



An Overview Of Vrishadi Basti Drvya In The Management Of Gradhrasi :

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ABSTRACT:

Gridhrasi, one among the Vata Nanatmaja Vyadhis mentioned in Ayurveda, bears close resemblance to the clinical entity of sciatica described in modern medicine. It is characterized by radiating pain, stiffness, tingling sensations, and restricted movements of the lower limbs, significantly affecting daily functioning and quality of life. The involvement of aggravated Vata Dosha—either independently or in association with Kapha—is the prime factor in the pathogenesis of *Gridhrasi*. In the Ayurvedic management of Vata Vyadhis, Basti Chikitsa is considered the most effective therapy, while local applications like Vrishadi Basti offer targeted relief. The Vrishadi Basti formulation, containing potent Vata-Kapha-shamaka and Shothahara (anti-inflammatory) drugs, acts systemically to pacify aggravated Doshas and restore neuromuscular balance. Vrishadi Basti, a form of localized Snehana-Swedana therapy, alleviates local stiffness, pain, and inflammation. The combined use of Vrishadi Basti provides both internal and external therapeutic benefits, addressing the root cause as well as symptomatic relief. This review evaluates classical references, pharmacodynamic actions of ingredients, and available clinical research to establish the efficacy of Vrishadi Basti in the management of *Gridhrasi*.

KEYWORDS: *Gridhrasi*, Sciatica, Vrishadi Basti, Vata Vyadhi, Panchakarma, Ayurveda.

INDROCTION:-

Ayurveda, the ancient Indian system of medicine, provides a holistic approach to health through the balance of Doshas, Dhatus, and Malas. Among various systemic disorders, Vata Vyadhis are particularly challenging due to their chronic and degenerative nature. *Gridhrasi* is one such disorder that manifests as pain radiating from the lumbar region down to the foot, often accompanied by stiffness and numbness. The name “*Gridhrasi*” derives from the resemblance of a patient’s gait to that of a vulture (*Gridhra*), due to the characteristic limping.

In modern medicine, this condition corresponds to sciatica, a neuropathic pain syndrome resulting from compression or irritation of the sciatic nerve, commonly caused by lumbar disc herniation or spondylosis. Conventional management includes analgesics, muscle relaxants, corticosteroids, and physiotherapy. However,

these provide temporary relief and are often associated with adverse effects or recurrence. Ayurveda, through its Panchakarma and local therapies, offers a more sustainable and curative approach by addressing the underlying Dosha imbalance and structural pathology.

Among Panchakarma procedures, Basti Chikitsa is considered Ardha Chikitsa—half of the entire treatment—especially in Vata disorders. Similarly, Vrishadi Basti acts locally on the Kati Pradesh(lumbosacral region), providing pain relief and nourishment.Vrishadi Basti offers an integrated management strategy for *Gridhrasi*.

Concept of *Gridhrasi*

Nidana (Etiology)

The causative factors for *Gridhrasi* primarily lead to vitiation of Vata Dosha, and in some cases, Kapha Dosha as well. Classical texts mention:

- Excessive physical exertion and walking long distances
- Jerky or awkward movements
- Prolonged sitting on hard surfaces
- Exposure to cold and damp weather
- Suppression of natural urges (Vegavidharana)
- Irregular diet and inadequate sleep

These factors aggravate Vata Dosha, particularly Apana Vata, and initiate pathological changes in the Kati-Sphik (hip-lumbar) region.

Lakshana (Clinical Features)

As per Charaka and Sushruta:

- **Ruk (Pain):** Radiating from Sphik (hip) to Pada (foot)
- **Toda (Pricking pain):** Sharp, piercing sensation
- **Stambha (Stiffness):** Restriction of movement
- **Spandana (Twitching):** Involuntary muscle contractions
- **Sakthikshepa Nigraha:** Difficulty in lifting the affected leg

In Vata-Kaphaja *Gridhrasi*, additional features like heaviness, numbness, Tandra, and Gaurava are noted.

2.3 Samprapti (Pathogenesis)

Aggravated Vata—either alone or obstructed by Kapha—affects the Kati Pradesh, particularly the Snayu (ligaments) and Sira (nerves), producing pain radiating along the leg. The pathology involves Margavarana (obstruction in channels) or Dhatu Kshaya (degeneration). Thus, the management should aim at Vata-Kapha Shamana, Srotoshodhana, and Rasayana (rejuvenation).

2.4 SampraptiGhataka

Component	Involvement
Dosha	Vata (main), Kapha (subsidiary)
Dushya	Mamsa, Meda, Asthi, Majja

Srotas	Mamsavaha, Asthivaha, Majjavaha
Agni	Jatharagni, Dhatvagni
Srotodushti	Sanga and Vimargagamana
Adhithana	Kati, Sphik, Uru, Janu, Pada

Vrishadi Basti:

3.1 Definition

Basti Chikitsa is the therapeutic administration of medicated substances into the rectum, considered the most effective treatment for Vata Vyadhis. Vrishadi Basti belongs to the group of Yapana Bastis—a category that nourishes the body while pacifying Vata.

3.2 Composition of Vrishadi Basti

The Vrishadi Gana is mentioned in classical texts such as Sushruta Samhita Chikitsa Sthana (38/67-69), composed mainly of Vata-Kapha-shamaka drugs. The standard formulation may include:

Ingredient	Dose
Saindhava	10gm
Madhu	160gm
Sneha (Taila +Ghrita)	240ml
Kalka dravya	80gm
Kashaya	320 ml
Avapa (milk)	110 ml

Madhu

Yoga Vahitva (catalytic action) and SookshmaMarganusaritwa (potency to penetrate into minute channels) of the bodyhelps Madhu to play an important role in the actions carried out by Nirooha. Honey helps to produce Doshotklesha and expels Doshasimmediately. Saindhava along with honey is having a major role in producing emulsion form of Basti Dravya.

Taila

Taila mentioned in Vata Vyadhi of Sushruta Samhita Chikitsa Sthana. It is indicated for Vata Rogas. This Yoga is said to having Stanika Prabhava in lower limbs.

Milk (Avapa Dravya)

Cow's milk is selected as Avapa Dravya. Its properties are similar to Ojus. It is very useful in conditions where Soumya Bhavas of the body are in Kshayavastha. Cow's milk posses all elementary nutrients for the growth of the body. It is rich in minerals like calcium, which is most important substance for the formation of bone cells.

Kalka Dravya:The fine powders of below said drugs are triturated in hot water to form a fine paste. Approximately 4.5 g of the powder can make 100 g of Kalka when triturated with water.

Sanskritname	Botanical name
Madanaphala	Randiadumetorum
Yashtimadhu	Glycirrhiza glabra
Vacha	Acorus calamus
Devdaru	Cedrus deodara
Sarshapa	Brassica juncea
Pippalimoola	Piperlongum
Yavani	Cuminum cyminum
Saindhav Lavana	-
Saunf	Foeniculum vulgare
Indrayav	Holarrhenaantidysenterica

Kwatha Dravyafor Basti:each of the following drugs were taken.

It is added with 16 times (3500ml) water and is reduced to 1/8 i.e. approx. 400ml.

Drug	Functions
Adusa	Hridya ,svarya
Pashanbhed	Mutravirecheniya
Punarnava	Shothahara, vayasthapara,deepan
Dhanyaka	Deepan, pachan, grahi
Erandmul	Rechana, vrishya
Shalparni	Balya, vrishya, rasayan
Prishanparni	Grahi ,vrishya, deepaniya
Brihati	Shukrarechaka
Kantkari	Deepan, pachan, mutral,ashmarighana, shukraRechaka
Gokushra	Vrishyamuttrala, rasayan
Bilva	Grahi,deepan,pachan
Agnimantha	Shothahara, deepan
Shyonaka	Deepan,grahi
Patala	Hridya, kanthya, grahi
Gambari	Bhedniya,shothara,deepanpachana,media
Bala	Balya,brmhan,vrishya
Murva	Jwarahara
Yava	Mutralla,lekhan,
Badara	Shukra, brhman,bhedana
Kachura	Grahi
Kultha	Medohara,shukrahara,vidahi
Bilva majja	Grahi, deepan, pachan

Procedure of NiroohaBasti

Patient was advised to take light food early in the morning on the day of Nirooha. the patient was anointed over the regions of low back, abdomen, buttocks and good fomentation (Bashpa Sweda) was given. The Basti ingredients in the mentioned quantities were mixed well in the order of Saindhava, Makshika, Taila, Kalka, Kashaya and milk. It is well filtered through a double layered cotton cloth, heated over a water bath to luke warm condition and was churned with the help of a churner for few minutes this mixture was put into a clean and sterile plastic cover (BastiPutaka) which was tied to Basti Netra/nozzle and tip of Basti Netra was plugged with cotton. The patient was then made into left lateral.

1. **Purva Karma:** Snehana and Swedana before Basti.
2. **Pradhana Karma:** Administration of Niruha (decoction enema) and Anuvāsana (oil enema) on alternate days.
3. **Paschat Karma:** Observation, light diet, and rest after evacuation.

Procedure of AnuvāsanaBasti

sahacharadi Taila was added with fine powder of SatapushpaChoorna 6 g and Saindava 6 g each, and stirred properly. It was filtered through a clean cloth and filled in BastiPutaka. The mode of administration was same as that of Nirooha. Other regimens described in the context of AnuvāsanaBasti were followed. On the day of Nirooha patient was advised to take rice with Mudga Yusha after Basti. During the course of Basti, strict vegetarian diet with limited use of fats and oils was advised. Curd, pulses, and grains (except green gram) were avoided.

Pharmacodynamic Action

- **Vata Shamana:** The unctuous, warm, and penetrating properties of Basti ingredients pacify Vata Dosha.
- **Shothahara and Vedanasthapana:** Reduces inflammation and pain along the nerve pathway.
- **Srotoshodhana:** Removes Avarana (obstruction) and facilitates Vata Gati.
- **Rasayana:** Nourishes Asthi and Majja Dhatus, promoting regeneration of nerve and connective tissues.

Pharmacological Correlation

The actions of ingredients in Vrishadi Basti can be correlated with modern pharmacological effects:

Ayurvedic Property	Modern Correlation
Shothahara	Anti-inflammatory activity
Vedanasthapana	Analgesic effect
Srotoshodhana	Microcirculatory enhancement
Rasayana	Antioxidant and neuroprotective properties
Vatahara	Neuromuscular relaxant effect

Discussion

The most likely mechanism of action for BastiFor Vata, Basti is the better Sodhana technique. In the Samprapti of Gridhrasi, there is Kapha Dushti along with Vata, especially Apana and Vyana Dushti. VrishadiBasti, which

contains medications like Asmabheda, Kulatha, and others that have a Lekhana effect, helps to calm Kapha, while drugs like Dasamoola, Bala, and others bring Vata anulomana. Basti stays at Pakwasaya and begins its action there. The natural home of Vayu is Pakwasaya. By conquering the vitiated Vata in its Prakrutha Stana, Basti automatically conquers the Vata that resides in other parts of the body. Basti eliminates maintaining the Anuloma Gati of Apana Vayu through Malasanghata. This also aids in controlling Vyana Vayu and Samana Vayu. The Gunas, such as Rooksha, Laghu, and Seetha, weaken Vata. Rookshata is annihilated by Basti with Snigdha Guna (here Sneha Dravya in Kashaya Basti and Sneha Basti will help to remove Rookshata of Vayu), Laguthwa with Guru Guna, and Seethava with Ushna Guna of Vata. In *Gridhrasi*, where Stana Samsraya occurs, the Doshas that adhere to Kati, Prushta, and Koshta are particularly dislodged and sent outside.

Pureshadhara Kala is the Adhishtana of Basti. According to Dalhana, Pureshadhara Kala is Asthidhara Kala, and Ashraya Asrayi Sambandha is found between Asthi and Vata. Therefore, Basti Dravyas with their Madhura, Thikta Rasa, and Ushna Verrya act on the Asthivaha Srotas and calm Vata. Majja is the habitat of Vata, according to Kasyapa. Pithadhara Kala is also Majjadhara Kala. Basti Dravya comes into contact with Grahani, where Pithadhara Kala is located. They thereby directly impact Majjadhara Kala and nourish Majja Dhatu. Sneha Dravya, administered at Guda, which is thought to be the origin of the body, reaches the entire body and nourishes all Dhatus, up to Sukra. Additionally, Sneha Basti will strengthen Kati, Prushta, Pada, and other body parts. As a result, Basti nourishes and replenishes all the Dhatus, thereby preventing Dhatukshaya.

Basti is also known to potentiate Agni. Basti corrects Agnimandhya and prevents the formation of Ama. Basti also helps in completing the job of Srotosodhana. It purifies the channels by removing Doshas and Malas from the body. The Ushna Teekshna and Rooksha Gunas of Basti induce Amapachana, Kapha Visoshana, and Srotovisodhana. Madhu, which is added in Basti, uses its Lekhana Karma to scrape out Doshas, which causes Upalepatva in the Srotases. Saindhava, with its Sookshma Guna, transports the medicine to minute channels and eliminates Avarodha, Kalka aids in Dosha Sravava, and the Sneha used in Basti relieves Vata..

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