Efficacy of Matra Basti Along With Shaman Chikitsa in The Management of Gridhrasi (Sciatica)

Dr. Ramkisan Somase  
P.G. scholar (Dept. of Kayachikitsa), C.S.M.S.S Ayurveda Mahavidyalaya, Aurangabad.

Dr. Shrikant Deshmukh  
Professor and HOD. (Dept. of Kayachikitsa), C.S.M.S.S Ayurveda Mahavidyalaya, Aurangabad.

Abstract

Vatavyadhi are one of the most prevailing health problems and Gridhrasi is one of them. It is one of the painful conditions, where pain from the Spik is radiates up to the Padathrough the posterior aspect of Kati, Prusta, Janu and Jangha region. Gridhrasi can be correlated with sciatica based on symptoms. The increased use of computerization and also due to increasing body weight, mental stress, hectic work schedules and transportation methods all these ads on to the improper posture which is one of the highlighted cause for spine and nerve compression disorders in the present scenario. The treatment available for sciatica in modern medicine is not very satisfactory. In Ayurveda Gridhrasi can be treated remarkably with Panchakarma and internal medicine. Bastiis considered as Aradhachikitsain Ayurveda treatment modalities. Here in the case study a female patient presenting with clinical features of sciatica. The patient was treated with classical treatments like Matra Basti with certain conventional oral medication. Vajigandhadi Taila mentioned by Yogaratnakar was used for the Matra Basti krama which contains Erandataila, Ashwagandha, Bala, and Dashmoola which exert vatahara and vedanasthapakaaction.

Keywords: Gridhrasi, Sciatica, MatraBasti, VajigandhadiTaila.

Introduction

Pain is the chief cause of visiting a doctor in most patients. It is known as Ruja which is one of the synonyms of disease. It disturbs physical and mental status of a patient. Pain is cardinal symptom in most of the Vatavyadhis. Gridhrasi is such a RujapradhanaVatavyadhi.

Gridhrasi (Sciatica) is one among 80 types of Nanatmaja Vatavyadhi. It is a disorder in which low back pain is found, that spreads through the hip, to the back of the thigh and down the inside of the leg. On the basis of symptoms of Gridhrasi; it can be equated with the disease sciatica in modern science. It occurs due to spinal nerve irritation and is characterized by pain in distribution of sciatic nerve.

The cardinal signs and symptoms of Gridhrasi are Ruk (pain), Toda (pricking sensation), Stambha (stiffness) and Spandana (twitching) in the spikh, Kati, Uru, Janu, Jangha, and Pada in order and sakthikshepa Nigraha i.e. restricted lifting of the leg.

Although low back pain is a common condition that affects as many as 80-90% of people during their lifetime, true sciatica occurs in about 5% of cases. Sciatica is more common between 30 and 50 years of age.

Basti is the most important among panchkarma due to its multiple effects. Pitta and kapha are dependent on vata as it governs their functions. Basti is not only best for vata disorder but also equally effective in correcting the morbid pitta , kapha, rakta. Charak has considered Basti therapy as half of the treatment of all the disease, while some authors consider it as the complete remedy for all the ailments. Basti is one of the unique procedures explained for the management of Vatavyadhi, where Gridhrasi is being the predominant of Vatadosha, basti is beings to use widely for the management of Gridhrasi.
Case report
Patient description & historical examination findings

- A 55-year-old female suffered from severe low back and left sided leg pain. She had episodic, worsening low back pain with restricted left leg movements.
- The intermittent numbness, tingling and pain extended along the left leg progressively increased in frequency and intensity.
- These symptoms, of insidious onset 6 weeks prior, had caused patient to cease his daily activity e.g. forward bending, continuous sitting, household work or sleeping.
- General health issues included mild hypertension, 3-year history of migraine.
- Past family medical history was non-contributory.

Chief Complaints
1. Pain in the lower back region radiating to the posterior aspect of left leg
2. Sthambha (stiffness)
3. Spandana (Twitching)
4. Toda (pricking sensation)

Instrumentation: Scoring pattern was developed according to severity of symptoms.

Pain
0: No pain
1: Painful, walks without limping
2: Painful, walks with limping but without support
3: Painful, can walk only with support
4: Painful, unable to walk

Stiffness
0: No stiffness.
1: 20% limitation of normal range of mobility
2: 50% limitation of mobility
3: 75% or more reduction of normal range of movement

Pricking Sensation
0: No pricking sensation
1: Mild pricking sensation
2: Moderate pricking sensation
3: Severe pricking sensation

Twitching
0: No twitching
1: Mild twitching (sometime for 10-15 minutes)
2: Moderate twitching (daily for 15-30 minutes)
3: Severe twitching (daily more than 1 hour)

Grading of subjective and objective parameters before treatment
Pain: 3
Stiffness: 3
Pricking sensation: 2
Twitching: 2
Physical
Body weight: 64 kg
Heart Rate: 88/min
Respiration Rate: 22/min
Blood pressure: 140/90 mmHg
Edema /lymphadenopathy/pallor/icterus- Absent

Investigations
HB – 12.8 gm%
TLC – 7000 cumm
DLC – Neutrophils 56 Lymphocytes 38 Monocytes 4 Basophil 0 Eosinophil 2
ESR – 9 mm/hr
RA Test – Negative

Systemic examination-
CVS- s1, s2 normal
CNS- well conscious and oriented
R.S. - air entry equal…chest clear
P/A. soft, non-tender
Liver, kidney, spleen-not palpable
Edema /lymphadenopathy/pallor/icterus- Absent

Muscuto-skeletal system -
1. Gait – limping
2. Upper limb-normal
3. Lower limb-stiffness in the calf and thigh region Deformity: absent
4. Examination of spine –
   Inspection: No visible deformity
   Palpation: tenderness – L5 S1 S2 region
   Movement: cervical / thoracic: NAD
   Lumber: flexion restricted

SLR Test: Right leg 80° and Left leg – positive at 40°

Ashtavidhapariksha
1) Nadi- 78/min.
2) Mutra-4-times
3) Mala-regular (1/day)
4) Jivha- sama
5) Shabda-aaturs, gambhirswara.
6) Sparsha- Ushnasparsa
7) Drik-snigdha
8) Akruti- madhyama.

Dasavidhpareeksha (10 fold examination)
1. Prakruti: Vatakapha
2. Vikruti: Dosha- Vatapradhana
Dooshya –Ashthi ,sandhi,
3. Satwa: Madhya
4. Sara: Madhyama
5. Samhanana: Madhyama
6. Pramana: Madhyama
7. Satmya: Sarva rasa
8. Aharasakti(power of intake & digestion of food): madhyama
9. Vyayamasakti(power of performing exercise): avara

Samprapti –

Nidana Seven → Vata Prakopa
Vayah → Dhatu Kshaya

Khavaigunya In Kati

Dosha Dushya Sammurchaya

Sira Snayu Dusti → Gridharsi

Treatment Schedule
1. Snehan with Sahacharaditaila for 7 days
2. Swedan – Dashmoolkwath nadisweda for 7 days
3. MatraBasti with Vajigandhadi Taila for 7 days
   - Dose - 60 ml
4. Oral Medication – Trayodashang Guggul Guggulu 2 tab (500mg each) BD for 1 month

Ingredients of MatraBasti

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Rasa</th>
<th>Virya</th>
<th>Vipak</th>
<th>Karma</th>
</tr>
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<tbody>
<tr>
<td>Ashwagandha</td>
<td>Kashyatikta</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Rasayana Vedanasthapan Balya Vatakaphagha</td>
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<tr>
<td>Bala</td>
<td>Madhur</td>
<td>Shita</td>
<td>Madhur</td>
<td>Balya Vatakaphagha</td>
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<tr>
<td>Bilva</td>
<td>Madhur Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Balya Dipana Vatakaphagha</td>
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<tr>
<td>Eranda</td>
<td>Katu TiktaKashaya</td>
<td>Ushna</td>
<td>Madhur</td>
<td>Rasayana Balya Vatakaphagha</td>
</tr>
<tr>
<td>Dashmoola</td>
<td></td>
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<td>Shothohara Tridosahara Vedanasthapan</td>
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Results
After completion of one month treatment clinical assessments were made from the
Interrogation and gradation of scoring pattern there was a drastic change in the parameters
As:
- Pain: 0
- Stiffness: 1
- Pricking sensation: 0
- Twitching: 1
There was improvement in overall functional status after seven days treatment with
vajigandhitailamatra basti. There was reduction in pain, stiffness, pricking sensation, twitching. The
SLR angle was also improved. There was no need to take any pain killer during the treatment. There was
no side effect observed during the treatment
As well as after the completion of treatment

Result:
- Walking distance: - Before treatment: - Patient had severe pain after walking 100 mts.
- After treatment: - Patient could easily walk without pain about 200 mts.
- Walking time: - Before treatment: - Patient took around five minutes to walk 100 steps.
- After treatment: patient took around three minutes to walk 100 steps.

Discussion
- In the Gridharasi there is involvement of Vata, Asthi and Sandhi Dushti. Hence this disease is
  considered as Madhyam Marga Roga. Samanyachikitsa of vatavyadhi is abhyang, swedan, basti.
  Snehan and swedan (Ch. Su. 22/11) acts as vatashamak, increases blood circulation and relieves
  pain by local action. Snehan karma stimulates the sensory nerve endings and provides strength to
  the muscles. Sahacharaditaila comprises mainly sahachara, devadaru, sunthi and tilataila. All
  these drugs are snigdha, ushna, vatakaphashamaka and possess anti-inflammatory and analgesic
  properties. Swedan enhance local microcirculation, by increasing the diameter and blood flow
  velocity of peripheral arterioles, delivering higher level of oxygen and nutrients to the injured
  cells. DashmoolkwathNadisweda are ushna, vata-kapharahaguna, which also help in relieving
  symptoms of Sciatica
- Tab. Trayodashangaguggul contains Abha, ashwagandha, hapusha, Guduchi, Shatavari,
  Gokshura, Guggul, Rasna, Shatahva, Shati, Yamini, Nagara, Sarpi. It acts as anti-inflammatory,
  muscle relaxant and it strengthens muscles and relieves pain. Basti is very much effective
  treatment for vatavyadhi. It acts on root of vatadosha and gives promising results in relieving
  pain and functional disability. It helps in absorption of vitamin B12 in gut, so it helps in
  regeneration of nerve. By this treatment, patient shows significant results in straight leg raising
  test, Low Back Pain, forward and backward bending. By this treatment patient is
  symptomatically improved. The subjective parameters show improvement in the clinical
  symptoms. This treatment is helpful to prevent the further more complication in lumbar
  pathology.

Conclusion
The present case study signifies the role of Matrabasti and TrayodashhaGuggulu in the
 treatment of Sciatica (Gridhrai). The patient can make significant gains in symptoms and SLR angle in
 relatively short periods of time. Despite the limitations of this case study, conclude that the Matrabasti
and Trayodashnga Guggulu are simple and effective treatment modality for Sciatica without any adverse effects.

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