

**“Clinical Study of Vajigandhadi Taila Basti & Agnikarma in
the management of Gridhrasi ”**

Dr.Ashish H. Mhatre

M.D (Kayachikitsa)

Assistant Professor ,Dept.of.Kayachikitsa

Dr.D.Y.Patil College of Ayurved & Reasearch Institute, Nerul,Navi Mumbai

(email) – ashishmhatre2010@gmail.com

(Mob.): -9819639895 /9221785690

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Abstract

Key words :- Gridhrasi , Vajigandhadi Taila Basti , Agnikarma.

The study was undertaken to evaluate the clinical efficacy of Vajigandhadi Taila Basti & Agnikarma in the management of Gridhrasi .Vajigandhadi Taila Contains Ashwagandha (Withania Somnifera) (Balya, Rasayan) , Dashamoola Kwath (Vataghna) Bala (Sida Cordifolia) (Balya, Vatashamak), Bilva (Aegle Marmelos) (Vatghna, astringent) & Eranda Taila (Ricinus Communis) (Vatashamak, Anulomaka). Both these remedies proves extremely beneficial as it can be performed on the OPD & IPD basis, gives significant relief in the symptoms e.g Radiating pain, Stiffness, twitching sensation. The Subjective Parameters like Pain, SLR, VAD, VDS etc. were used to score clinical outcome. The average clinical improvement was calculated by proper statistical treatment. Our experience with this modality has been encouraging as the response pattern is good in considerably short duration of treatment. The patient improves gradually after 4 weeks of treatment. The pain relief provided by Agnikarma & sustained improvement with Basti presents a window of opportunity in the clinical management of Gridhrasi. We recommend that this technique should be practically taught to the physicians and should be evaluated scientifically using principles of biophysics and nerve conduction studies.

*Dr Ashish Mhatre, Assistant Professor , Dr. D.Y. Patil College of Ayurved & Hospital & Research Institute, Nerul, Navi-Mumbai.

Introduction

Ayurveda is a complete, conventional efficient & popular ancient medical science in world. Accomplishing physical, mental, social & spiritual wellbeing is the unique & special approach of this science of life, and that made it conventional rather than complementary or alternative medicine even after the on slough of advent in modern medicine. Promotion of health, prevention of Maladies & radical cure to the disease with holistic approach are the objective of Ayurveda.

Gridhrasi is such an entity enumerated fewer than eighty types of Nanatmaja Vataj Vyadhies. It is characterized by its distinct pain emerging from buttock and goes towards the heel of afflicted side. On the basis of symptom complex it can be broadly correlate with disease Sciatica in Modern Science. As per data available the lifetime prevalence of low back pain is estimated to be 60 -70 %. Although most patients self-treat back pain and only 25-30% seek medical care. In all Ayurvedic text the Nidan of all Vata Vyadhies are mentioned in detail, as these disease are commonly found in all age groups & as these diseases are caused mainly by vitiated Vata Dosha alongwith other Doshas & Dushyas. The Samanya Nidan of VataVyadhi is considered as Nidan for all VataVyadhies where the specific Nidan of that particular disease is not mentioned. 'Gridhrasi' is one of them to appear commonly in day to day practice. Hence we have selected 'Gridhrasi' for the research purpose.

The severity of pain makes an individual wretched. The management of

Sciatica in modern science is not complication less and having a lot of side effects even surgical intervention is also enjoying the same status. Such forlorn patients after taking the treatment for

sufficient long period, comes to Ayurveda with great credence. So it is need of the hour to direct the effort to reestablish the measures indicated for Gridhrasi in classics by proving it's efficacy on the parameters established by recent medical science.

Although the 'Basti' is well known therapy for the treatment of Gridhrasi'. It is also mentioned in Ayurvedic literature that 'Basti' is the half the treatment of whole (Ardha Chikitsa) & it is the best remedy for the Vata Dosha, also suitable for the other vitiated Doshas. The study of 'Vajigandhadi Taila Kala Basti' is very unique & ideal for the Gridhrasi. So we have selected 'Vajigandhadi Taila Kala Basti' for the treatment of 'Gridhrasi.'as mentioned in Charaka & Yogratnakar. The 'Vajigandhadi Taila Kala Basti' is described in Gadnigraha in Taila Adhikar has been taken for the treatment of Gridhrasi. The main ingredients present in it are Vajigandha, Bala ,Bilva, Dashmool kwatha, & Eranda Taila. All these Dravya's are Vatashamak & useful in both Dhatukshayjanya & Margavarodhajanya Gridhrasi. As Eranda Taila has got Sukshmatva, Vyavayi & Vikashi properties. Hence it provides Srotogamitva to other Dravyas resulting in Vatashaman.

Samprapti (Aetiopathogenesis) of Ghridhrasi.

- 1) Dosha** - Vata & Anubandhi Kapha
- Vyana** - Ruksha, Sheeta Gunatah Vridhhi,Chala Karmatah Kshaya
- Apan** - Ruksha,Sheeta,Khara Vridhi Gunatah Vridhhi
- Shleshak** - Snighdha,kshaya
- 2) Dushya** - Rakta, Mamsa, Meda, Asthi and Majja

- 3) **Srotas** - Majjavaha, Raktavaha, Mamsavaha, Medovaha and Asthivaha
- 4) **Srotodusti** - Sangatmaka Margavarodhajanya
- 5) **Udbhavasthana** - Pakvashayasamutha
- 6) **Adhithana** - Kandaras of Parshni and Pratyanguli and Sphika, Kati, Uru, Jangha, Pada
- 7) **Agni** - Jatharagni and Rakta, Mamsa, Meda, Asthi and Majja Dhatwagnimandy
- 8) **Ama** - Jatharagni and Dhatwagni Mandyajanya.
- 9) **Vyadhi Utpati Sthan** - Sphika , Kati –Gridhrasi Nadi
- 10) **Vyadhi Marga** - Madhyam Marga
- 11) **Vyadhi–Vaishitya**-Sphika-Kati-Prushta-Janu-Jangha-PadaKramatha Vedana
- 12) **Dhatugata Avastha** - Asthi-Majjagata
- 13) **Sadhya-Asadhyata** - Kashtasadhya
- 14) **Chikitsa Parinama** - Chirakalin
- 15) **Age** - mostly 41 – 60 years
- 16) **Sex** - Female > Male

