



SYSTEMATIC REVIEW ON EFFICACY OF DIFFERENT NIRUHA BASTI'S IN GRIDHRASI (SCIATICA).

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ABSTRACT

Background: *Gridhrasi* (Sciatica) is the most complex and prominent diseases among 80 types of *Nanatmaja Vyadhi*'s. *Gridhrasi* is a painful condition in which a person cannot sit or walk properly, which interferes with their normal activities. Even though so much research was conducted on this disease, the search for a better intervention is still relevant. In the past, different studies are carried out at various centers across the country to evaluate the clinical efficacy of various *Basti* preparations in *Gridhrasi*. Present review is an effort to analyse the efficacy of different Basti combinations in treatment of *Gridhrasi*. **Objective:** To review the articles published on *Gridhrasi* for setting guidelines for further research and improving the healthcare practice. **Methods and materials:** The articles are screened from Google Scholar and PubMed. Google Scholar from 2015 to 2022 and PubMed from 2014 to 2022 were searched using a strategy designed to optimize the retrieval of CTs, Case Series, and Case Reports. The search terms used were *Gridhrasi*, *Vaitarana Basti*, *Erandamuladi Niruha Basti*, *Vrishyadi Niruha Basti*, *Panchatiktaka Ksheera Basti*, *Mustadi Yapana Basti*. **Conclusion:** The review depicts that most of the studies lack the use of standard scales for the assessment of efficacy. We suggest standardization of procedures with standard parameters like the *Basti mixing method*, method of Basti administration etc.

KEYWORDS: *Gridhrasi*, *Vaitarana Basti*, *Erandamuladi Niruha Basti*, *Vrishyadi Niruha Basti*, *Panchatiktaka Ksheera Basti*, *Mustadi Yapana Basti*

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INTRODUCTION:

Gridhrasi is the most complex and prominent diseases among 80 types of *Nanatmaja Vyadhi*'s. *Gridhrasi* is a painful condition in which a person cannot sit or walk properly, which interferes with their normal activities. Almost all the signs and symptoms of *Gridhrasi* resemble the condition of sciatica as described in modern texts.

With changing lifestyle, back pain is now increasing day by day in every age group. A large study reported an incidence of 28.0 episodes per 1,000 person/years and 11.6 cases per 1,000 person/years for sciatica. Back pain affects men slightly more than women and is more common in the working population, with the highest incidence among those aged 25-64. There is no specific treatment for sciatica in modern medicine.

Basti Karma is considered as most important treatment for many ailments according to the classical literature of *Ayurveda*. It is the best remedy for all types of *Vata Vyadhi*'s. The desired effect of *Basti* depends on several determinants like *Bastidana Kala*, mixing method of *Basti Dravya*, method of administration of *Basti*, Dosage, Medications etc.

Many articles have been published for understanding and managing *Gridhrasi*.

RESULTS:

Searching and regularly reviewing such articles gives better results by understanding the available evidence. A detailed analysis of latest studies advances in clinical practice helps to understand the limitations and shows the rarely explored area of research. so here is the article review has been done to gain in-depth knowledge of the *Basti Karma* and to arrive at an appropriate treatment protocol in *Gridhrasi*.

AIMS AND OBJECTIVES:

To review the articles published on *Gridhrasi* for setting guidelines for further research and improving healthcare practices.

METHODS:

The articles are screened from Google Scholar and PubMed. Google Scholar from 2015 to 2022 and PubMed from 2014 to 2022 were searched using a strategy designed to optimize the retrieval of CTs, Case Series, and Case Reports. The search terms used were *Gridhrasi*, *Vaitarana Basti*, *Erandamuladi Niruha Basti*, *Vrishyadi Niruha Basti*, *Panchatiktaka Ksheera Basti*, *Mustadi Yapana Basti*.

Table No. 1. General Details of study

Name of <i>Basti</i>	Type of article	Sample size	Type of study	Scale	Observation on parameters	
					Subjective	Objective
<i>Panchatikta Ksheera Basti</i> ¹	CT	30	Single arm study	Verbal dating scale, Visual analogue scale	Pain	Tenderness, SLR test, Bragada's sign
<i>Mustadiyapana Yoga Basti</i> ²	CT	30	Two arm study	-	Pain	SLR test
<i>Vaitarana Basti</i> ³	CT	20	Observational study	-	Pain, Pricking sensation, stiffness, Catching type of pain, twitching sensation, drowsiness, <i>Gourava</i> , <i>Aruchi</i>	SLR test
<i>Bhrimhana Ksheera Basti</i> ⁴	CT	15	Two arm study	-	Pain, stiffness,	SLR test
<i>Dashamula Kwata Niruha Basti</i> ⁵	CT	60	Two arm study	-	Pain, stiffness, pulsation, <i>Aruchi</i>	SLR test
<i>Erandamula Ksheera Basti</i> ⁶		10	Single arm study	-	Pain, stiffness, numbness	SLR
<i>Dashamula Niruha Basti</i> ⁷	CT	50	Two arm study	-	Pain, pricking sensation, stiffness, twitching sensation	SLR Bragard's sign
<i>Vrishyadi Niruha Basti</i> ⁸	CT	38	Single arm study	-	Pain, pricking sensation, numbness, twitching sensation, anorexia, drowsiness, <i>Gourava</i>	SLR test, Walking distance

<i>Vrishyadi Niruha Basti</i> ⁹	CT	60	Two arm study	-	Pain, pricking sensation, numbness, twitching sensation, anorexia, drowsiness, <i>Gourava</i>	SLR test, Walking distance
<i>Vaitarana Basti</i> ¹⁰	CT	40	Two arm study	-	Pain, pricking sensation, numbness, twitching sensation, anorexia, drowsiness, <i>Gourava</i>	Tenderness, SLR test
<i>Erandamooladi Niruha Basti</i> ¹¹	RCT	86	Two arm study	-	Pain, pricking sensation, numbness, twitching sensation, anorexia, drowsiness, <i>Gourava</i>	SLR test, Walking distance,
<i>Karma Basti</i> ¹²	CT	60	Two arm study	-	Pain, pricking sensation, numbness, twitching sensation,	SLR test
<i>Erandamooladi Niruha Basti</i> ¹³	CT	10	Single arm study	-	Pain, stiffness, pricking sensation, fasciculation, anorexia, heaviness,	SLR test Distance of walking
<i>Erandmoola Niruha Basti</i> ¹⁴	CT	10	Observational study	-	Pain, stiffness, pricking sensation, twitching sensation,	SLR test
<i>Vajigandhadi Taila Kala Basti</i> ¹⁵	CT	40	Two arm study with <i>Agnikarma</i>	Verbal dating scale, visual analogue scale	Pain	Tenderness, Bragard's sign

(CT-Clinical Trial, RCT- Randomized clinical trial)

Table No. 2 Efficacy of *Basti* on Subjective and Objective parameters of *Gridhrasi*

Basti	Pain		Tenderness		Stiffness		SLR test		Walking distance		Bragard's sign	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
<i>Panchatikta Ksheera Basti</i> ¹	-	88.37%	-	47.22%	-	-	-	47.22%	-	-	-	47.22%
<i>Mustadi Yapana Basti</i> ²	-	-	-	-	-	-	-	-	-	-	-	-
<i>Vaitarana Basti</i> ³	-	HS	-	HS	-	HS	-	HS	-	-	-	HS

<i>Bhrihmana Ksheera Basti</i> ⁴	-	55.17%	-	-	-	70.86%	-	54.71%	-	-	-	-
<i>Dashamula Kwata Niruha Basti</i> ⁵	-	HS	-	-	-	HS	-	-	-	-	-	-
<i>Eradamuladi Ksheera Basti</i> ⁶	-	-	-	-	-	-	1%	-	-	-	-	-
<i>Dashamula Niruha Basti</i> ⁷	-	-	-	68% & 76%	-	-	-	-	-	-	-	92%
<i>Vrishadi Niruha Basti</i> ⁸	66.67%	ES	-	-	78.33%	ES	-	ES	-	-	-	-
<i>Vrishadi Niruha Basti</i> ⁹	-	69%	-	-	-	69.49%	-	63.64%	-	75.90%	-	-
<i>Vaitarana Basti</i> ¹⁰	100%	26.09%	100%	36.59%	82.5%	14.94%	100%	24%	-	-	-	-
<i>Eradamooladi Niruha Basti</i> ¹¹	-	NS	-	-	-	S	-	NS	-	S	-	-
<i>Karma Basti</i> ¹²	100%	50.5%	-	-	100%	58.85%	100%	50.5%	-	-	-	-
<i>Eradamooladi Niruha Basti</i> ¹³	-	58.3%	-	-	-	65.3%	-	44%	-	61%	-	-
<i>Eradmoola Niruha Basti</i> ¹⁴	-	HS	-	-	-	HS	-	-	-	-	-	-
<i>Vajigandhadi Taila Kala Basti</i> ¹⁵	-	88.37%	-	47.22%	-	-	-	47.22%	-	-	-	47.22%

(HS- Highly significant, ES- Effectively significant, NS- Not significant S-Significant)

Table No. 3 Efficacy of *Basti* on Subjective parameters of *Gridhrasi*

Type of <i>Basti</i>	Pricking sensation		Numbness		Twitching		Anorexia		Drowsiness		Heaviness	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
<i>Panchatikta Ksheera Basti</i> ¹	-	-	-	-	-	-	-	-	-	-	-	-
<i>Mustadi Yapana Basti</i> ²	-	-	-	-	-	-	-	-	-	-	-	-
<i>Vaitarana Basti</i> ³	-	-	-	-	-	-	-	-	-	-	-	-
<i>Bhrihmana Ksheera Basti</i> ⁴	-	-	-	100%	-	-	-	-	-	-	-	-

<i>Dashamula Kwata Niruha Basti</i> ⁵	-	-	-	-	-	HS	-	HS	-	-	-	-
<i>Eradamuladi Ksheera Basti</i> ⁶	-	-	-	-	-	-	-	-	-	-	-	-
<i>Dashamula Niruha Basti</i> ⁷	-	-	-	-	-	-	-	-	-	-	-	-
<i>Vrishadi Niruha Basti</i> ⁸	-	ES	78.3 3%	ES	48. 33%	ES	51.6 7%	ES	26.67 %	ES	36.6 7%	ES
<i>Vrishadi Niruha Basti</i> ⁹	-	78.9 5%	-	69.49 %	-	85.71%	-	79.17 %	-	90%	-	86.67 %
<i>Vaitarana Basti</i> ¹⁰	55%	76.5 5%	-	-	52. 5%	81.81%	22.5 %	71.42 %	-	100%	15%	87.15 %
<i>Eradamooladi Niruha Basti</i> ¹¹	-	NS	-	S	-	S	-	S	-	S	-	S
<i>Karma Basti</i> ¹²	100 %	55%	100 %	58.8%	55. 88%	11.12%	-	-	-	-	-	-
<i>Eradamooladi Niruha Basti</i> ¹³	-	60%	-	50%	-	-	-	66.6%	-	47.8%	-	60.8%
<i>Eranda moola Nirhua Basti</i> ¹⁴	-	HS	-	-	-	HS	-	-	-	-	-	-
<i>Vajigandhadi Taila Kala Basti</i> ¹⁵	-	-	-	-	-	-	-	-	-	-	-	-

Table No. 4 Efficacy of *Basti* on Objective parameters (Verbal dating scale and VAS)

Name of <i>Basti</i>	Verbal dating scale		Visual analog scale	
	BT	AT	BT	AT
<i>Panchatikta Ksheera Basti</i> ¹	-	88.37%	-	88.37%
<i>Vajigandhadi Taila Kala Basti</i> ¹⁵	-	88.37%	-	88.37%

Table No. 5 Data related *Basti Karma*

Name of <i>Basti</i>	Dose	Mixing method	Average Retention time	Anuvasana <i>Basti</i>	Method of <i>Basti</i>	Samyak <i>Nirudha Laxana</i>	Duration of <i>Basti</i>	Pattern of <i>Basti</i>
<i>Panchatikta</i>	260ml	Classical	-	-	-	-	16 days	-

<i>Ksheera Basti</i> ¹		method						
<i>Mustadi Yapana Basti</i> ²	-	-	-	-	-	-	-	-
<i>Vaitarana Basti</i> ³	406 ml	<i>Khalwa Yantra</i>	-	<i>Dhanwantaram Taila</i> 30ml	Plastic enema can method	-	8 days	<i>Yoga Basti</i>
<i>Bhrihmana Ksheera Basti</i> ⁴	403ml	Wooden churner	-	-	Enema can method	-	8 days	-
<i>Dashamula Kwata Niruha Basti</i> ⁵	960 ml	-	-	<i>Mahanarayana Taila</i> 60ml	-	-	-	-
<i>Erandamoola Ksheera Basti</i> ⁶	436ml	-	-	<i>Murchita Tila Taila</i>	-	-	8 days	<i>Yoga Basti</i>
<i>Dashamula Niruha Basti</i> ⁷	-	-	-	<i>Ksheerabala Taila</i> and <i>Saindhavadya Taila</i>	-	-	8 days	<i>Yoga Basti</i>
<i>Vrishadi Niruha Basti</i> ⁸	750ml – 1000ml	-	-	<i>Vajigandhadi Anuvasana Basti</i> 80ml-120ml	-	-	30 days	<i>Karma Basti</i>
<i>Vrishadi Niruha Basti</i> ⁹	750ml – 1000ml	-	-	<i>Vajigandhadi Anuvasana Basti</i> 100ml-150ml	-	-	18 days	-
<i>Vaitarana Basti</i> ¹⁰	385 ml	-	-	-	-	-	16 days	-
<i>Erandamooladi Niruha Basti</i> ¹¹	585 ml	-	3.68 minutes	<i>Sahacharadi Taila</i> 140ml	-	-	15 days	<i>Kala Basti</i>
<i>Karma Basti</i> ¹²	-	-	-	-	-	-	-	-
<i>Erandamooladi Niruha Basti</i> ¹³	560 ml	-	-	<i>Sahacharadi Taila</i> 75 ml	-	-	8 days	<i>Yoga Basti</i>

<i>Erandamoola Niruha Basti</i> ¹⁴	656 ml	-	-	<i>Murchita Taila</i> 80ml	Plastic enema can	-	-	-
<i>Vajigandhadi Taila Kala Basti</i> ¹⁵	60ml	-	-	-	-	-	-	<i>Kala Basti</i>

Table No. 6 Type of Basti Based on Potency

S.no.	Type of Basti	Numbers
1	<i>Mridu</i>	5
2	<i>Madhyama</i>	7
3	<i>Teekshna</i>	3

DISCUSSION

Conceptual understanding of Samprapti of Gridhrasi:

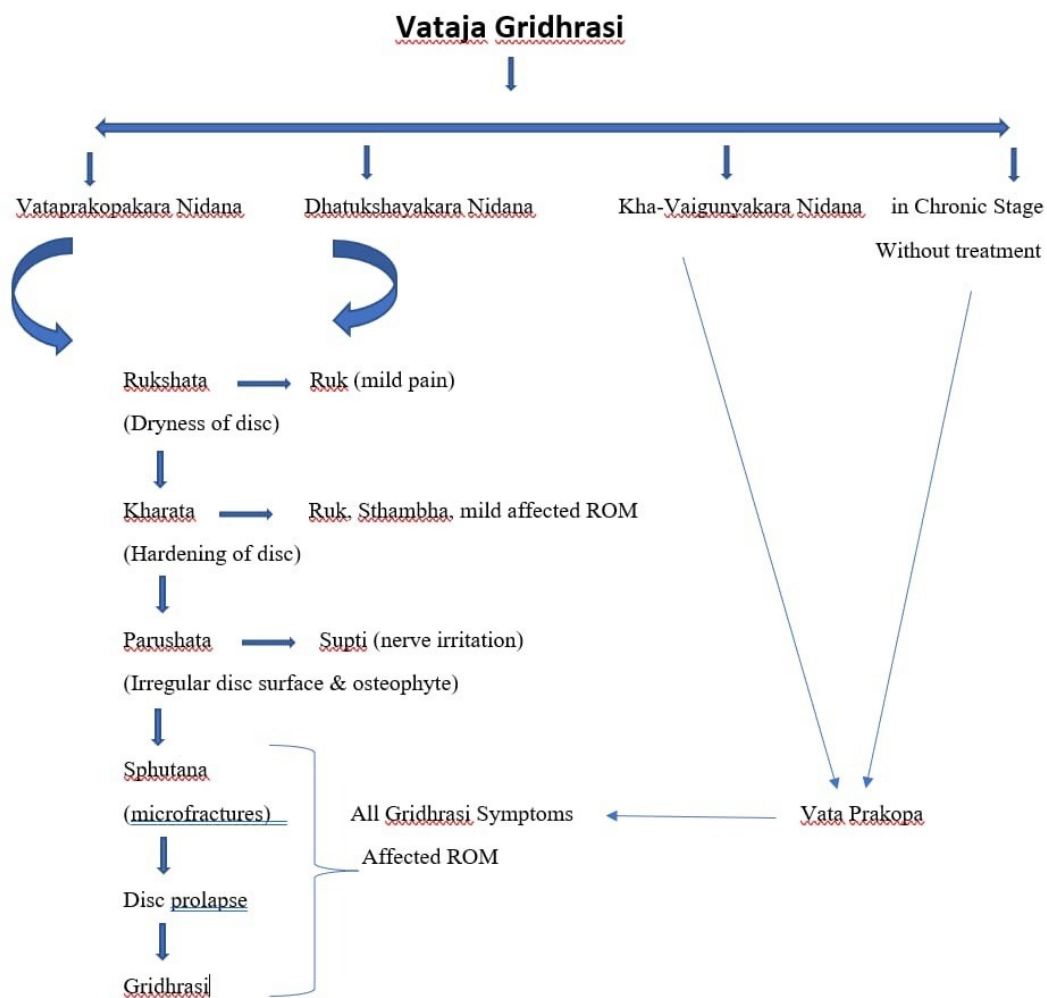


Fig.1: Samprapti of Vataja Ghridhrasi

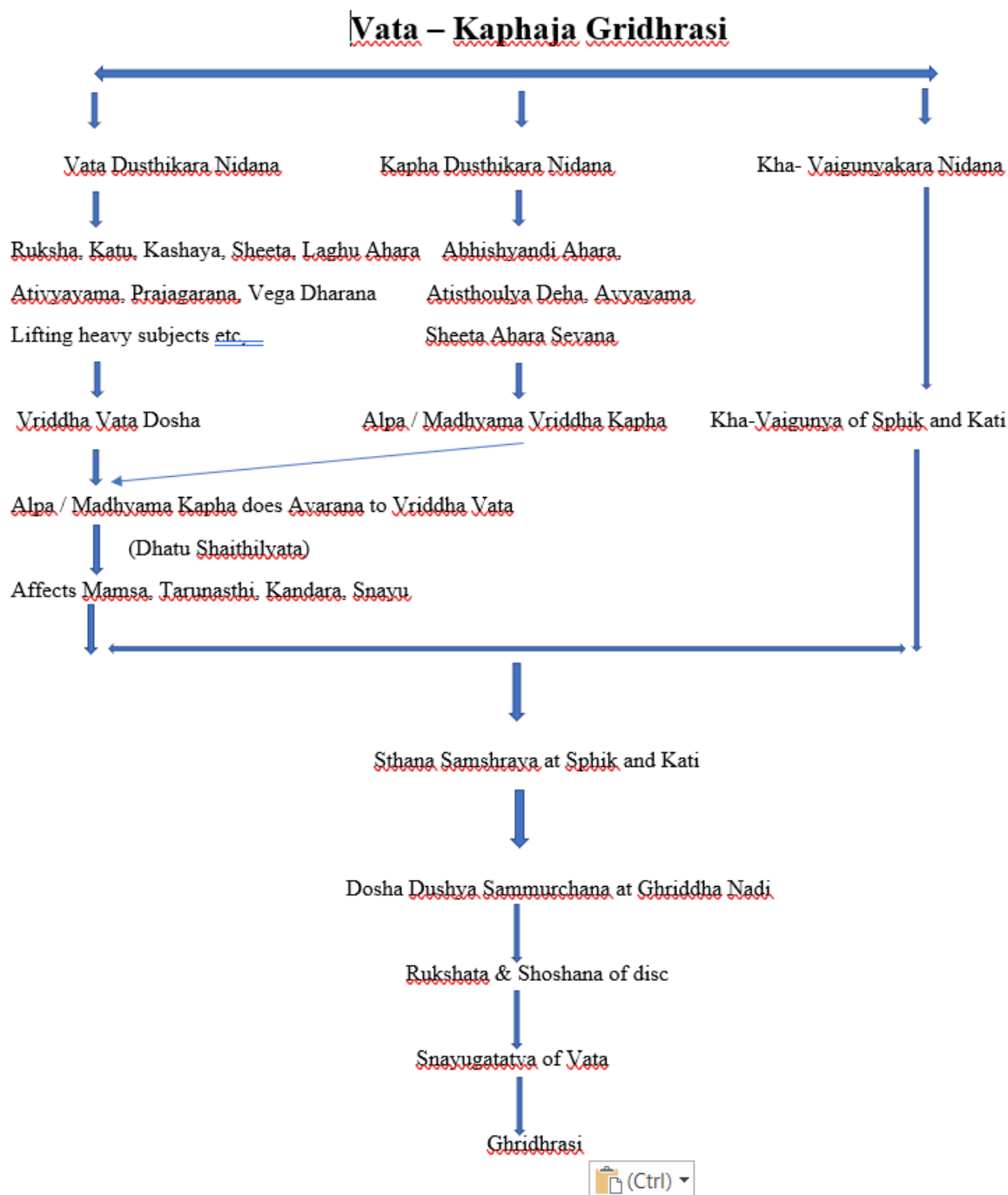


Fig. 2 : Samprapti of Vata-Kaphaja Ghriddhrasi

Out of 15 reviewed articles, 14 were clinical trials, and one article was randomized controlled trial. Among 15 articles, 5 were single arm studies, 8 were double arm studies, 2 were observational studies.

Table No. 7 Sample size

Sample size	Number of studies
≤20	5
≥21 ≤40	5
≥41 ≤60	4
≥61 ≤80	0
≥81 ≤100	1

Pain Assessment Scales used

In only two studies verbal dating scale and visual analogue scale were used.

Subjective Parameter

Pain is considered as a subjective parameter in all 15 studies. Pricking sensation was considered as subjective parameter in 9 studies, stiffness in 5 studies, twitching sensation in 8 studies, drowsiness in 5 studies, *Gourava* in 6 studies, *Aruchi* in 7 studies.

Objective Parameter

SLR Test is considered as objective parameter in 14 studies, Bragard's sign was considered as objective parameter in 3 studies, Tenderness in 3 studies, walking distance in 4 studies.

Most commonly used Basti's:

Among 15 Studies, In 2 Studies *Vaitarana Basti*, in 2 studies *Erandamooladi Niruha Basti* and in 2 studies *Vrishyadi Niruha Basti* was used.

Table No. 8 Dosage of Niruha Basti

Dosage			Type of Basti
Minimum dose	Maximum dose	Average dose	
260ml	-	-	<i>Pancha Tikta Ksheera Basti</i>
-	-	750ml – 1000nl	<i>Vrishadi Niruha Basti</i>

-	-	395.5 ml	<i>Vaitarana Basti</i>
-	-	572.5 ml	<i>Erandmooladi Niruha Basti</i>

Mixing method- only 2 studies reported the mixing method i.e., by *Khalva Yantra* and by wooden churner. In only 1 trial reported retention time was reported and in only 2 trials *Basti* administration method was reported and *Samyak Nirudha Lakshana's* were not reported in any trial among 15 reviewed articles

Table No.9 Schedule of Basti

Schedule of Basti	Number of Studies
8 days	4
15 days	1
16 days	2
18 days	1
30 days	1

Most commonly used *Sneha* for *Niruha* was *Murchita Tila Taila* and in all studies *Anuvasana Basti* was administered with different *Sneha's*. After analyzing the 15 articles based on improvement in subjective and objective parameters *Vaitarana Basti*, *Bhrimhana Ksheera Basti*, *Dashamula Niruha Basti*, *Vrishadi Niruha Basti* were given statistically significant results.

A lot of research is being carried out on single herbs, poly-herbal formulations or herbo-mineral compounds, pharmaceutical products, combined treatments, and disease

specific therapies. However, the path remains uncertain in terms of standardization of procedures along with safety and efficacy for universal acceptance. There is increasing interest and eagerness to look for solutions from Ayurveda Medicine to treat chronic and difficult-to-cure diseases. There is a concern about the quality and dependability of Ayurvedic therapies. Validation of procedures and their safety aspects are crucial for acceptance of specific therapeutic claims.

The efficacy of *Basti Karma* may vary according to many reasons like method of administration, *Pratyagaman Kala*, drugs selected, condition of the disease in which *Basti* is given, age of the patient, *Matra* and quality of *Bastidravya*, season and time of administration, skill of the person who is administering the *Basti* etc. Among 15 studies which were screened to evaluate the clinical efficacy of various *Basti* preparations in *Gridhrasi* had shown different outcomes, because of lack of selection of standardized parameters.

CONCLUSION:

It is believed that drifting away from the fundamental principles and concepts had a negative impact and therefore integration at the basic level of development of hypothesis of research is felt necessary. Research as part of learning and essential postgraduate training is expected to contribute towards overall

growth of the sector. A Standard protocol should be followed to conduct the trials as efficacy of procedures depends on many factors. The review depicts that most of the studies lack the use of standard scales for the assessment of efficacy. We suggest standardization of procedures with standard parameters like the *Basti mixing method*, method of Basti administration etc.

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