

**EFFECT OF NIRGUNDI GHANAVATI IN THE MANAGEMENT OF GRUDHRASI**Geetanjali S. Khedkar^{1*} and P. V. Jagtap²¹MD Scholar, Dept. of Kayachikitsa, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.²Professor, Dept. of Kayachikitsa, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.***Corresponding Author: Dr. Geetanjali S. Khedkar**

MD Scholar, Dept. of Kayachikitsa, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik, Maharashtra India.

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ABSTRACT

Grudhrasi, a prominent ailment categorized among the eighty variations of *Vatajananatmajavikaras*, is known as a *Shoolapradhanavyadhi*. This condition affects the *Adhakaya*, leading to a disruption in the patient's normal movements and daily activities. The name itself vividly portrays the agonizing nature of this ailment. An important distinguishing factor is the *Sakthi Utkshepanigrahana*. This ailment draws parallels with sciatica, where discomfort originates in the lower back and extends through the back and side of the leg. Conventional remedies for sciatic pain typically involve pain relievers and anti-inflammatory medications. However, Ayurveda outlines a comprehensive array of effective remedies, both internal and external, to address *Grudhrasi*. This endeavour seeks to dissect the *Grudhrasi* ailment in comparison to Sciatica. This article is a case study of a 55 years female patient with signs & symptoms of *Grudhrasi*. This case study shows potential of Ayurveda and it proves Ayurveda has evidence-based treatment. In this case study patient of *Grudhrasi* was treated with the formulation of *Nirgundi Ghanavati*.

KEYWORDS: *Grudhrasi, Sciatica, Sakthi Utkshepanigrahana, Nirgundi Ghanavati.***INTRODUCTION**

Grudhrasi stands among the *Vatajananatmaja Vikaras*,^[1] encompassing diverse interpretations linked to a patient's gait or pain perception. Described akin to the agony of prey pierced by a vulture, the pain mirrors that unfortunate event. The patient's movement resembles a *Gridhra*, aligning with Sciatica's limping gait.^[2] In *Grudhrasi*, the patient sequentially undergoes *Sthamba* (stiffness), *Ruk* (pain), *Toda* (pricking), and *Spandana* (tremors) across *Sphik* (hips), *Kati* (lower back), *Prushta* (upper back), *Uru* (thighs), *Janu* (knees), *Jangha* (calves), and *Pada* (feet), mirroring Acharya Charaka's observations.^[3] *Sakthiutkshepanigraha*, explained by Susrutacharya and Vagbhatacharya, signifies restricted leg raising,^[4] akin to the straight leg raising test in Sciatica diagnosis. Although classical texts lack specific *Nidana* for *Grudhrasi*, being a *Vatavyadhi* associates it with *Samanyavatavyadhi Nidana* and *Vataprakopa Karana*. Acharya Charaka extensively delineates *Vatavyadhi Nidana*. 'Sciatica' is derived from Greek 'Ischion' and Latin 'Ischiadicus,' denoting hip joint-related pain.^[5] It encompasses pain radiating from the low back, buttock, and posterior or lower aspect of the lower limb.^[6] Most frequently, it arises due to degenerated L5-S1 disc protrusion impinging on the S1 nerve root.

Synonymous with Sciatica are terms like Lumbar disc protrusion, Sciatic neuralgia, Cotugno disease, etc. Factors affecting lumbar spine integrity, such as heavy lifting, sudden jerks, falls impacting the gluteal region, are key causes. Lumbar canal or foraminal stenosis, lumbar spine tumors, hemorrhage, abscesses, fractures, cysts, and other conditions contribute to Sciatica. The conventional management of Sciatica is limited to analgesics, anti-inflammatory drugs, and muscle relaxants in mild cases and Surgical management like Laminectomy, discectomy, etc. is advised in chronic cases with severe neurological deficit. Today there is a need for a potent herbal formulation that can cure Sciatica. This article is a case study of a 55 years female patient with signs & symptoms of *Grudhrasi*. This case study shows potential of Ayurveda and it proves Ayurveda has evidence-based treatment. In this case study patient of *Grudhrasi* was treated with the formulation of *Nirgundi Ghanavati*.

AimTo study Effect of *Nirgundi Ghanavati* in The Management of *Grudhrasi*.

Objective

To study role of *Nirgundi Ghanavati* to reduce sign and symptoms of *Grudhrasi* with special reference to Sciatica.

Case report

A 55-year-old female patient having following complaints was came in OPD of Kayachikitsa Department, Shree Saptashrunji Ayurved College and Hospital, Hirawadi, Nashik.

Chief Complaints:

Ruka, Toda, Stambha and Spandana at down the back and outer side of the left thigh, leg, foot.

Since last 6 months

History of Present Illness:

55 years female patient came to OPD with Above complaints since last 6 months. She was taking Allopathy medicines for same complaints in the last 6 months but she did not get relief completely. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

Past history: K/C/O: Hypertension since last 3 years

Present Medicinal History: Tab. Telmkind AM (Telmisartan 40mg+ Amlodipine 5mg) 1 tablet at morning

Family history: *Matruj Kula: Jivit Pitruj Kula: Jivit.*

Past surgical history: Tubal ligation done 20 years ago

General examination

Temperature	98.4 F
RR	18/Min
Pulse rate	82 /Min
Blood pressure	140/80 mm of Hg

Systemic examination

RS	AEBE
CVS	S1 S2 Normal
CNS	Conscious, oriented
P/A	Soft and Non tender

Ashtavidha parikshan:

<i>Nadi</i>	<i>Manduk Gati</i>
<i>Mutra</i>	4-5 times a day
<i>Mala</i>	<i>Samyak</i>
<i>Jivha</i>	<i>Sama</i>
<i>Shabda</i>	<i>Spashta</i>
<i>Sparsha</i>	<i>Samshitoshna</i>
<i>Druk</i>	<i>Prakrit</i>
<i>Akruti</i>	<i>Madhyam</i>

Nidan panchak

Hetu: *Ahara: Ruksha Ahar, Alpa Bhojan, Ati Katu Aahara, Akal Bhojan, Paryushit Ahar. Vihara: Ratrijagan, Atishrama, Ati-Chinta Sevana.*

Samprapti^[7]:

Hetu sevan → Vata-KaphaDosha Prakopa → Strotas Sthana-Vaigunya → Rikta Strotas Vayu Purana → Shira-Dhamani get Awaran by Vata → Gridhravat Chalan, Kati to pad Radiating pain → Grudhrasi.

Samprapti ghatak

- 1) *Dosha: Vata and Kapha*
- 2) *Dushya: Rasa, Rakta, Asthi, Majja, Sira, Kandara, and Snayu*
- 3) *Srotas: Rasavaha, Asthivaha, Majjavaha, and Purishavaha*
- 4) *Srotodushti: Sanga*
- 5) *Rogamarga: Madhyama*
- 6) *Agnimandya: Ama, Jathargnimandya, and*
- 7) *Dhatvagnimandya*
- 8) *Udbhavasthana: Pakvashaya*
- 9) *Adhishtana: Kati and Prushthavamsha*
- 10) *Vyaktasthana: Sphik, Kati, Prushtha, Uru, Janu, Jangha, and Pada.^[8]*

Vyadhi nidana: *Vama Ghridhrasi.*

Management: Nirgundi ghanavati:^[9]

- *Drug: Nirgundi Ghanavati*
- *Matra: 1 gram twice a day*
- *Anupana: Sukoshna Jala*
- *Aushadhasevan Kala: Apanakali*
- *Duration: 30 days*

Table 1: Gana, Family, Rasa, Virya, Vipaka & Doshagnata of Dravya in Nirgundi Ghanavati- As Nirgundi.

Gana	Latin name	Family	Part here use	
Vishghna Krimighna	Vitex Nirgundo	Verbenaceae	Leaves	
Rasa	Virya	Vipaka	Doshghnata	Karma
Katu, Tikta	Ushna	Katu	Kapha-Vata Shamak	Keshya, Jantughna

Table No. 2: Showing Observation and results.

Symptoms	Gradation	Grade	BT	AT
Ruk (Pain)	No Pain	0	4	1
	Slight pain only on hard work	1		
	Pain on movement but without disturbing routine work	2		
	Pain on movement disturbing routine work	3		
	Severe pain compelling patients to lie on bed	4		
Toda (Pricking sensation)	No pricking sensation	0	3	0
	Occasionally pricking sensation	1		
	Mild pricking sensation, once in a day	2		
	Moderate pricking sensation, frequently in a day	3		
	Severe and persistence pricking sensation	4		
Stambha (Stiffness)	No Stiffness	0	4	1
	Sometimes for 5 to 10 min.	1		
	Daily for 11 to 30 min.	2		
	Daily for 31 to 60 min.	3		
	Daily more than 1 hr.			
Spandan	No throbbing, pulsating sensations.	0	3	1
	Occasionally throbbing, pulsating sensations.	1		
	Mild throbbing, pulsating sensations	2		
	Moderate throbbing, pulsating sensations.	3		
	Severe throbbing, pulsating sensations	4		

DISCUSSION

Vata and *Kapha Doshas* play significant roles as primary causative agents of *Grudhrasi*. These factors find relief through the presence of *Tikta* and *Katu Rasa* in *Nirgundi Ghanvati*. The attributes of *Tikshna Guna* and *Ushna Virya* effectively calm aggravated *Vata*.^[10] Consequently, *Nirgundi* comprehensively manages both *Kapha* and *Vata*, curtailing the progression of the disease. The young leaves of *Vitex Negundo* showcase anti-inflammatory and analgesic properties, potentially achieved by inhibiting prostaglandin synthesis.^[11]

CONCLUSION

From the above perspective, it can be concluded that *Nirgundi Ghanvati* has anti-inflammatory and analgesic properties. As Young leaves of *Shifali* has *Katu Tikta Rasa*, *Katu Vipaka* and *Ushna Veerya* that helps in *Shamana* of aggravated *Vata and Kapha Dosh*. *Nirgundi Ghanvati* is *Kwath Ghanvati* which is more potent and palatable form so people of all age groups can easily consume this medicine. In this case study, there is reduction in Subjective parameters (Table No. 2) like *Ruk*, *Toda*, *Stambha*, and *Spandan* in *Ghrudhrasi*. The Ayurvedic Concepts in *Sciatica*, having fruitful effect; be planned and evaluated systematically, adopting meticulous methods.

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