A Clinical Study on Erandamula Ksheera Basti in the Management of Vataja Gridhrasi W.S.R to Sciatica

Chaitra K S1*, Vinaykumar K N2, Kiran M Goud3, Vishal K Swamy4

*1PG Scholar, 2Reader, 3Profressor, 4Lecturer, Department of PG studies in Panchakarma, SKAMCHRC, Bangalore, India.

ABSTRACT
Now a days large number of population are suffering from low backache because of lifestyle modification, irregular sitting posture and house hold works. Low backache is a common symptom involving the muscles, nerves and vertebral column. Sciatica refers to pain that radiates along the path of Sciatic nerve. It resembles disease “Gridhrasi” in Ayurveda. Radiating pain is the predominant symptom with stiffness, which will hamper the daily activity of an individual. The purpose of the study is to evaluate the efficacy of Erandamula Ksheera Basti in Vataja Gridhrasi. A total 10 patients of Vataja Gridhrasi were administered Erandamula Ksheera Basti in Yoga Basti pattern for 8 days. Vataja Gridhrasi lakshanas and SLR Positive were taken as assessment parameters, which showed significant results. Hence, Erandamula Ksheera Basti has better effect on patients of Vataja Gridhrasi.

KEYWORDS: Gridhrasi, Sciatica, Erandamula Ksheera Basti.

INTRODUCTION
Hip is the best evaluated part by observing patients gait and assessing the range of motion. The large no of patient reporting hip pain localizes their pain unilaterally to the posterior gluteal musculature. Such pain tends to radiate down the posterior lateral aspect of thigh and may or may not be associated with complaints of low backache. This presentation frequently results from degenerative arthritis of the Lumbosacral spine or disk and commonly follows a dermatomal distribution with the involvement of nerve roots between L4 to S1.[1] A common cause of Low backache with radiculopathy is herniated disk with nerve root impingment, resulting in back pain with radiation down the leg.[2] The importance of back pain is under scored by the following: 1) the cost of back pain in United states exceeds $100 billion annually; approximately one - third of these cost are direct health care expenses and two - third are indirect costs resulting from loss of wages and productivity; 2) Back symptoms are the most common cause of disability in those < 45 years; 3) Low back pain is the second most common reason for visiting a physician in the United states; 4) 70% of person will have back pain at some point in their lives.[3] The term “Sciatica” is used when the leg pain radiates posteriorly in a Sciatic or L4/S1 distribution. The prognosis of acute low back and leg pain with radiculopathy due to disc herniation is generally favourable.[4] The condition can be correlated to “Gridhrasi” in Ayurveda.

The word “Gridhrasi” has been evolved from the word “Gridhra” - Vulture, which specifies regarding the gait of the patient who has been suffering from long time from this disease. It is one among 80 types Nanatmaja Vatavyadhi.[5] Gridhrasi is classified into 2 types Vataja and Vatakaphaja.[6] Vataja Gridhrasi is characterized by pain which starts from Kati pradesha radiates to Prushta (back), Uru (thigh), Janu (knee), Jangha (calf) and Pada (foot) in order, along with Stambha (stiffness), Toda (prickling pain), Spandana (twitching) and causes Sakthi Utkshepa nigraha (restricted movement of lifting of leg).[7] Acharya charaka says the root cause of diseases is Vata dosha, which can cause disease in Sarva avayava. As none of treatment modalities are as effective as Basti chikitsa for mitigation of Vata dosha, Basti karma is prime line of Chikitsa for all Vatayadhi’s and it is considered as Ardha chikitsa. [8] Here an attempt is made to study the efficacy of Erandamula Ksheera Basti in the management of Vataja Gridhrasi.

Objectives of the Study
To evaluate the therapeutic efficacy of Erandamula Ksheera Basti in the management of Vataja Gridhrasi w.s.r to Sciatica.
MATERIALS AND METHODS

Source of data: 10 patients of Vataja Gridhrasi w.s.r to Sciatica, approaching OPD and IPD of SKAMCH and RC, Bangalore were selected for the study.

Drug source: Drugs required for Erandamula Ksheera Basti were purchased in the pharmacy of SKAMCH and RC. Basti was prepared manually in Panchakarma theater and was administered to the patient.

Method of collection of data: Patients of Vataja Gridhrasi admitted in IPD were selected for the study.

Inclusion criteria
- Patients of either sex between the age group of 30 – 70 years.
- Patients presenting with Lakshanas of Vataja Gridhrasi.
- Patients presenting with signs and symptoms of Sciatica.
- Patients who are fit to undergo Niruha Basti and Anuvasa Basti.

Exclusion criteria
- Patients with systemic diseases that may interfere with the course of treatment.
- Surgical indication such as progressive neurological deficit.
- Benign or malignant tumour of the spine or tuberculosis of the vertebral column.

Duration of the study
- Total duration of the study - 8 days.

INTERVENTION
- 10 patients of Vataja Gridhrasi who fulfil the inclusion criteria were selected.

Erandamula Ksheera Basti

Poorva Karma
Sthanika abhyanga over Nabhi pradesha followed by Sthanika Nadisweda.

Pradhana Karma
Patient is asked to lie in left lateral position. Anuvasa and Niruha basti are given alternately as per Yoga Basti pattern shown in table.

Table 1: Showing the pattern of Yoga Basti

<table>
<thead>
<tr>
<th>Day</th>
<th>1&lt;sup&gt;st&lt;/sup&gt;</th>
<th>2&lt;sup&gt;nd&lt;/sup&gt;</th>
<th>3&lt;sup&gt;rd&lt;/sup&gt;</th>
<th>4&lt;sup&gt;th&lt;/sup&gt;</th>
<th>5&lt;sup&gt;th&lt;/sup&gt;</th>
<th>6&lt;sup&gt;th&lt;/sup&gt;</th>
<th>7&lt;sup&gt;th&lt;/sup&gt;</th>
<th>8&lt;sup&gt;th&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basti</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>N</td>
<td>A</td>
<td>A</td>
</tr>
</tbody>
</table>

1. **Anuvasa Basti** - Bala taila - 80 ml (After consuming Laghuahara)
2. **Niruha basti** - Erandamula ksheera basti. (On empty stomach at 7am)

Table 2: Showing Niruha Basti ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Madhu</td>
<td>30 ml</td>
</tr>
<tr>
<td>Saindhava</td>
<td>6 gms</td>
</tr>
<tr>
<td>Taila (Murchitha tila taila)</td>
<td>80 ml</td>
</tr>
<tr>
<td>Shathapushpa kalka</td>
<td>20 gms</td>
</tr>
<tr>
<td>Erandamula kwatha</td>
<td>300 ml</td>
</tr>
<tr>
<td>Ksheera</td>
<td>200 ml</td>
</tr>
</tbody>
</table>

Paschat Karma - Lifting of the legs, patting to the buttocks, anti - clockwise massage to abdomen for about a minute.

Assessment parameters

Table 3: Showing assessment parameters and grading

<table>
<thead>
<tr>
<th>S.No</th>
<th>Assessment Criteria</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ruk</td>
<td>No pain</td>
<td>Mild pain</td>
<td>Moderate pain</td>
<td>Severe pain</td>
</tr>
<tr>
<td>2</td>
<td>Sthambha</td>
<td>No stiffness</td>
<td>Mild stiffness</td>
<td>Moderate stiffness</td>
<td>Severe stiffness</td>
</tr>
<tr>
<td>3</td>
<td>Supthata</td>
<td>Absent</td>
<td>Occasional</td>
<td>Intermittent</td>
<td>Continuous</td>
</tr>
<tr>
<td>4</td>
<td>SLR</td>
<td>Negative</td>
<td>60 degree and above</td>
<td>Between 30 – 60 degree</td>
<td>Less than 30 degree</td>
</tr>
</tbody>
</table>
**Observation and Results**

The efficacy of *Erandamula ksheera basti* was studied in 10 patients suffering from *Vataja Gridrasi*. The other observations are as follows:

<table>
<thead>
<tr>
<th>Table 4: Showing distributions of patients of Vataja Gridrasi according to sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
</tr>
<tr>
<td>Female</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Table 5: Showing distributions of patients of Vataja Gridrasi according to age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Group</td>
</tr>
<tr>
<td>30 – 40 years</td>
</tr>
<tr>
<td>40 – 50 years</td>
</tr>
<tr>
<td>50 – 60 years</td>
</tr>
<tr>
<td>60 – 70 years</td>
</tr>
</tbody>
</table>

**DISCUSSION**

When *Basti* is introduced into the Pakwashaya, the Veerya of Basti reaches all over the body, collects the accumulated Doshas and Shakrut from Nabhi, Kati, Parshwa and Kukshi pradesha, causes Snehana to the body and expels out the Dosha along with Pureesha. 

**Effect from Niruha basti:** Madhu having Yogavahi and Sukshma marga anusarita property acts as catalyst and penetrates into the Sukshma srotas. Saindhava lavana having Laghu and Tridosha Shamaka guna was added to it. Sneha dravya, Taila having Ushna veerya, Snigdha guna combats Ruksha and Laghu guna of Vata, which in turn does Vata shamana.

<table>
<thead>
<tr>
<th>Table 6: Showing assessment parameters in patients before treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms</td>
</tr>
<tr>
<td>Ruk</td>
</tr>
<tr>
<td>Stambha</td>
</tr>
<tr>
<td>Suptatha</td>
</tr>
<tr>
<td>SLR</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Table 7: Showing the effect of treatment on subjective and objective parameters</th>
</tr>
</thead>
<tbody>
<tr>
<td>S.No</td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
</tr>
</tbody>
</table>
Guruguna gives Bruhamana effect.\[19\] Hence considering the properties of all the ingredients, Erandamula ksheera basti is effective in treating Vataja Gridrasi.

**Discussion of observation on results**

**Discussion of observation on Ruk**

Out of 10 patients, 4 patients showed mild reduction in the intensity of pain from 3rd day of Basti and remaining 6 patient's pain reduced after 5th day significantly. As Guna of Taila is opposite to Gunas of Vata and Basti given on2nd day acts on Mula anila (i.e Pakvashaya sthitha apana vayu). It was observed mild reduction in the intensity of pain. Eranda being Vatahara and Vedhnasthapaka, administered in the form of Niruha basti has reduced pain significantly from 5th day. Patient was able to stand and walk for a distance without pain and there was noticeable change in their gait.

**Discussion of observation on Supthata**

Out of 10 patients, 3 patients had significant improvement by 5th day, 5 patients had moderate improvement by 7th day and 2 patients were not having Supthata. Supthata is due to involvement of vitiated Vata dosha throughout the root of nerves. Eranda being main ingredient of Erandamula ksheera basti, has Snigdha, Sukshma and Teekshna properties does Srotoshodhana, thus does Vata shamana.

Out of 10 patients, 3 patients completely relieved of Sthambha, 7 patients had moderate improvement. As the retention period of Anuvasana basti was increasing, patient had improvement in both stiffness and Ruk and was able to rise from bed without difficulty. The Ushna veerya of Taila and Snigdha guna combats Gunas of Vata thus causes Vata shamana. Hence there was a significant improvement in Sthambha.

**Discussion of observation on SLR**

Out of 10 patients, 3 patients had good improvement (able to rise above 60 degree), 6 patients had moderate improvement (able to rise < 30 degree - > 60 degree) and 1 patients SLR was negative. Due to Vata shamana and Bruhmana effect of Basti, there was significant effect on all Lakshanas like Ruk and Sthambha. Hence SLR showed significant improvement.

**CONCLUSION**

Present study Erandamula ksheera basti proved to be effective in reducing Lakshanas of Vataja Gridrasi and has shown good results in all assessment parameters taken into consideration. The study suggests Erandamula ksheera basti can be taken as better choice of treatment in the management of Vataja Gridrasi w.s.r to Sciatica. The study can be taken up for further study on large sample.

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*Address for correspondence
Dr Chaithra K S
PG Scholar,
Department of PG studies in Panchakarma, SKAMCHRC,
Bangalore, India.
Email: chaithrakhgowda@gmail.com

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Graph 1:

No of patient

- Male
- Female

Graph 2:

No of Patients

- 30 – 40 years
- 40 – 50 years
- 50 – 60 years
- 60 – 70 years

Graph 3:

No of patients

- Ruk
- Stambha
- Suptatha
- SLR

Graph 4:

Ruk

- AT
- BT
- MD