

**EFFICACY OF KSHEERBALADI TAIL MATRA BASTI IN THE
MANAGEMENT OF GRUDHRASI- A CASE STUDY****Dr. Parul***

(MD Panchakarma & Senior Research Fellow In Rajaramdeo Anandilal Podar-Central
Ayurvedic Research Institute "CCRAS") Worli-Mumbai, Maharashtra.

Article Received on
21 Oct. 2021,

Revised on 11 Nov. 2021,
Accepted on 01 Dec. 2021

DOI: 10.20959/wjpr202114-22384

Corresponding Author*Dr. Parul**

(MD Panchakarma & Senior
Research Fellow In
Rajaramdeo Anandilal
Podar-Central Ayurvedic
Research Institute
"CCRAS") Worli-Mumbai,
Maharashtra.

ABSTRACT

Sciatica is one of the most pervasive diseases in the world and the leading cause of disability, the fifth most common cause of hospitalization and the third most frequent reason for a surgical procedure. Grudhrasi (Sciatica) is affecting lower extremity resulting from irritation of the sciatic nerve. Tail (Oil) is the best that can be used to reduce all types of Vatavyadhi (Vata predominance disorder). Sciatica is a relatively common condition with a lifetime incidence varying from 13% to 40%. As the age criteria for this is moving from 40-60 years to 19-60 years. The younger group suffers from taking Analgesic management to solve this problem which has its own side effects on body like kidney disorders etc. In Sciatica, Basti (Enema) is one of the best treatments. According to Charaka, Basti called as Ardha Chikitsa (Half treatment). For this research work, we use this

Ksheerbaladi tail Matra Basti for treatment aspect. Contents of Ksheerbaladi tail are vatashamak (Vata subside property) that's why it helps to relieve pain & inflammation in vatavyadhis, like arthritis, sciatica, myalgia, spondylosis, paralysis. Total 25 patients are selected for this prospective randomized open controlled clinical study as per inclusion and exclusion criteria. Ksheerbaladi tail Matra Basti has good result in some lakshana (Symptom) of Grudhrasi. There is 81.50% remission in spandana (fasciculation), 76.30% in radiation of pain & 78.30% in stambha (Stiffness), 76.70% in Ruk (Pain), 74% in toda (Pricking pain), 79.80% in SLR test. All the patients responded favourably to the treatment; however, patients with Ksheerbaladi tail Matra Basti had better relief in most of the symptoms of disease.

KEYWORDS: Matra Basti, Ksheerbaladi Tail, Sciatica, Grudhrasi.

INTRODUCTION

Sciatica characterized by pain in the distribution of the Sciatic nerve or its component nerve roots.^[1] However, Sciatic nerve lesions can occur due to pressure in the buttock or upper part of thigh.^[2] Sciatica symptoms include pain that people typically feel from the low back to behind the thigh & radiating down below the knee. While sciatica is most commonly a result of a lumbar disc herniation directly pressing on the nerve, any cause of irritation or inflammation of the sciatic nerve can produce the symptoms of Sciatica.^[3] According to Acharya Charak, pain starts at sphik (Lumbar) & radiates to buttocks, back of thigh, knee, calf, foot in order of sequence is known as Grudhrasi. When vata is predominant patient gets stambha (Stiffness), ruja (Pain), toda (Piercing pain), spandana (Fasciculation) and if Kapha is predominant patient may have additional symptoms such as tandra (Drowsiness), gaurava (Heaviness) and aruchi (Tastelessness).^[4]

1.1 AIM AND OBJECTIVES

1. Randomized open controlled clinical study of Ksheerbaladi tail Matra Basti in the management of Grudhrasi w.s.r to Sciatica.
2. To study the etiopathogenesis of Grudhrasi according to Ayurveda & Modern science.^{[5][6][7]}

MATERIAL AND METHODS

A prospective randomized open controlled clinical conducted on 25 diagnosed subjects. Patients selected as per our inclusion & exclusion criteria.

2.1. Drug Review^[8]

Ksheerbaladi tail purchased from GMP approved pharmacy.

KSHEERBALADI TAIL MATRA BASTI

Tail	Ksheerbaladi Tail
Mode of administration	Anorectal route (Basti)
Dose	60ml
Duration	14 Days
Kal	30 min. after lunch
Follow up	7 th day, 15 th day, 30 th day

2.2 Inclusion Criteria

1. Patients will be included irrespective of sex, religion, economical status, education, occupation etc.
2. Age group : 30-60 Years
3. Patients having complaints of stiffness, piercing pain, fasciculation in sphik, buttocks, back of thigh, knee, calf & foot.

2.3 Exclusion Criteria

1. VatakaphajaGrudhrasi (Sciatica having Kapha predominance symptoms)
2. Traumatic, infective, neoplastic, condition of spine, tuberculosis, AIDS, uncontrolled diabetes mellitus, uncontrolled hypertension and pregnancy was excluded.

2.4 Assessment Criteria

2.4.1 Subjective Parameters^[9]

1. Radiation of pain
2. Stambha (Stiffness)
3. Ruk (Pain)
4. Toda (Pricking sensation)
5. Spandana (Fasciculation)
6. S.L.R test.^[10]

2.5 Gradation Chart

2.5.1 SPHIK PURVA KATI PRISTHA, URU JANU JANGHA PADA KRAMAT VEDNA (RADIATION OF PAIN)

Grade	Assessment
0	Pain in lumbar region not radiates to anywhere
1	Pain in lumbar region radiates upto thigh
2	Pain in lumbar region radiates upto Calf
3	Pain in lumbar region radiates upto feet

2.5.2 STAMBHA (STIFFNESS)

Grade	Assessment
0	No stiffness
1	Mild Stiffness
2	Moderate Stiffness
3	Severe Stiffness

2.5.3 RUK (PAIN)

Grade	Assessment
0	Pain free
1	Mild Pain
2	Moderate Pain
3	Severe Pain

2.5.3 TODA (PRICKING SENSATION)

Grade	Assessment
0	No pricking sensation
1	Mild pricking sensation
2	Moderate pricking sensation
3	Severe pricking sensation

2.5.4 SPANDANA (FASCICULATION)

Grade	Assessment
0	No fasciculation
1	Occasionally discontinued fasciculation
2	Occasionally continued fasciculation
3	Persistent continued fasciculation

2.5.5 SLR TEST

Grade	Assessment
0	> 70° (Normal)
1	51° - 70° (Mild form)
2	30° -50° (Moderate form)
3	<30° (Severe form)

RESULTS AND DISCUSSIONS

This is randomized clinical open controlled trial carried out on 25 diagnosed patients of Grudhrasi. Patients selected as per inclusion & exclusion criteria. Data analysis done by T paired test.

Symptoms	No of Patients	BT ¹	AT ²	SD ³	SE ⁴	Relief %	T value	P value
Sphik Purva Kati Pristha, Uru Janu Jangha Pada Kramat Vedna	23	1.28	0.46	1.06	0.24	76.30%	7.33	<0.001
Stambha	25	2.56	0.56	1.53	0.38	78.30%	8.44	<0.001
Ruk	21	2.44	0.79	1.43	0.65	76.70%	8.66	<0.001
Toda	23	2.38	0.56	1.34	0.53	74.00%	7.95	<0.001
Spandana	22	2.51	0.81	1.57	0.87	81.50%	8.54	<0.001
SLR Test	24	2.71	0.76	1.24	0.56	79.80%	7.63	<0.001

In modern medicine, the complete medicine for Sciatica still not available. The medicines used in Sciatica are mainly pain-killers, NSAID's which cannot pacify the disease but provides temporary relief. On other side, many side effects like gastritis, ulceration of mucosal layer of stomach, heart burn, constipation, drowsiness, dizziness, ringing in your ears, skin itching, dry mouth are added as an unwanted results. Ksheerbaladi tail can't produce any adverse effect.

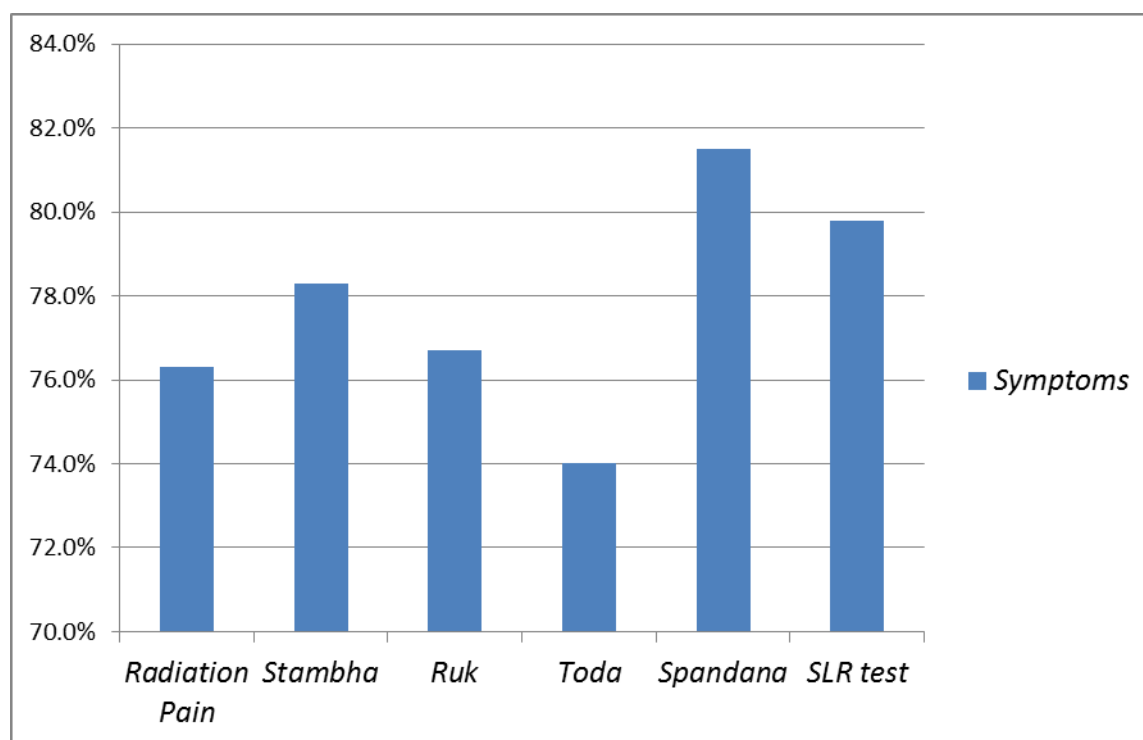


Fig. 1: Reduction in symptoms of Grudhrasi.

CONCLUSION

Ksheerbaladi tail shows better results in some symptoms of Grudhrasi i.e. stambha, radiation of pain & spandana.

Declaration of interest

The authors report no conflicts of interest. The authors alone are responsible for the content and writing of this article.

REFERENCES

1. Low Back Pain& Sciatica: Overview Pathophysiology, Copyright © 1994-2019 by WebMD LLC, Author – Jaswinder Chawla, MD, MBA, Chief Editor: Stephen A Berman,

MD, PHD, MBA updated 22nd Aug 2018,
<https://emedicine.medscape.com/article/1144130-overview>

2. Sciatica Treatment, Diagnosis, Causes, Symptoms, Copyright ©1996-2018 MedicineNet, Inc., Author – William C. Shiel Jr., MD, FACP, FACR, Editor: Melissa Conrad Stoppler, MD, <https://www.medicinenet.com/sciatica/article.htm>
3. M.A Stafford, P. Peng, D.A. Hill, Sciatica: a review of history, epidemiology, pathogenesis, and the role of epidural steroid injection in management, BJA: British Journal of Anaesthesia, 17th August 2007, Volume 99, Issue 4, October 2007, Pages 461–473.
4. Dr Polepally Yadaiah B.A.M.S (osm), M.D. (Ayu.) Jamnagar, Clinical Panchakarma, Sujit Bhawan, Jatharpeth, Akola, Jaya Publications, Page No. 280.
5. Shri Madhavkara with Madhukosha Sanskrit commentary by Shri Vijayrakshita and Sri Kanthadutta with vidyotini Hindi commentary & notes by Sri Sudarsana Shastri edited by Ayurvedacharya Sri Yadunandanopadhyaya, Madhav Nidana, Poorvardh, Reprint Edition samvat 2064, Varanasi, Chaukambha Prakashan, Page No. 483, Chapter 22, Vatavyadhi Nidanam, Shloka No. 54-56.
6. John D Stobo, MD, David B. Hellmann, MD, Paul W. Ladenson, MD, Brent G. Petty, MD, Thomas A. Traill, The principles & Practice of Medicine, 23rd Edition Chapter, McGraw-Hill Medical, 24th June 1996, Page No. 261-265.
7. Davidson's Principles & Practice of Medicine edited by Christopher Haslet & Edwin. R. Chilvers, Nicholas A. Boon, Nicki R. College, International Editor- John A.A Hunter, Edition 19th, Chapter 22. Page No. 1191.
8. Dr R. Vidyanath and Dr K. Nishteshwar, Sahasra Yoga – A textbook with English translation, 2nd edition, Varanasi, Chaukhamba Sanskrit Series Office, 1st April 2007, Chapter Taila Prakaran, Page no. 1-2.
9. Acharya Agnivesha, Charak Samhita, Savimarsha vidyotini Hindi vyakhaya by Pandit Kashinath Shastri evum Vd. Gorakhnath Chaturvedi, Reprint 2009, Varanasi, Published by Chaukambha Bhartiya Academy, Page No 787, Chapter Chikitsa Sthana, Chapter 28, Shloka 56.
10. Golwalla, Medicine for Students, 20th Edition, Empress Court, Churchgate, Mumbai, published by Dr A.F. Golwalla, Page No 574-577.