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Systemic analysis of different *Niruha Basti's* in *Vatavyadhi* (*Gridhrasi*) - A Case Study

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ABSTRACT

Ayurveda is popular holistic science in this present era that deals with scientific evidence-based treatment principles and approaches toward a positive lifestyle. It explains mainly about 2 types of *Chikitsa* i.e., *Shodhana* and *Shamana*. Out of this, *Basti Chikitsa* is one of the 5 important treatment modalities that are explained under panchakarma and it is often used in the management of different kinds of *Vatavyadhi*.^[1] The different manifestations of *Gridhrasi* with different cause requires a blended approach of various treatment modalities with *Basti Chikitsa* as a centre of focus. This Case study includes 3 different presentations of *Gridhrasi* with Pain in low back region radiating to lower limbs successfully treated with 3 different *Niruha Bastis*. Assessments of Subjective parameters include *Lakshanas* of *Gridhrasi* and Objective parameters include Straight Leg Raising Test and Bragard's sign.

Key words: *Vatavyadhi, Niruha Basti, Pharmacodynamic action, Ardha Chikitsa.*

INTRODUCTION

The *Vata Vyadhi's* explained under 80 *Nanatmaja Vikaras*^[2] present with different symptoms of various neurological deficits and musculoskeletal deformities especially intolerable pain in most cases. *Basti* specially considered as *Ardha Chikitsa* with the combination of various herbal drugs has the capacity to do *Dosha Karshana* in case of *Margavarana* and *Bruhana* in case of *Dhatukshaya* if manifested by *Vata Dushti*. An attempt is made to understand 3 different presentations of *Gridhrasi* with Pain in low back region radiating to lower limbs successfully treated with 3

different *Niruha Bastis*. Assessments of Subjective parameters include *Lakshanas* of *Gridhrasi* and Objective parameters include Straight Leg Raising Test and Bragard's sign. The *Avastha* of the *Gridhrasi* presentation had different *Samprapti* in all the cases which was treated accordingly by selection of different *Basti Chikitsa*. The main objective of the study was to analyse the Pharmacodynamic action of *Basti* in different systems of the body & To analyse the action of *Niruha Basti* in different cases of manifestations of low back pain.

Case report of 3 different cases:

Case 1: A Male Patient of 52 years hailing from Bengaluru, Karnataka complained of Severe pain in the lower back region radiating to left lower limb (till left foot posterior- lateral) since 15 days along with stiffness in the lower back region and left leg since 15 days. Patient also presented with numbness of bilateral lower limb since 3 months (occasionally).

Past History: Patient had history of long distance travelling for about 20 hours continuously before 4 months and from then onwards the numbness in bilateral lower limbs and gradually started feeling pain in low back region.

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H/O Haemorrhoids 6 years back

Family History: Nothing Contributory

Personal History:

Diet: Mixed Appetite: Reduced Sleep: 4-5 hrs night, Disturbed Bowel: Once/day

Micturition: 2-3 Times/Day, once/night

Addictions: Tea (twice), Smoking since 6 years.

Case 2: A Female Patient of age 32 years hailing from Tumkuru, Karnataka presented with the main complaints of Pain in the lower back region radiating to right lower limb (till the right little finger of foot) Since 2 months, C/o Stiffness and Heaviness of right lower limb since 1month. Patient also complains of Fatigue since 2 months and Reduced appetite since 2 weeks. Patient had History of lifting heavy weight 1 week back.

Family History: Nothing Contributory

Personal History:

Diet: Mixed, non veg (chicken) monthly once, Fish weekly once, Appetite: Reduced

Sleep: 5- 6 hrs night, Disturbed Bowel: Once/day

Micturition: 2-3 Times/Day, once/night, Addictions: Coffee (thrice)

Case 3: A female patient of age 53 years who is not a k/c/o Hypertension/Diabetes Mellitus hailing from Bengaluru. Presents with main complaints of Pain in the lower back region since 20 days & Pain radiating to right lower limb since 10 days. Patient met with an accident from two-wheeler that resulted in minor fracture of the lumbar vertebrae 4 months back (reports not available, as words by patient) & Patient had History of Fall 20 days back. From the she also presents with Pain in the right shoulder joint since 20 days

Family History: Father K/C/O HTN since 15 years.

Personal History:

Diet: Vegetarian, Appetite: Good, Sleep :7-8 hrs night, Bowel: 2 times/day

Micturition: 3-4 Times/Day, 2 times/night

Findings

Assessment of the clinical study was done on the basis of subjective and objective parameters using different grading and scoring methods before and after treatment.

Subjective Parameter ^[3]	Objective Parameters ^[4]
<ul style="list-style-type: none"> ▪ Ruk ▪ Toda ▪ Sthambha ▪ Muhuspandana ▪ Tandra ▪ Arochaka ▪ Gourava 	<ul style="list-style-type: none"> ▪ SLR Test ▪ Bragard's Sign

MRI of All 3 cases were taken and it showed following impression:

Case 1: Disc degenerative changes in L4-L5 with osteophytes and Disc desiccation in L3-L4, L4-L5, L5-S1 and Disc Bulge in L4-L5, L5-S1.

Case 2: Mild Disc bulge in L1-L2, L2-L3, L3-L4 level, Disc desiccation and diffuse disc bulge with central protrusion in L5-S1 level. Posterior annular tear in L4-L5 level.

Case 3: Anterior wedging of S1 vertebrae with mild disc bulge at L5-S1 level.

Treatment Plan

Case 1	Case 2	Case 3
09.05.2022-12.05.2022	04.05.2022-17.05.2022	30.04.2022-15.05.2022
<ul style="list-style-type: none"> ▪ Agnikarma was done on 09.05.2022 ▪ Kati Basti - Moorchita Taila ▪ Sarvanga Abhyanga - 	<ul style="list-style-type: none"> ▪ Kati Basti - Mahavishagarbha Taila ▪ Sarvanga Abhyanga - Moorchita Taila ▪ Adhoshaka Jambheera Pinda Swedana 	<ul style="list-style-type: none"> ▪ Sthanika Manjishtha di Lepa ▪ Sthanika Parisheka with Murivenna Taila <p>Orally</p>

<p><i>Moorchita Taila</i></p> <ul style="list-style-type: none"> <i>Sarvanga Parisheka - Dashamoola Kwatha</i> <p>Orally</p> <ul style="list-style-type: none"> <i>G.H. Taila</i> 20 ml with Milk (Empty Stomach Early Morning) <p>13.05.2022-20.05.2022</p> <ul style="list-style-type: none"> <i>Erandamoola di Niruha Basti</i> was added in <i>Yoga Basti</i> Pattern. 	<ul style="list-style-type: none"> <i>Sthanika Nadi Swedana</i> (Low Back region) <i>Bashpa Swedana</i> <i>Vaitarana Basti Matra Basti</i> with <i>Sahacharadi Taila</i> 30 ml 	<ul style="list-style-type: none"> <i>Gandha Taila</i> 1tsp-0- 1 tsp (Before Food) <i>Lakshadi Guggulu</i> 1-1-1 (After Food) <i>Tikta Ksheera Basti</i> from 5th Day
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OBSERVATIONS

Case 1	Case 2	Case 3
<p>After <i>Agnikarma</i> pain in the lower back region radiating to the left lower limb had reduced comparatively (40%). Numbness and heaviness have reduced slightly after the 7 days of treatment. Sleep quality had improved.</p> <p>Pain was reduced by 90% after <i>Yoga Basti</i>.</p> <p>Now patient is able to walk without any difficulty, no sticking feeling while walking, Weakness have reduced.</p>	<p>Stiffness and heaviness in the lower back region radiating to the right lower limb had slightly increased for first 4 days and comparatively after 6 days of treatment, pain slightly reduced.</p> <p>Tiredness and fatigue have reduced after 5 days of treatment.</p> <p>Pain of right lower limb have reduced (80%) after 14 days of <i>Vaitarana Basti Chikitsa</i>.</p>	<p>Pain in the lower back have reduced after 5 days of treatment by 60%, Radiating pain have reduced after 9 days of treatment.</p> <p>Patient condition was improved at the time of discharge. Pain and difficulty in walking reduced by 80%.</p>

BT & AT Outcome Comparison^[5]

Parameters	Case 1		Case 2		Case 3	
	BT	AT	BT	AT	BT	AT
Subjective Parameters						
<i>Ruk</i>	3	0	4	1	4	1
<i>Toda</i>	3	1	2	0	2	0
<i>Sthambha</i>	2	0	4	1	3	0
<i>Muhu Spandana</i>	2	0	3	0	3	1
<i>Tandra</i>	0	0	3	1	0	0
<i>Arochaka</i>	0	0	4	1	0	0
<i>Gourava</i>	0	0	3	0	0	0
Objective Parameters						
SLR Test	30°	90°	40°	75°	50°	90°
Bragard's Test	+ve	-ve	+ve	-ve	+ve	-ve

DISCUSSION

This article mainly depicts 3 different presentations of Low back pain due to 3 different causes. In the first case, Due to the presence of *Nidanas* such as long distance travelling along with the *Katu Rooksha Pradhana Ahara Sevana* which has led to the vitiation of *Vata Dosha* where the vitiated *Vata* has taken the *Sthana Samshraya* in *Kati Pradesha* where the *Kha Vaigunyata* is present. In addition to this, *Ati Ruksha Katu Ahara Sevana* has led to the *Mamsa Shithilata* due to which there is *Vimunchana* of *Sandhi* that is degeneration in lumbar spine further causing inflammation which can be considered as *Dahana* of *Rakta*.^[6] This inflammation is main reason for causing irritation to the sciatic nerve. This presentation mainly involves *Vata Dosha* vitiation leading to *Vataja Gridhrasi*. Where as in second case, a female patient mainly presents with *Agnimandyata* along with pain in low back region which is caused due to the *Ama*

present in the body because of *Vata Kaphaja Nidanas* that are present like excess intake of *Matsya*, *Anupa Mamsa* along with lifting heavy weights. In this case, the *Ama Rasa* has led to the vitiation of *Kapha* and *Vata Dosha* further doing *Shoshana* of *Kandaradi Avayavas* leading to *Vata Kaphaja Gridhrasi*.^[7] 3rd case mainly presents with *Nidana* of *Abhighata* where Injury to *Sira*, *Snayu*, *Kandara*, *Mamsa* at *Kati Pradesha* lead to *Vata Prakopa* and *Shitilata* at the site which in turn causes *Snehadi Guna Kshaya*, thus causing the Compression fracture.

Erandamooladi Niruha Basti along with all other *Snehana Chikitsa* has given good improvement in first case where the different combination of Drugs used in *Erandamooladi Basti* which has properties of *Vatahara*, *Vedanashamaka* and it is *Balya* in nature.^[8] This helps in strengthening the *Mamsa Shitilata* that has occurred at the *Sandhi Pradesha* and thus reduces the pain in low back and lower limbs. In case of 2nd Patient, *Vaitarana Basti* is given which helped in correcting the vitiated *Vata Kapha Dosha*. The drugs that are used in the form of *Guda*, *Saindhava*, *Taila*, *Chincha Jala*, *Gomutra* are having *Teekshna*, *Ushna*, *Vatakapha Shamaka* property thus it helped in *Vedanasthapana* and *Vatanulomana*. *Vaitarana Basti* also does the function of *Nadibalakara*^[9] which clearly states that it strengthens the sciatic nerve that is being compressed as a result of Disc Herniation. In case no 3, The compression fracture clearly indicates the involvement of *Asthi*, *Mamsa* and *Majja Dhatu*. Thus, the *Chikitsa* explained in the context of *Asthi Pradoshaja Vikara* is done here. *Tikta Ksheera Basti* does the *Vatashamana* and it provides the *Poshana* to the *Asthi Dhatu* that is very much required in case of Fractures.^[10] As *Asthi Dhatu* is hallow that is made up of *Akasha* and *Vayu Mahabhoota*, *Tikta Dravya* which has the same composition easily helps the *Dravyas* to reach the targeted site and *Ksheera* that is used nourishes the bones thus preventing deterioration and prevents further degeneration that might occur as a result of Fracture.

CONCLUSION

Basti Karma is the treatment of choice specially in case of *Vata Dushti* and also in *Samsrushta Doshas* like *Pitta*

and *Kapha*. *Basti* acts on the *Apana Vayu* first, later all other forms of *Vata* along with correction of *Dushita Kapha* and *Pitta* in sequential order,^[11] helping in absorption of active principles of *Niruha Basti*, thus playing an important role as *Ardha Chikitsa* in most of *Vata Vyadhi's* including *Gridhrasi*. *Basti* acts at the level of multisystem especially encolononic and endocolonic further acting at cellular level due to its *Veerya* helping out in excretion of vitiated toxins and absorption of required nutrients into the circulation. Different modifications pertaining to formulation and course of *Basti* can be made in treating various other *Vata Vyadhis* based on *Nidana* of disease, type of *Dosha* and *Dhatu* vitiated, site of pathology, severity and intensity of disease, this study paves a way for further research of various other *Niruha Basti's* on larger sample.

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