25	26	15	11	42.30	25	22	21	1	4.545
26	27	16	11	40.74	26	24	18	6	25
27	9	0	9	100	27	17	1	16	94.12
28	16	14	2	12.5	28	16	13	3	18.75
29	7	0	7	100	29	15	1	14	93.33
30	16	4	12	75	30	15	0	15	100
31	<b>Average Relief (A)</b>			<b>61.27</b>	31	<b>Average Relief (B)</b>			<b>70.15</b>

The relieved symptom score and percent relief are given in the table 5.49. Overall average relief in Patients' score in Group A is **61.27%** and in Group is **70.15%**.

#### B. Effect of therapy according to relief in Symptoms' score

Table 1.2 Relieved score and %relief in Symptoms' score in Group A

Sr. No.	Symptoms (Group A)	B.T.	A.T.	Relieved	% Relief
1	Ruka	68	31	37	54.4
2	Stambha	61	26	35	57.4
3	Toda	52	20	32	61.5
4	Muhuspandana	43	15	28	65.1
5	Tandra	46	11	35	76.1
6	Arochak	52	15	37	71.1
7	Parshni pratyanguli vedana	36	13	23	63.9
8	Janu Sandhi Sphuran	52	25	27	51.9
9	Dehavakrata	7	5	2	29
10	Vanhimandya	62	22	40	64.5
11	SLR	61	26	35	57.4
12	Lasegue's sign	59	23	36	61

Table 1.3 Relieved score and %relief in Symptoms' score in Group B

Sr. No.	Symptoms (Group B)	B.T.	A.T.	Relieved	% Relief
1	Ruka	72	28	44	61.1
2	Stambha	66	22	44	66.7
3	Toda	54	14	40	74.1
4	Muhuspandana	37	6	31	83.8
5	Tandra	44	9	35	79.5
6	Arochak	52	11	41	78.8
7	Parshni pratyanguli	40	13	27	67.5

	vedana				
<b>8</b>	<b>Janu Sandhi Sphuran</b>	46	14	32	69.6
<b>9</b>	<b>Dehavakrata</b>	2	2	0	0
<b>10</b>	<b>Vanhimandya</b>	62	20	42	67.7
<b>11</b>	<b>SLR</b>	66	22	44	66.7
<b>12</b>	<b>Lasegue's sign</b>	62	19	43	69.4

The relieved symptom score and percent relief are mentioned in the table 1.2 and table 1.3.

It was observed that average relief is more in Group B than Group A. Hence it can be said that **according to average relief %** Moolakadi tail is effective than Pathyadi Guggul in Gridhrasi to reduce Symptoms' and Patients' score. (Table 1.1) But this difference is not statistically significant because it is not greater than expected by chance.

Hence it is concluded that **according to statistical analysis** both drugs are almost equally effective.

**Discussion:**

In the present study both groups A and B comprising 30 patients each of Gridhrasi were treated with Pathyadi Guggul and Moolakadi tail respectively.

**Total Effect of the Therapy  
According to Patients' score**

Table 6.5 Effect of therapy according to Patients' score

Sr No	Improvement Grade	Criteria	No of patients	
			Group A	Group B
<b>1</b>	<b>I<sub>4</sub></b>	<b>75% - 100%</b>	9	14
<b>2</b>	<b>I<sub>3</sub></b>	<b>50% - 75%</b>	14	12
<b>3</b>	<b>I<sub>2</sub></b>	<b>25% - 50%</b>	6	2
<b>4</b>	<b>I<sub>1</sub></b>	<b>00% - 25%</b>	1	2

**In Group A** 9 patients have shown Grade IV improvement, 14 have shown Grade III improvement, 6 patient has shown Grade II improvement while 1 has shown Grade I improvement.

**In Group B,** 14 patients have shown Grade IV improvement, 12 has shown Grade III improvement while 2 has shown Grade II improvement and 2 has shown Grade I improvement.

It suggest that Group B has shown overall good effect than Group A to reduce patients' score.

**Overall Effect of therapy**

Table 6.7 Shows Average Relief % in Patients' score

Sr. No.	Group	Avg. Patient Score relief (%)
<b>1</b>	<b>Group A</b>	61.27
<b>2</b>	<b>Group B</b>	70.15
<b>3</b>	<b>Difference</b>	8.88

It was observed that average relief is more in Group B than Group A. Hence it can be said that **according to average relief %** Moolakadi Taila is effective than Pathyadi Guggul in Gridhrasi to

reduce Symptoms' and Patients' score. (Table 5.49) But this difference is not statistically significant because it is not greater than expected by chance.

Hence it is concluded that **according to statistical analysis** both drugs are almost equally effective.

### **Conclusion:**

Pathyadi Guggul and Moolakadi Tail have both shown encouraging results in the management of Gridhrasi.

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

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