

# MANAGEMENT OF GRIDHRASI WITH DASHAMOOOLA KASHAYA ADHOKAYASEKA, ASTAKATVAR TAILA MATRA BASTI AND KAMSAKHYA GUGGULU – A CASE STUDY

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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. Such presentations were common in olden period too and ancient science of life named it as Gridhrasi. It is considered as Shoola Pradhana Vata Vyadhi. This is a case study of 55 year old female patient suffering from Low back ache and radiating pain in right lower limb since 4 years. Patient came with the classical Gridhrasi symptoms. Patient had taken allopathic oral medicines but did not get any relief. This case is treated with Dashamoola Kashaya Adhokayaseka, Astakatvara Taila Matra Basti and Kamsakhya Guggulu.*

**Management-1]**Dashamoola Kashaya Adhokayaseka 30 minutes for 8 days. **2]**Astakatvara Taila Matra Basti 48ml for 8 days. **3]**Kamsakhya Guggulu 1gm/day for 30 days after food.

**Results and Conclusion** – Dashamoola Kashaya Adhokayaseka, Astakatvara Taila Matra Basti and Kamsakhya Guggulu have significant therapeutic value in Gridhrasi.

**Key words** – Gridhrasi, Sciatica, Dashamoola Kashaya Adhokayaseka, Astakatvara taila Matra Basti, Kamsakhya Guggulu.

**INTRODUCTION**

*Gridhrasi* is one of the *Vata Vyadhi*, characterized by *Stambha*(Stiffness), *Ruja*(Pain), *Toda*(Pricking Sensation) and *Muhur Spandan*(Twitching) in *Sphik*(Gluteal region), *Kat*(Lumbar region), *Prusta*(Thoracic region), *Uru*(Thigh region), *Janu*(Knee joint), *Jangha*(Calf muscles) and *Paada*(Soles)<sup>1</sup>. *Acharya Sushruta* opines that when two *Kandara* in the leg gets afflicted with *Vata Dosha*, it limits the extension of leg, resulting in *Gridhrasi* and also *Sushruta* explains that *Saktikshepa Nigraha*<sup>2</sup> i.e we can correlate with SLR Test. In *Vatakaphaja* type of *Gridhrasi*, *Tandra*, *Gaurava*, *Arochaka* will seen. In the modern parlance *Gridhrasi* can be correlated with sciatica symptomatically.

Sciatica is relatively common condition with a life time incidence varying from 13% to 40%<sup>2</sup>.

The prevalence rate of low back pain has been found to range from as low as 6.2% to as high as 92% depending upon occupation of people. It's found that 9 times more risk after 35 years of age.

Sciatica frequently results from degenerative changes of lumbosacral spine or disc and manifests as unilateral neuropathic pain extending from the gluteal region down to the postero lateral aspect of the leg to the foot<sup>3</sup>.

In *Gridhrasi* *Vata* and *Kapha* gets *Prakopa* and gets obstructed in *Raktavaha Srotas* involving *Sira*, *Kandara* and *Snayu*. *Vata* takes *Adhistan* in above mentioned *Sthanas* leading to *Raktadi Dhatu Dushti*<sup>4</sup>.

Different *Acharya's* have mentioned various effective therapeutic procedures like *Siravyadha*, *Basti Karma*, *Agni Karma*, *Shastra Prayoga* and many *Shamanoushadhi's* for the management of *Gridhrasi*<sup>5,6,7,8</sup>

Management of Sciatica in modern science involves administration of NSAIDs and narcotics. These may help to relieve symptoms but these may cause gastric problems, headache, dizziness, liver & kidney dysfunction etc<sup>5</sup>. In chronic low back pain surgical intervention is indicated<sup>9</sup> but post surgery

there might be significant amount of pain at area of incisions and may disturb patient's routine activities for about 3 to 4 months<sup>10</sup>.

**CASE REPORT**

This is a case of 55 year old female patient with average economic background housewife who presented in OPD on 5/4/2019 with

Chief Complaints as

1. Pain in low back region since 4 years
2. Pain radiating from Lumbar region to Right lower limb since 3 years
3. After walking more than 20 steps patient get tingling sensation and numbness in right lower limb Pain
4. Pain has aggravated since 20 days

Patient was apparently normal 4 years back. Then gradually she developed pain in lumbar region. Since 3 years pain is radiating to right lower limb and after walking approximately more than 20 steps she will get tingling sensation and numbness in right lower limb. The pain is sharp shooting nature which increases more while walking. Symptoms aggravated since 20 days.

On physical examination the general condition of patient was good with normal cardiovascular and respiratory functions.

BP-130/90 mm of Hg

PR-78/min

Weight-77

Height-152cms

Gait-Dragging type.

SLR Test- Right-Positive 30°

Left-Negative

Bragard's Sign-Right-Positive

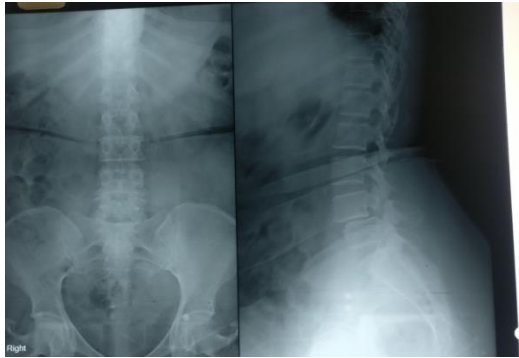
Left-Negative

Reflexes were normal in both lower limbs. Among sensory functions, Pin prick sensation was normal in both lower limbs.

#### Investigation

1. X-ray Lumbar Spine AP & Lateral View

#### Image of X-ray



Grade 2 anterolisthesis of L4 over L5 vertebra with L4 spondylolysis

#### MANAGEMENT

Treatment was planned as advised in the text for *Grdhrasi*. Total duration of study was 45 days. 30 days treatment and next 15 day follow up.

1. *Adhokayaseka* with *Dashamoola Kwatha*<sup>11</sup> 30 minutes for 8 days
2. *Matra Basti* with *Astakatvara Taila*<sup>12</sup> 48ml for 8 days
3. *Kamsakhya Guggulu*<sup>13</sup> 1gm/day for 30 days
4. Follow up on 45<sup>th</sup> day

Table No.1 Chikitsa Krama

Sl. No	Chikitsa ( method of Preparation )	Oushadhi	Kalpa	Kala	Matra
1	<i>Adhokaya seka</i>	<i>Dashamoola kwatha churna</i>	<i>Kwatha</i>	1 <sup>st</sup> day to 8 <sup>th</sup> day	3 litres for 30 minutes
2	<i>Matra Basti</i>	<i>Astakatvar Taila</i>	<i>Taila</i>	1 <sup>st</sup> day to 8 <sup>th</sup> day	48ml
	<i>Purva Karma</i>	1) <i>Sthanika Abhyanga</i> with <i>Astakatvara Taila</i> for 10 minutes 2) <i>Sthanika Swedana (Nadi sweda)</i> for 10 minutes 3) <i>Pathya Ahar Sevan</i>			
	<i>Pradhan Karma</i>	1) Administration of <i>Basti</i> with <i>Astakatvar Taila</i> – 48ml			
	<i>Paschat Karma</i>	1) <i>Tadan Karma</i> 2) Massage over abdomen (Anticlockwise direction) 3) Both lower limbs should be lifted for 3 times 4) Rest			
3	Oral	<i>Kamsakhya Guggulu</i>	<i>Vati</i>	1 <sup>st</sup> day to 30 <sup>th</sup> day	1gm/day-500mg bid After food.

Table No.2 Observation of Chikitsa

Day	Date	Adhokayaseka Time	Matra Basti Time		Retention time
			Bastidana Kala	Basti Pratyagamana Kala	
1	6/3/2019	2:30 pm	3:00 pm	9:30 pm	6:30 hrs
2	7/3/2019	2:30 pm	2:55 pm	7:30 pm	4:30 hrs
3	8/3/2019	10:00 am	10:40 am	7:00 pm	7:20 hrs
4	9/3/2019	10:15 am	10:55 am	5:00 pm	6:00 hrs
5	10/3/2019	10:30 am	10:50 am	7:00 pm	8:10 hrs
6	11/3/2019	10:00 am	10:40 am	7:00 pm	8:20 hrs
7	12/3/2019	9:30 am	10:05 am	5:30 pm	7:30 hrs
8	13/3/2019	11:30 am	10:10 am	6:00 pm	8:00 hrs

Table No.3 Grading Scale of Symptoms

<b>1. Stambha (Stiffness)</b>	Grade
No Stiffness	0
Mild Stiffness	1
Moderate Stiffness	2
Severe Stiffness	3
<b>2. Ruk (Pain)</b>	
No Pain	0
Painful, walks without limping	1
Painful, walks with limping but without support	2
Painful, can walk only with support	3
Painful, unable to walk	4
<b>3. Toda (Pricking sensation)</b>	
No pricking sensation	0
Mild pricking sensation	1
Moderate pricking sensation	2
Severe pricking sensation	3
<b>4. Spandana(Twitching)</b>	
No twitching	0
Mild twitching	1
Moderate twitching	2
Severe twitching	3
<b>5. Grahana(Difficulty in movements)</b>	
No difficulty in movements	0
Mild difficulty in movements	1

Moderate difficulty in movements	2
Severe difficulty in movements	3
<b>6. Aruchi(Loss of taste)</b>	
No anorexia	0
Mild anorexia	1
Moderate anorexia	2
Severe anorexia	3
<b>7. Tandra(Stupor)</b>	
No stupor	0
Mild stupor	1
Moderate stupor	2
Severe stupor	3
<b>8. Gaurava(Heaviness)</b>	
No heaviness	0
Mild heaviness	1
Moderate heaviness	2
Severe heaviness	3
<b>9. SLR Test</b>	
More than 90	0
71-90	1
51-70	2
31-50	3
Up to 30	4

Table No.3 BT-AT Comparison of Symptoms

Symptoms	BT	AT	F/U
<i>Stambha</i>	02	01	00
<i>Ruk</i>	02	00	00
<i>Toda</i>	03	00	00
<i>Spandana</i>	02	01	00
<i>Grahana</i>	03	01	00
SLR test	04 (Rt-30)	01 (Rt-80)	01 (Rt-80)
Bragard's Sign	Positive	Negative	Negative
Schober's Test	Positive	Negative	Negative

**DISCUSSION**

When we analyse the cause for the disease, here the cause is lumbar spondylolysis. In lumbar spondylolysis and spondylitis causative *Doshas* are *Vata & Kapha*. *Vata* is causative factor because *Chala Guna* of *Vata* got *Vikruta* here. In all *Sandhis* even in Vertebral joints *Shleshaka Kapha* will be present hence here *Kapha* also got *Vikruta*. Hence we should go for both *Vata Kapha Shamana Chikitsa*.

This is a case of *Vatakaphaja Gridhrasi*. As we already know that *Basti* is the best line of treatment in all *Vata Vyadhis*. *Basti* is considered as *Ardha Chikitsa*. *Swedana* is helpful in relieving *Sanga* of *Kapha*, *Stambha* and *Shoola*. *Guggulu* is best *Vedanashamaka*. *Dashamoola Kashaya Pariseka* being *Saagni* and *Drava Sveda* helps in removing *Sanga* and does *Vatanulomana*. Hence it posses *Stambhagna*, *Shoolahara* properties. *Astakatvara Taila* is *Rooksha*, *Ushna Sneha* helps in relieving *Sanga* and does *Prasadana* of *Dhatu*s. *Kamsakhya Guggulu* is indicated in *Ghridrasi* by *Gadanigrahakara*<sup>14</sup> as *Shamanoushadi*. As it is having *Tikta*, *Kashaya Rasa Pradhanyata* helps in *Rakta prasadana* and gives stability to *Dhatu*s.

**CONCLUSION**

*Gridhrasi* is a *Vata Vyadhi* which can be correlated with *Sciatica* (radicular pain), *Sciatica* is the pain in the course of *Sciatic nerve*, due to any underlying condition. However some cases resolve through *Analgesics* and *physiotherapy* but again the condition will aggravate after stopping the medications. In many cases surgery is the choice of treatment but surgery may or may not relieve the symptoms instead have many complications. By the above case study and results it suggests the efficacy and involvement of *Basti* at the pathological level, *Seka* and *Kamsakhya Guggulu* helps in pain management. But results need to be confirmed by doing randomized trials in large sample.

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