

**A CONCEPTUAL STUDY ON SHIVA GUGGUL IN THE
MANAGEMENT OF VATA- KAPHAJ GRIDHRASI****Rashmita Chauhan^{1*}, Swati Maurya² and Sunil Patil³**¹M.D. Scholar, K.G.Mittal Ayurved College, Charni Road, Mumbai, India.²M.D. Scholar, K.G.Mittal Ayurved College, Charni Road, Mumbai, India.³Asso. Prof., P.G.Dept. of Kayachikitsa, K.G.Mittal Ayurved College, Charni Road, Mumbai, India.Article Received on
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Corresponding Author*Rashmita Chauhan**M.D. Scholar, K.G.Mittal
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road, Mumbai, India.**ABSTRACT**

Gridhrasi is one of the vata vikara (Nanatmaj Vata vikara), well explained in Brihatrayee and Laghutrayee. Gridhrasi is derived from the word 'Gridhra' which means 'vulture'. In this disease patient walks like Vulture due to persistent, severe, migrating pain. In Gridhrasi pain^[1] starts from Sphika radiates towards Kati, Prishtha, then Uru, Janu and pad. There are two types of Gridhrasi i.e. Vata and Vata-Kaphaj. According to Ayurveda in Vata-Kaphaj Gridhrasi there is Vitiating of Vata and Kapha dosha. Because of Vitiating Kapha dosha there is Avrodha in Marg of Vayu which causes Vimarg gaman of Vata dosha which causes Gridhrasi Nadi Shoth, Vedana,

Gaurav, Arochak, Tandra etc. Shiva Guggulu from Rasendra Sar Sangraha^[2] has been selected as a medicine for Vata-kaphaj Gridhrasi, for the treatment drug should have Kaphaghna, Dipan, Pachan property for elimination of Avrodha of Kapha, Vatanulomana, Vatashamak properties. And Shiva Guggulu will help in removing obstruction because of Kapha Dosha, vatanulomana and vatashaman hence Shiva Guggulu has been Selected.

KEYWORDS:**INTRODUCTION**

Ayurveda describes Health as an equilibrium state of Doshas, Agni, Dhatus, malas and pleasant mind, soul and senses. Any imbalance in these Doshas, Dhatus and malas are causes of diseases therefore for maintaining health in ayurveda Dinacharya, Ratricharya, Ritucharya,

Achar rasayana is mentioned along with therapeutic procedures.

Due to sedentary lifestyle, bad food habits, suppression of the natural vegas, travelling, excessive exercises, stress, late night activity all these factors causes doshas imbalance which leads to diseases, out of three doshas vata dosha is responsible for all movements of body hence acharyas mentioned it as supreme, due to various vata prakopak ahara vihar vata dosha gets vitiated and vatavyadhi occurs.

One of the vatavyadhi out of 80 nanatmaj vatavyadhi is Gridhrasi, Gridhrasi is derived from the word 'Gridhra' which means 'vulture', In this disease patient walks like Vulture bird due to persistent, intense, shooting pain.^[3] In Gridhrasi pain starts from Sphika radiates towards Kati, Prishtha, then Uru, Janu and pad. There are two types of Gridhrasi i.e. Vataj and Vata-Kaphaj.

In Charak Samhita Chikitsa Sthan 28 adhyay, its mentioned that Stambha, Ruka, Toda(Sphik to pad), Spandan are symptoms of Vataj Gridhrasi and Arochak, Gaurav, Tandra in addition with vataj gridhrasi are symptoms of Vata- Kaphaj Gridhrasi. In Sushrut samhita there is "Sakthanahkshepan nigriharniyata" meaning confined limb movement. In Madhav nidan features like Vanhimardav, Bhaktadwesh and Dehapravakrata are mentioned.

Nirukti

Syaati- which is a Sanskrit word means there is shooting action, because of Gridhrasi there is shooting action in the defected leg and patients gait is altered and is same as that of vulture hence the disease is named as Gridhrasi.

Shabdakalpadrum reference mentions that Gridhra means to crave, to wish, keenly desirous.

In one of the gridhrasi nirukti its mention that patient feel intense pain and that pain is same as that which is encountered by vulture prey while eaten up. comment of "Vaidyaka Shabda sindhu" is same as that of Sanskrit-(English) dictionary of Monier Williams, it's mention that "loin altering rheumatism is gridhrasi".

Paribhasha

- According to charak Gridhrasi is a vatavyadhi in which there is Stambha (Stiffness), Ruka (pain), Toda (pricking pain from sphika to pad), Spandan (Twitching) which primarily

affects sphika (buttock) then radiates towards kati(waist), uru(thigh), janu(knee), jangha(calf) and pad(foot).

There are two types of Gridhrasi i.e. Vataj and Vata-Kaphaj.

- In vataj gridhrasi there is Stambha, Ruka, Toda (sphika to pad), Spandan are the common symptoms and Aruchi, Tandra, Gaurav are additional Symptoms of Vata-kaphaj Gridhrasi.
- Sushrut stated that two kandas are impaired in the leg i. e. one runs from parshni to vitapa and the other one runs from parshni to toes, both of them are impaired because of vitiation of vata dosha causes difficulty in leg movement. This is called Gridhrasi.^[4]

• Paryay

1. Ringhni (Vachaspatimishra)

It means this disease causes Patient to creep or crawl or walk slowly.

2. Randhrini (Dalhan)

It indicates rupture or weak point.

3. Radhina (Adamalla & Kashiram)

This word indicates compression or constricting that particular part.

NIDAN

- 1) **Aharajanya nidan-**a) Dravyas such as Adhki, Chanak, Kalaya, Kalinga, Mudga, Masur, Nishpav, Shaluk, Shushka shak, Tinduk, Trundhanya, Virudhak causes vata prakop.
- 2) Dravas having gunas such as Ruksha, Laghu, Guru, Sheeta causes vata prakop.
- 3) Dravas having rasa such as Katu, Tikta and Kashaya causes vata prakop.
- 4) Dravas such as having Vishtambhi (Causing constipation) karma causes vata prakop.
- 5) Sheeta viryatmak ahara causes vata prakop.
- 6) Abhojan, Vishamasan and Alpabhojan causes vata prakop.
- 2) **Viharjanya nidan-** 1) Karmajanya- a) Kayatah i) mithyayogajanya karma- Diwaswap, Balwatnigrah, Dukhasana, Dukhshayya, Bharaharan, Vegodeeran, Vegadharan.
 - a) Kayatah ii) Atiyogajanya karma -gaman, hasya, Langhan, Plavan, Bhashan, pradhavan, jagaran, shrama, raktamokshan, vyavay.
 - b) Manasik nidan- Bhaya, chinta, krodha, shoka.
- 2) kalajanya nidan such as Aparanha, greeshma, pravrut, Shishir, varsha ritu.

- 3) Agantuj nidan- Abhighat (Trauma) causes vata prakop.
- 4) Anya nidan- Doshkshaya, Dhatukshaya, Aamjanya (Margavarodhjanya), Rogatikanarshan.

PURVARUPA: In case of gridhrasi vyadhi purvarupa have not been mentioned in samhitas. Since gridhrasi is a vatavyadhi so vatavyadhi purvarupas can be taken into consideration for gridhrasi purvarupa.

Acharya charak have mentioned Avyakta lakshan as purvarupa for vatavyadhi.

Chakrapani have mentioned Avyakta lakshan as laghuta in lakshanas i. e. symptoms few symptoms or symptoms of less severity.

Hence indefinite low backache, mild discomfort in lower limb, stiffness in back and lower limb can be considered as purvarupa of gridhrasi vyadhi.

अव्यक्तं लक्षणं तेषां पूर्वरूपमिति स्मृतम् । (च. चि. २८/१९)^[५]

RUPA

“स्फिक् पूर्वा कटिपृष्ठोरुजानुजङ्घापदं क्रमात् ।

गृध्रसी स्तम्भरुक्तोदैर्गृह्णाति स्पन्दते मुहुः ॥ ५६ ॥

वाताद् वातकफात् तन्द्रागौरवारोचकान्विता ।” (च. चि. २८/५६)

“पाष्णिप्रत्यङ्गुलीनां तु कण्डरा याऽनिलार्दिता ।

सक्थनः क्षेपे निगृहीयाद् गृध्रसीति हि सा स्मृता ॥ ७४ ॥” (सु. नि. १/७४)

From Sphika, pain is starting and radiating towards Kati, prishtha, uru, Janu, Jangha and Pad sequentially. It is typical feature of gridhrasi.

For pain explanation Ruka and toda terms are used.

Acharya Charak mentioned Stambha and Muhuspandana in addition to above features. Sakthikshepa nigraha feature is mentioned by Acharya Sushrut and Vriddha Vagbhat.

Madhav nidan, bhavaprakash and yogaratnakar mentioned Dehasyapi pravakrata as well

as uru, janusandhi sphuran.^{[6][7][8]}

Sakthiutkshepanam Nigrahaniyat

Kshepan means extension Since extension of leg causes intense pain or aggravate pain hence gridhrasi patient is not able to extend his leg.

Katyoru Janumadhye Bahurvedana

It means intense pain is encountered at Kati, Prishtha and Uru Pradesh.

Stambha

In gridhrasi patient, stambha is felt in affected part, there is rigidity all over the leg, when patient tries to do any movement leg muscles become stiff and patient experience stambha.

Spandan

There is a pulsating sensation occurs because of twitching of muscles supplied by sciatic nerve Hence twitching is felt in Kati, uru, Janu and Jangha pradesh.

Tandra

Because of Madhur rasatmak, snigdha, guru gunatmak ahara and chinta, shoka, bhaya, krodha there is vitiation of vata and kapha dosha which leads to Tandra.

Gaurav

Gaurav means heaviness.

when there is vitiation of kapha dosha it leads to gaurav, Gauravata can be either in whole body or specific in lower limb.

Arochak

This is caused because of vitiation of bodhak kapha, bodhak kapha is present in jivha whenever there is vitiation of kapha dosha specifically bodhak kapha patient loses taste of food where appetite remains unharmed.

Vahnimardav

Because of mithya ahara and vihar there is agnimandya which leads to ama utpatti, now this ama affects rasa dhatvagni which in turn produces excessive kapha as a rasa dhatu mala, which again leads to agnimandya.

Mukhaprasek

Mukhaprasek means excessive salivation in mouth, It is due to Kapha and is associated with Ama.

Staimitya

it means feeling of freezing.

This feature is because of vitiated kapha dosha, Patient feels as if moist tissue is been wrapped all over limb.

Bhaktadwesh

This means patient shows disinclinations towards food.

This occurs because of vitiated kapha dosha in association of ama.

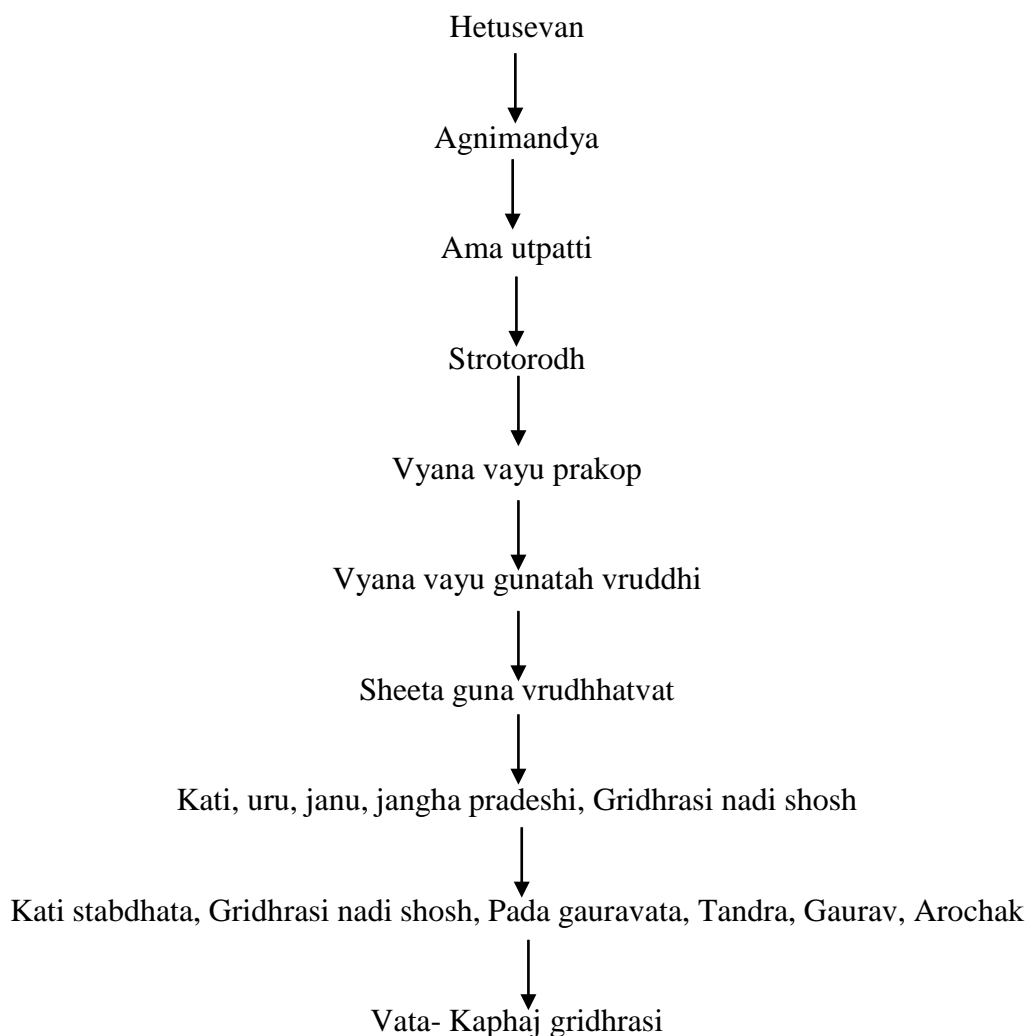
SAMPRAPTI

VATA- KAPHAJ GRIDHRASI- vat evum kapha prakopak ahara vihar causes agnimandya because of which there is formation of ama. This ama affects rasa dhatvagni. now as a rasa dhatu mala – kapha is formed profusely.

Here prakupita vata dosha confines to mandagni therefore promotes kapha build up, However due to hetusevan kha vaigunya occurs in kati, prishtha, Sakthi and kandara and vitiated vata and kapha gets settled at kha vaigunya.

Now because of kapha dosha creating obstruction of vitiated vata dosha vata vimarg gaman occurs leading to Vata- Kaphaj gridhrasi.

Hence there is agnimandyajanit lakshan i. e. arochak, tandra, sharirik gauravata, bhaktadwesh, vanhimandya along with Stambha, ruka, toda, spandan in Kati, prishtha, uru, janu, jangha, pad sequentially.

Vata- Kaphaj gridhrasi samprapti^[9]**Samprapti ghatak**

- Dosha: Vata (Apana, Vyana, saman), Kapha.
- Dushya: Rasa, Rakta, Asthi, Majja Sira, Kandara, snayu
- Agni: Ama, Jatharagnimandya, Dhatvagnimandya
- Udbhavasthana: Amashaya
- Adhisthana: Prishtha, Kati, sphika
- Vyaktasthana: Sphika, Kati, Pristha, uru, Janu, Jangha, Pad.
- Strotasa: Rasavaha, Asthivaha, Majjavaha, Purishavaha
- Strotodushti: Sanga
- Rogamarga: Madhyam
- Swabhav: Chirkari

Upashaya**Vata- Kaphaj gridhrasi**

- 1) Ahara- mudga, karvellak, parwal, shevaga, jwara, bajra.
- 2) Vihar- Vyayam, shrama, ratrijagaran, active lifestyle.
- 3) Aushadha- Aushadha containing Vataghna, kaphaghna, Strotoshuddhi properties such as Punarnava, Erand dravya.

CHIKITSA**SHIVA GUGGUL**

“शिवाभिभीतामलकीफलानां प्रत्येकशो मुष्टिचतुष्टयञ्च ।

तोयाढके तत्क्वथितं विधाय पादावशेषैस्त्वतारणीयम् ॥१७॥

एरण्डतैलं द्विपलं निधाय पिचुत्रयं गन्धकनामकस्य ।

पचेत् पुरस्यात्र पलद्वयञ्च पाकावशेषे च विचूर्ण्य दद्यात् ॥१८॥

रास्ना विडङ्गं मरिचं कणा च दन्तीजटानागरदेवदारु ।

प्रत्येकशः कोलमितं तथैषां विचूर्ण्य निक्षिप्य नियोजयेच्च ॥१९॥

आमवाते कटीशूले गृध्रस्यां क्रोष्टुशीर्षके ।

न चान्यदस्ति भैषज्यं यथाऽयं गुग्गुलुः स्मृतः ॥२०॥ ”

(र. सा. सं. आमवातचिकित्सा १७-२०)

Shiva Guggulu has been mentioned as a medicine for Vata-kaphaj Gridhrasi in Rasendra Sar Sangraha The contents of the Shiva Guggulu are Haritaki, Bibhitaki, Amlaki, Erand, Gandhak (Shuddha), Guggul (Shuddha), Rasna, Vidang, Maricha, Pippali, Danti, Jatamansi, Nagar, Devdaru.

NAME	RASA	GUNA	VIRYA	VIPAK	KARMA
Haritaki ^[10] Terminalia chebula)	Pancharasa (lavanrahit), Kashayapradhan	Laghu, Ru ksha	Ushna	Madhur	Tridosahar (Vatashamak- mukhyatah)
Bibhitaki ^[11] (Terminalia bellirica)	Kashaya	Ruksha, Laghu	Ushna	Madhur	Tridosahar (Kapha shamak- mukhyatah)
Amalaki ^[12] (Emblica officinalis)	Pancharasa (lavanrahit), Amlapradhan	Guru, Ruksha, Sheeta	Sheeta	Madhur	Tridosahar (Pittashamak- mukhyatah)
Erand ^[13] (Ricinus	Madhur, katu,	Snigdha,			Kaphavatashamak

communis)	Kashaya	Tikshna, Su kshma	Ushna	Madhur	
Gandhak (Shuddha) (Sulphur)	Madhur, Kashaya, Tikta, Katu	Snigdha, Ushna, Sara	Ushna	Katu	Vatakaphanashak
Guggul^[14] (Shuddha) (Commiphora mukul)	Tikta, Katu	Laghu, Ruksha, Tikshna, Vishada, Sukshma, Sara	Ushna	Katu	Vatakaphahar
Rasna^[15] (pluchea lanceolata)	Tikta	Guru	Ushna	Katu	Mukhyatah- Vatakaphashamak
Vidang^[16] (Embelia ribes)	Katu, Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu	Vatakaphashamak
Maricha^[17] (Piper nigrum)	Katu	Laghu, Tikshna	Ushna	Katu	Vatakaphashamak
Pippali^[18] (Piper longum)	Katu	Laghu, Snigdha, Tikshna	Anushnashe eta	Madhur	Vatakaphashamak
Danti^[19] (Baliospermu m montanum)	Katu	Guru, Tikshna	Ushna	Katu	Kaphapittashamak
Jatamansi^[20] (Nordostachys jatamansi)	Tikta, Kashaya, Madhur	Laghu, Snigdha	Sheeta	Katu	Tridosahar
Nagar^[21] (Zingiber officinale)	Katu	Laghu, Snigdha	Ushna	Madhur	Kaphavatashamak
Devdaru^[22] (Cedrus deodara)	Tikta	Laghu, Snigdha	Ushna	Katu	Kaphavatashamak

Probable mode of action

Content of Shiva Guggulu are having Agni dipan, Amapachan, vatashamak, Kaphashamak, Vedanasthapan, Rasayan properties.

Because of Ushna virya and Vatanulomana karma (erand, guggul) shiva guggulu normalizes Apana vayu and Vyana vayu movement hence helps in relieving Shoola (Pain).

Because of Laghu, Ushna, Sukshma guna and its amapachan karma it helps in strotoshuddhi i.e. removing kapha avaran from vayu therefore helps in relieving Stambha (Stiffness), Shoth (Inflammation).

Because of its Agni dipan karma it increases digestive fire hence relieving Arochak, Tandra, Gaurav. Because of its Rasayan property (Triphala, Guggul) also in later stage after relieving shoola, stambha, removing kapha avaran, it will help in providing strength to joint and

muscles.

Shiva guggulu will help in removing shoola, shoth hence will reduce pressure on sciatic nerve hence there will be improvement in movement i.e. Sakthiutkshepa nigruhaniyata lakshan.

CONCLUSION

Due to sedentary lifestyle, bad food habits, suppression of the natural vegas, travelling, excessive exercises, stress, late night activity all these factors causes Vitiating of Vata dosha and vatavyadhi occurs.

According to Ayurveda in Vata-Kaphaj Gridhrasi there is Vitiating of Vata and Kapha dosha. Because of Vitiating Kapha dosha there is Avrodha in the marg of Vayu which causes Vimarg gaman of Vata dosha which causes Gridhrasi Nadi Shoth, Vedana, Gaurav, Arochak, Tandra etc.

Shiva Guggulu from Rasendra Sar Sangraha is mentioned for Vata-kaphaj Gridhrasi, In Vata-Kaphaj Gridhrasi there is Vitiating of Vata and Kapha dosha. Vitiating Kapha dosha causes Avrodha in Marg of Vayu because of Vimarg gaman of Vata dosha there is Gridhrasi Nadi Shoth, Vedana, Stambha, Gaurav, Arochak, Tandra etc., so for the treatment drug should have Kaphaghna, Dipan, Pachan property for elimination of Avrodha of Kapha, Vatanulomana, Vatashamak properties. And Shiva Guggulu will help in removing obstruction because of Kapha Dosha, vatanulomana and vatashaman hence will relieve Shoola, Stambha, Gaurava, Spandana, Tandra and Arochak.

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