

**EFFECT OF VAITHARAN VASTHI AND MAJJA VASTHI IN
MANAGEMENT OF SCIATICA - A CASE STUDY****Dr. Vipin Krishnan C.^{1*}, Dr. D. W. Lilke² and Dr. Reshma C. R.³**¹P.G. Scholar, Shalyatantra, Government Ayurved College, Osmanabad.²M.S. Asso. Prof., (Shalyatantra), Government Ayurved College, Osmanabad.³P.G. Scholar, (Agadatantra), Government Ayurved College, Osmanabad.Article Received on
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***Corresponding Author****Dr. Vipin Krishnan C.**P. G. Scholar, Shalyatantra,
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College, Osmanabad.**ABSTRACT**

Sciatica refers to pain that travels along the path of the sciatic nerve. The sciatic nerve travels from the lower back through the hips and buttocks and down each leg. Sciatica most often occurs when a herniated disk or an overgrowth of bone puts pressure on part of the nerve. This causes inflammation, pain and often some numbness in the affected leg. According to ayurveda this condition can be correlated to gridhrasi in which pain radiates from low back to lower limb and patient walks like a vulture(gridhra). The modern line of treatment is mainly surgical consisting of laminectomy, discectomy, which is expensive & has chances of recurrence. So Ayurvedic treatment with vaitharana vasthi^[1] and Majjabasti^[2] was tried. A case report- 35 yr old male patient presented with low backache pain radiating down in left lower limb, tingling numbness and antalgic gait since last 8 to 10 days. He

was treated with Vaitharana vasthi and Majjavasthi. Vaitharana Vasthi prepared with 48 g Amli, 24g Guda, 12 g saindhava, 192 ml gomutra, 100ml tila taila as mentioned in chakradatha Niruhadhikara administered for 7 days. Majjabasti (100ml) prepared from aja majja & saindhava administered after morning meals for 16 days (kalabasti kram) along with sarvang snehna & swedana. The contents of Vaitarana vasti is having laghu ruksha usna tikshna guna which are helpful in relieving srotodushti caused by kapha avarana. Thus vaitaran vasti alleviates soola, anaha and ama.^[3] After a course of 7 days of vaitaran vasti the condition of patient become more kevala vatika and less kaphaja. So for vataharatwa and dhatu poshana, majja vasti as kaal vasti were given. Majja the most guru among chatu Sneha is brimhana and dhatu poshana. Thus majjavasthi nourishes majja dhatu at the lumbo sacral

region providing the patient with healthy vertebrae and intervertebral discs. Improvement was seen regarding symptoms lowback ache, tingling numbness, walking pattern changed to normal.

KEYWORDS: Vaitharanavasthi, Majjabasti, Gridhrasi, Avaranachikitsa, Majjadhatukshaya, lankhan, Brimhan, Sciatica.

INTRODUCTION

Sciatica refers to pain that travels along the path of the sciatic nerve.^[4] The sciatic nerve travels from the lower back through the hips and buttocks and down each leg (L4 – S3). Sciatica most often occurs when a herniated disc or an overgrowth of bone puts pressure on part of the nerve. This causes inflammation, pain and often some numbness in the affected leg. common in young & middle aged people doing strenuous works. Signs includes muscle wasting, Motor weakness & sensory impairment, bladder & bowel involvement, Diminished deep tendon reflexes, Symptoms includes Low backache, referred sciatic pain, parasthesia, tingling numbness in lower limbs. According to ayurveda this condition can be correlated to gridhrasi in which pain radiates from low back to lower limb and patient walks like a vulture(gridhra). It is of two types mentioned in samhithas kevala vathika and Vatha kaphaja.

CASE REPORT

Name: XYZ, Age: 35 y, Sex: M.

Main complaints:- pain and tingling sensation over left lower limb, inability to walk properly- Antalgic gait since 8 days

H/O low back pain before 2 years

No H/O DM, HTN, any musculoskeletal disorder, No any specific personal, drug, allergy

Local examination Lumbosacral spine Inspection.

No e/o swelling, tumour, redness etc.

No e/o deformity like kyphosis, lordosis, scoliosis Flexion of the spine – painful

Extension of spine -painful

Palpation

Tenderness at L3-L4, L4-L5, L5-S1 space

Pain radiating down in Lt. lower limb on pressure.

Examination of both lower limbs

SL No	Examination	Right limb	Left limb
1.	SLRT	90 Painless	30 Painful
2.	Lessigues sign	Negative	Positive
3.	Sensory impairment	No	No
4.	Motor power	Grade 5	Grade 4
5.	Ankle extension	Normal	Weak
6.	Ankle dorsiflexion	Normal	Weak
7.	Muscle wasting	No	No

Reflexes

Deep tendon reflexes	Right limb	Left limb
Plantar reflex	Normal	Normal
Ankle jerk	Normal	Diminished
Knee jerk	Normal	Diminished

Diagnosis- Sciatica (Gridrasi)

MATERIALS AND METHODS**Course of treatment**

After assessing the condition of patient internal medications, local therapies and panchakarma were given.

Procedures

Sthanik Sneha swedan Vaitaran vasti for 7 days.

Majjavasti as kaala vasti (method of giving vasthi for 16 days)

OBSERVATIONS

Days	Pain	Tingling sensation	SLRT Lt L/L
1	+++++	++++	30
7	++++	++	45
21	++	++	60
28	-	+	80

AFTER TREATMENT EXAMINATIONS

SL No	Examination	Right limb	Left limb
1.	SLRT	90 Painless	80 Painful
2.	Lessigues sign	Negative	Negative
3.	Sensory impairment	No	No
4.	Motor power	Grade 5	Grade 5
5.	Ankle extension	Normal	Normal
6.	Ankle dorsiflexion	Normal	Normal
7.	Muscle wasting	No	No

RESULTS

Significant improvement was seen in symptoms such as pain and tingling sensation. Restriction of movements and gait improved.

DISCUSSION

Gridhrasi is disease characterised by vata kapha vitiation.^[5] Primary aim of treatment was to alleviate the kapha dosha without vitiating vata dosha. The contents of Vaitarana vasti is having laghu ruksha usna tikshna guna which are helpful in relieving srotodushti caused by kapha avarana. Thus vaitaran vasti alleviates soola, anaha and ama. After a course of 7 days of vaitaran vasti the condition of patient become more kevala vatika and less kaphaja. So for vataharatwa and dhatu poshana, majja vasti as kaal vasti were given. Majja the most guru among chatu Sneha is brimhana and dhatu poshana. Thus majjavasti nourishes majja dhatu at the lumbo sacral region providing the patient with healthy vertebrae and intervertebral discs.

CONCLUSION

From the above case study its is observed that the timely administration of vaitarana vasti and majja vasti is effective in vata kaphaja gridhrasi.

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