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Research Article

Gridhrasi

A comparative clinical study of Ashwagandha and Shephalica on Gridhrasi

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In India 70% to 80% of population complaints of lower back pain, making it most common condition. Today the lives of vast number of people lie in the hand of health care system, which have a vital and continuing responsibility to maintain the health of people throughout the lifespan. In Charka Samhita Sciatica is described as Gridhrasi in Vatavyadhiadhyay. Sciatica is characterized by radiating sharp shooting pain from back of thigh. Gesture of extremity normally increase the tolerate. Sciatica appears to constriction or injury of the sciatic nerve or its source. The Ashwagandha and Shephalika contains all above explained properties with easily available in our surrounding. It improves quality life of sciatica patients. The present study was planned to evaluate the efficacy of Ashwagandha and Shephalika on Gridhrasi.

Keywords: Gridhrasi, Sciatica, Ashwagandha, Shephalica

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Introduction

Ayurveda means knowledge of life and life style. *Ayurveda* popularly used among Indians as traditional medicine. The unique feature of *Ayurveda* is its two purposes, promotion of health and prevention of disease. *Dravyaguna* is the backbone of *Ayurvedic* treatment. As from the beginning drugs obtained from the plants are the main source to cure the diseases and restore quality of life. We have the longest unbroken health tradition which has not only a stream of practitioners but also a textural and theoretical background.

It has important role in developing different type of system of medicine all over the World. Literary study was divided into two segment drug anlysis and disease analysis. In *Ayurvedic* drug review, various source of *Ashwagandha*[1] and *Shephalika*[2] were compiled from various texts e.g. *Vedic, Samhita Madhyamakala* and *Nighantukala.*

Withania somnifera and *Nyctanthes arbortritis* described in detail according to their taxonomic position, family characters, genus characters, genus key, species key, synonyms, vernacular names, botanical characters, distribution etc. in modern drug review. In the pharmacognostical part of the experimental study, morphological and microscopic identifying characters of both the plant were studied.

In physicochemical study, standard physicochemical parameters along with qualitative analysis of both the plant were carried out. Clinical study was carried out to assess comparatively in sciatic pain of *Withania somnifera* and *Nyctanthes arbortritis*.

Aims and Objectives

1. To assess the potency of *Ashwagandha Churn*a and *Shephalika Patra Churna* in the supervision of Sciatica.
2. To compare the efficacy of both drugs separately and in mixed form.
3. To note down the adverse effects if observed.

Materials and Methods

Criteria for selection

Case with characteristics of sciatica, either attending OPD or IPD of Govt. Ayurvedic College & Hospital Patna (Bihar) were selected for the present study.

Inclusion Criteria

1. Age between 20 years to 70 years.
2. Patients with history of sciatica was included in the study.

Exclusion Criteria

1. Age below 20 years & above 70 years.
2. Patients have any other complications.
3. Patients with chronicity of more than 10 years.
4. Patients suffering with T.B. spine, tumours of spine, focal neuropathy and any septic or infectious disease of spine.
5. Patients suffering with Diabetes or Diabetic neuropathy, Gout, Rheumatoid Arthritis and fracture of hip bone.

Criteria for Assessment

Objective Criteria

1. Straight leg raising test (SLR test)
2. Walking Time (for 20 meters)
3. Lab Investigation, ESR, CRP, Serum Creatinine, CBC, RBS, L-S spine x- ray (AP & LAT. View)

Statistical Analysis

The data collected on basis of examination made about many variables was subjected to statistical study in terms of mean, standard deviation (SD) and Standard error (SE). Paired 't' test was used for the assessment of the effect in single groups and unpaired 't' test was used to compare the effect in both the groups.

$P<0.05$ was considered as statistically non-significant and $P<0.01$ was considered as statistically significant and $P<0.001$ was considered statistically highly significant.

Observation and Results

60 patients had given their consent and were registered for the clinical trial divided into three groups. During clinical trial 3 patients were dropped out.

Group A

This group was treated with *Ashwagandha.* Out of 19 patients in group A after completion of treatment 3 patients were cured and 41.18 patients showed markedly improvement. 27.78% patients showed improved result, remaining 5.56% patients were unchanged.

Group B

This group was treated with *Shephalika*. Out of 19 Patients 3 was cured and 66.67% patients showed markedly improvement. 52.94% patients showed improved result. Remaining 5.88% patients were unchanged.

Group C

This group was treated with *Ashwagandha* & *Shephalika.* Out of 19 Patients, 9 was cured and 96% patients showed markedly improvement and 4% showed Improvement.

Table 1: Grouping of patients

Type	No. of Patients			Total	%
	Group A	Group B	Group C		
Registered	20	20	20	60	100
Completed	19	19	19	57	95
Discontinued	1	1	1	3	5

Table 2: *Prakriti* wise Distribution

SN	Prakriti	Group A	Group B	Group C	Total	%
1.	Vata-Pitta	03	07	04	14	23.33
2.	Vata-Kapha	12	09	10	31	57.41
3.	Kapha-Pitta	04	03	05	12	22.22

Prakriti **-** Maximum no. of patients were of *Vatakaphaja***[5]** (57.41%) followed by *Kaphapittaja***[6]** (22.22%) *Vatapittaja***[7]** 23.33% respectively.

Table 3: Distribution according to the types of *Gridhrasi*

SN	Types	Group A	Group B	Group C	Total	%
1.	Vataja	07	09	06	22	36.66
2.	Vata-kaphaja	12	10	13	35	64.81

Table 4: Chief Complaint wise Distribution

SN	Chief Complaint	Group A	Group B	Group C	Total	%
1.	Ruk	19	17	18	54	100
2.	Toda	14	14	17	45	83.33
3.	Stambha	14	14	15	43	79.63
4.	Muhuspandana	6	5	8	19	35.18
5.	Tenderness	9	8	14	31	57.40
6.	Gaurava	7	6	3	16	29.63
7.	Arochaka	4	7	8	19	35.18
8.	Supti	14	11	14	39	72.22

Effects of Therapy on chief complaint

Table 5: Effect of *Ashwagandha* (Group A) on subjective parameters of 19 *Gridhrasi* patients.

Subjective parameters	Mean		% Relief	SD	SE	't' Value	'p' value	S
	BT	AT						
Ruk	2.63	0.74	72	0.74	0.17	11.20	<0.001	HS
Stambha	1.05	0.32	70	0.65	0.15	4.92	<0.001	HS
Muhuspandana	1.21	0.53	56.52	0.82	0.19	3.64	<0.01	S
Toda	1.26	0.26	79.20	0.75	0.17	5.85	<0.001	HS
Tenderness	1.89	0.32	83.33	0.96	0.22	7.16	<0.001	HS
Gaurava	0.47	0.16	66.67	0.58	0.13	2.36	<0.05	NS
Supti	0.79	0.21	73.33	0.69	0.16	3.64	<0.01	S
Arochaka	0.95	0.42	55.55	0.61	0.14	3.75	<0.01	S

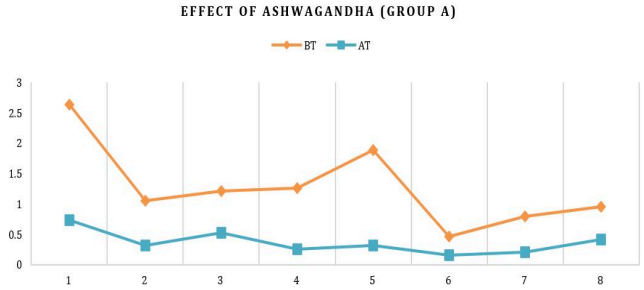


Table 6: Effect of *Ashwagandha* (Group A) on objective parameters of 19 patients of *Gridhrasi.*

Objective parameters	Mean		% Relief	SD	SE	't' Value	'p' value	S
	BT	AT						
S.L.R.								
Affected left leg	34.74	64.74	86.36	21.21	4.87	6.16	<0.001	HS
Affected Rt. leg	23.68	46.58	96.67	19.60	4.50	5.09	<0.001	HS

Table 7: Effect of *Shephalika* (Group B) on subjective parameters of 19 *Gridhrasi* patients

Subjective parameters	Mean		% Relief	SD	SE	't' Value	'p' value	S
	BT	AT						
Ruk	2.59	1.29	50	0.68	0.17	7.78	<0.001	HS
Stambha	1.24	0.65	47.62	0.62	0.15	3.92	<0.01	S
Muhuspandana	0.76	0.41	46.15	0.61	0.15	2.4	<0.05	NS
Toda	1.18	0.65	45	0.51	0.12	4.24	<0.01	S
Tenderness	1.53	0.88	42.31	0.70	0.17	3.80	<0.01	S
Gaurava	0.76	0.41	46.15	0.49	0.12	2.95	<0.05	NS
Supti	1.23	0.59	52.38	0.70	0.17	3.80	<0.01	S
Arochaka	0.82	0.47	42.86	0.49	0.12	2.95	<0.01	S

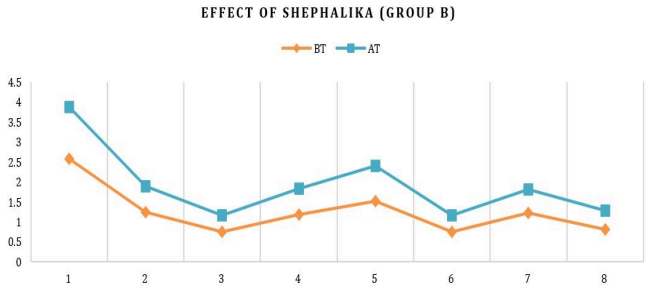


Table 8: Effect of *Ashwagandha* & *Shephalika* (Group C) on subjective parameters of 19 patients of *Gridhrasi*.

Subjective parameters	Mean		% Relief	SD	SE	't' Value	'p' value	S
	BT	AT						
Ruk	2.33	1.06	54.76	0.83	0.19	6.56	<0.001	HS
Stambha	1.17	0.61	47.62	0.92	0.22	2.56	<0.05	NS
Muhuspandana	1.39	0.89	36	0.62	0.15	3.43	<0.01	S
Toda	1.5	0.61	59.26	0.83	0.20	4.53	<0.001	HS
Tenderness	01	0.39	61.11	0.70	0.16	3.72	<0.01	S
Gaurava	1.78	0.56	68.75	1.11	0.26	4.65	<0.001	HS
Supti	0.61	0.28	54.55	0.59	0.14	2.38	<0.05	NS
Arochaka	0.33	0.17	50	0.38	0.09	1.84	<0.05	NS

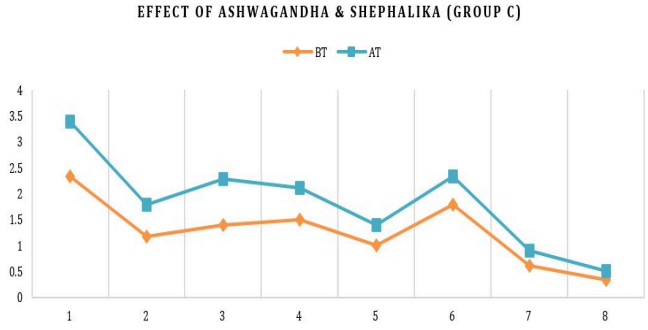
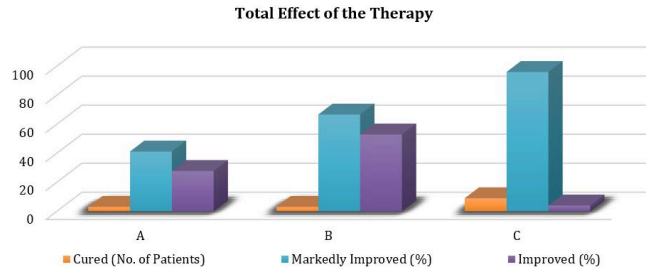


Table 9: Total Effect of Therapies on Both Groups

Groups	Cured (no. of patient)	Markedly Improved (%)	Improved (%)	Unchanged (%)
A	3	41.18	27.78	5.56
B	3	66.67	52.94	5.88
C	9	96	4	0



Total Result of Therapies

Group A

This group was treated with *Ashwagandha*. Out of 19 patients in group A after accomplishment of treatment 3 patients were relieved from sign and symptoms and 41.18 patients were noticeably improved.27.78%patients showed improved result Remaining 5.56% patients were unchanged.

Group B

This group was treated with *Shephalika*. Out of 19 Patients 3 was cured and 66.67% patients showed markedly improvement. 52.94% patients showed improved result. Remaining 5.88% patients were unchanged.

Group C

This group was treated with *Ashwagandha* and *Shephalika* Out of 19 Patients 9 was cured and 96% patients showed marked improvement and 4 patient showed improvement.

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