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# Role of *Vaitarana Basti* in the management of *Gridhrasi* w.s.r. to Sciatica

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## ABSTRACT

*Vata Vyadhi* is one of the most prevailing health problems in our day today clinical practice, *Gridhrasi* is one among them. *Gridhrasi* is *Shoola Pradhana Nanatmaja Vatavyadhi*, affecting the locomotor system and disable from daily routine activity. *Gridhrasi* the name itself indicates the way of gait shown by the patient due to extreme pain i.e. like *Gridhra* or Vulture. *Gridhrasi* is a condition characterized by *Ruk, Toda, Stambha, Spandana* in *Sphik Pradesha* and radiates downwards to *Kati, Prusta, Uru, Janu, Jangha* and *Pada*. *Gridhrasi* can be compared with Sciatica. Pain is the chief cause of person to visit a doctor. Although low back pain is a common condition that affects as many as 80 to 90 percent of people during their lifetime. *Gridhrasi* can be cured by the help of *Vaitarana Basti*. Hence in the case study of male patient of age 30 yrs presenting with cardinal clinical sign and symptoms of *Gridhrasi* are *Ruka, Toda* and *Muhu Spandana* in the *Sphika, Kati, Uru, Janu, Jangha* and *Pada* in order and *Sakthikshepanigraha* that is restricted lifting of the leg.

**Key words:** *Gridhrasi, Vatavyadhi, Siravyadha, Sciatica, Vaitarana Basti.*

## INTRODUCTION

Present day's lifestyle and nature of work are putting added stress and strain on the usual health. Improper and continuous sitting posture in offices, factories, etc. and over exertion, jerking movements during traveling and sports - all these factors create gratuitous pressure to the spinal cord and play an important role in producing low backache and sciatica. Likewise, progressive disorders affecting the pelvis and nearer structures also precipitates the

condition. Sciatica is now becoming a significant threat to the working population especially in youngsters and has a significant role in hampering their quality of life. Clinically low back pain is the most common presentation second to common cold with a lifetime prevalence of 60 to 90% and annual incidence of 5%. Sciatica is more common between 30 and 50 years of age.<sup>[1]</sup>

*Gridhrasi* is described in *Charaka Samhita* under the headlines of *Nanatmaja Vatavyadhi*<sup>[2]</sup> characterized by radiating pain from *Prishta, Kati, Uru, Janu, Jangha* and *Pada* associated with *Ruk, Toda* and *Spandana*.<sup>[3]</sup> With these clinical features *Gridhrasi* may be correlated with sciatica.

In contemporary science, both conservative treatment and surgical treatment are followed. The conservatives like analgesics, NSAID'S are present line of treatments which provides only temporary relief and its persistent use requires caution due to habit forming and harmful side-effects and surgical treatments that are available help to calm down the sciatica discomfort and pain are not providing cure of

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the disease satisfactorily. If it is not treated in time, it may lead to serious complications like alteration in bowel and bladder function, loss of sensation in lower limbs etc.

To overcome the above expensive therapeutics an Ayurvedic management seems to be the best. In dealing with the treatment of *Gridhrasi*, *Bheshaja*, *Snehana*, *Swedana*, *Siravedha*, *Agnikarma* and *Basti*.<sup>[4-7]</sup>

*Basti Karma*, one of the important treatment principles for *Gridhrasi*, which is capable of performing all sorts of actions like *Shodhana*, *Shamana*, *Brimhana* by virtue of the specific types and drugs utilized in it. *Chakradatta* mentioned *Vaitarana Basti* in the management of *Gridhrasi*.<sup>[8]</sup> *Basti Chikitsa* which is also *Ardhachikitsa* quoted by *Charaka*.<sup>[9]</sup> Thus an attempt is made to prove a simple effective treatment in *Gridhrasi*. Hence in the present study is made to evaluate the efficacy of *Vaitarana Basti* in the management of *Gridhrasi*.

## CASE REPORT

### Chief Complaints - Duration

1. Back pain which is radiating to left leg since 1 month. Got worsen since 1 week.
2. Dragging type of pain, difficulty in sitting, standing since 1 week
3. Associated with patient also *c/o Tandra* and *Gouravata* since 1 week

### History of personal illness

A male patient aged 30 yrs presented with the complaints of Back pain and then gradually radiates to posterior aspects of *Uru*, *Janu*, *Jangha* and *Pada* of left side since 1 month. Also *c/o* dragging type of pain, difficulty in sitting, standing since 1 week, Associated with patient also *c/o Tandra* and *Gouravata* since 1 week. Hence patient consulted a local doctor, and was advised some oral medication, but patient was not relieved, but from 1 week there was increase in the severity of symptoms. H/O lifted heavy weight. Hence patient came to our hospital for further treatment.

### Poorvavyadhi Vrittanta

Not K/C/O DM / HTN / Other systemic illness.

### Astastana Pariksha

- *Nadi* - 80/min.
- *Mala* - Constipated
- *Mutra* - 4-5 times in a day, 1 time in the night.
- *Jiwha* - coated
- *Shabda* - Normal
- *Sparsha* - slight tenderness present over the lumbar region.
- *Druk* - Normal
- *Akruti* - lean built
- B.P. - 130/80 mm/Hg.

### Locomotor system

#### SLR test positive at 45° left leg

**Gait:** normal

### Investigation

Hb% - 12gm%

RBS - 110

MRI - mild diffuse bulge at L4, L5 level

### Treatment Protocol

<b>Poorvakarma</b>	<i>Deepana</i> and <i>Pachana</i> - Tab. <i>Chitrakadi Vati</i> 2 tab BD for 1 day  Tab. <i>Anuloma DS</i> 1 Tab Stat.  <i>Sarvanga Abhyanga</i> and <i>Swedana</i> with <i>Murchita Tila Taila</i> .
<b>Pradhanakarma</b>	<i>Vaitarana Basti</i> for 8 days.
<b>Paschathkarma</b>	Patient is advised to take rest after <i>Sukhapurvaka Pratyagamana</i> of <i>Basti</i> .  <i>Sukoshna Jala Snana</i>  Advise to take <i>Laghuahara</i>

**OBSERVATION AND RESULT**

The results observed after the treatment, Improvement in signs and symptoms of the patient. Relief was found in back pain, numbness and tingling sensation. Gait has improved. The patient has complete relief so she can sit comfortably.

**Table 1: Showing effect of therapy on Subjective Parameters.**

Subjective Parameters	Before Treatment	After Treatment	After Follow-up
<i>Ruk</i>	Moderate - painful walk with limping but without support.	Relief was found in back pain (70-80%)	Relief was found in back pain
<i>Sthamba</i>	Mild stiffness (1-10 min) - up to 25% impairment. Pt can perform daily work	Relief was found in stiffness	Relief was found in stiffness

**Table 2: Showing effect of therapy on Objective Parameters.**

Objective Parameters	Before Treatment	After Treatment	After Follow up
SLR (right leg)	45° with pain	70° without pain	70° without pain
Movement at lumbar spine			
Forward Flexion	20cm above ground	15cm above ground	15cm above ground
Lt. Lateral Flexion	30° with pain	35° without pain	35° without pain
Rt. Lateral flexion	35° without pain	35° without pain	35° without pain
Backward	10° with	20° without	20° without

extension	pain	pain	pain
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**DISCUSSION**

In classics, *Gridhrasi* is included under the 80 types of *Nanatmaja Vata Vikara* under the heading of *Vatavyadhi* as a separate clinical entity. In human body for treatment aspect the lumbar spine is the site of most expensive orthopedic problem. Sciatica a condition described in modern medicine resembles with *Gridhrasi*. In sciatica, there is pain in distribution of sciatic nerve which begins in the lower back and radiates through the posterior aspect of the thigh and calf and to the outer boarder of foot. Herniation and degenerative changes in the disk are the most common causes. There is often history of trauma as twisting of the spine, lifting heavy objects or exposure to cold. The disability caused by this disease hampers day to day activity of the patients and makes the patient crippled. *Acharya Charaka* has described *Siravyadha*, *Basti Karma* and *Agnikarma* in the management of *Gridhrasi*. So these observations suggest that this therapy not only produces symptomatic relief but also control the disease process and may cause long lasting effect.

**CONCLUSION**

The above case study was undertaken to study the effect of *Vaitarana Basti* in the management of *Gridhrasi*. *Gridhrasi* can be well equated with sciatica in modern parvalance. In this study none of the patients developed neither any adverse symptoms nor any side effects during the course of treatment. *Vaitarana Basti* is effective treatment for the patients having *Gridhrasi*.

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