

MANAGEMENT OF GR̥DHRASĪ VĀTA WITH VYOṢĀDYA TAILA KAṬI VASTI: A CASE STUDY

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ABSTRACT

Gr̥dhrasī is mentioned under Vāta ja nānātma ja vyādhi. It is caused by Vāta subsequently there is a Kaphānubandha. The cardinal symptoms of Gr̥dhrasī are Stambha (Stiffness), Rūk (Pain), Tōda (Pricking pain), Graha (Tightness) and Spandana (Frequent twitching) in the Sphik, kaṭi, prsta, uru, janu, jangha and pāda in order (Ca.Ci28:56). Tandrā (Drowsiness), Gaurava (Heaviness) and Aruci (Anorexia) are also found in kaphanubandha type of gr̥dhrasī in addition to above symptoms. Suśruta explained the involvement of kaṇḍarā in the pathogenesis of Gr̥dhrasī. He specified that there will be an important sign ‘Sakthnot kṣepaṃ nigr̥hniyāt’ i.e., restriction in lifting the affected leg. It maybe worth mentioning here that Ācārya Caraka listed the symptomatology of the illness and Ācārya Suśṛta was particular about the signs of disease there by completing the total clinical presentation of Gr̥dhrasī.

The signs and symptoms found in *Gr̥dhrasi* are similar to the condition

‘Sciatica syndrome’ mentioned in modern system of medicine. Sciatica is a term used to explain a set of symptoms including pain, numbness, tingling and weakness starting from the low back and or buttocks and radiating towards the foot through the back of the thigh, knee joint and leg when one or more of the 5 nerve roots forming the sciatic nerve, itself is either compressed or irritated. *Vyoṣādyā taila* (*Vṛnda Mādhava* 22(227– 230)) is selected for the present study, where there is a direct indication for Gridhrasi. Ayurvedic treatment protocol planned with a course of Abhyanga and swedana for 3 days. Kati vasti with *Vyoṣādyā taila* for 14days. The efficacy of treatment was assessed by Objective Parameters (Standard methods

of international scoring) and by adopting scoring methods for the Subjective Parameters. Assessment was done initially before the medical intervention, immediately after the completion of treatment.

KEYWORDS: *Gr̥dhrasi Vāta*, *Sciatica*, *Kaṭi Vasti*, *Vyoṣādyā taila*.

INTRODUCTION

Gr̥dhrasī is mentioned under *Vātajā nānātmajā vyādhi*.^[1] The root cause for disease is vata dosha which causes diseases in shakhas, koshtas, marma pradesha, urdhwanga, sarva avayava. Vata is responsible for dislodgement or combination of vit, mutra, pitta and kapha. Hence to say any malfunction in the body is caused by vata dosha. It is responsible for all movements in the body hence under the term “*Nanatmaja Vyadhi*” of Vata 80 disease have been included which covers wide range of symptoms like monoplegia, diplegia, hemiplegia, paresis, paralysis of muscles, facial paralysis, neuralgia, stiffness of muscles, sciatica, spondylitis, tremors, convulsions, atrophy of muscles & cramps. The term *Gr̥dhrasī* indicates the typical gait that resembles of *Gr̥dhra* i.e., vulture. The cardinal symptoms of *Gr̥dhrasī* are *Stambha* (Stiffness), *Rūk* (Pain), *Tōḍa* (Pricking pain), *Graha* (Tightness) and *Spandana* (Frequent twitching) in the *Sphik*, *kaṭi*, *prsta*, *uru*, *janu*, *jangha* and *pāda* in order (Ca.Ci28:56).^[2] These are cardinal symptoms of *Vātajā Gr̥dhrasī*. *Tandrā* (Drowsiness), *Gaurava* (Heaviness) and *Aruci* (Anorexia) are found in *Kaphānubandha Vāta* type of *Gr̥dhrasī* in addition to above symptoms. *sakthnah kṣe pam nigrhniyat* i.e restricted lifting of the leg (su.ni.1:74)^[3] specified by *susruta*, it can be correlated to Straight leg raising test. The signs and symptoms in *Gr̥dhrasi* are similar to the condition ‘*Sciatica syndrome*’ mentioned in modern system of medicine. *Sciatica* prevalence from different studies ranged from 1.2% to 43%.^[4] The life time incidence of *sciatica* varies from 10-40% while the annual incidence of an episode of *sciatica* can between 1% to 5%.^[5] Depending on how it is defined, 2% to 40% of people have *sciatica* at some point in life time.^[6] It is most common during peoples 40^s and 50^s and men are more frequently affected than women^[7] *Sciatica* is a term used to explain a set of symptoms including pain, numbness, tingling and weakness starting from the low back and or buttocks and radiating towards the foot through the back of the thigh, knee joint and leg when one or more of the 5 nerve roots forming the sciatic nerve or the sciatic nerve itself is either compressed or irritated. *Kaṭivasti* with *Vyoṣādyā taila* was selected as it has been recommended in *vātavyadhi Rogadhikara* of *Vṛnda Mādhava*.^[8]

CASE REPORT

A 41 years old male patient, police officer by occupation, belonging to the middle class, asymptomatic before 6 months. Then he gradually developed low back ache radiating to both lower limbs. Heaviness, Difficulty and pain while walking since 4months. He consulted allopathic hospital and used medications for 2 months but didn't found much relief, then he came to Panchakarma OPD department of S.V Ayurvedic college Tirupati, Andhra Pradesh, India.

Personal history

- Diet: Mixed
- Appetite: Good
- Micturition: 5 - 6 times per day
- Bowel : Regular
- Sleep: Disturbed
- Addictions: Nil

General examination

- Pallor: Absent
- Icterus: Absent
- Cyanosis: Absent
- Clubbing: Absent
- Lymphadenopathy: Absent
- Edema: Absent
- Built: Moderate

Vitals

- Pulse rate: 85bpm
- Blood pressure: 130/80 mm of hg
- Respiratory rate: 16/ min.
- Temperature: Normal

Details of locomotor examination**Locomotor examination****Inspection**

- Antalgic gait

- Difficulty in walking and sitting for long duration Palpation
- Good muscle tone
- L4-L5 region tenderness
- Muscle power – 5/5 (Both lower limbs) Straight Leg Raising test (Active)
- Right – 40°
- Left - 50°

Coin test: Right – Positive, Left – positive

Bragards test: Right – Positive, Left – positive

Investigations

Hb % - 14.2 gm/dl

TC - 8,700 cells/cumm ESR - 30 mm/hr

FBS - 93 mg/dl PPBS - 108 mg/dl

MRI (Lumbo-sacral spine)

- Degenerative disc bulge at L4-L5, L5-S1 indenting the thecal sac causing B/L lateral recess and neural foraminal narrowing impinging the b/l exiting and traversing nerve roots with adequate spinal canal.

Diagnosis: Vata kaphaja Gridhrasi

Plan of treatment

Shamana therapy

- Trayodasanga guggulu 1-0-1
- Rasna 1-0-1
- Nirgundi tailam E/A

Sarvanga Abhyanga with Nirgundi taila and Nadi sweda for first 3 days, then Kati Vasti with Vyoshadya taila for 14 days

Quantity of oil – 200ml/day

Day of treatment	Duration (in minutes)	Temperature (Celsius)	Depth in inches
1st day	30	41°C – 45°C	2
2 rd day	30	41°C – 45°C	2
3 rd day	30	41°C – 45°C	2
4 th day	30	41°C – 45°C	2
5 th day	30	41°C – 45°C	2

6 th day	30	41 ⁰ C – 45 ⁰ C	2
7 th day	30	41 ⁰ C – 45 ⁰ C	2
8 th day	30	41 ⁰ C – 45 ⁰ C	2
9 th day	30	41 ⁰ C – 45 ⁰ C	2
10 th day	30	41 ⁰ C – 45 ⁰ C	2
11 th day	30	41 ⁰ C – 45 ⁰ C	2
12 th day	30	41 ⁰ C – 45 ⁰ C	2
13 th day	30	41 ⁰ C – 45 ⁰ C	2
14 th day	30	41 ⁰ C – 45 ⁰ C	2

Parameters for assessment

S. no.	Parameter	Before treatment 0 th day	After treatment 15 th day
1	Slrt	Right – 40 Left – 50	Right – 70 Left – 85
2	Aberdeen low back pain disability scale	48	15
3	Roland morris disability questionnaire	16	4
4	Walking time on average	17.9 secs/10mts on average of 3times without support	10.6 secs/10mts on average of 3times without support

Criteria specially prepared for assessment of Gridhrasi Vata (Symptom score)

Stambha (stiffness)	:	Score	BT 0 th Day	AT 15 th Day
No stiffness	:	0		<input type="checkbox"/>
Some times for 5 - 10 minutes	:	1		
Daily for 10 - 30 minutes	:	2	<input type="checkbox"/>	
Daily for 30 - 60 minutes	:	3		
Daily more than 1 hour	:	4		
Ruk (pain)	:			
Ruk (pain)	:	0		
Occasional pian	:	1		<input type="checkbox"/>
Mild pain but no difficulty in walking	:	2		
Moderate pain but slight difficulty in walking	:	3	<input type="checkbox"/>	
Severe pain with severe difficulty in walking	:	4		
Toda (pricking sensation)				
No pricking sensation	:	0		
Occasional pricking sensation	:	1		<input type="checkbox"/>
Mild pricking sensation	:	2		
Moderate pricking sensation	:	3	<input type="checkbox"/>	
severe pricking sensation	:	4		
Grihnati (tightness)				

	No tightness	:	0	<input type="checkbox"/>	<input type="checkbox"/>
	Occasional tightness	:	1		
	Mild tightness	:	2		
	Moderate tightness	:	3		
	Severe tightness	:	4		
	Gaurava (heaviness)				
	No heaviness	:	0		
	Mild heaviness	:	1		<input type="checkbox"/>
	Moderate heaviness	:	2		
	Severe heaviness	:	3	<input type="checkbox"/>	

DISCUSSION

Kaṭi vasti is a form of snehayukta sweda. To treat vata, Sneha and usna is essential. Both this Sneha and usna is achieved by Kaṭi vasti. Vyoṣāḍya Taila is having usna guna and it is potencified by heating and Sneha guna of this taila, both these gunayukta upakrama pacifies vata dosa, since it is having usna it pacifies kapha dosa. Sneha combats ruksha guna caused by vata. Sneha has apya mahabhuta, thus lubrication in joints is maintained with snehana. Sveda chiefly acts against the seeta guna of vata and kapha and reduces the stambha and gaurava. Hence Vyoṣāḍya Taila Kaṭi vasti pacifies vata kapha dosa. Acharya susruta stated –romakupa (Hairfollicles) are attached to the tiryak dhamani (Subcutaneous vessels/ arteries). Tiryakgata dhamanis reaches upto skin by dividing hundreds of branches and thousands of sub-branches and then innumerable, their openings are attached to hairfollicles. The medicated oil applied over the skin absorbed through openings of hairfollicle and undergo pachana (Absorption) by the help of bhrajaka pitta which is situated in the skin. Topical applications can lead neuronal stimulation and reduces pain. Prolong hot fomentation leads to acetyl choline secretion and promotes vasodilation which later causes reduction in muscle spasm and pain.

Height of the dough must be 2 inch. If it is less then, 200 ml of oil cannot be retained properly. If it is >2 inch purpose of increasing the height is not fulfilled. 12 cm of diameter is considered as the ideal diameter. As it is able to retain 200 ml of oil in the stipulated 2 inch of the height. Simultaneously reduction in pain and other features were also observed. Diameter less than 12 cm eventhough they are having 2 inch of height could not retain 200 ml of oil, and resulting in spillage. It has been observed and standardized that minimum of 150 up to 200 ml of oil is required per procedure. Less than 150 ml showed minimum improvement in the pain and suggests the minimum requirement. More than 200 ml of oil shows the clinical improvement similar to that of 200 ml. hence it may be opined that more than 200 ml is also not beneficial.

Vyoṣādyā taila

vyoṣādyā taila is explained in Vatavyadhi Chikitsa of Vrinda Madhava , Where there is a direct indication in Gridhrasi.

In vyoṣādyā taila, Most of the drugs are having Vata Kapha hara property. The combination of Vyōṣa (Trikatu), Pippalimoola, Devadaru, and Vajigandha balances Vata dosha, alleviating sciatic nerve compression, numbness, tingling, and muscle weakness. Concurrently, Saindhava Lavana, Amṛta, and Kusta reduce Kapha accumulation, minimizing swelling and inflammation in affected areas. The main ingredient of vyosha possesses Deepana property, thereby alleviating Aruchi .The anti-inflammatory effects of Rasna, Madhuka, and Devadaru reduce pain and swelling, while Vacha and Shati protect neurons from oxidative damage, preventing further degeneration. The snigdha (Unctuous) and ushna (Warming) properties of Vyoshadi Taila relax muscles, reducing spasticity (Stambha). Due to these actions, Vyoshadi Taila provides comprehensive relief from sciatica-related symptoms.

CONCLUSION

Kati Basti has shown promising results as a non-invasive, holistic treatment for Gridhrasi (sciatica). By delivering warm medicated oils directly to the lumbosacral region, Kati Basti enhances circulation, reduces inflammation, and strengthens the underlying musculature. Kati Vasti with Vyoshadi Taila has shown promising therapeutic benefits in the management of Gridhrasi (Sciatica). The localized application of warm medicated oil ranging temperature from 41⁰C – 45⁰C, depth 2 inches provides significant relief from pain, stiffness, and associated neurological symptoms by pacifying aggravated Vata Dosha—primarily responsible for the condition. Vyoshadi Taila, with its potent Vata-Kapha pacifying, analgesic, and anti- inflammatory properties, enhances the effectiveness of Kati Vasti, improving local circulation and reducing nerve compression symptoms.

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