



ISSN 2456-3110

Vol 6 · Issue 2

Mar-Apr 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Trends of Research studies on *Gridhrasi*

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ABSTRACT

Gridhrasi is a pain dominating *Vata Vyadhi* and its surge in incidence is alarming. A large group of patients with this condition suffer from limited or restricted daily routine activities and is posing a burden on socioeconomic life of an individual. This disease is being studied routinely in postgraduate departments, this article attempts to assess the trends and pattern of research studies conducted till date on the subject and also to highlight the unexplored areas to bring out the best possible solution for this malady. Number of studies are targeted on assessing the therapeutic potential of a modality or a drug and least number of studies are targeted on studying the disease pathology.

Key words: *Gridhrasi, Vatavyadhi.*

INTRODUCTION

Gridhrasi, a *Vata Dosha* dominated disease which has the characteristic feature of pain resembling that of disease of *Sciatica*.^[1,2] This condition restricts and affects motor movement especially to the walking considerably. Due to the agonizing pain pattern, patients refrain themselves from being mobile and resort to sedentary life style habits. Among the causes of this change in life style habits it poses a strong factor for the aggravation of *Vata Dosha*.

This disease is extensively studied in clinical research programmes of Ayurvedic postgraduate curriculum. Main line of treatment suggested in Ayurvedic treatises is basically medicinal line of treatment which involves oral administration of medicaments along

with *Panchakarma* procedures like *Snehana*, *Swedana* and *Basti*; apart from the conservative management, *Agnikarma* (Therapeutic Cauterization), *Raktamokshana* (Bloodletting Therapy) are also prescribed.

This study aims to assess the trend of research studies conducted on *Gridhrasi* in Ayurvedic institutes across India.

MATERIALS & METHODS

Titles of the thesis are procured from 'Researches in Ayurveda'- A classified directory of PG & PhD research works carried out at various institutions throughout India, compiled by Prof. M.S.Baghel^[3] and by personal communication with certain institution / faculty members.

Method

Systemic review method

OBSERVATION AND DISCUSSION

Exclusive titles of research studies on *Gridhrasi* procured by from Research in *Ayurveda* and through personal communication are compiled, screened and analyzed. On scrutiny, it revealed, a total of 237 research studies are conducted on *Gridhrasi* till 2019 since the inception of the postgraduate studies in *Ayurveda*. All 237 research titles were screened

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Submission Date: 09/03/2021

Accepted Date: 06/04/2021

Access this article online

Quick Response Code



Website: www.jaims.in

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Ayurveda Organization, Vijayapur,
Karnataka (Regd) under the license CC-
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according to systematic review methodology and it revealed following findings.

Table 1: Depicting the department wise studies on Gridhrasi Roga

<i>Kayachikitsa</i>	115
<i>Rasa shastra and Bhaishajya Kalpana</i>	08
<i>Roga vignana and Vikruti Vignana</i>	05
<i>Ayurveda Samhita and Siddhanta</i>	08
<i>Dravyaguna</i>	04
<i>Panchakarma</i>	60
<i>Swasthavritta</i>	02
<i>Sharira Rachana</i>	04
<i>Shalya</i>	31
TOTAL	237

Table No. 1, classifies the research studies on *Gridhrasi* based on department which denoted that a mammoth number of research studies are mainly registered in *Kayachikitsa* department with 115 numbers of studies, the second leading number of studies are reported from *Panchakarma* Department. 31 studies are reported to be done by *Shalya Tantra* department wherein exclusive Para surgical modality was adopted.

The formulations used in the study as extracted from the titles are tabulated in Table No. 2. This has revealed that 48 research studies failed to highlight the name of the formulation used in their respective study.

Table 2: Depicting formulations used in the research studies.

Formulations and Modality	No.
<i>Abhadi Churna</i>	1
<i>Aditya Paka Guggulu</i>	2

<i>Agnitundi</i>	1
<i>Ashtakatvara Taila</i>	2
<i>Ajamodadi Churna</i>	1
<i>Ajamodadi Vataka</i>	2
<i>Brihat Nimbi</i>	1
<i>Chaturbeeja</i>	1
<i>Chaturbhadra Kalpa</i>	1
<i>Dashamooladi Niruha</i>	2
<i>Dvatrimshaka Guggulu</i>	1
<i>Dwipanchamooladi Mamsarasa</i>	1
<i>Ekangaveera Rasa</i>	2
<i>Eranda Beeja</i>	4
<i>Eranda Nirgundi Yoga</i>	1
<i>Eranda Paka</i>	1
<i>Eranda Phala Payasa</i>	1
<i>Eranda Taila</i>	5
<i>Erandadi Guggulu</i>	1
<i>Erandadi Kashaya</i>	3
<i>Erandadya Niruha Basti</i>	6
<i>Gomutra Arka</i>	1
<i>Gokshuradi Taila</i>	1
<i>Gridhrasihara Vati</i>	1
<i>Hingu Triguna Taila</i>	1
<i>Kamsakhya Guggulu</i>	1
<i>Ketakyadi Taila</i>	3
<i>Kshaudra</i>	1
<i>Ksheerabala Cap</i>	1

<i>Ksheerabala Taila</i>	1
<i>Kubja Prasarani Taila</i>	2
<i>Kulattha</i>	1
<i>Lashuna Rasayana</i>	1
<i>Lasuna Kshirapaka</i>	1
<i>Madhu Ghrita</i>	1
<i>Mahashalvana Upanaha</i>	1
<i>Mahamashadi Taila</i>	1
<i>Mulakadi Taila</i>	3
<i>Mustadi Yapana Basti with Mamsa Rasa and Godugdha</i>	2
<i>Nagaradi Churna</i>	1
<i>Navajeevana Rasa</i>	1
<i>Nimbamoola Churna</i>	1
<i>Nirgundi Ghana Vati</i>	1
<i>Nirgundi Kashaya</i>	3
<i>Nirgundi Patra</i>	1
<i>Nirgundi Patra Kwatha</i>	1
<i>Nirgundi Taila</i>	3
<i>Not Mentioned</i>	48
<i>Panchamooladi Kala Basti Yoga</i>	1
<i>Panchamoolee Kashaya</i>	4
<i>Panchatikta Ksheera</i>	1
<i>Parijata</i>	7
<i>Parijata Guggulu</i>	1
<i>Pathadya Churna</i>	1
<i>Pathyadi Guggulu</i>	3
<i>Phala Payasa</i>	1

<i>Prasarani Taila</i>	4
<i>Punarnavadi Churn and Tila Taila</i>	1
<i>Punarnavadi Guggulu</i>	1
<i>Rasa Sindooro</i>	1
<i>Rasna Panchaka Kwatha</i>	1
<i>Rasna Guggulu</i>	10
<i>Rasna Pooteeka Taila</i>	1
<i>Rasnadi Gutika</i>	2
<i>Rasnasapthaka Kwatha</i>	2
<i>Rasona</i>	2
<i>Rasona – Erandamoola Kwatha</i>	2
<i>Rasona Kshira</i>	1
<i>Rasona Pinda</i>	1
<i>Rasona Saptaka Vati</i>	1
<i>Rasona, Ashtavarga Kashaya</i>	1
<i>Rasonadi Kalka with Erandamoola Kwatha</i>	1
<i>Sahachara Taila</i>	5
<i>Sahacharadi Kashaya</i>	2
<i>Sameera Pannaga Rasa</i>	2
<i>Shadanga Guggulu</i>	1
<i>Shalparnyadi Taila</i>	1
<i>Shephalica Ghanavati</i>	1
<i>Shephalika Patra Kwatha</i>	2
<i>Shephalika Kala Basti Yoga</i>	1
<i>Simhasyadi Kashaya</i>	1
<i>Shephalika Patra Kwatha</i>	2
<i>Shephalika Patra Kwatha</i>	1

<i>Shirishadi Yoga With Nirgundi Kwatha</i>	1
<i>Shobhanjanadi Guggulu</i>	1
<i>Shuddha Guggulu</i>	1
<i>Simhanada Guggulu</i>	1
<i>Simhanada Guggulu and Godhooma Tusha</i>	1
<i>Simhasyadi Kwatha</i>	1
<i>Sindhuvara Taila</i>	1
<i>Surbhi Guggulu</i>	1
<i>Swadamstradi Taila</i>	2
<i>Trayodashanga Guggulu</i>	6
<i>Trivrut Churna</i>	1
<i>Vajigandadhya Kala Basti Yoga</i>	1
<i>Vajigandhadi Taila</i>	09
<i>Vatagajankusha Rasa</i>	3
<i>Vatari Guggulu</i>	5
<i>Vatari Rasa</i>	1
<i>Vaitarana Basti</i>	2
<i>Vishwadi Guggulu</i>	2
<i>Vishagarbha Taila</i>	1
<i>Vimardhana Taila</i>	1
<i>Vrishadi Basti</i>	3

Table 3: Modality adopted in the research studies.

SN	Modality	N
1.	<i>Abhyanga</i>	07
2.	<i>Agnikarma</i>	35
3.	<i>Basti</i>	77
4.	<i>Kati Basti</i>	37

5.	<i>Diagnostic</i>	02
6.	<i>Kati Pichu</i>	05
7.	<i>Nadi sweda</i>	02
8.	<i>Not Clear</i>	10
9.	<i>Pinda sweda</i>	07
10.	<i>Yoga</i>	01
11.	<i>Siravyada</i>	22
12.	<i>Traction</i>	01
13.	<i>Sweda</i>	12
14.	<i>Parisheka</i>	01
15.	<i>Virechana</i>	03

The above table highlights the modalities used for evaluation of its efficacy in *Gridhrasi*. It revealed a bulk of research studies had used *Basti* has the main modality with 77 research studies. *Kati Basti*, and unique modification of *Basti* karma was trialled in 37 research studies, while *Agnikarma*, a Para surgical procedure also termed as therapeutically cauterization on the most painful points had 35 clinical trials.

It is noteworthy that all clinical trials have targeted especially on evaluating the efficacy of specific form or specific medication cited in Ayurvedic treatises with that of standard modality or previously evaluated modality. Certain lacunas found after screening the titles are listed below.

- Studies on simplifying the diagnostic protocol for *Gridhrasi* based on Ayurvedic concepts were meager.
- Studies' relating the importance of *Prakruti* in *Gridhrasi Vyadhi* is not found.
- Quality of life scale for patient suffering from *Gridhrasi* is not studied
- Relation of Diet or Life style with *Gridhrasi* was least tested.

- No studies were found which surveyed the incidence and other etiopathological factors associated with the disease.
- Systematic review or Meta-analysis of already researched data is also not found.

CONCLUSION

Gridhrasi is known to haunt the life of an individual by restricting or affecting the mobility and its typical nature of pain resorts the patient to be on adhering to analgesic and other medications. This study revealed a bulk of research studies mainly from the department of *Kayachikitsa* has focused on *Gridhrasi Vyadhi*, yet, many lacunas are reported. The research studies conducted on the *Gridhrasi* are least tested again and the outcome of the research is not much published.

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How to cite this article: Nalini N, Yogita Bali, Sathish HS. Trends of Research studies on Gridhrasi. *J Ayurveda Integr Med Sci* 2021;2:87-91.

Source of Support: Nil, **Conflict of Interest:** None declared.
