ABSTRACT

Purpose - The most common disorder which affects the movement of leg particularly in most productive period of life is low back pain, out of which 40% of persons will have Radicular pain. Such presentations were common in olden period too and ancient science of life named it as Gridhrasi. It is considered as Shoola Pradhana Vata Vyadhi. Different Medical Sciences with various principles and fundamentals are trying their best for one common goal i.e. Health for all. In this space age everyone is expecting miracle therapies for ailments. This is the place where Ayurveda comes to rescue the world from the pain of disease by providing nectar from the result oriented modalities. The present study is undertaken to evaluate and compare the Effect of Erandamooladi Niruha Basti and Dashamoola Taila Matra Basti in Gridhrasi.

Materials and Methods - Classical Ayurvedic texts, Commentaries, the selection of patients was made from OPD/IPD BVVS Ayurved Medical College and Hospital, Bagalkot, Karnataka.

Conclusion – Erandamooladi Niruha Basti has more effect as compared to Dashamoola Taila Matra Basti in the management of Gridhrasi.

Key words – Gridhrasi, Erandmooladi Niruha Basti, Dashamoola Taila Matra Basti
A COMPARATIVE CLINICAL STUDY OF ERANDAMOOLADI NIRUHA BASTI AND DASHAMOOLA TAILA MATRA BASTI IN GRIDHRASI

INTRODUCTION
Changing of life style of modern human being has created several disharmonies in his biological system. Due to I.T revolutions, modernization, sedentary life style, profession, long hours sitting postures while working, continues and over exertion, jerking movements during travelling, over weight and sports – All these factors create pressure on the spinal cord producing low backache and radiating pain. 

Gridhrasi is one among 80 types of Nanatmaja Vata vyadhi. The name itself indicates the change of gait shown by the patients due to extreme pain just like Gridhra (Vulture), this disease not only inflicts pain but also causes difficulty in walking, which is very much frustrating to the patient. The cardinal signs and symptoms are Ruk, Toda, Sthamba, Spandana in the Sphik, Kati, Uru, Janu, Janga & Pada, Tandra, Gaurava, Arochaka.

The above mentioned Laxanas of Gridhrasi resembles to Sciatica. In Ayurveda, Panchakarma is a very unique therapeutic procedure because of its Preventive, Promotive, Prophylatic and Rejenuvating properties as well as providing radical cure. Among Panchakarma, Basti Karma is considered as Ardha Chikitsa and Sarvakari. Gridhrasi is a Vataja Vyadhi and hence Basti is effective in this condition. Basti are of many types depending on number, ingredients and needs. Niruha Basti helps in removing the Vata Vyagunya pertaining in this disorder. The simplest type of Basti – Matra Basti can be administered at any time of the day, irrespective of sex, age, season, no particular restriction. With these special unique qualities of Niruha and Matra Basti, it has been selected for the management of Gridhrasi.

According to Acharya Charaka, Erandamooladi Kwatha does Deepana, Lekhana. According to Bhaishajya Ratnavali, Dashmoola Taila does Tridoshahara, Deepana, Ama Pachana and Anulomana. It not only pacifies the Dosha but also alleviates pain which is the main symptom in Gridhrasi.

Hence, an attempt was made to evaluate and compare the Effect of
A COMPARATIVE CLINICAL STUDY OF ERANDAMOOLADI NIRUHA BASTI AND DASHAMOOLA TAILA MATRA BASTI IN GRIDHRASI

Erandomooladi Niruha Basti and Dashamoola Taila Matra Basti in Gridhrasi.

This study is conducted at BVVS Ayurveda Medical College and Hospital Bagalkot.

MATERIALS AND METHODS

The 30 patients were selected on the basis of random sampling method i.e. with the help of lottery method two groups were made. First lottery chit was group A and second chit was of group B. Similarly were grouped in two groups. First lottery chit number 4 was allotted in group A. Second number 15 was allotted in group B. Likewise the method was continued till the required size of 15 patients for each group was attained.

The selection of patients was made from OPD/IPD BVVS Ayurved Medical College and Hospital, Bagalkot, Karnataka.

Inclusion Criteria:
1. Diagnosed patients of Gridhrasi according to classical signs and symptoms.
2. Patients of either sex between the age group of 16-60yrs.
3. Patients who are fit for Matra Basti.

Exclusion Criteria:
1. Patients below 16years and above 60years of age.
2. Patients who are unfit for Basti Karma.
3. Patients with other systemic disorders.

DIAGNOSTIC CRITERIA:

Parameters for diagnosis are completely based on classical symptoms. Straight Leg Raising Test or Lesgue’s Test or Coin Test Positive.

Criteria for Assessment: Both subjective and objective parameters were employed for assessment of the impact of the treatment. Subjective Parameters:
Ruk, Toda, Sthamba, Spandana in the Sphik, Kati, Uru, Janu, Janga and Pada, Tandra, Gaurava, Arochaka.

Objective Parameters:
SLR Test
Lasegues Test
Coin Test

Administration of Drugs:
Erandomooladi Niruha Basti and Dashamoola Taila Matra Basti given through Rectal route.

No of Subjects – 30
Method
All the subjects selected were divided in two groups of 15 each irrespective of sex.

In group A Eranda Mooladi Niruha Basti
Anuvasana Basti using Dashamoola Taila was administered on 1,3,5,7,8th day after food. Erandamooladi Niruha Basti was administered on 2,4,6th day empty stomach
Kala – Morning (8 am to 10 am)

In group B Matra Basti with Dashamoola Taila given – 72ml
Kala – Morning (8 am to 10 am)

Observations and Statistical Analysis
In the present study, the majority of the patients registered were between 41-50 years 16 patients (53.33%), 13 patients (43.33%) were in the age group of 31-40 years and 1 patient (6.66%) were in the age group of 20-30 years. Out of 30 patients majority of patients were Male i.e. 17 patients (56.66%) and Female were 13 patients i.e. (43.33%). In the present study, majority of the patients registered had completed primary education i.e. 13 patients (43.33%), 8 patients (26.66%) had completed graduation, 7 patients (23.33%) had completed secondary, 2 patients (6.66%) had completed post graduation and none of the patient was illiterate. In this study maximum patients registered were House wives i.e. 08 patients (26.66%), Businessmen were 06 patients (20%), Driver were 4 patients (13.33%), Labour were 3 patients (10%), Lecturers were 2 patients (6.66%), Engineers were 3 patients (10%), Tailor were 2 patients (6.66%) and Peon were 2 patients (6.66%).
In the study, maximum patients registered were married i.e. 29 patients (96.66%) and unmarried were 1 patient (3.33%). Majority of the patients were from Middle class were 12 patients (40%), Lower class were 10 patients (33.33%) and Upper Middle class were 8 patients (26.66%). Incidentally, among the registered 15 patients were Vegetarians (50%), Mixed
were 15 patients (50%) and none in Non Vegetarian.
Majority of the patients were addicted with Tobacco i.e. 11 patients (36.66%), Alcohol were 10 patients (33.33%) Smoking were 7 patients (23.33%), and other addiction like Tea, Coffee were 8 patients (26.66%).
Majority of patients were of Vata Pitta Prakruti i.e. 18 patients (60%), Vata Kapha were 12 patients (40%) and none from Pitta Kapha and Sannipataja.
Majority of the patients were with Krura Kostha i.e. 23 patients (76.66%), Madhyama were 5 patients (16.66%) and Mrudu were 2 patients (6.66%).
Majority of patients were presenting with Vishamagni, 23 patients (76.66%), Mandagni were 7 patients (23.33%) and none of the patients were from Samagni and Teekshnagni.
Majority of the patients were from Disturbed Sleep were 16 patients (53.33%) and from Sound Sleep were 14 patients (46.66%).
Incidentally among the registered patients, 12 patients (40%) were involved in Ratrijagarana and Ativyayama were about 12 patients (40%), 6 patients (20%) were involved in Atichankramana and none in others like Ativyavaya, Adhyasana, Anashana etc.

SPECIFIC OBSERVATIONS:
DISTRIBUTION OF PATIENTS ACCORDING TO STAMBHA
Patients registered for the study were assessed for Stambha and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-2 (16 patients, 53.33%), Grade-3 (12 patients, 53.33%), Grade-4 (2 patients, 6.66%) and none from Grade-1.

DISTRIBUTION OF PATIENTS ACCORDING TO RUK:
Patients registered for the study were assessed for Ruk and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-3 (15patients, 50%), Grade-2 (14 patients, 46.66%), Grade-4 (1patients, 3.33%) and none from Grade-1.
DISTRIBUTION OF PATIENTS ACCORDING TO TODA:
Patients registered for the study were assessed for Toda and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-2 (17 patients, 56.66%), Grade-3 (13 patients, 43.33%) and none from Grade-4 and Grade-1.

DISTRIBUTION OF PT’S ACCORDING TO SPANDANA:
Patients registered for the study were assessed for Spandana and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-2 (17 patients, 56.66%), Grade-3 (13 patients, 43.33%) and none from Grade-4 and Grade-1.

DISTRIBUTION OF PATIENTS ACCORDING TO SLR TEST:
Patients registered for the study were assessed for SLR Test and graded as Grade-4 as severe, Grade-3 as Moderate, Grade-2 as Mild and Grade-1 as Normal. So majority of the patients were from Grade-3 (18 patients, 60%), Grade-2 (10 patients, 33.33%) and none from Grade-4 and Grade-1.

INTERVENTIONS BASED ON OBSERVATIONS:

OBSERVATIONS (GROUP A):
1) All the patients presented with varied degree of severity in the symptoms.
2) Most of the patients presented Vishamagni and irregular bowel habits
3) Anuvasana Basti (Dashmoola Taila) of 120 ml daily for 8 days after Sthanika Snehana, Sthanika Swedana (app 10-15 min) and immediate after food and Wakshatham regularly.
4) Niruha Basti (Erandamuladi) of 600 ml for 8 days Sthanika Snehana, Sthanika
A COMPARATIVE CLINICAL STUDY OF ERANDAMOOLADI NIRUHA BASTI AND DASHAMOOLA TAILA MATRA BASTI IN GRIDHRASI

**Observations (Group A):**

1. All patients presented with varied degree of severity of laxanas.
2. Most of the patients exhibited Vishamagni and irregular bowels.
3. Matra Basti (Dashamoola Taila) of 75 ml for 8 days daily was given after Sthanika Snehana and Sthanika Swedana (app 10-15 min), immediate after food and Wakshatham regularly.
4. It was observed that Pratyagama Kala was 6 hrs to 24 hrs with mean 8.30 hrs.
5. Patients were comfortable at the end of the Basti Karma and no any complications were observed.
6. No any Samsarjana karma advised.
7. Pathya Ahara, Vihara advised during and at the end of the treatment was observed.

**GROUP A RESULT (At the end of treatment):**

**EXCELLENT**
None of the patients showed excellent response at the end of the treatment.

**GOOD**
None of the patients showed good response at the end of the treatment.

**ENCOURAGING**
For Stambha 5 patients (16.66%), for Ruk 5 patients (16.66%), for Toda 5 patients (16.66%), for Spandana 5 patients (16.66%), for SLR Test 2 patients (6.66%) and for Lasgue’s Test 2 patients (6.66%) showed encouraging response at the end of the treatment.

**STABLE**
For Stambha 9 patients (30%), for Ruk 9 patients (30%), for Toda 9 patients (30%), for Spandana 9 patients (30%), for SLR Test 13 patients (43.33%) and for Lasgue’s Test 13 patients (43.33%) showed stable response at the end of the treatment.
A COMPARATIVE CLINICAL STUDY OF ERANDAMOOLADI NIRUHA BASTI AND DASHAMOOLA TAILA MATRA BASTI IN GRIDHRASI

DETORIATED
None of the patients showed detoriated response at the end of the treatment.

OBSERVATIONAL CRITERIA : The symptoms  Aruchi, Tandra, Gaurava were found in 6 patients at the end of the treatment. The symptom coin test was found in 15 patients at the end of the treatment.

GROUP B RESULT (At the end of treatment):
EXCELLENT
None of the patients showed excellent response at the end of the treatment.

GOOD
None of the patients showed good response at the end of the treatment.

ENCOURAGING
For Stambha 4 patients (13.33%), for Ruk 4 patients (13.33%), for Toda 4 patients (13.33%), for Spandana 4 patients (13.33%), for SLR Test 2 patients (6.66%) and for Lasgue’s Test 2 patients (6.66%) showed encouraging response at the end of the treatment.

STABLE
For Stambha 11 patients (36.66%), for Ruk 11 patients (36.66%), and for Toda 11 patients (36.66%), for Spandana 11 patients (36.66%) for SLR Test 13 patients (43.33%) and for Lasgue’s Test 13 patients (43.33%) showed stable response at the end of the treatment.

DETORIATED
None of the patients showed detoriated response at the end of the treatment.

OBSERVATIONAL CRITERIA : The symptoms  Aruchi, Tandra, Gaurava were found in 5 patients at the end of the treatment. The symptom coin test was found in 15 patients at the end of the treatment.
OBSERVATIONS AND STATISTICAL ANALYSIS
We found data as follows:

STATISTICAL ANALYSIS OF GROUP A RESULTS

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A COMPARATIVE CLINICAL STUDY OF ERANDAMOOLADI NIRUHA BASTI AND DASHAMOOLA TAILA MATRA BASTI IN GRIDHRASI

STATISTICAL ANALYSIS OF GROUP B RESULT

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DISCUSSION

The present study has been entitled as "To Evaluate and Compare Erandamooladi Niruha Basti and Dashamoola Taila Matra Basti in Gridhrasi". Gridhrasi is one among the ongoing problem. In Panchakarma, Basti is considered as Ardhachikitsa. Eranda is prashamaka and it is Kaphavata shamaka. Dashamoola is best Vata shamaka, Shool Prashamaka and Vedana sthapana. Niruha Basti helps in removing the Vata Vyagunya pertaining in this disorder. The simplest type of Basti – Matra Basti can be administered at any time of the day, irrespective of sex, age, season, no particular restriction.
With these special unique qualities of Niruha and Matra Basti, it has been selected for the management of Gridhrasi. According to Acharya Charaka, Erandamooladi Kwatha does Deepana, Lekhana. According to Bhaishajya Ratnavali, Dashmoola Taila does Tridoshahara, Deepana, Ama Pachana and Anuloma. It not only pacifies the Dosha but also alleviates pain which is the main symptom in Gridhrasi.

CONCLUSION

- This study shows that the disease Gridhrasi is more common in the age group of 41-50 years.
- Stambha, Ruk, Toda, Spandhana are the Cardinal Symptoms of Gridhrasi.
- All the drugs chosen for the study are having Ushna Veerya, Deepana and Kapha-Vata Shamaka properties. So by their virtue, they help in dissolving the Samprapti of Gridhrasi.
- Dashamoola Taila Matra Basti and Erandamooladi Niruha Basti showed significant result after treatment and highly significant result after Follow up.
- Erandamooladi Niruha Basti has more effect as compared to Dashamoola Taila Matra Basti in the management of Gridhrasi.

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Email: ayushprakash11@gmail.com

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