

# Clinical Study to Evaluate the Efficacy of Rasna Sadhita Chaturbhadra Kalpa Basti in the Management of Gridhrasi

Dr. Abu Zuber<sup>1</sup>, Dr. Rajesh Sugur<sup>2</sup>, Dr. Doddabasayya Kendadmath<sup>3</sup>

<sup>1</sup>Post Graduate Scholar, <sup>2</sup>MD (Ayu) Professor & Guide, <sup>3</sup>MD (Ayu) Professor and Head,  
<sup>1,2,3</sup>Department of PG Studies in Panchakarma,

Taranath Government Ayurveda Medical College, Ballary, Karnataka, India

## ABSTRACT

Gridhrasi is one of the painful conditions explained in Ayurveda in the context of vatavyadhi where in the pain from the Sphik radiates to the Kati, Prusta, Uru, Janu, Jangh and upto Pada. It can be compared to Sciatica as there are symptoms like radiating pain, stiffness and limping gate etc are same. Sciatica is a relatively common condition of a patient with lifetime. Now a days, most common disorder which affects the movement of leg is low back ache, out of which 40% are radiating, which affects daily routine work. Basti karma has considered as Ardha Chikitsa by Acharya Charaka and Vagbhata and even while dealing with the treatment of Gridhrasi, Basti karma has been mentioned. Acharya kashyapa has explained a different pattern of basti that is Chaturbhadra kalpa basti and in that context of this, acharya told it as Nirtayayaha (without complications) and Sukhavaha. In this basti pattern starts, with 4 days continuous Anuvasan, then continuous 4 days Niruha and at last 4 continuous Anuvasan to be given, this can be administered in 2 or 3 course, based on the condition of the patient. selection of patients was incidentally on the basis of signs and symptoms of Gridhrasi. This pattern is effective in all the Vatavyadhis, Dhatukshayaja vatavyadhis and Dheerga kalian vatavyadhis.

**KEYWORDS:** Gridhrasi, Chaturbhadra kalpa basti, Niruha basti, Anuvasana Basti

## INTRODUCTION

Human life without locomotion is miserable with the changing time, life style of human being has changed a lot in accordance with the time. As the advancement of busy, professional and social life, improper sitting postures in offices and factories, continuous and over exertion, jerking movements during travelling, these factors created undue pressure on the spine. All these factors will result in the most common disorder of productive life i.e., Back pain and all these vices being the common part of our life, incidence of many ailments capturing our body increases day by day. Gridhrasi, is one among nanatmaja vata vyadhi<sup>1</sup> and affecting the quality of life by hampering mobility. Gridhrasi is characterized by, ruk, toda, stamba, muhur spandana over Sphik, Kati, Prusta, uru, Janu, Jangha, Paada<sup>2</sup> and Sakthi utkshepa nigraha i.e. restricted lifting of the leg. Kapha is occasionally found as Anubandha Dosh in which Arochaka,

Tandra and Gaurava are present. According to modern Gridhrasi can be correlated to Sciatica, features of which are pain starting from the low back radiating down to the lower limbs through the course of Sciatic Nerve. According to the modern science, the main cause of sciatica is the wear and tear of the intervertebral discs of the lumbo-sacral region. Low back pain is the major cause of morbidity throughout the world affecting mainly the young adults. Among all the treatments basti<sup>3</sup> is chosen for the treatment as basti itself is vatahara, vatakahara, kaphahara, shulahara, stambahara, agni deepana which are impaired in the gridhrasi. In this study chaturbhadra kalpa basti<sup>4</sup> is taken as it is different pattern of basti in which 4 continuous anuvasana followed by 4 continuous niruha and 4 continuous anuvasana are administered as per kashyapa<sup>5</sup>.

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## AIMS AND OBJECTIVES OF STUDY

1. A clinical study to evaluate the efficacy of rasna sadhita chaturbhadra kalpa basti in the management of gridhrasi.
2. To assess the efficacy of Chaturbhadra kalpa bastni with Rasna taila and Rasna kashaya as Anuvasan and Niruha basthi respectively in the management of Gridhrasi

## MATERIALS AND METHODS

### STUDY DESIGN

The patients having schematic presentation of gridhrasi has either gender were selected

And they Randomised observational clinical study

### SOURCE OF DATA:

30 patients each coming under the inclusion criteria approaching the OPD and IPD of Taranath Government Ayurveda Medical College & Hospital, Ballari and other referrals were selected for the study and random sampling technique was employed.

### SAMPLE SIZE

A minimum of 30 patients fulfilling the inclusion criteria.

### DIAGNOSTIC CRITERIA

Patient with signs and symptoms of Gridhrasi like –

#### Symptoms:

Kramataha Ruk in Sphik, Kati, prista, Uru, Janu, Jangha, Pada .

Toda in Sphik, Kati, Prista, Uru, Janu, Jangha, Pada.

Spandana in Sphik, Kati, Pristat, Uru, Janu, Jangha, Pada.

Stambha in Sphik, Kati, Prista, Uru, Janu, Jangha, Pada.

Tandra, Gourava, Arochaka occasionally

#### Signs:

Sakthi utksepa nigrahana<sup>6</sup> (restricted lifting movement of affected limb)

### INCLUSION CRITERIA:

- Patients fulfilling the symptoms of Gridhrasi.
- Patients fit for Basti karma.
- Patients aged between 20-60yrs.

### EXCLUSION CRITERIA:

- Patients with evidence of congenital anomalies of the spine, Spinal tuberculosis, Neoplasm, Traumatic fracture and Epidural abscess.
- Patients where surgical intervention is needed.
- Patients with other systemic disorders like uncontrolled Diabetes mellitus, Cardiac diseases, renal failure.

- Pregnancy.

### ASSESSMENT CRITERIA:

The subjective and objective parameters of pre and post medications will be compared for assessment of the results.

### RUK

Pain is absent patient is clinically stable.	0
Minimal pain able to work easily.	1
Moderate tolerable pain, able to work with difficulty.	2
Severe intolerable pain unable to carry work without treatment.	3
Very severe intolerable, persistent pain unable to carry work with treatment.	4

### TODA

Pricking Pain is absent patient is clinically stable.	0
Pricking Minimal pain able to work easily.	1
Pricking Moderate tolerable pain, able to work with difficulty.	2
Pricking Severe intolerable pain unable to carry work without treatment.	3
Pricking Very severe intolerable, persistent pain unable to carry work with treatment.	4

### STHAMBHA

No stiffness clinically stable.	0
Minimal stiffness.	1
Moderate stiffness.	2
Severe stiffness present without treatment.	3
Very Severe stiffness present with treatment.	4

### GAURAVA

No heaviness in the body.	0
Feels heaviness in the body but it does not hamper routine work.	1
Feels heaviness in the body but it does not hamper daily routine work.	2
Feels heaviness in the body but it does not hamper movement in routine work.	3
Feels heaviness in the body along with flabbiness in which causes great distress to the person	4

### AROCHAKA

No aruchi.	0
Willing towards some specific food.	1
Willing towards only most liking food and not to other foods.	2
Totally unwilling for the food.	3

**Tandra**

No tandra.	0
Mild tandra occasionally but does not affect daily routine.	1
Moderate tandra frequently many times in a day that hamper daily routine.	2
Moderate tandra need to take rest cannot work.	3
Severe tandra whole day also at mental level reduce alertness.	4

**SUBJECTIVE PARAMETERS:**

- Ruk in the sphik, Kati, Prista, Uru, Janu, Jangha and Pada.
- Toda in the sphik, Kati, Pristat, Uru, Janu, Jangha and Pada.
- Stambha in the sphik, Kati, Prista, Uru, Janu, Jangha and Pada.
- Spandana in the sphik, Kati, Prista, Uru, Janu, Jangha and Pada.
- Tandra
- Gourava
- Arochaka

**OBJECTIVE PARAMETERS:**

- Straight Leg Raising Test in affected limb.
- Bragard's sign
- Bowstring's sign

SLR IN DEGREE >90	Grade 0
61-90	Grade 1
31-60	Grade 2
Upto 30	Grade 3

**BOWSTRING SIGN**

Positive	Grade 1
Negative	Grade 0

**BREGARD'S SIGN**

Positive	Grade 1
Negative	Grade 0

**CHIKITSA**

improvement Above 75% Improvement

Moderate improvement 50% - 75% Improvement

Mild improvement 25% - 50% Improvement

Unchanged Below 25% Improvement

**MATERIALS USED FOR THE STUDY ARE:**

The present clinical study was done using the following materials.

1. Abhyanga dhroni.
2. Bashpa sweda yantra.
3. Khalva yantra
4. Plastic enema syringe (100 ml capacity) and Plastic enema can (1500ml capacity).
5. Rubber catheter (no. 12) and Latex hand gloves
6. Gas stove
7. Basti table
8. Cotton swabs
9. Churner
10. Plastic Filter(to filter finally prepared basti dravya)
11. Aushadi dravya's
12. Stop watch and timer.
13. Digital weighing machine

**MURCHITA TILATAILA<sup>7</sup>**

Tila taila is taken in a vessel. Heated gently for 3 – 5 minutes, then Taken the fine powder of tilataila, manjishta, haridra, lodhra, Jaladhara, nalika, amalakki, haritaki, vibhitaki, suchipushpa, vatankura, hribera make paste, this paste added to the oil Then water is added heating this mixture till only the oil part remains.

**RASNA TAILA<sup>8</sup>-**

Murchita tilataila is taken in a iron vessel. Heated gently for 3 – 5 minutes, taken out of fire.prepare the paste from fine powders of rasna, this paste added to the Murchita tila taila.Then rasna kwath is added heating this mixture till only the oil part remain along with Taila siddhi lakshana.

**TABLE 1**

<b>POORVA KARMA:</b>	
1. Koshta shodanartha-Eranda taila	
2. Sthanika Abhyangartha- Prasarini taila	
3. Sthanika Swedanartha-Patra pinda sweda <sup>9</sup>	
4. Basti yoga- Rasna Kashaya basti.	
<b>PRADHANA KARMA:</b>	
Ingredients of Rasna kashaya Basti are :	
	1. Madhu (Honey)
	2. Saindhava Lavana
	3. Sneha- Rasna taila
	4. Kalka- Shatapushpa churna.
	5.Rasna kashaya churna <sup>11,12</sup>

➤ ANUVASANA <sup>10</sup>	
	Rasna taila was given by using 100ml glycerine syringe.
	Dose-65ml <sup>13</sup>
➤ NIRUHA <sup>14</sup>	
	Rasna kashaya basti was given with plastic enema can method.
	Dose-510ml
<b>PASCHAT KARMA:</b>	
➤ ANUVASANA	
	Hasta, Pada and Sphik tadana by panitala <sup>15</sup>
	Lifted both legs together 3times and asked to lie down in supine position for 30mins. <sup>15</sup>
➤ NIRUHA	
	After basti pratyagamana ksheeranna bhojan advised <sup>16</sup>

**Treatment Duration:** 12 days

**Followup:**

Before treatment- 0<sup>th</sup> day

After treatment-12<sup>th</sup> day

After 1<sup>st</sup> followup- 24<sup>th</sup> day

After 2<sup>nd</sup> Followup- 36<sup>th</sup> day

**TABLE 2 Showing the ingredients and the quantity of Rasna kashaya Basti for (Vataja Gridhrasi):**

INGREDIENTS QUANTITY	
Saindava lavana	6gm
Madhu	72Ml
Rasna taila	144ml
Shatapushpa Kalka	40gm
Rasnasaptaka kashaya	240

**TABLE 3 Vataja-Kaphaja Gridhrasi  
INGREDIENTS QUANTITY**

Saindhav	6gm
Madhu	144ml
Rasna taila	72ml
Shatapushpa Kalka	40gm
Rasnasaptaka kashaya	240ml

**TABLE 4 Showing each day procedures**

Days	Basti
Day1	Anvasana basti
Day2	Anvasana basti
Day3	Anvasana basti
Day4	Anvasana basti
Day5	Niruha basti
Day6	Niruha basti
Day7	Niruha basti
Day8	Niruha basti
Day9	Anvasana basti
Day10	Anvasana basti
Day11	Anvasana basti
Day12	Anvasana basti



**RESULTS:**

A Clinical Study To Evaluate The Efficacy Of Rasna Sadhita Chaturbhadra Kalpa Basti. The study design was pre and post with follow up Results, the overall effect of treatment in gridhrasi is significant. results on parameter like ruk & toda and significant results on sthamba, gourava, tandra, aruchi has been seen as observing before and after treatment & followups.

The results of subjective & objective parameters of clinical study obtained before and after treatment were analysed statistically Within the group (paired 't' test)

**Table no. 05: Showing Analysis of Basti karma on Subjective Parameter:**

Parameter	Mean			%	S. D	S. E	Df	t-value	p-value	Remarks
	BT									
Ruk	BT	4			0	0	29	15.503	<0.001	HS
	12 <sup>th</sup> day	2.17	1.83	45.75	0.65	0.12				
	24 <sup>th</sup> day	1.63	2.37	59.25	0.56	0.10				
	36 <sup>th</sup> day	1	3	75	0.79	0.14				
Toda	BT	3.97			0.18	0.03	29	13.80	<0.001	HS
	12 <sup>th</sup> day	2.17	1.80	45.34	0.70	0.13				
	24 <sup>th</sup> day	1.67	2.30	57.93	0.55	0.10				
	36 <sup>th</sup> day	1.03	2.94	74.05	0.76	0.14				
Stambha	BT	0.47			1.22	0.22	29	2.112	<0.05	S
	12 <sup>th</sup> day	0.33	0.14	29.78	0.88	0.16				
	24 <sup>th</sup> day	0.23	0.24	51.06	0.63	0.11				
	36 <sup>th</sup> day	0.17	0.30	63.82	0.46	0.08				
Tandra	BT	0.50			1.14	0.21	29	2.408	<0.05	S
	12 <sup>th</sup> day	0.33	0.17	34	0.76	0.14				
	24 <sup>th</sup> day	0.23	0.27	54	0.57	0.10				
	36 <sup>th</sup> day	0.10	0.40	80	0.31	0.06				
Gourava	BT	0.80			1.63	0.30	29	2.567	<0.05	S
	12 <sup>th</sup> day	0.47	0.33	41.25	0.97	0.18				
	24 <sup>th</sup> day	0.33	0.47	58.75	0.71	0.13				
	36 <sup>th</sup> day	0.13	0.67	83.75	0.69	0.12				
Aruchi	BT	0.30			0.92	0.17	29	2.481	<0.05	S
	12 <sup>th</sup> day	0.20	0.10	33.33	0.61	0.11				
	24 <sup>th</sup> day	0.10	0.20	66.67	0.40	0.07				
	36 <sup>th</sup> day	0.03	0.27	90	0.18	0.03				

**Analysis of Effect of BASTIKARMA on Subjective parameters:**

1. Statistically Highly Significant results were observed at the level of p value <0.001 in Subjective parameters Ruk, and Toda.
2. Statistically Significant results were observed at the level of p value <0.05 in Subjective parameters of Stambha, Tandra, Gourava and Aruchi.

**Table no. 06: Showing Analysis of Basti karma on Objective Parameter:**

Parameter	Mean			%	S. D	S. E	Df	t-value	p-value	Remarks
	BT									
Left Leg SLR-Active	BT	2.13			1.17	0.21	29	7.389	<0.001	HS
	12 <sup>th</sup> day	1.37	0.76	35.68	0.85	0.16				
	24 <sup>th</sup> day	0.80	1.33	62.44	0.89	0.16				
	36 <sup>th</sup> day	0.73	1.40	65.72	0.87	0.16				
Right Leg SLR-Active	BT	1.23			1.38	0.25	29	3.791	<0.01	S
	12 <sup>th</sup> day	0.80	0.43	34.96	0.92	0.17				
	24 <sup>th</sup> day	0.40	0.83	67.48	0.67	0.12				
	36 <sup>th</sup> day	0.33	0.90	73.17	0.66	0.12				
Both Leg SLR-Active	BT	2.37			0.49	0.09	29	4.473	<0.001	HS
	12 <sup>th</sup> day	1.90	0.47	19.83	0.31	0.06				
	24 <sup>th</sup> day	1.27	1.10	46.41	0.64	0.12				
	36 <sup>th</sup> day	1.03	1.34	56.54	0.67	0.12				

Left Leg SLR-Passive	BT	1.63			0.89	0.16	29			
	12 <sup>th</sup> day	1.27	0.36	22.08	0.87	0.16		4.097	<0.001	HS
	24 <sup>th</sup> day	0.50	1.13	69.32	0.78	0.14		7.576	<0.001	HS
	36 <sup>th</sup> day	0.40	1.23	75.46	0.72	0.13		8.266	<0.001	HS
Right Leg SLR-Passive	BT	1			1.05	0.19	29			
	12 <sup>th</sup> day	0.70	0.30	30	0.84	0.15		2.757	<0.05	S
	24 <sup>th</sup> day	0.30	0.70	70	0.53	0.10		4.372	<0.001	HS
	36 <sup>th</sup> day	0.10	0.90	90	0.40	0.07		5.137	<0.001	HS
Both Leg SLR-Passive	BT	2.10			0.31	0.06	29			
	12 <sup>th</sup> day	1.73	0.37	17.61	0.45	0.08		4.097	<0.001	HS
	24 <sup>th</sup> day	0.97	1.13	53.80	0.76	0.14		8.5	<0.001	HS
	36 <sup>th</sup> day	0.60	1.50	71.42	0.72	0.13		10.576	<0.001	HS
Bowstring sign	BT	1			0	0	29			
	12 <sup>th</sup> day	0.97	0.03	3	0.18	0.03		1	>0.05	NS
	24 <sup>th</sup> day	0.47	0.53	53	0.51	0.09		5.757	<0.001	HS
	36 <sup>th</sup> day	0.33	0.67	67	0.48	0.09		7.615	<0.001	HS
Bregards sign	BT	1			0	0	29			
	12 <sup>th</sup> day	0.97	0.03	3	0.18	0.03		1	>0.05	NS
	24 <sup>th</sup> day	0.57	0.43	43	0.50	0.09		4.709	<0.001	HS
	36 <sup>th</sup> day	0.33	0.67	67	0.48	0.09		7.615	<0.001	HS
NPRS	BT	8			0	0	29			
	12 <sup>th</sup> day	5.47	2.53	31.62	0.90	0.16		15.425	<0.001	HS
	24 <sup>th</sup> day	3.60	4.40	55	1.10	0.20		21.874	<0.001	HS
	36 <sup>th</sup> day	2	6	75	1.49	0.27		22.121	<0.001	HS

**Analysis of Effect of BASTIKARMA on Subjective parameters:**

Statistically Highly significant results were observed at the level of p value <0.001 in Objective parameters SLRT Active Rt, SLRT Active Lt, SLRT Active Both, SLRT Passive Rt, SLRT Passive Lt, SLRT Passive Both, Bowstring sign, Bregards sign and NPRS.

**OVER ALL RESULTS:**

**Table no. 7: Showing the percentage improvement**

Parameter	Mean		%	S. D	S. E	Df	t-value	p-value	Remarks	
Left Leg SLR-Active	BT	2.13			1.17	0.21	29			
	12 <sup>th</sup> day	1.37	0.76	35.68	0.85	0.16		7.389	<0.001	HS
	24 <sup>th</sup> day	0.80	1.33	62.44	0.89	0.16		7.615	<0.001	HS
	36 <sup>th</sup> day	0.73	1.40	65.72	0.87	0.16		7.641	<0.001	HS
Right Leg SLR-Active	BT	1.23			1.38	0.25	29			
	12 <sup>th</sup> day	0.80	0.43	34.96	0.92	0.17		3.791	<0.01	S
	24 <sup>th</sup> day	0.40	0.83	67.48	0.67	0.12		4.333	<0.001	HS
	36 <sup>th</sup> day	0.33	0.90	73.17	0.66	0.12		4.267	<0.001	HS
Both Leg SLR-Active	BT	2.37			0.49	0.09	29			
	12 <sup>th</sup> day	1.90	0.47	19.83	0.31	0.06		4.473	<0.001	HS
	24 <sup>th</sup> day	1.27	1.10	46.41	0.64	0.12		9.104	<0.001	HS
	36 <sup>th</sup> day	1.03	1.34	56.54	0.67	0.12		11.05	<0.001	HS
Left Leg SLR-Passive	BT	1.63			0.89	0.16	29			
	12 <sup>th</sup> day	1.27	0.36	22.08	0.87	0.16		4.097	<0.001	HS
	24 <sup>th</sup> day	0.50	1.13	69.32	0.78	0.14		7.576	<0.001	HS
	36 <sup>th</sup> day	0.40	1.23	75.46	0.72	0.13		8.266	<0.001	HS
Right Leg SLR-Passive	BT	1			1.05	0.19	29			
	12 <sup>th</sup> day	0.70	0.30	30	0.84	0.15		2.757	<0.05	S
	24 <sup>th</sup> day	0.30	0.70	70	0.53	0.10		4.372	<0.001	HS
	36 <sup>th</sup> day	0.10	0.90	90	0.40	0.07		5.137	<0.001	HS

Both Leg SLR-Passive	BT	2.10			0.31	0.06	29			
	12 <sup>th</sup> day	1.73	0.37	17.61	0.45	0.08		4.097	<0.001	HS
	24 <sup>th</sup> day	0.97	1.13	53.80	0.76	0.14		8.5	<0.001	HS
	36 <sup>th</sup> day	0.60	1.50	71.42	0.72	0.13		10.576	<0.001	HS
Bowstring sign	BT	1			0	0	29			
	12 <sup>th</sup> day	0.97	0.03	3	0.18	0.03		1	>0.05	NS
	24 <sup>th</sup> day	0.47	0.53	53	0.51	0.09		5.757	<0.001	HS
	36 <sup>th</sup> day	0.33	0.67	67	0.48	0.09		7.615	<0.001	HS
Bregards sign	BT	1			0	0	29			
	12 <sup>th</sup> day	0.97	0.03	3	0.18	0.03		1	>0.05	NS
	24 <sup>th</sup> day	0.57	0.43	43	0.50	0.09		4.709	<0.001	HS
	36 <sup>th</sup> day	0.33	0.67	67	0.48	0.09		7.615	<0.001	HS
NPRS	BT	8			0	0	29			
	12 <sup>th</sup> day	5.47	2.53	31.62	0.90	0.16		15.425	<0.001	HS
	24 <sup>th</sup> day	3.60	4.40	55	1.10	0.20		21.874	<0.001	HS
	36 <sup>th</sup> day	2	6	75	1.49	0.27		22.121	<0.001	HS

**Analysis of Effect of BASTIKARMA on Subjective parameters:**

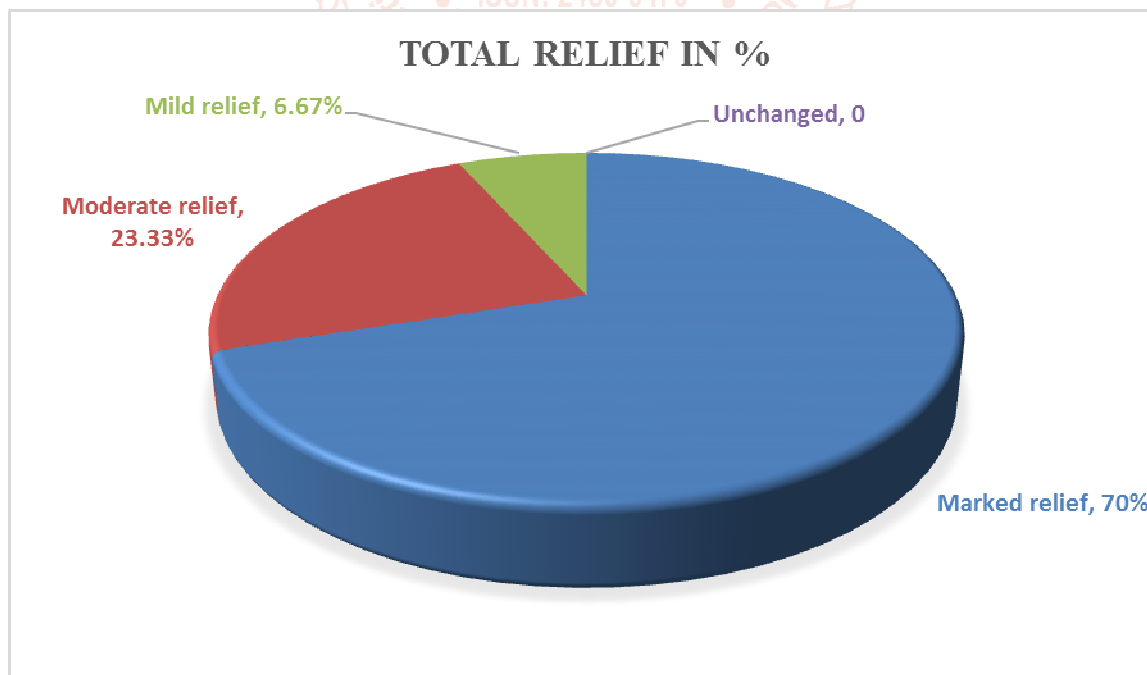
Statistically Highly significant results were observed at the level of p value <0.001 in Objective parameters SLRT Active Rt, SLRT Active Lt, SLRT Active Both, SLRT Passive Rt, SLRT Passive Lt, SLRT Passive Both, Bowstring sign, Bregards sign and NPRS.

**OVER ALL RESULTS:**

**Table no. 54: Showing the percentage improvement of clinical parameters:**

Remarks	No. of Subjects	%
Marked relief	21	70
Moderate Relief	07	23.33
Mild Relief	02	6.67
Unchanged	0	0

In 30 patients which were treated, out of which 21 patients were markedly improved, 07 patients were moderately improved and 02 showed mild improvement.



**CONCLUSION:**

As gridhrasi is one among the vata vyadhi and mainly affects the parihani avastha of the madhyama vaya and in vriddhavastha, where mainly vata dosha is predominated. Hence more number of anuvasana

bastis which were explained in chaturbhadrakalpa basti are going to be helpful for vata shamana. Moreover, as some gridhras are vata kaphaja, so niruha basti is also going to help to alleviate vata kapha

gridhrasi. Thus the pattern containing both anuvasana and niruha basti has been selected for the study.

In general alternatively anuvasana basti and niruha basti is given, administration of anuvasana basti continuously will lead to utklesha of pitta and kapha dosha and continuous administration of niruha basti will lead to vataprakopa so the order of giving alternate bastis is maintained. In this context kashyapa while explaining different pattern of bastis i.e., karma basti, kala basti, yoga basti, he explained special pattern of basti, i.e., “chaturbhadra kalpa basti”

In all vata vyadhis, vata usually requires shodhana along with Brimhana. This criteria is fulfilled by the chaturbhadra kalpa basti, as it is a Anuvasana pradhana Basti, it does Brihmana along with vatashodhana. This pattern of Basti karma may be more effective in all Shuddha vataja conditions, jeerna avasta (chronic stage) of the disease, condition where Prabhuta vata prakopa, in Dhatukshayaja (degenerative) avasta<sup>17</sup> and also effective in all type of vatavyadhi, In Gridhrasi specifically Apana vayu and Vyana Vayu Dushti is found. Basti stays at Pakwashaya and starts its action from there. Generally Pakwashaya is the sthana of Vayu. Basti conquers the vitiated Vata in its Prakruta Sthana by which Vata dwelling in other parts of the body is automatically conquered. Vata is vitiated by Laghu, Ruksha, and Sheeta etc Guna. Basti with its Snigdha Guna destroys Rukshata, with Guru Guna Laghuta and with Ushna Guna Sheetatva of Vata.

Basti administered with proper methodology spreads in the organs of the lower abdomen viz. Pakwashaya, Nabhi etc. but effects brought out by its vivid potentials can be visualized throughout the body. It removes Dosha from toe to top of the body. Specifically Dosha present in Kati, Prushta and Koshta, where Sthana Samsraya takes place in Gridhrasi, are scrapped off and diverted to the exterior. Thus the effect of Basti is not restricted to Apana Kshetra, but by its strength, its virtues traverse throughout the body aided by Apana, Udana & Vyana Vayu. Through this it is very much clear that Vata, along with Asthi-majjavaha Srotodushti are the basic factors in the Samprapti of Gridhrasi. Basti is the therapy advocated for Gridhrasi by many Acharyas. Basti has been glorified as the definitive therapy to pacify the aggravated Vata and Vata Pradhana Vyadhi. Basti is ideal way to remove vitiated doshas from the moola and combact the samprapti ghatakas and clear the disease. With the aid of various drugs incorporated in the Basti Dravya, it does Samshamana, Samshodhana and brihamana. Therefore, it has been labeled to be the best among Tantra and supreme among the Karma. Basti stays at

Pakwashya, but due to its Virya, acts on the Doshas from head to toe and scrapes off the Doshas from Kati, Prishtha, Kostha etc and removes them gudamarga. Sneha Basti strengthens Pada, Jangha, Unu, Kati, Prishtha, these are the Sthanas where Sthanasanshraya takes place in Gridhrasi. Asthi and Majja is the seat of Vata, so basti Kama is very effective in AsthiMajjavaha Srotogata Vyadhi & considered the best procedure for AsthiMajjagata vata. In short, Basti touches all the Samprapti ghatakas of Gridhrasi.

## DISCUSSION:

According to charaka the basti has mentioned in the chikitsasutra of Gridhrasi<sup>18</sup>. So basti was selected in the present study. Broadly chikitsa of vata vyadhi is categorised into dhatu kshayaja and avaranaja, gridhrasi is having samprapti of both. As Gridhrasi is shakhagata vikara taking into consideration all the treatments in Ayurveda “Bastikarma” seems to be best for treating shakhagata, koshtagata, marmagata and sarvangaavayava diseases as told by the acharya arunadatta explained the shakha as sakti in his commentary. Basti is the best treatment of disorders of vata and is considered to be half of the treatment and some achary as has considered it as complete treatment.

Basti was selected as it is Parama Vatahara and simultaneously performs the Shodhana Karma. It is useful in Pitta, Kapha, Rakta, Samsarga and Sannipata. Basti is advocated in Shakhagata Vyadhi and in patients having Stambha, Sankocha etc. It also works on fractures, pain, severe constipation etc. Even though basti is treatment for vata dosha, it has its effect on pitta and kapha dosha also, according to charaka it is mentioned that basti acts on eka doshaja, dwi doshaja and tri doshaja vyadhis, as gridhrasi is of both vataja and vata kaphaja, here in the present study is made to evaluate the action of basti on both doshas and on both samprapti. As it is an Anuvasana pradhana Basti ie containing 8 Anuvasana & 4 Niruha Bastis (double the Niruha Basti) it is very useful in controlling vata prakopa. Gridhrasi is one of the nanatmaja vatavyadi and occasionally kapha is also associated with the vata Dosha and produced vata kaphaja type of gridhrasi, so the drugs which are having vatahara, shoolahara and srotoshodaka properties may be very useful in the treatment of gridhrasi.

Rasna tailam is described by Acharya chakradatta has been selected for the anuvasana vasti, it contains mainly Rasna and Tila taila, which posses the vata and vata kaphahara as which acts as anti-inflammatory, analgesic, anti-oxidant and muscle relaxant properties, which gives relief from the



disease. Even in the niruha Basti also, mainly Rasna kwatha was used which is having vata kaphahara properties, which once again helping in reliving pain and stiffness, more over it is directly specified in the management of gridhrsi. with the above concept of clinical study was under taken.

In human body the lumbar spine is the site of most expensive orthopaedic problem for the world industrialized countries. It is the seat of miracles the central nervous system as well as autonomic nervous system work through the spine, the entire nervous system dependent up on the spine. So the disease affecting lumbar spine are handled very carefully. Gridhrasi is such a disease having its origin in pakwaashaya and seat is sphik and kati i, e lumbar spine. In classics grudhrasi is included under 80 types of nanatmaja vata vikara under the heading of vata vyadhi a separate clinical entity. Acharya sushruta, emphasized the involvement of kandara in producing the disease grudhrasi (Su.Ni1/74) He also added and important sign "Sakti utkshep nigrhniyat" ie restriction in lifting the affected leg. Nowadays this sign is known as SLR test it place a major role in diagnosis of the disease and assessment of the effect of therapy as an objective parameter. Sciatica or sciatica syndrome a condition discuss in the modern medicine resembles with ghrdhrasi. In sciatica there is a pain in distribution of sciatica nerve which begins in the lower back and radiates through the posterior aspect of the thigh and calf and outer border of the foot. The herniation and the degeneration change in the disk are the most common cause. There is often history of trauma as twisting of the spine lifting heavy objects, on exposure to cold, the disability causes by this disease hampers day by day activity of the patients and makes the patients crippled. There is no need to state that modern medical treatment has its own limitations in managing this type of disease modern medical treatment either conservative or surgical and it is highly symptomatic and with trouble some side effects this suggest special used.

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