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Systemic review on *Gridhrasi* management by *Parijata* (*Nyctanthus arbortristis*)

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ABSTRACT

In Ayurved treatment, many drugs and procedures are mentioned in ancient text which is followed by experts. In Ayurvedic compendia *Vangasena Samhita* and *Chakradatta Samhita* a drug *Nyctanthus arbortristis* (*Parijata*) is used in *Gridhrasi* (sciatica) management. *Gridhrasi* is *Vataja Nanantmak Vikar* caused by vitiation of *Vata*. This article is an attempt to review on management of *Gridhrasi* by *Parijata*.

Key words: *Gridhrasi*, *Parijata*, *Harsingar*

INTRODUCTION

The prevalence of sciatica varies considerably ranging from 1.6% in the general population to 43% in a selected working population. Sciatica not only inflicts pain, but also causes difficulty in walking. It negatively impacts quality of life of patient and disturbs daily routine. Sciatica is very painful condition in which pain begins in lumbar region and radiates along the posterior lateral aspects of thigh and leg, in this condition patient walks with difficulty. It occurs because of spinal nerve irritation and characterized by pain in distribution of sciatic nerve.^[1]

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Parijata is a medicinal plant having significant hair tonic, hepatoprotective, anti-leishmaniasis, anti-viral, antifungal, anti-pyretic, anti-histaminic, anti-malarial, anti-bacterial, anti-inflammatory and anti-oxidant activities.^[2]

In *Ayurvedic* text *Parijata* is used for sciatica management and emphasized the need for further exploring available information.

METHODOLOGY

Gridhrasi

Gridhra means vulture. Vulture is fond of meat and has a particular fashion of eating meat. It pierces its beak deeply in the flesh and then draws it forcefully, causing severe pain. The pain in *Gridhrasi* is also of the same kind, hence the name is given. Also, because of the persisting severe pain the patient has a typical gait i.e., slightly tilted towards the affected side and affected leg in tilted position and another leg extended. This gait resembles with that of vulture.^[3] In this disease the patient walks like the bird *Gridhra* and his legs become tense and slightly curved so due to the resemblance with the gait of a vulture, *Gridhrasi* term might have been given to this disease. *Gridhra* is bird called as vulture in English. This bird is fond of meat and it eats

flesh of an animal in such a fashion that he deeply pierces his beak in the flesh then draws it out forcefully. Due to persisting severe pain the patient has a typical gait i.e., slightly tilted towards the affected side and affected leg in tilted position and another leg extended. This gait resembles with that of vulture. Such type of pain occurs and typical gait observed in *Gridhrasi*.^[4]

The vitiated *Vata* causes stiffness in sphinx, anus, femoral, groin, back, thigh, and feet in sequence there should be pain like breaking, stiffness, and terrible pain and frequent tremors, if yes then it is called *Gridhrasi*, this rheumatism is of two types *Vatik* and *Vatakaphaj*.^[5]

Symptoms of *Vatik Grudhrasi*

In sciatica disease caused by *Vata*, there is pain like breaking in body, curvature of the body and there is fluttering and stiffness in their joints, thigh and femoral.^[5]

Symptoms of *Vatakaphaj Grudhrasi*

In rheumatism caused by *Vata* and *Kapha* the body feels wet like, slowness of digestive fire, sleepiness, water falling from mouth and distaste for food are all these symptoms.^[5]

Gridhrasi starts from hip and gradually comes down to waist, back, thigh, knee, shank and foot and piercing pain and also frequent quivering these symptoms are of *Vata* but when the disorder is caused by *Vata* and *Kapha* it is associated with drowsiness heaviness and anorexia. *Kalli* produces cramps in foot, shank, thigh and wrist.^[6]

Samprapti^[8]

Accumulation of *Vata* by *Ruksha*, *Sheeta*, *Guna* (*Chayaavastha*)



Accumulated *Vata* tends to become swollen and excited (*Prakopavastha*)



Vitiated *Vata* propagates all over the body this process will lead to *Gridhrasi* of gradual onset



If no treatment has been adopted even at this stage *Dosha* while moving throughout the body would settle in the part of body where there is pre-existing *Khavaigunya*, the premonitoring clinical features are only manifested at this stage. This stage is called *Poorvarupavastha* backache or lumbago pain observed (*Sthansamsryavastha*)



The movement of one leg is usually impaired in *Gridhrasi* there is pain like breaking stiffness (*Vyakti*)

Parijata (*Nyctanthus arbortristis*)

Scientific Classification^[9]

Kingdom: Plantae

Order: lamiales

Family: Oleaceae

Genus: *Nyctanthes*

Species: *N. arbortristis*

Synonyms: *Parijata*, *Ragpushpi*, *Harsingar*, *Parijata*, *Shefalika*, *Shiuli*^[10]

English Name: weeping nyctanthus^[10]

Upyuktanga: leaves, flower, seeds, roots^[10]

Rasa: *Tikta*^[10]

Virya: *Shita*^[10]

Vipak: *Katu*^[10]

Dosaghnta: *Kapha*, *Pitta*^[10]

Guna: *Laghu*, *Ruksha*^[10]

Phyto-constituents^[2]

Plant part	Phyto-constituents
Bark	Alkaloids, Glycosides
Flower oil	Anisaldehyde, Phenyl acetaldehyde, p-cymene, 1-deconol, 1- hexanol methyl heptanone, α-pinene
Flower	Apigenin, Anthocyanin, D-Mannitol, Tanninm, Glucose, Carotenoid, Essential Oil, Kaemferol,

	Nyctanthin, Glycosides, Quercetin, Rengylone, α -crocetin (or crocin-3), β -monogentiobioside, β -monogentiobioside- β -D, β -digenitiobioside.
Leaves	Ascorbic Acid, Benzoic Acid, Carotene, D-Mannitol, Flavanol Glycosides-Astragaline, Friedeline, Fructose, Glucose, Iridoid Glycosides, Lupeol, Mannitol, Methyl Salicylate, Nicotiflorin, Nyctanthic Acid, Oleanolic Acid, Tannic Acid, β -Sitosterole.
Seeds	3-4 Secotriterpene Acid, a Pale Yellow Brown Oil (15%), Arbotristoside A & B, Glycerides of Linoleic Oleic, Lignoceric, Myristic Acids, Nyctanthic Acid, Palmitic, Stearic
Stem	Stem Glycoside-naringenin-4'-O- β -glucapyranosyl- α -Xylopyranoside, β -sitosteroltuents

Uses

It has anti-allergy activity, anti-inflammatory activity, anti-aggressive activity, anti-filarial activity, anti-bacterial activity, antioxidant activity, anti-anxiety, anti-cancer activity, anti-trypanosomal potential, anti-diabetic activity, anti-viral activity, anti-malarial activity, anti-parasitic activity, anti-helminthic activity, anticholinesterase activity, anti-pyretic activity, anti-anaemic activity, hepatoprotective, sedative activity^[2]

Management of Gridhrasi by Parijata

▪ According to Vangasena Samhita

The decoction made by *Shefalika* (*Parijata*) leaves by heating it on slow fire when given to person diseased by *Gridhrasi* it destroys the disease.^[11]

▪ According to Chakradatta

The bark of *Shefalika* tree is heated on slow fire to made decoction and given to *Gridhrasi* patients it destroys the disease.^[12]

- According to clinical trial done on 20 patients at different centres to treat sciatica by *Nycanthus arbotriis* show effective result on patients by comparing before and after SLR test and pain reduced test after 7 days^[13]
- Venesection in tendocalcaneum and ankle and cauterization are applied in sciatica^[7]

CONCLUSION

According to ancient *Ayurvedic* text *Parijata* is effective anti-sciatic drug. As sciatica is one of the most painful diseases and there is no specific treatment available on it. All the information on use of *Parijata* in the management of sciatica is needed to be explore further. For the *Ayurvedic* management of *Gridhrasi*.

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