



# A PRE TEST AND POST TEST STUDY TO EVALUATE THE EFFECTIVENESS OF SAHACHARA TAILA ANUVASANA BASTI IN VATAJA GRIDHRASI

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## ABSTRACT

Gridhrasi is the most obstinate and prominent one amongst the Aseethi Nanatmaja Vatavyadhi intervening with the functional ability of low back and lower limbs. It is a pain dominant life style disorder in which pain starts from Sphik Pradesha and radiates down to Pada and one of the most common musculoskeletal complaints encountered in clinical practice. Its prevalence has been estimated to be 1-5% in India. An incidence of 11.6 per 1000 persons per year has been reported for low back pain with sciatica. Sneha Basti is the good choice of treatment in Vatavyadhi especially in Kevala Vataja conditions and can be administered for 9 or 11 days continuously. In this study an attempt has been made to explain the effect of Sahachara Taila Anuvasana Basti in Vataja Gridhrasi in 30 patients, quoted by Charakacharya in Chikitsa Sthana under the context of Vatavyadhi. It is said to be Sarvavatavikara Nashana and promote Ayu, Bala, Varna and can be administered in four different modes ie Pana, Abyanga, Nasya and Basti.

**Key words :** Gridhrasi, Anuvasana Basti, Sahachara Taila.

## INTRODUCTION

In this current era, the lifestyle is changing drastically. Due to busy professional working like improper sitting, over exertion, jerking movements during travelling, sports, increasing computerization trend, increasing body weight and mental stress create undue pressure on spinal structures which play an important role in causing Sciatica. Sciatica is a debilitating condition described in modern medicine in which patient experiences shooting pain and paresthesia in the Sciatic nerve distribution which starts in the buttock and extends down to the back of

the thigh, the calf, and the outside of the foot along with numbness and tingling sensation in the feet and toes. In Ayurveda Sciatica may be correlated to Gridhrasi, the one among the Nanatmaja Vyadhi of Vata<sup>1</sup>. The term itself describes the way of gait presented by the patients owing to great agony just like a Gridhra (vulture). Ruk, Toda, Stambha, and Muhuspananda in the Sphik, Kati, Uru, Prshta, Janu, Jangha, and Pada in order, as well as Sakthikshepa Nigraha are the primary signs and symptoms of Vataja Gridhrasi. Along with these symptoms Tandra, Gaurava, and Arochaka are present in Kaphanubandha Gridhrasi<sup>2</sup>. Typically symptoms are only unilateral. The most frequent cause is an intervertebral disc herniation or degenerative changes, spinal stenosis, spondylolisthesis, piriformis syndrome, osteoarthritis, osteoporosis and sometimes during pregnancy. Diagnostic imaging may be indicated in patients with severe symptoms who fail to respond to conservative care for 6-8 weeks and in these conditions surgery might be considered<sup>3</sup>. Acharyas made many pertinent contributions in the context of Gridhrasi Chikitsa. Among the line of treatment described for Gridhrasi, Basti karma occupies the most important place. Basti is considered as the Ardha chikitsa or Poorna chikitsa in Panchakarma as it cures all the diseases relating to Sakha, Koshta, Marma, Asthi and Sandhi. Among the three types of Basti karma, Anuvasana is the most commonly practiced and is an uncomplicated Basti in diseases of Kati, Prshta, Parshva and disorders of Vata<sup>4</sup> and can be administered on a daily basis. It has no Parihara Vishayas, so it can be given during all seasons. It imparts strength, nourishing in action, can be given to all age groups, eliminates vitiated doshas, eliminates faeces. And Gridhrasi is one among the Vatavyadhi, where Anuvasana Basti is a good choice of treatment.<sup>5</sup> For Vata vitiated conditions 9-11 Basti's can be given continuously<sup>6</sup>. Among Chatur Snehas, Taila is the most suitable for Vata Vikaras and according to Charakacharya nothing is as superior as Taila in destroying Vata, as Taila with its Snigdha guna destroys Ruksha guna of Vata and Ushna guna destroys Laghu and Seeta guna of Vata respectively<sup>7</sup>. Sahachara Taila is mentioned by different Acharyas in Classics. Sahachara Taila quoted by Charakacharya in Vatavyadhi Chikitsa is said to be Sarvavatavikara nashana, and is indicated in Rajodosh, Sukradosh, Vandhya and also promote Ayu, Bala, Varna and can be administered in four different modes i.e. Pana, Abyanga, Nasya and Basti.<sup>8</sup>

## II. METHODOLOGY

### II.1. Objectives of the study:

- **Primary Objective.**

To assess the effectiveness of Anuvasana Basti with Sahachara Taila in the signs and symptoms of Vataja Gridhrasi.

- **Secondary Objective.**

To assess Samyak Anuvasitha lakshanas

To assess Samyak Snigdha Lakshana.

### II.2. Study Design: A Pre test- Post test design.

### II.3. Study Setting:

**Table 01: Intervention Chart.**

Sample Size	30
Drugs used for Anuvasana Basti	Sahachara Tailam
Dose of Anuvasana Basti	3 Pala(144ml)
Schedule	Consecutive 9 days.
Time of administration	Just after lunch( 1-2 pm)
Route of administration	Anal route
Study duration	9 days
Pathyakala	18 days

**II.4 Study population:** Patients affected with Vataja Gridhrasi within the age group **18-70** years , from OPD and IPD of MVR Ayurveda Medical College, Parassinikadavu during the year 2021-2023 satisfying inclusion and exclusion criteria.

#### II.5 Selection Criteria:

- **Diagnostic Criteria.**

Classical Lakshanas of Vataja Gridhrasi.

- Ruk
- Stambha
- Toda
- Spandana
- Sakthiukshepanigrahana.

- **Inclusion Criteria**

- Patients satisfying diagnostic criteria.
- Patients indicated for *Anuvasana Basti*.
- Patients within the age group **18- 70** years.

- **Exclusion Criteria.**

- Patients with history of trauma
- Patients contra-indicated for *Anuvasana Basti*.
- Patients with pre diagnosed serious systemic illness.
- Pregnant and lactating woman

## II.6 Sampling method: Consecutive Sampling.

- **Method of collection of Data:** A special case proforma was prepared with all points of history taking, physical examination and assessment as quoted in Ayurvedic as well as modern text book.

### PROCEDURE:

#### Poorva Karma

- After Abhyanga with Taila , hot water bath will be given.
- Patient will be asked to have food and walk a little distance .
- Absence of urge for defecation and urine will be confirmed.
- Patient will be asked to lie down in the left lateral position with the right leg flexed at knee and hip keeping the left leg straight.
- Patients' folded left hand will be kept under the head as a pillow.
- Required amount of Taila will be taken .
- Taila is made lukewarm by placing it in a hot water containing basin.
- Then it will be filled in a syringe.
- Per rectal examination will be done before administration wearing hand gloves to rule out any obstruction.
- The anal region and tip of syringe will be lubricated with oil.

#### Pradhana Karma

- The anal orifice will be probed with left index finger and the syringe is introduced in to the rectum.
- Keeping the syringe in the same position, the piston will be pressed with uniform force to introduce the Taila into the rectum.
- After administration the syringe will be withdrawn slowly.



#### Paschath Karma

- Patient will be asked to lie on his/her back.
- Mild massage will be given to the abdomen..
- Patient's legs will be bent at knees so that the heels touches the buttocks.
- Patient is asked to lie with a pillow under the thighs.

**Assessment Criteria :**Patients were evaluated thoroughly one day prior to treatment ,8<sup>th</sup> day and on the 15<sup>th</sup> day after treatment based on subjective and objective parameters.

### III.OBSERVATIONS.

A clinical study of Anuvasana Basti with Sahachara Taila was studied in patients suffering from Vataja Gridhrasi,fulfilling the inclusion criteria.A total number of 30 patients were included in the study.

The processed data on observations of the patients who participated in the study were arranged systematically in the form of tables and graphs for further analysis,which comprises of data related to clinical picture,data related to details of the treatment and data related to response to the treatment.

### IV.DATA ANALYSIS.

All data were tabulated and satistical analysis was done using the SPSS27 version software.Test for the effect of therapy was analyzed using Friedman test followed by Wilcoxon Signed Rank Test.

### V.RESULTS.

Table 02:Effect of parameters.

		BT-AT	BT-FU	AT-FU
RUK	Z Value	-4.423	-4.859	-4.562
	PValue	<0.001	<0.001	<0.001
TODA	Z Value	-4.445	-4.542	-3.839
	PValue	<0.001	<0.001	<0.001
STAMBHA	Z Value	-4.564	-4.916	-2.236
	PValue	<0.001	<0.001	0.025
SPANDANA	Z Value	-4.261	-4.261	0.000
	PValue	<0.001	<0.001	<0.001
WALKING TIME	Z Value	-3.317	-3.690	-2.449
	PValue	<0.001	<0.001	0.014
SLR	Z Value	-4.612	-4.757	-3.700
	PValue	<0.001	<0.001	<0.001
Wilcoxon Signed Rank Test.*Significant at 0.05 level.				

Table03:..Distribution of Samyak Anuvasitha Lakshana of Sahachara Taila.

LAKSHAN AS	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7	DAY8	DAY 9
Sapuresha Snehavritti	23 76.66%	23 76.66%	30 100%	30100 %	30100 %	30100%	30100%	3100%0	3100 %0
Saanila	30100	30100%	30100%	30100	30100	30100%	30100%	30100%	3010

Snehanivritti	%			%	%				0%
Swapnanuvritti	11	16	22	27	30	30	30	30	30
	36.66%	53.33%	73.33%	90%	100%	100%	100%	100%	100%
Laghuta	3	3	10	14	24	27	30	30	30
	10%	10%	33.33%	46.66%	80%	90%	100%	100%	100%
Balam	2	2	8	17	26	29	30	30	30
	6.66%	6.66%	26.66%	56.66%	86.66%	96.66%	100%	100%	100%
Srishtavega	26	26	28	30	30	30	30	30	30
	86.66%	86.66%	93.33%	100%	100%	100%	100%	100%	100%

Chart 01: Distribution of Samyak Anuvasitha Lakshana of Sahachara Taila.

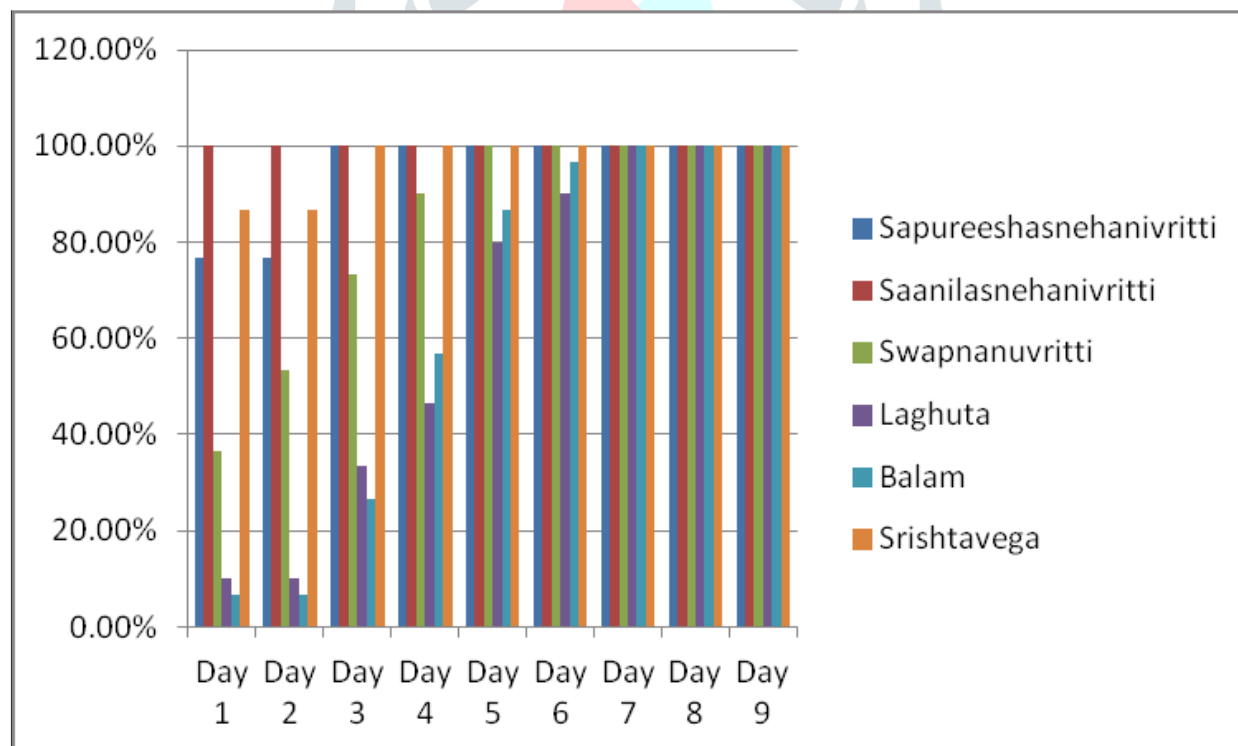


Table04: Distribution of Samyak Snigdha Lakshana of Sahachara Taila.

LAKSHANAS	DAY1	DAY2	DAY3	DAY4	DAY5	DAY6	DAY7	DAY8	DAY9
<b>Vatanulomyata</b>	30	30	30	30	30	30	30	30	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%
<b>Agnideepti</b>	3	3	7	17	24	29	30	30	30
	10%	10%	23.33%	56.66%	80%	96.66%	100%	100%	100%
<b>Snigdhavarchas</b>	23	25	28	30	30	30	30	30	30

	76.66%	83.33%	93.33%	100%	100%	100%	100%	100%	100%
<b>Asamhatavarchas</b>	25 83.33%	26 86.66%	28 93.33%	30 100%	30 100%	30 100%	30 100%	30 100%	30 100%
<b>Angamardhava</b>	3 10%	3 10%	9 30%	17 56.66%	22 73.33%	28 93.33%	30 100%	30 100%	30 100%

Chart 02 Distribution of Samyak Snigdha Lakshana of Sahachara Taila.

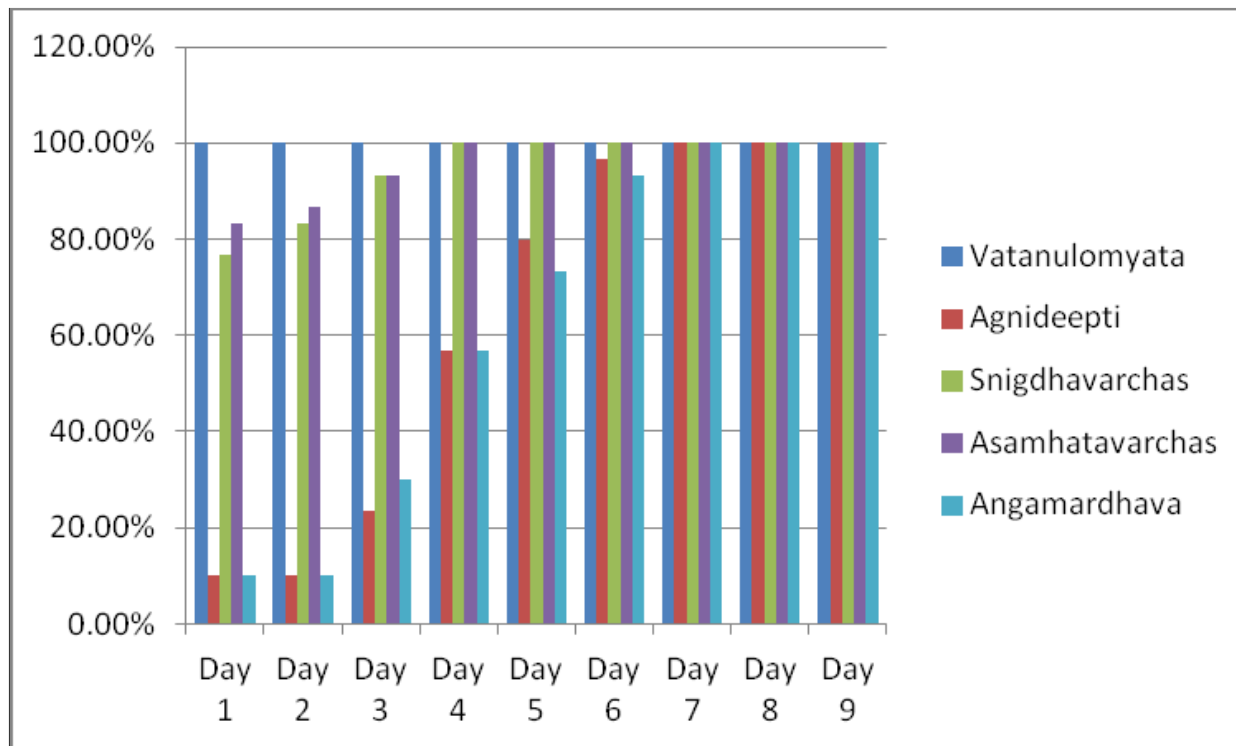
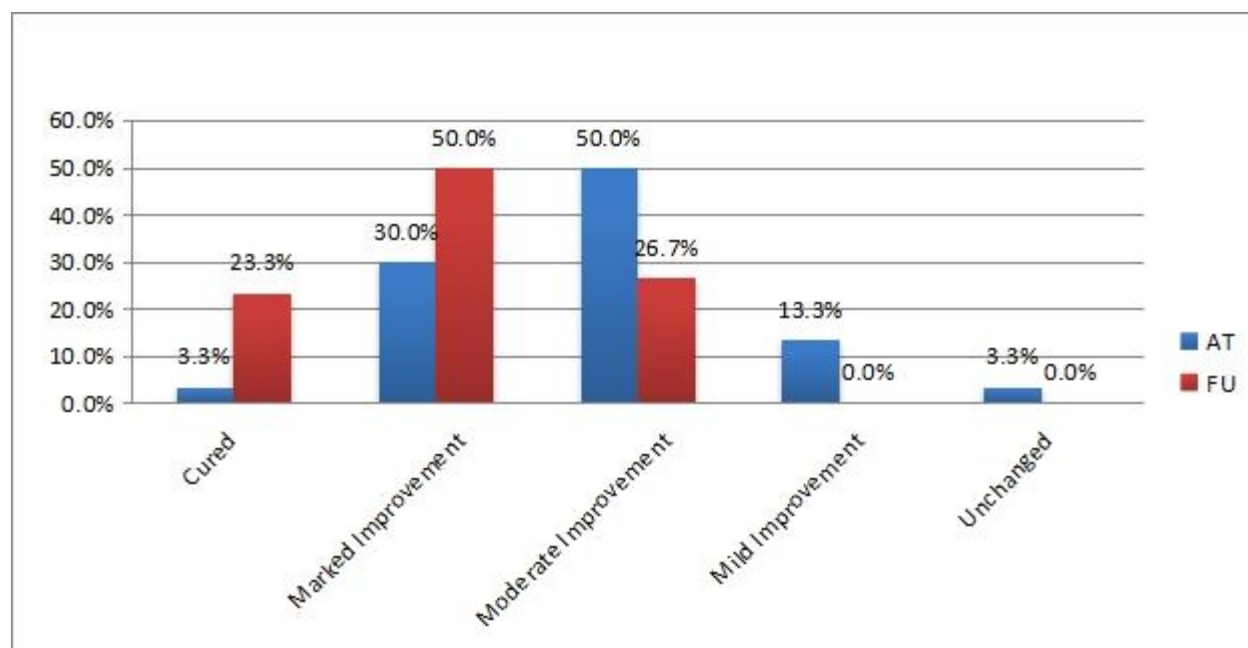


Table 05:Overall Assessment.

<b>Overall Relief</b>	<b>AT</b>		<b>FU</b>	
	<b>Frequency</b>	<b>Percent</b>	<b>Frequency</b>	<b>Percent</b>
Cured	1	3.3	7	23.3
Marked Improvement	9	30.0	15	50.0
Moderate Improvement	15	50.0	8	26.7
Mild Improvement	4	13.3	0	0.0
Unchanged	1	3.3	0	0.0
<b>Total</b>	<b>30</b>	<b>100.0</b>	<b>30</b>	<b>100.0</b>

Chart 03:Overall Assessment.



## DISCUSSION.

### Discussion on Probable Mode of Action:

In Vataja Gridhrasi, the Ruksha, Khara, Parusha Guna of Vata are increased resulting in Ruk, Toda, Stambha and Spandana. Sahachara Taila being a Vata Shamaka dravya pacifies the above all gunas of Vata due to its Snigdha Guna and produces unctuousness in the body as Sneha increases the permeability of cell membrane and helps in easy elimination of Dosha and Mala. Because of its Guru Snigdha guna it liquifies the Doshas and break down the Malas. As Asthi and Vata have Ashraya-Ashrayi Sambandha, Sahachara Taila with its Madhura Tikta Rasa, Ushna Virya, Snigdha Guna pacifies Vata and acts on Asthivaha Srotas and does Srotovishodhana due to its Tiktanurasa and Ushna Virya and nourishes all Dhatus upto Shukra. Sahachara Taila Anuvasana Basti in Vataja Gridhrasi for 9 days if administered properly comes in contact with Grahani where Pittadhara kala lies and as Pittadhara Kala is Majjadhara Kala, Sneha directly acts on Majjadhara Kala nourishes the Majja Dhatu about by 9th day and results in relieving the symptoms of Vataja Gridhrasi.



Guru Snigdha guna of dravya



increases the permeability of cell membrane



helps in easy elimination of Dosha and Mala



Tiktanurasa and Ushna Virya acts on Asthivaha Srotas



does Srotovishodhana



comes in contact with Grahani (where Pittadhara lies)



Sneha directly acts on MajjadharaKala (Pittadharakala is Majjadharakala)



nourishes the Majja Dhatu about by 9th day



results in relieving the symptoms of Vataja Gridhrasi.

### Discussion on Special Observation:

The administration of Basti not only reduced the Vataja Gridhrasi symptoms but also it had action on associated complaints like shoulder pain, neck pain, knee joint pain, gas trouble in some of the patients. After follow up the pain was considerably reduced. It proved the whole-body action of Basti. As in Charaka Samhitha Sidhithana 7<sup>th</sup> chapter acharta states that the given Basti enters the Pakvasaya by its Virya and draws the morbid Dosha lodged in the entire body from foot to head just as the sun in the sky sucks up the moisture from the earth

### CONCLUSION.

As most of the patients were presented with all four symptoms, Anuvasana Basti with Sahachara Tailam with 144ml continuously for 9 days was found to be highly significant clinically and statistically and more significant results were found after follow up period. Samyak lakshanas of Anuvasana Basti and Samyak Snigdha Lakshanas were assessed. After 9 days of treatment almost all patients had attained samyak lakshanas. One special observation was noted that the effect of Basti not only reduced the symptoms of Vataja Gridhrasi but also it had action on associated complaints like shoulder pain, neck pain, knee joint pain, in some of the patients. After follow up the pain was considerably reduced. It proved the whole-body action of Basti according to the simile in Charaka Samhitha Sidhithana that the given Basti enters the Pakvasaya by its Virya and draws the morbid Dosha lodged in the entire body from foot to head just as the sun in the sky sucks up the moisture from the earth.

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