

EFFICACY OF LASHUNA RASAYANA IN THE MANAGEMENT OF GRIDHRASI W.S.R TO SCIATICA

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ABSTRACT

Gridhrasi is enumerated under *Nanathmaja*, *VataVyadhi* in the classics. As far as the aetiopathogenesis is concerned, *Vata dusti* places a very important role. It is one of the *Shoola pradhana Vyadhi*. *Gridhrasi* can be compared to *Sciatica* based on the *lakshanas* seen in this disease. Regarding the management of this painful disease there are conservative and surgical treatment in contemporary medicine, which have its own limitations and both-ersome adverse effects whereas such type of conditions can be better treatable by the procedures mentioned in *Ayurvedic* classics, one among those *Chikitsa krama* is *Rasayana* therapy, *Lashuna* is one such *Rasyana* which is specially indicated in *Vatavyadhi* and *Acharyas* specially indicated in *kati shoola*. Considering all the above factors present study was conducted on 20 Subjects who were registered in the OPD of SKAMCH& RC, Bengaluru, who have undergone shodhana (*Mridhu virechana*) and these subjects were administered *Lashuna Rasayana* for 15 days and the results were statistically revealed highly significant reduction in the subjective and objective parameters of *Gridhrasi*.

Keywords: *Lashuna Rasayana*, *Gridhrasi*, *Vatavyadhi* and *Rasayana*.

INTRODUCTION

Low back ache is one of the most common clinical symptoms experienced by large portion of the population. Majority of cases of low back ache are caused due to sciatica. Shooting pain along the cutaneous distribution of the sciatic nerve and its terminal branches, chiefly the common peroneal, is known as sciatica.¹ The common corresponding annual incidence of an episodes of sciatica ranges from 1.1%-6%.² The onset of the symptom may be sudden or gradual. Alternatively, repeated episodes of Low back pain may precede Sciatica by months or years. Constant

aching pain is felt in the Lumbar region and may radiate to the buttock, thigh, calf and foot.³

Based on the symptoms Sciatica can be correlated to *Gridhrasi* in Ayurveda.

Gridhrasi is one among the 80 *Nanatmaja vatavyadhi*.⁴ The cardinal symptoms of *Gridhrasi* are *Ruk* (pain), *Toda* (pricking sensation), *Sihambha* (stiffness) and *Muhuspandana* (twitching), in the *sphik*, *kati*, *prushtha bhaga* of *uru*, *janu*, *jangha*, and *pada*⁵ in order and *Saktikshepa nigraha* i.e. restricted

lifting of the leg. In *kapha anubhanda* ; *Tandra*, *Gourava*, *Aruchi* will be present.

Regarding the management of this pain full disease there are conservative or surgical treatment in contemporary Science, but it has its own limitations. Whereas, in *Ayurveda* there are many modalities of treatment mentioned for the betterment of this disease. One among them is *Rasayana chikitsa*, which has place a significant role in rejuvenating and treating the diseased. *Lashuna Rasayana* is one Such *yoga* explained by our *Acharyas* which is having *snigdha ushna*, *Pachana* and *Brihmana* ⁶ properties aids in treating *Vata Vyadhis* (*Kevala vataja*, *Avarana*)⁷ Hence, this study was conducted in 20 patients of *Gridhrasi* who was undergone for *Shodhana* (*Mridhu Virechana*) followed 30ml of *Lashuna ksheera paka* was given twice daily for 15days.

OBJECTIVE: To evaluate the therapeutic efficacy of *Lashuna Rasayana* in *Gridhrasi* w.s.r to Sciatica.

Materials and Methods

• **Sample source:**

Patients suffering from *Gridhrasi* were selected from the OPD and IPD of SKAMCH & RC, Vijayanagar, Bengaluru.

• **Sample Size:**

20 patients of *Gridhrasi* w. r to Sciatica of either sex were selected for the present study.

DIAGNOSTIC CRITERIA:

- Patient presenting with *lakshanas* of *Gridhrasi*.
- Patients presenting with radiological evidence of Lumbar Spondylosis.
- SLR test

Results:

The signs and symptoms were assessed before, after the treatment based on the assessment criteria. The effect of the therapy statistically analyzed by Student paired “t” test.

Inclusion Criteria

- Patients of either sex between the age group of 18– 70 years.
- Patients presenting with *lakshanas* of *Gridhrasi*.
- Patients presenting with signs and symptoms of Sciatica.

Exclusion Criteria

- Patients with systemic diseases that may interfere with the course of treatment.
- Surgical indication such as progressive neurological deficit.
- Benign or malignant tumour of the spine or tuberculosis of the vertebral column.

Assessment Criteria:

- ❖ *Ruk*
- ❖ *Sthamba*
- ❖ *Aruchi*
- ❖ *Gourava*
- ❖ SLR test

Intervention

Preparation of *Lashuna Ksheerapaaka*

- *Lashuna*-1part (2 cloves of garlic)
- *Ksheera*-30ml
- Water-30ml

Preparation:

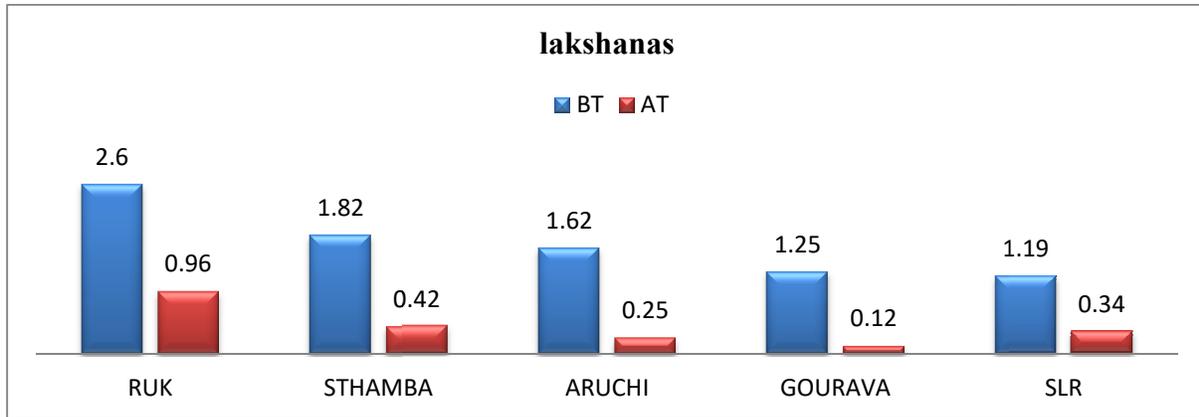
2 cloves of *lashuna* are taken and crushed, to this 30ml of water and 30 ml of milk was added and allow it to boil in low flame till only the milk part is left.

Dose & Duration:

30 ml of *lashuna ksheera paaka* was advised twice daily for 15 days in empty stomach

| BT-AT | Mean | | Mean Difference | Paired t test | | | | |
|----------------|------|------|-----------------|---------------|------|---------|---------|---------|
| | BT | AT | | SD | SE | T value | P value | Remarks |
| <i>RUK</i> | 2.6 | 0.96 | 1.66 | 0.54 | 0.10 | 16.1 | <0.001 | H.S |
| <i>STHAMB</i> | 1.82 | 0.42 | 1.44 | 0.64 | 0.12 | 11.9 | <0.001 | H.S |
| <i>ARUCHI</i> | 1.62 | 0.25 | 1.37 | 0.74 | 0.26 | 5.2 | <0.001 | H.S |
| <i>GOURAVA</i> | 1.25 | 0.12 | 1.12 | 0.64 | 0.14 | 7.6 | <0.001 | H.S |
| SLR | 1.19 | 0.34 | 0.84 | 0.46 | 0.09 | 9.11 | <0.001 | H.S |

Figure 1

**Observation:**

In this clinical Study it was observed that 60% patients were belongs to the age group of 41-50 years, and 35% patients belongs to the age group of 30-40 years and 5% were belongs to the age group of 21-30 years. Among them, 14 (70%) Subjects were Female and 6 (30%) Subjects were Male, out of that maximum Subjects were home makers .i.e. 10 (50%). 2 (10%) Subjects were Tailor and 3 (15%) were Driver and 5 (25%) were doing other works. 12 (60%) subjects were having continuous pain and 8 (40%) were having Intermittent pain. This signifies the intensity of pain in the disease. About 75% patients were having chronicity more than 1year, and 25% patients were having less than one year.

DISCUSSION

The set of *Nidanas* mentioned in *charaka samhita* are more relevant to Life style of the present era. By following all those factors mentioned in the context of *Gramya ahara* are the risk factors for various disorders of *vata*, one among that is *Gridhrasi*.

Due to Urbanization people are running behind faulty dietics and improper living style i.e. (*Gramya ahara sevana...*etc) Because of all these *nidanas* there will be *Agnimandya* resulting in *vata prakopa*, this vitiated *vata* takes *ashraya* in *Kahavaigunaya pradesha* i.e. in *Kati,Uru, Janu, Jangha* and *paada* resulting in the *shithiliatha* of *Mamsa* (intervertebral disc protusion), *Vimuchana* of the *sandhis* (displacement of the lumbar vertebra) resulting in *Gridhrasi Vyadhi* (Sciatica).which is having two presentations *Dhatu Kshayaja*

and *Margavaranajanya*. *Vataja Gridhrasi* is grouped under *Nanathmaja Vata vyadhis* where as *Vata-Kaphaja* is grouped under *Margavaranajanya Vyadhi*. *Lashuna rasyana* is one which can used to treat both of these conditions. It is considered as best in treating *Avaranjanya* and *Shudda vata samprapti*

Before administering *Rasayana* one should adopt *Shodhana* to mitigate the aggravated *dosha*, Hence *Mridhu virechana* was adopted in this study with *Gandarvahasthadi eranda taila* 20ml with Milk and administered in empty stomach.

On Observation:

Age- In the present study, maximum Subjects belonged to the age group of 41-50 years which indicates that the disease is more prevalent in *parihaani avastha* of *madhyama vayas*. the disease is more common even in middle age due to lifestyle modification, restless and modernized life style, and improper postures of sitting while watching TV and while travelling, working and sleeping in abnormal postures and improper dietetics as well as lack of physical activity. Gender -Incidence of female was seen maximum i.e. 70%. because female are tend to more physical work like lifting, bending, sitting and prolonged static work posture are predisposal factors to sciatica. Similarly in male who are at hard physical jobs and in particular frequent lifting and postural stress are known to increase the risk of sciatica. Supports the progression of the disease.

Occupation-Repetitive stress, heavy physical work, heavy lifting, prolonged stagnant work posture, squatting, bending and day sleep, which are usually seen in

home makers and prolonged sitting, standing *Vega dharana* was found in Tailors, Drivers which are the mechanical cause for Lumbo-sacral spine protrusion or Herniation of intervertebral disc and in Ayurveda these are the said to be as the set of nidanas responsible for *shithilatha of mamsa* i.e. (disc protrusion) finally leads to *Gridhrasi*.

Chronicity and intensity of pain signifies the *sadhya - sadhyatha*, and this might have favored early recovery of Subjects in terms of symptomatology related to *Gridhrasi* whose chronicity is less than one year.

Action of Lashuna rasyana on subjective and objective parameters:

Ruk is one of the symptoms of *Gridhrasi* which is due to the impairment of *Chala guna* of *Vata* leading to *prakopa* of *vata* and to correct this *Gati* and for *vedana Sthambanartha Brihmana* line of treatment is needed, *lashuna rasyana* has the property of *Vata* hara, *Brihmana* action and pacifies the symptom.

Sthamba, is because of *Sheeta guna* of *vata* and *kapha*. *lashuna* has the properties of *Ushna* and *pachana* action does pacification of *doshas* by clearing *avarana* and there by relives the symptom.

Aruchi and Gourava lakshanas shows involvement of *Kapha* in the *samprapti*, *Ushna thiksna* and *pachana* properties of *lashuna* does *lagahavata* and increases the *agni*.

SLR (*Sakthi kshepa uthkshepa nigrhanath*) The *kandaras* is get affected due to the vitiation of *vata* in *Gridhrasi* resulting in restricted movement of *sakthi*. The *snigdha, Brihmana* properties of *lashuna* helps in nourishment of *vata vaha siras* might have reduced the *sira sankuchana* in *kati pradesha* there by improvement has seen in the SLR.

CONCLUSION

Gridhrasi is one of the *vatavyadhi*, *Lakshanas* of *Gridhrasi* varies from individual it may be *Vataja* or *Vata-kaphaja*. *Lashuna rasyana* is one which is having both *vata* and *kapha hara* action and also does nourishment of the tissues; hence it is much efficacious in reliving the symptoms of *Gridhrasi* of both types.

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