

**Impact
Factor
4.574**

ISSN 2349-638x

Peer Reviewed And Indexed

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Journal

VOL-V

ISSUE-VII

July

2018

Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

**Efficacy of *Matra Basti* Along With Shaman Chikitsa
in The Management of *Gridhrasi* (Sciatica)****Dr. Ramkisan Somase**P.G. scholar, (Dept. of Kayachikitsa),
C.S.M.S.S Ayurveda Mahavidyalaya, Aurangabad.**Dr. Shrikant Deshmukh**Professor and HOD. (Dept. of Kayachikitsa),
C.S.M.S.S Ayurveda Mahavidyalaya, Aurangabad**Abstract**

Vatavyadhi are one of the most prevailing health problems and *Gridhrasi* is one of them. It is one of the painful conditions, where pain from the *Sphik* radiates up to the *Padathrough* the posterior aspect of *Kati*, *Prusta*, *Janu* and *Jangha* region. *Gridhrasi* can be correlated with *sciatica* based on symptoms. The increased use of computerization and also due to increasing body weight, mental stress, hectic work schedules and transportation methods all these add on to the improper posture which is one of the highlighted cause for spine and nerve compression disorders in the present scenario. The treatment available for *sciatica* in modern medicine is not very satisfactory. In *Ayurveda* *Gridhrasi* can be treated remarkably with *Panchakarma* and internal medicine. *Basti* is considered as *Aradhachikitsa* in *Ayurveda* treatment modalities. Here in the case study a female patient presenting with clinical features of *sciatica*. The patient was treated with classical treatments like *MatraBasti* with certain conventional oral medication. *Vajigandhaditaila* mentioned by *Yogaratanakar* was used for the *Matrabasti* karma which contains *Erandataila*, *Ashwagandha*, *Bala*, and *Dashmoola* which exert *vatahara* and *vedanasthapaka* action.

Keywords: *Gridhrasi*, *Sciatica*, *MatraBasti*, *Vajigandhaditaila*.**Introduction**

Pain is the chief cause of visiting a doctor in most patients. It is known as *Ruja* which is one of the synonyms of disease. It disturbs physical and mental status of a patient. Pain is cardinal symptom in most of the *Vatavyadhis*. *Gridhrasi* is such a *Rujapradhana* *Vatavyadhi*.

Gridhrasi (*Sciatica*) is one among 80 types of *Nanatmaja* *Vatavyadhi*.¹ It is a disorder in which low back pain is found, that spreads through the hip, to the back of the thigh and down the inside of the leg. On the basis of symptoms of *Gridhrasi*; it can be equated with the disease *sciatica* in modern science. It occurs due to spinal nerve irritation and is characterized by pain in distribution of sciatic nerve.

The cardinal signs and symptoms of *Gridhrasi* are *Ruk* (pain), *Toda* (pricking sensation), *Stambha* (stiffness) and *Spandana* (twitching) in the *sphik*, *Kati*, *Uru*, *Janu*, *Jangha*, and *Pada* in order and *sakthikshepa Nigraha*¹ i.e. restricted lifting of the leg.

Although low back pain is a common condition that affects as many as 80-90% of people during their lifetime, true *sciatica* occurs in about 5% of cases. *Sciatica* is more common between 30 and 50 years of age²

Basti is the most important among *panchkarma* due to its multiple effects. *Pitta* and *kapha* are dependent on *vata* as it governs their functions. *Basti* is not only best for *vata* disorder but also equally effective in correcting the morbid *pitta*, *kapha*, *rakta*.⁽²⁾ *Charak* has considered *Bastitherapy* as half of the treatment of all the disease, while some authors consider it as the complete remedy for all the ailments. *Basti* is one of the unique procedures explained for the management of *Vatavyadhi*, where *Gridhrasi* is being the predominant of *Vatadosha*, *basti* is being to use widely for the management of *Gridhrasi*.

Case report

Patient description & historical examination findings

- A 55-year-old female suffered from severe low back and left sided leg pain. She had episodic, worsening low back pain with restricted of left leg movements.
- The intermittent numbness, tingling and pain extended along the left leg progressively increased in frequency and intensity.
- These symptoms, of insidious onset 6 weeks prior, had caused patient to cease his daily activity e.g. forward bending, continuous sitting, household work or sleeping.
- General health issues included mild hypertension, 3-year history of migraine.
- Past family medical history was non-contributory.

Chief Complaints

- 1 Pain in the lower back region radiating to the posterior aspect of left leg
2. Sthambha (stiffness)
3. Spandana (Twitching)
4. Toda (pricking sensation)

Instrumentation: Scoring pattern was developed according to severity of symptoms.**Pain**

- 0: No pain
- 1: Painful, walks without limping
- 2: Painful, walks with limping but without support
- 3: Painful, can walk only with support
- 4: Painful, unable to walk Examination

Stiffness

- 0: No stiffness.
- 1: 20% limitation of normal range of mobility
- 2: 50% limitation of mobility
- 3: 75% or more reduction of normal range of movement

Pricking Sensation

- 0: No pricking sensation
- 1: Mild pricking sensation
- 2: Moderate pricking sensation
- 3: Severe pricking sensation

Twitching

- 0: No twitching
- 1: Mild twitching (sometime for 10-15 minutes)
- 2: Moderate twitching (daily for 15-30 minutes)
- 3: Severe twitching (daily more than 1 hour)

Grading of subjective and objective parameters before treatment

Pain: 3

Stiffness: 3

Pricking sensation: 2

Twitching: 2

Physical

Body weight: 64 kg

Heart Rate: 88/min

Respiration Rate: 22/min

Blood pressure: 140/90 mmHg

Edema /lymphadenopathy/pallor/icterus- Absent

Investigations

HB – 12.8 gm%

TLC – 7000 cumm

DLC – Neutrophils 56 Lymphocytes 38 Monocytes 4 Basophil 0 Eosinophil 2

ESR – 9 mm/hr

RA Test – Negative

Systemic examination-

CVS- s1, s2 normal

CNS- well conscious and oriented

R.S. - air entry equal... chest clear

P/A. soft, non-tender

Liver, kidney, spleen-not palpable

Edema /lymphadenopathy/pallor/icterus- Absent

Musculo-skeletal system -

1. Gait – limping

2. Upper limb-normal

3. Lower limb-stiffness in the calf and thigh region Deformity: absent

4. Examination of spine –

Inspection: No visible deformity

Palpation: tenderness – L5 S1 S2 region

Movement: cervical / thoracic: NAD

Lumber: flexion restricted

SLR Test: Right leg 80° and Left leg – positive at 40°

Ashtavidhpariksha

1) Nadi- 78/min.

2) Mutra-4-5times

3) Mala-regular (1/day)

4) Jivha– sama

5) Shabda-aatur, gambhirswara.

6) Sparsha– Ushnasparsha

7) Drik-snidha

8) Akruti– madhyama.

Dasavidhpareeksha (10 fold examination)

1. Prakruti: Vatakapha

2. Vikruti: Dosha- Vatapradhana

Dooshya –Asthi ,sandhi,

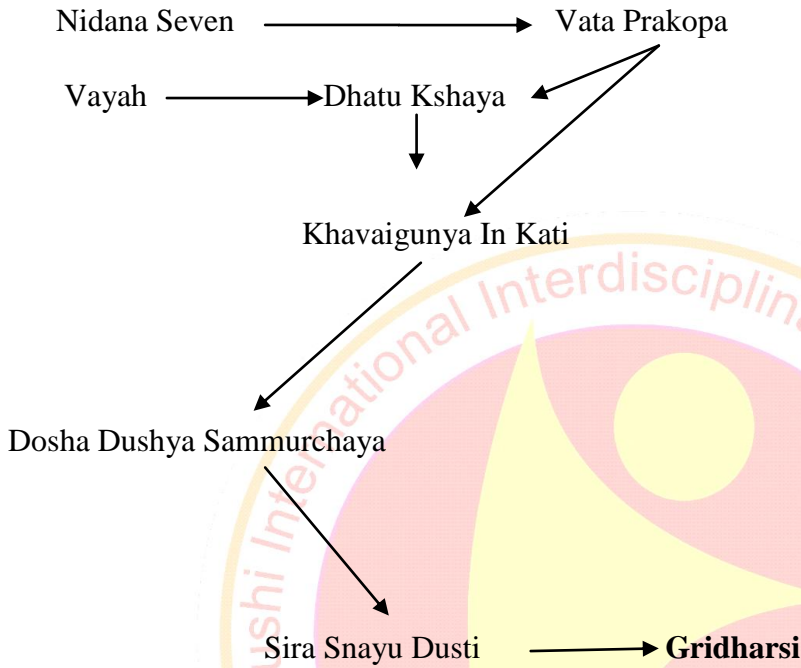
3. Satwa: Madhya

4. Sara: Madhyama

5. Samhanana: Madhyama

6. Pramana: Madhyama
7. Satmya: Sarva rasa
8. Aharasakti(power of intake & digestion of food): madhyama
9. Vyayamasakti(power of performing exercise): avara
10. Vaya(age): 55 yrs.

Samprapti –



Treatment Schedule

1. *Snehan* with *Sahacharaditaila* for 7 days
2. *Swedan* – *Dashmoolkwathnadisweda* for 7 days
3. *MatraBasti* with *Vajigandhadi Taiia*³ for 7 days
 - Dose -60 ml
4. Oral Medication – *Trayodashang Guggul Guggulu*⁴ 2 tab (500mg each) BD for 1 month

Ingredients of *MatraBasti*

Ingredients	Rasa	Virya	Vipak	Karma
Ashwagandha	Kashayatikta	Ushna	Madhur	Rasayana Vedanasthapana Balya Vatakaphaghna
Bala	Madhur	Shita	Madhur	Balya Vatakaphaghna
Bilva	Madhur Katu	Ushna	Katu	Balya Dipana Vatakaphaghna
Eranda	Katu Tikta Kashaya	Ushna	Madhur	Rasayana Balya Vatakaphaghna
Dashmoola				Shothohara Tridoshahara Vedanasthapana

Results

After completion of one month treatment clinical assessments were made from the Interrogation and gradation of scoring pattern there was a drastic change in the parameters

As:

Pain: 0

Stiffness: 1

Pricking sensation: 0

Twitching: 1

There was improvement in overall functional status after seven days treatment with vajigandhaditailamatrabasti. There was reduction in pain, stiffness, pricking sensation, twitching. The SLR angle was also improved. There was no need to take any pain killer during the treatment. There was no side effect observed during the treatment

As well as after the completion of treatment

Result:

- Walking distance: - Before treatment: - Patient had severe pain after walking 100 mts.
- After treatment: - Patient could easily walk without pain about 200 mts.
- Walking time: - Before treatment: - Patient took around five minutes to walk 100 steps.
- After treatment: patient took around three minutes to walk 100 steps.

Discussion

- In the Gridharasi there is involvement of Vata, Asthi and Sandhi Dushti. Hence this disease is considered as Madhyam Marga Roga. Samanyachikitsa of vatavyadhi is abhyang, swedan, basti. Snehan and swedan (Ch. Su. 22/11) acts as vatashamak, increases blood circulation and relieves pain by local action. Snehan karma stimulates the sensory nerve endings and provides strength to the muscles. Sahacharaditaila comprises mainly sahachara, devadaru, sunthi and tilataila. All these drugs are snigdha, ushna, vatakaphashamaka and possess anti-inflammatory and analgesic properties. Swedan enhance local microcirculation, by increasing the diameter and blood flow velocity of peripheral arterioles, delivering higher level of oxygen and nutrients to the injured cells. DashmoolkathNadisweda are ushna, vata-kaphaharaguna, which also help in relieving symptoms of Sciatica
- Tab. Trayodashangaguggul contains Abha, ashwagandha, hapusha, Guduchi, Shatavari, Gokshura, Guggul, Rasna, Shatahva, Shati, Yamini, Nagara, Sarpi. It acts as anti-inflammatory, muscle relaxant and it strengthens muscles and relieves pain. Basti is very much effective treatment for vatavyadhi. It acts on root of vatadosha and gives promising results in relieving pain and functional disability. It helps in absorption of vitamin B12 in gut, so it helps in regeneration of nerve. By this treatment, patient shows significant results in straight leg raising test, Low Back Pain, forward and backward bending. By this treatment patient is symptomatically improved. The subjective parameters show improvement in the clinical symptoms. This treatment is helpful to prevent the further more complication in lumbar pathology.

Conclusion

The present case study signifies the role of Matrabasti and TrayodashangaGuggulu in the treatment of Sciatica (Gridhrasi). The patient can make significant gains in symptoms and SLR angle in relatively short periods of time. Despite the limitations of this case study, conclude that the Matrabasti

and Trayodashnga Guggulu are simple and effective treatment modality for Sciatica without any adverse effects.

References:

1. Agnivesha: Charaka Samhita, with Ayurveda DeepikaTeekha by ChakarpaniDutta, Published by Chaukhambha Sanskrit sansthan ,Varanasi, fifth edition p 696
2. Stanley J. Swierzewski, Remedy Health Media. Sciatica Overview; www.healthcommunities.com [2]
3. Yogaratnakara. Vidyotinihindi commentary by VaidyaShriLaxmipatiShastry, edited by BhisagratnaShri Brahma Shankar Shastry, Vatavyadhiadhikara Varanasi; Chowkambha Sanskrit Samsthan ; 2005 p 720
4. KavirajaGovind Das Sen. BhaishajyaRatnavali, VatavyadhiRogadhikara 26/98- 101 Prof. Siddhi NandanMisra ed.2012,pg 526

