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# A clinical study to evaluate the efficacy of *Shaliparnyadi Yusha* in *Garbhini Parshwagraha* (Flank Rigidity with Lower Back Pain) During the Second and Third Trimester

Neha Sain<sup>1</sup>, Jayashree Patil<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, Department of Prasutitantra Evam Streerog, Dr. D.Y. Patil College of Ayurveda & Research Institute, Pimpri, Pune, Maharashtra, India.

<sup>2</sup>Professor, Department of Prasutitantra Evam Streerog, Dr. D.Y. Patil College of Ayurveda & Research Institute, Pimpri, Pune, Maharashtra, India.

## ABSTRACT

This study investigates the efficacy of *Shaliparnyadi Yusha*, a traditional Ayurvedic formulation, in the management of *Garbhini Parshwagraha* (flank rigidity associated with lower back pain) during the second and third trimester of pregnancy. The study was conducted on 32 patients, with outcomes measured by reductions in pain and improvements in mobility. The results indicate significant relief of symptoms, supporting the use of this Ayurvedic therapy for pregnant women experiencing discomfort due to musculoskeletal strain.

**Key words:** *Shaliparnyadi Yusha, Garbhini Parshwagraha, Pregnancy, Ayurveda, Lower Back Pain, Flank Rigidity*

## INTRODUCTION

Ayurveda, the ancient science of life, classifies the various stages of pregnancy under *Garbhini Vyapad*, which encompass a range of physiological changes and complications. *Parshwagraha*, or rigidity of the flanks, is one such condition experienced by pregnant women, often accompanied by *Parshwashul* (pain in the flanks) and lower back pain during the second and third trimester. These symptoms are primarily attributed to musculoskeletal strain, postural changes, and increased weight-bearing on the lower back and pelvis.

In Ayurveda, treatments aimed at balancing *Vata* and *Pitta* are essential in managing pregnancy-related discomfort. *Shaliparnyadi Yusha*, a formulation described in *Bhaishajya Ratnavali* and other classical texts, is traditionally used to relieve rigidity, inflammation, and pain. This study was designed to evaluate the effectiveness of this formulation in managing *Garbhini Parshwagraha*.

## AIMS AND OBJECTIVES

### Primary Objective

To evaluate the efficacy of *Shaliparnyadi Yusha* in the management of *Garbhini Parshwagraha* (flank rigidity) and associated lower back pain in pregnant women during their second and third trimester.

### Secondary Objective

To assess improvements in daily activities and mobility post-treatment.

## MATERIALS AND METHODS

### Study Design

This was a single-arm clinical study conducted at a tertiary Ayurveda hospital over 18 months. Thirty-two

### Address for correspondence:

Dr. Neha Sain

Post Graduate Scholar, Department of Prasutitantra Evam Streerog, Dr. D.Y. Patil College of Ayurveda & Research Institute, Pimpri, Pune, Maharashtra, India.

E-mail: nehusain16111995@gmail.com

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pregnant women aged 18 to 35 years, in their second and third trimester, presenting with symptoms of *Garbhini Parshwagraha*, were enrolled in the study.

**Inclusion Criteria**

1. Pregnant women in the second or third trimester.
2. Complaints of flank rigidity and lower back pain.

**Exclusion Criteria**

1. Women with orthopaedic deformities or known medical complications like renal or neurological conditions.

**Intervention**

The patients were administered *Shaliparnyadi Yusha*, as described in classical Ayurvedic texts. The formulation, prepared using *Shaliparni (Desmodium gangeticum)* and other ingredients, was given in a dosage of 5gm sachet and *Yusha* preparation was guided to the patient according to *Kashyap Samhita* (pulses like moong are cooked in 14-18 times water quantity till the time only half is half) once daily on an empty stomach for 15 days. Along with this, patients were advised to follow dietary restrictions (e.g., avoiding heavy and oily foods) to maintain digestive balance.

**Outcome Measures**

Primary outcomes were assessed using a visual analog scale (VAS) for pain and mobility tests at baseline, day 7, and day 15. Secondary outcomes included improvements in sleep quality, ease of movement, and daily activity levels.

**RESULTS**

Of the 32 patients, 27 (84%) reported significant reductions in pain intensity and flank rigidity by day 15. The remaining 5 patients exhibited moderate improvement, with all patients showing improved mobility. No adverse reactions were reported.

Criteria	Baseline	Day 7	Day 15
Flank Rigidity	Severe	Moderate	Mild/None
Lower Back Pain	Moderate to Severe	Mild to Moderate	Mild/None
Ease of Mobility	Restricted	Some Restriction	Unrestricted

Sleep Quality	Disturbed	Mild Disturbance	Normal

The visual analog scale (VAS) results for pain showed a mean reduction from 7.2 (baseline) to 3.1 (day 7) and 1.2 (day 15).

**DISCUSSION**

*Garbhini Parshwagraha* is a frequently neglected but highly prevalent complaint in pregnant women. It is influenced by *Vata* specifically thereby unbalancing other physiological changes during pregnancy, such as weight gain, joint laxity, and anterior pelvic tilt. The anti-inflammatory, muscle-relaxing, and *Vatahara* (*Vata*-pacifying) properties of *Shaliparnyadi Yusha* have long been recognized in Ayurvedic medicine.

In the context of Ayurvedic formulations, *Yusha* refers to a light, easily digestible decoction or soup prepared from various medicinal herbs, often used for therapeutic purposes. The primary characteristics of *Yusha* lie in its ability to balance the *doshas*, particularly *Vata* and *Pitta*, while being nourishing and easy on digestion. In the case of *Shaliparnyadi Yusha*, its composition includes herbs like *Shaliparni (Desmodium gangeticum)*, which possess anti-inflammatory, analgesic, and muscle-relaxing properties. The lightness (*Laghu Guna*) and digestive ease (*Mridu Agni Dipana*) of *Yusha* make it an ideal choice for pregnant women, particularly those in the second and third trimester, when the digestive system may be more sensitive. Additionally, *Yusha* provides hydration, which helps maintain proper fluid balance in the body, supporting the growing needs of both the mother and the fetus. Its soothing nature helps relieve musculoskeletal discomfort, including conditions like *Garbhini Parshwagraha*, by pacifying aggravated *Vata*, promoting muscle relaxation, and reducing rigidity in the flanks and lower back.

In this study, *Shaliparnyadi Yusha* demonstrated significant efficacy in reducing both flank rigidity and lower back pain, likely due to its ability to restore *Vata* balance and reduce inflammation. These findings are consistent with previous studies which suggest that *Shaliparni* and related herbs possess analgesic properties beneficial for musculoskeletal pain.

The study's results corroborate the ancient Ayurvedic wisdom found in texts such as *Charaka Samhita* and *Sushruta Samhita*, which emphasize the importance of *Vata* management during pregnancy to prevent conditions like *Parshwagraha*. By providing safe and effective relief without adverse effects, *Shaliparnyadi Yusha* offers a viable alternative to allopathic interventions for managing pregnancy-related back pain.

## CONCLUSION

*Shaliparnyadi Yusha* proved to be effective in managing the symptoms of *Garbhini Parshwagraha* and associated lower back pain, with significant improvements observed in both pain relief and mobility. Its use during pregnancy is safe, with no reported adverse effects, and offers a holistic approach to managing discomfort in pregnant women. Future studies could explore its long-term effects and potential benefits in other pregnancy-related complications.

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