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Study of Efficacy of *Dwatrishak Guggulu*, *Gridhrasihar Tail* and *Bhautik Upchar* on *Gridhrasi* w.s.r. to *Sciatica*

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ABSTRACT

Introduction – Acharya Charak has enlisted eighty varieties of *Vata nanatmaj Vyadhis* and ‘*Gridhrasi Vyadhi*’ is one of them. He also mentioned it as *samanyaj vikar* and classified it into two varieties *Vataj Gridhrasi* and *Vataj-Kaphaj Gridhrasi*. The name ‘*Gridhrasi*’ itself indicates the way of gait shown by the patient due to extreme pain just like a *Griddha*. It can be correlated with *Sciatica* in modern medical science through its clinical presentation. 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 person will have radicular pain and this comes under the umbrella of *Sciatic-syndrome*. **Aim** – To Study Symptoms of *Sciatica* as prescribed in the *Ayurvedic* scriptures and the modern belief. Evaluation of the work of *Dwatrishak Guggulu*, *Gridhrasihara oil* and *bhautik upchar* in *Gridhrasi*. **Materials and Methods** – study was done on total 60 patients which were divided in three groups with duration of medication for 2 months. Result and conclusion – among three groups in group ‘C’ maximum benefit was noted.

Key Words: *Gridhrasi, Vata vikar, Sciatica, Dwatrishak guggulu, Gridhrasihar Tail, Bhautik upchar*

INTRODUCTION

Ayurveda, covers the art of living both in preventive and curative forms. *Ayurveda* considers all the diseases in the light of *Vata, Pitta* and *Kapha*. Acharya Charak called these trio as *Sharir dosha*¹ these are the factors which are responsible for health (*Doshasamyata*) or cause of disease (*Doshavaishamyata*). Among *Tridosha*, *Vata* is an essential constituent and responsible for maximum diseases. Acharya Charak has enlisted

eighty varieties of *Vata nanatmaj Vyadhis* and ‘*Gridhrasi Vyadhi*’ is one of them². He also mentioned it as *samanyaj vikar* and classified it into two varieties *Vataj Gridhrasi* and *Vataj-Kaphaj Gridhrasi*³. *Vata dosha*, as per its derivation, performs main functions of body such as motion. The name ‘*Gridhrasi*’ itself indicates the way of gait shown by the patient due to extreme pain just like a *Griddha* (Vulture)⁴. Cardinal clinical features of ‘*Gridhrasi Roga*’ are⁵



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- *Stambha* (Stiffness)
- *Ruk* (Pain)
- *Toda* (Pricking Sensation)
- *Spandana* (Twitching sensation) in the *Sphik – Katiprishtha – Uru – Janu – Jangha – Pada* in order.
- In *Kaphanubandha Gridhrasi Tandra*, *Gaurava* and *Arochaka* are also present.

It can be correlated with Sciatica in modern medical science through its clinical presentation. 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 person will have radicular pain and this comes under the umbrella of Sciatic-syndrome⁶. Everybody is busy and living stressful life. Changing of life style of modern human being has created several disharmonies in his biological system. Advancement of busy professional and social life, improper sitting posture in office or continuous work in one posture and over exertion, lifting heavy weight, jerking movements during travelling– all these factors create undue pressure and stress injury to the spine and play an important role in producing disease like sciatica. Faulty dietetic habits and irregular life style is responsible for early degenerative changes in body tissues and play a vital role in the manifestation of such

degenerative disorder. In this way, this disease is now becoming a significant threat to the working population. In modern medicine, patients at high risk for becoming disabled, often receive more diagnostic tests and less focus in medical management, leading to chronic condition. Moreover, the modern treatment of Sciatica is not very satisfactory and includes use of Analgesics, Corticosteroids and few surgical procedures, which are often associated with many adverse effects. The management of sciatica includes analgesics, epidural steroid injections, periradicular infiltration and surgical treatment at the cost of their own limitations and complications. While in *Ayurveda*, for different *vatavyadhis* various treatment modalities are mentioned like *Snehana*, *Svedana*, *Basti*, *mridu virechan*, *nasya*, *Siravedha*, *Agnikarma* and *Vasti karma* which are simple, safe and cost effective.

For treatment of *Gridhrasi vyadhi*, drug of choice should have *vatanuloman*, *vatakaphashaman*, *deepan*, *pachan*, *nadibalya*, *strotoshodhan*, *vednasthapan properties*. In this research work '*Dwatrishak Guggulu*' mentioned in *Yogratnakar*¹¹ '*Gridhrasihar Tail*' mentioned in *Brihat Nighantu Ratnakar*¹² along with *Bhautik Upchar (Yogasanas)* are used.

Table 1 The *Nidanas* of *Vatavyadhi / Vataprakopa*^{13,14,15,16,17,18}

<i>Nidana</i>		<i>C.S.</i>	<i>S.S.</i>	<i>A.H.</i>	<i>M.N</i>	<i>B.P.</i>	<i>Y.R.</i>
<i>(Aharaja)</i>	<i>Katu, Tikta, Kashaya</i>	-	+	+	-	+	-
<i>Rasa</i>							
	<i>Laghu</i>	+	+	-	+	-	+
<i>Guna</i>	<i>Ruksha</i>	+	+	+	+	-	+
	<i>Sheeta</i>	+	+	-	+	-	+
	<i>Vishtambhi</i>	-	+	-	-	-	-
<i>Veerya</i>	<i>Sheeta</i>	-	+	-	-	-	-
	<i>Adhaki</i>	-	+	-	-	-	-



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Dravya	Harenu	-	+	-	-	-	-
	Kalaya	-	+	-	-	-	-
	Koradusha	-	+	-	-	-	-
	Masura	-	+	-	-	-	-
	Mudga	-	+	-	-	-	-
	Nivara	-	+	-	-	-	-
	Nishpava	-	+	-	-	-	-
	Sushkashaka	-	+	-	-	-	-
	Shyamaka	-	+	-	-	-	-
Aahara Vidhi	Abhojana	+	+	-	+	+	+
	Alpashana	-	+	+	-	-	+
	Vishamashana	-	+	-	+	+	-
	Adhyashana	-	+	-	-	+	-
	Pramitashana	-	-	+	-	-	-
(Viharaja) Kayika	Atigamana	+	-	-	+	+	+
	Atihasya	-	+	-	-	-	-
	Atilanghana	+	+	-	-	-	+
	Atiplavana	+	+	-	-	-	+
	Atiprajagarana	+	+	+	+	+	+
	Atiprapatana	-	+	-	-	-	-
	Atiprapidana	-	+	-	-	-	-
	Atishrama	-	-	-	-	+	-
	Ativichestitam	+	-	-	+	+	+
	Ativyayama	+	+	+	+	-	+
	Ativyavaya	+	+	+	+	-	+
	Kriya atiyoga	+	-	+	+	+	-
	Padaticharya	-	+	-	-	-	-
Mithyayoga	Vishama Chalana, Vikshepa	bhraman,	-	+	-	-	-
	Balavat vighraha		-	+	-	-	-
	Bhara harana		-	+	+	-	-
	Divya swapna		+	-	-	+	-
	Dukhasana shayya		+	-	-	+	-
	Vegadharana		+	+	+	+	+
	Vishamopchara		+	-	-	-	+
Maanasika	Bhaya, shoka, chinta		+	-	+	+	+
	Krodha		+	-	-	+	-
	Mada		-	-	-	+	-
Kalaja	Aparahna		-	+	+	-	+
	Ahoratri		-	-	+	-	-
	Grishma		-	-	+	-	-
	Pravata		-	+	-	-	+
	Shishira		-	-	-	-	+
	Sheeta kala		-	+	-	-	+
	Varsha		-	+	-	-	+
Agantuja	Gaja, Ushtra, Ashwa, Shighrayanapatana		-	+	-	+	+
	Marmaghata		-	+	-	+	+
Anyahetuja	Doshasrik sravana		-	+	-	+	+
	Dhatukshya		+	-	-	+	+
	Ama		+	-	-	+	+
	Rogatikarshana		+	-	-	+	+

AIMS AND OBJECTIVES

1. To study the symptoms of Sciatica as prescribed in the Ayurvedic scriptures and the modern belief.

2. Evaluation of the work of *Dwattrinshak Guggulu*, *Gridhrasihara oil* and *bhautik upchar* in *Gridhrasi*.



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Table 2 Rupa of Gridhrasi Vyadhi^{19,20,21,22,23,24,25}

Symptoms	C.S	S.S.	A.H.	B.P.	M.N.	Y.R.	H.S.
<i>Vataja Gridhrasi</i>							
<i>Sphika, Kati, Pristha, Uru, Janu, Jangha, Pada Kramat</i>	<i>Stambha</i>	+	-	-	+	+	+
	<i>Ruk</i>	+	-	-	+	+	+
	<i>Toda</i>	+	-	-	+	+	+
	<i>spandana</i>	+	-	-	+	+	-
<i>Sakthih Kshepa/Utkshepa Nigrah</i>		-	+	+	-	-	-
<i>Janukatiurumadhya Vedana</i>		-	-	-	-	-	+
<i>Dehasypravakrta</i>		-	-	-	+	+	+
<i>Janusandhisphurana</i>		-	-	-	+	+	+
<i>Urusandhisphurana</i>		-	-	-	+	+	+
<i>Katisandhisphurana</i>		-	-	-	+	+	+
<i>Janghasphurana</i>		-	-	-	+	-	-
<i>Suptata</i>		-	-	-	-	+	-
<i>Vata-Kaphaja Gridhrasi (Uprokta Lakshana+)</i>							
<i>Tandra</i>		+	-	-	+	+	+
<i>Gaurava</i>		+	-	-	+	+	+
<i>Arochaka</i>		+	-	-	-	+	+
<i>Agni Mandya</i>		-	-	-	+	-	+
<i>Mukhapraseka</i>		-	-	-	+	+	+
<i>Bhaktadwasha</i>		-	-	-	+	+	+
<i>Staimitya</i>		-	-	-	-	-	+

MATERIALS AND METHODS

- Ethical Clearance - Prior to starting the research work, necessary permission was taken by the Institutional Ethical Society (IEC/2018/80 dated 25/07/2018) of Shri N.P.A. Government Ayurved College, Raipur.
- Number of Patients - 60 patients were selected on the basis of clinical symptoms without distinguishing their caste, religion, language etc. Everything regarding the treatment was explained to the patients, and written consent was obtained prior to starting the treatment.
- Place of Selection of Patients – Kayachikitsa OPD and IPD of Shri Khudadad dhungaji Government Ayurved College, Raipur (C.G.)
- Criteria for Inclusion –
Age – 20 – 70 years
Gender – Male and Female

Patient

- having *Pratyatmalakshana* of *Gridhrasi*
- Criteria for Exclusion –
Age – below 20 and above 70 years
T.B. Spine
Monoplegia
Paraplegia
Traumatic lesion in Lumbo-sacral region
Pregnancy
Neoplasm of Spinal cord, pelvic and Lumber.
 - Administration of drug - 60 clinically diagnosed and registered patients of '*Gridhrasi Vyadhi*' (*Sciatica*) were divided randomly in three groups. 20 patients were included in each group.
Group A- 20 Patients were treated by '*Dwatrishak Guggulu*' 2 tab. (each tab. of 500mg) four times a day with Godhugdha.
Group B- 20 Patients were treated by '*Dwatrishak Guggulu*' 2 tab. (each tab. of



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500mg) four times a day with *Godhugdha* and 'Gridhrasihar Tail' local application 2 times in a day.

Group C-20 Patients were treated by 'Dwatrishak Guggulu' 2 tab. (each tab. of 500mg) four times a day with *Godhugdha* and 'Gridhrasihar Tail' local application 2 times in a day with *Yogasana* for 45 minutes in a day.

7. Course Duration – 02 months.

Laboratory Investigations -

Criteria of Assessment^{26,27,28} –

1. Routine haematological tests – HB%, TLC, DLC, ESR.

2. Routine & Microscopic tests of urine.

3. Blood sugar – Random, fasting, postprandial (PP)

4. Serum Creatinine, Blood Urea, Vit. D, Serum Calcium.

5. Radiological investigations –

X-ray AP and lateral view of lumbo-sacral spine.

1- Shool - Pain

Criteria	Grading
No Pain	0
pain after long sitting, riding or improper body posture	1
Frequent mild pain without sitting, riding or improper body posture	2
Continuous severe pain	3

2- Stambh - Stiffness

Criteria	Grading
Anupasthit (No stiffness)	0
Alp (After getting up in the morning)	1
Madhyam (Any time of the day)	2
Tivra (All the long)	3

3- Toda – Pricking pain

Criteria	Grading
Anupasthit (absent)	0
Alp (mild, occasionally)	1
Madhyam (frequent but not persistent)	2
Tivra (severe, persistent)	3

4- Spandan – Tingling sensation

Criteria	Grading
Anupasthit (absent)	0
Alp (1 – 2 times in a week)	1
Madhyam (3 – 4 times in a week)	2
Tivra (Everyday)	3

5- Suptata - Numbness

Criteria	Grading
Anupasthit (absent)	0
Alp (Occasionally mild numbness)	1
Madhyam (Frequent moderate numbness)	2
Tivra (Continuous severe numbness)	3

6- Sitting time

Criteria	Grading
Sit in any chair as long as he want	0
Can sit on chair for 30 minutes to 1 hours	1
Can sit on chair up to 30 minutes	2
Can sit on chair up to 10 minutes	3

7- Standing time

Criteria	Grading
Can stand as long as he wants without extra pain	0



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Can stand happily for 30 minutes to 1 hour	1
Can stand happily up to 30 minutes	2
Can stand up to 10 minutes	3
8- Walking (to cover 21 meters)	
Criteria	Grading
Up to 20 seconds	0
Up to 21 - 30 seconds	1
Up to 31 - 40 seconds	2
More than 40 seconds	3
9- Nidranash – Sleep disturb	
Criteria	Grading
Sleep never disturbed by pain	0
Occasionally disturbed by pain	1
Because of pain sleep is less than 6-8 hours	2
Pain prevent from sleep even for 1-2 hours	3
10- SLR test	
Criteria	Grading
More than 60°	0
46° to 60°	1
31° to 45°	2
Up to 30°	3

Assessment of overall effect of therapy

The total effect of therapy was assessed considering overall improvement in sign and symptoms as below given criteria

No Improvement	0 to 25%
Mild Improvement	26 to 50%
Moderate Improvement	51 to 75%
Maximum Improvement	76 to 100%

OBSERVATIONS -

A total of 60 patients of *Gridhrasi* were registered. Out of them maximum 80% of the patients were female, 31.67% belonged to age group 41–50 years, and 55% were homemaker. On the basis of economical Status 71.67% were from middle class. On the basis of their Dietary habit 53.33% were vegetarian and 37.5% patients used to practice *Vishamashan*. On the basis of their sleeping pattern 36.64% patients had *Khandit Nidra (Disturbed sleep)*. Gradual onset of disease was found in 66.67% patients while sudden onset was seen only in 33.33% patients. Maximum that is, 66.67% patients had the chronicity of less than 1 year.

On the basis of Nidan 20% patients were *Sheetahar sevi* (Cold food intake), 18.34% having *paryushita and Rukshahar* 26.56% practicing *Diwaswapan* (sleeping in day), 22.66% *Nirantar aasan* (continue sitting in one posture), 18.75% *yatradhikya*(excess travelling), 11,72% *Ratrijagran* (Night awakening). *Chinta* (tension) found in 58.34% patients. *Vatakaphja* type of *Gridhrasi* was diagnosed in 78.33% of the patients, and *Vataja* type was found in 21.67% patients.

RESULTS

Overall effect of therapy on the basis of criteria of scoring, in between 3 groups –



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Maximum benefit – 0% in group ‘A’ and ‘B’ and 15% in group ‘C’

moderate benefit – 65% in group ‘A’, 95% in group ‘B’ and 85% in group ‘C’

minimum benefit – 35% in group ‘A’, 5% in group ‘B’ and 0% in group ‘C’.

DISCUSSION

Dwattrinshak guggulu which is used for oral administration is having mainly *katu, tikta ras, laghu, ruksha, teekshan gun, ushna virya, katu vipak*. on the basis having *Vatakaphashaman* property and collectively having *deepan, pachan, vatanuloman, strotoshodhan, margavarodhanashan, nadiposhan, vednashtapan* and *Rasayan* properties.

Gridhrasihar Tail which is used for external application, is having *katu, madhur ras, laghu, snigdha, ushna, tikshana, sukshma, sara, vikasi gun, ushna virya, vaatakaphanashan* and *tridoshar* properties. collectively they act as *vatanuloman, strotoshodhan, margavarodhanashan, nadibalya, vednashtapan, tarpan and brinhan*.

In *Bhautik upchar* patients were mainly directed to do *yogasans*. As in *Gridhrasi vyadhi asthi, sira, kandra, snayu* are affected so special *yogasans*, which have their effect on lumbosacral spine and paraspinal muscles, were practiced by patients eg. *ardhakatichakrasan, Bhujangasan, pawanmuktasan, shalabhasan, makarasan*.

CONCLUSION

A close perusal of the observations and inferences that can be drawn leads to the following conclusion, ‘*Gridhrasi vyadhi*’ is one of the *Nanatamaja Vatavyadhi* commonly seen now-a-days and affecting a large group of the society. On the basis of their clinical manifestations, it can be correlated with *Sciatica* described in modern medical science. Best therapeutic response was noted in combined therapy on the basis of percentage relief. Therefore, it can be concluded that, combined therapy in the form of internal administration of ‘*Dwattrinshak Guggulu*’ ‘*Gridhrasihar Tail*’ local application with *Bhautik upchar (Yogasana)* is very much effective in the management of *Gridhrasi vyadhi*.



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