

**EFFECT OF *CHURNA BASTI* IN THE MANAGEMENT OF *VATAKAPHAJA GRIDHRASI* IN CLINICAL CORRELATION WITH SCIATICA – A CASE STUDY**Akshatha M.\*<sup>1</sup> and Shaila Borannavar<sup>2</sup><sup>1</sup>PG Scholar, Associate Professor<sup>2</sup>  
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**ABSTRACT**

**Introduction:** Sciatica is a crippling disorder with a life time incidence varying from 13-40%. The corresponding annual incidence of an episode of sciatica ranges from 1-5%. In ayurvedic perspective features of sciatica resembles to that of *gridhrasi*. With the symptoms like pain and stiffness felt in buttocks thigh leg & foot, it affects productive years of life. **Materials and Methods:** A 68-year-old male diagnosed case of *vata kaphaja gridhrasi* with clinical features of low back ache radiating to b/l lower limb, stiffness, heaviness in b/l lower limb has been administered with *Churna basti* for 3 days. **Results:** After the treatment subject has shown significant improvement in signs and symptoms. **Discussion:** *shoolaghna*, *kapha amahara* properties of *Churna basti* acts in initiation of *samprapti vighatana chikitsa* as well as *lakshanika chikitsa*.

**KEYWORDS:** *Churna basti*, *Gridhrasi*, Sciatica.**INTRODUCTION**

The word *Gridhrasi* is derived from the Sanskrit word *Gridhra* that means the name of a bird i.e. Vulture.<sup>[1]</sup> The name given so is because the patient suffering from this disease walks like a Vulture. *Gridhrasi* is a *shula pradhana vatavyadhi*, the disease is described in classical texts by its name and included under 80 types of *Nanatmaja Vatavyadhi*.<sup>[2]</sup>

Sciatica is a crippling disorder which interferes greatly in day today activities in most productive age. The prevalence of sciatica varies considerably ranging from 3.8% in the working population to 7.9% in nonworking population. It is most prevalent in people during their 40s and 50s and men are more commonly affected than women. Low back pain has been enumerated as fifth most common cause for hospitalization and the third most frequent reason for a surgical procedure.<sup>[3]</sup>

Classic symptom includes pain in low back radiating in gluteal region and down to legs, sometime foot numbness and paraesthesia.<sup>[4]</sup> In ayurvedic perspective features of sciatica resembles to that of *gridhrasi*. For the management of *gridhrasi* one can adopt *vatavyadhi chikitsa*. *Basti* is the prime modality of treatment in *vatavyadhi chikitsa*.<sup>[5]</sup> *Churna basti* is a *teekshna basti* which can be used in case of acute severe painful condition.<sup>[6]</sup>

**CASE HISTORY**

A 68-year-old male patient n/k/c/o diabetes mellitus and

hypertension approached government ayurveda hospital on 13/12/19 with C/O low back ache radiating to b/l lower limb for 4 years.

History revealed that patient gradually developed the low back ache radiating to b/l lower limb. Pain was mild in nature. For this complaint patient consulted many hospitals. But did not find satisfactory relief. 4 months back patient encountered with jerky movement while travelling in bus which got complaints aggravated. Pain was of shooting type, severe in nature associated with heaviness and stiffness in back and thighs Patient consulted hospital in Bangalore where they suggested physiotherapy and medications but there was no much relief. So patient consulted govt Ayurveda medical college Bangalore on 13 December 2019. thorough examinations were done.

**Past History**

No history of co morbidities

**Personal History**

Diet- mixed Appetite – reduced Bladder-regular Bowel- hard stools

Sleep- disturbed due to pain

**Occupational history**

Worked as a weaver for 40 years

**Examination of patient****Inspection**

Scar marks - absent  
 Posture of the head and neck symmetry- normal  
 Symmetry of the shoulders- asymmetrical  
 Lateral tilting of the body.  
 Loss of lumbar lordosis  
 Wasting – no muscle wasting  
 Gait- limping

**Palpation**

Temperature: raised  
 Tenderness: present in lumbar region Spasm present in left paraspinal muscles of Lumbar region

**Range of movements**

**Cervical spine:** all movements are possible. Thoracic spine: all the movements are possible Lumbar spine: forward bending restricted backward bending not possible lateral bending possible with pain axial rotation possible with pain  
 SLR – Passive- Right LL-50 degrees  
 Left LL- 40 degrees Active- Right LL-40 degrees  
 Left LL- 30 degrees Braggards sign: positive bilaterally  
 Cross SLR- positive  
 Bowstring test: positive b/l Flip test – positive  
 Femoral nerve stretch test - positive b/l  
 Figure of 4 test- pain in posterior aspect of hip on external rotation Schobers test- negative  
 Asta sthana pareeksha

Nadi	74/min
Mala	Hard stool, incomplete evacuation.
Mutra	Regular
Jihva	Coated
Shabda	Prakriti
Sparsha	Ushna sparsha
Drik	Prakriti
Akriti	Madhyama

**Samprapti ghatak**

*Dosha: Vata and Kapha*

*Dushya: Rasa, Rakta, Asthi, Majja, Sira, Kandara, and Snayu Srotas: Rasavaha, Asthivaha, Majjavaha, and Purishavaha Srotodushti: Sanga*

*Rogamarga: Madhyama*

*Agnimandya: Ama, Jathargnimandya, and Dhatvagnimandya Udbhavasthana: Pakvashaya*

*Adhishtana: Kati and Prushthavamsa*

*Vyaktasthana: Sphik, Kati, Prushtha, Uru, Janu, Jangha, and Pada.*

**Diagnosis**

*Vata- Kaphaja Gridhrasi (sciatica due to IVDP)*

**Assessment criteria**

**Subjective:** Grading's are given to assess the subjective criteria.

**1. Heaviness**

Grade 0- no heaviness

Grade 1- mild heaviness which does not interfere with day today activity  
 Grade 2- moderate heaviness which interfere day today activity

Grade 3- severe heaviness, unable to perform day today activities.

**2. Stiffness**

Grade 0- no stiffness

Grade 1- for 5- 10 mins occasionally

Grade 2- 10-30 mins daily

Grade 3- 30-60 mins daily Grade 4- more than 60mins

**OBJECTIVE**

1. Straight leg raise test
2. Visual analogue scale for pain

**TREATMENT****Purvakarma**

**Dipana and Pachana:** subject is given agnitundi vati for the purpose of dipana and pachana for 2 days.

**Snehana and swedana:** sthanika abhyanga with sahacharadi taila to low back and thighs followed by pata Sweda to the subject prior to the basti.

**Table 1.**

Date	Treatment given
13-12-19 to 14-12-19	Agnitundi vati
15-12-19 to 17-12-19	Churna basti
	Anuvasana basti with sahacharadi taila

**Pradhana karma**

Churna basti is administered at 09.00 am to the patient having laghu kosta according to the classical method in an aseptic environment. After the pratyagamana patient is given food and anuvasana with sahacharadi taila is administered.

**Table 2: Contents of churna basti.**

Ingredients	Quantity
Saindhava lavana	15g
Sahacharadi taila	30ml
Rasna	10g
Vacha	10g
Shatahva	10g
Nimbu swarasa	60ml
Ushna jala	380 ml

**OBSERVATION AND RESULTS**

After completion of 5 days of total Ayurvedic therapy, the patient had found significantly relief in the lumbar pain, tingling sensation, and heaviness with increased range of movement of spine. Gait was also improved. The patient got complete symptomatic relief. Assessment of patient was carried out by specific subjective and objective criteria including which are shown in (table3). No radiological investigation was carried out after completion of therapy.

**Table 3.**

Assessment	Before treatment	After treatment
Heaviness	Grade -2	Grade- 0
Stiffness	Grade-2	Grade- 1
Straight leg rise test	Rt – 40 degrees Lt- 30 degrees	Rt- 70 degrees Lt -50 degrees
VAS score	7	4

**DISCUSSION**

In gridhrisi chikitsa pachana, Shodhana and basti is mentioned. Basti is the pradhana chikitsa for vata vyadhis. Basti dravyas reach up to pakwashaya, and other organs of the body get benefitted through virya of the Basti dravyas, transmitted all over the body. It sucks out Doshas from head to toe as, the sun, though miles away, with its ray's sucks the water from the plants on the earth.<sup>[5]</sup> No other chikitsa is as capable as Basti to tolerate and regulate the force of Vata. Basti removes the mala Sangha and thus facilitates anuloma gati of apana vayu. Churna basti is explained in classics for shulapradhana conditions, it shows its efficacy by qualities of individual drugs and also by combined effects of these drugs.

Churna basti has ushna jala as drava dravya as a medium to carry the drugs. Ushna jala has vata kaphahara property. Rasna is shresta vatahara drug has pachana guna, vacha and shatahva are the drugs with teekshna drug which helps in rapid action of the drugs administered.

Pachana guna of churna basti does amapachana. The drugs in churna basti collectively has shoalaghna property to tackle main symptom of vata dusti.

**CONCLUSION**

Gridhrisi is one of the disease caused by vata or vata and kapha with predominant lakshana being pain. In this condition treatment should be aimed at reducing symptoms along with bringing back the normalcy of doshas.

The present study shows significant effects on disease symptoms like heaviness stiffness pain and stiffness within very short span of time. This therapy can be adopted in large samples to manage the gridhrisi and to serve the society.

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