



Clinical Study of *Haritaki Prayog* in the Management of *Gridhrasi*

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ABSTRACT:

In present era, human lifestyle changing gradually from healthy to unhealthy habits. That's why the people suffering from various diseases. Incorrect posture, Continuous Travelling, non-stop jerk movement, sedentary way of life, accidental trauma and stress exert pressure on backbone and lower portion of pelvis. Lower back pain is a common clinical condition that affects 80-90 percentage of people during their lifetime but genuine sciatica occurs in only five percentage of cases.

In *Ayurveda* '*Gridhrasi*' is one of the the diseases caused by vitiation of *Vata*. Sometimes *Vata Dosha* along with vitiated *kapha* results in *Vata-kaphaj Gridhrasi*. *Gridhrasi* is one of the eighty types of *Nanatmaj Vata Vyadhi*. As in this illness, the lower limb becomes tense and slightly curved. So, patient walk like the bird "*Gridhra*" due to similarities with step of a Vulture, so diseased gets the nomenclature as *Gridhrasi*. The common symptoms of *Gridhrasi* are pain which begin from *Sphik* and radiating towards *Kati*, *Prushtha*, *Uru*, *Janu*, *Jangha*, *Pada* along with *stambha*, *toda*, *spandan*. Vitiated *vata* disturbs *Gridhrasi nadi* which interfere with functional ability of spine and lower limb. As it restricts the leg movements, it affects routine activities of individual. In modern the disease *Gridhrasi* is correlated with '*Sciatica*'.

In modern medicine, analgesics and steroid therapy is defined for the treatment of sciatica which is only symptomatic treatment, which helps to certain extent but are not ultimate cure. Surgery might also additionally take into consideration if there may be no response to conservative treatment or if progressive neurological deficit develops. *Ayurveda* has a very clear aspect of this disease and gives alternative treatment options of this disease. In *Ayurvedic* texts, there are numerous *Kalpas* and drugs which have been noted for *Chikitsa* of *Gridhrasi*. Here is a single case study was done on patient of *Gridhrasi* with drug *Haritaki Prayog* advised at bed time and assessment done before treatment and after treatment. Observations and results obtained during this case were reassuring and assessed on different parameters which are presented in full paper.

Keywords: *Gridhrasi*, *Vata Vyadhi*, *Haritaki Prayog*, *Sciatica*.

Introduction:

In present era, human lifestyle changing gradually from healthy to unhealthy habits. That's why the people suffering from various diseases. Incorrect posture, Continuous Travelling, non-stop jerk movement, sedentary way of life, accidental trauma and stress exert pressure on backbone and lower portion of pelvis. Lower back pain is a common clinical condition that affects 80-90 percentage of people during their lifetime but genuine sciatica occurs in only five percentage of cases.^[1]

In *Ayurveda* '*Gridhrasi*' is one of the the diseases caused by vitiation of *Vata*. Sometimes *Vata Dosha* along with vitiated *kapha* results in *Vata-kaphaj Gridhrasi*.^[2] *Gridhrasi* is one of the eighty types of *Nanatmaj Vata Vyadhi*. As in this illness, the lower limb becomes tense and slightly curved. So, patient walk like the bird "*Gridhra*" due to similarities with step of a Vulture, so diseased gets the nomenclature as *Gridhrasi*. The common symptoms of *Gridhrasi* are pain which begin from *Sphik* and radiating towards *Kati*, *Prushtha*, *Uru*, *Janu*, *Jangha*, *Pada* along with *Sthambha*, *Toda*, *Spandan*.^[3] Vitiated *Vata* disturbs *Gridhrasi nadi* which interfere with functional ability of spine and lower limb. As it restricts the leg movements, it affects routine activities of individual. In modern the disease *Gridhrasi* is correlated with '*Sciatica*'.

Sciatica is a disease with neurological symptoms referring to sciatic nerve.^[4] In modern medicine, analgesics and steroid therapy is defined for the treatment of sciatica which is only symptomatic treatment, which helps to certain extent but are not ultimate cure. Surgery might also additionally take into consideration if there may be no response to conservative treatment or if progressive neurological deficit develops.

AIMS AND OBJECTIVES

To access the effect of *Haritaki Prayog* in management of *Gridhrasi*

Case Report:

A 50-year-old male patient having following complaints was came in OPD of Kayachikitsa Department, Shree Ayurved Mahavidyalaya and Hospital, Nagpur.

Chief Complaints:

| | |
|-------------------------------------|--|
| <i>Kati-Sphik-Uru-Pindadi vedna</i> | } since last 4 years Aggravated in last 6 month |
| <i>Tandra</i> | |
| <i>Aruchi</i> | |
| <i>Toda</i> | |

History of Present Illness:

Patient was healthy before 4 years. There was gradual increase in above symptoms, but above symptoms were aggravated since last 6 month. So for treatment, patient came to Kayachikitsa OPD for further treatment and management.

Past History:

Known case of Hypertension since last 5 years on medication.

Present Medicinal History Tab. Amlokind 5mg (Amlodipine 5mg) 1OD

Family History: *Matruj Kula: Jeevit* K/C/O: Hypertension,

Pitruj Kula: Jeevit. No any co-morbidity

Vaiyaktik Vrittant: Occupation: Bank Manager (Desk Job, Sitting Job);

Vyasana: Chronic Tobacco Chewing since last 10 years

General examination

| | |
|----------------|-----------------|
| Temperature | 98.4 F |
| RR | 20/min |
| Pulse rate | 88/min |
| Blood pressure | 140/70 mm of Hg |

Systemic Examination

| | |
|-----|---------------------|
| RS | AEBE & Clear |
| CVS | S1-S2 Normal |
| CNS | Conscious, oriented |
| P/A | Soft & Non-Tender |

Ashtavidha Parikshan:

| | |
|----------------|---------------------|
| <i>Nadi</i> | 88/Min |
| <i>Mutra</i> | 4-5 times a day |
| <i>Mala</i> | Once a day |
| <i>Jivha</i> | <i>Ishat Sama</i> |
| <i>Shabda</i> | <i>Spashta</i> |
| <i>Sparsha</i> | <i>Samshitoshna</i> |
| <i>Druk</i> | <i>Vikrita</i> |
| <i>Akruti</i> | <i>Sthula</i> |

Dashvidh Pariksha:

| | |
|------------------|-----------------------------------|
| <i>Prakruti</i> | <i>Kapha-Vataj</i> |
| <i>Dosha</i> | <i>Kapha</i> |
| <i>Dushya</i> | <i>Rakta, Mansa, Asthi, Majja</i> |
| <i>Sara</i> | <i>Hina</i> |
| <i>Samhanana</i> | <i>Madhyam</i> |
| <i>Pramana</i> | (165 cm) |
| <i>Dehabhara</i> | 88 Kgs BMI: 32.3 |

| | |
|----------------------|-----------------|
| <i>Satmya</i> | <i>Madhyama</i> |
| <i>Satva</i> | <i>Madhyama</i> |
| <i>Ahara Shakti</i> | <i>Pravar</i> |
| <i>Vyayam Shakti</i> | <i>Hina</i> |

Management:

Aacharya has explained *Haritaki Prayog* in *Bhaishajyaratnavali* (29/14) and in *Chakradatta* (25/11), for management of *Gridhrasi*

Haritaki Prayoga

| | | |
|----|---------------------------|------------------------|
| 1. | Drug | <i>Haritaki Prayog</i> |
| 2. | Dose | 2.25gm HS |
| 3. | Anupana | <i>Koshna Jala</i> |
| 4. | Kala | <i>Nishakale</i> |
| 5. | Treatment duration | 30 days |

Table No.4: Table Showing Properties of *Haritaki Churna*^[5] and *Erand Sneha*^[6]

| | | |
|---------------------|---|--|
| Latin Name | <i>Terminalia Chebula</i> Linn. | <i>Ricinus Communis</i> |
| English Name | Black-myrobalan | Castor Oil |
| Rasa | <i>Kashaya, Madhura, Lavan, Tikta, Katu</i> | <i>Madhura, Katu, Kashaya</i> |
| Virya | <i>Ushna</i> | <i>Ushna</i> |
| Vipaka | <i>Madhura</i> | <i>Madhura</i> |
| Guna | <i>Laghu, Ruksha, Ushna</i> | <i>Guru, Snigdha, Tikshna, Sukshma</i> |
| Doshaghata | <i>Tridoshaghna</i> | <i>Kapha-Vatashamaka</i> |
| Karmukatva | <i>Doshanuloman, Dipan, Pachan, Rasayana, Strotomukhvisodhan, Indriya prasadana</i> | <i>Vrushya, Vatahara, Angmarda Prashaman, Svedopaga, Bhedaniya</i> |

Observation and results:

| Symptoms ^[7] | Gradation | Grade | BT | AT |
|---|--|-------|----|----|
| <i>Kati-Sphik-Uru-Pindadi vedna</i> | No pain | 0 | 3 | 1 |
| | Mild pain | 1 | | |
| | Considerable amount of pain which is bearable | 2 | | |
| | Severe type of unbearable pain | 3 | | |
| <i>Tandra</i> | No drowsiness | 0 | 2 | 0 |
| | Mild drowsiness not affecting routine work. | 1 | | |
| | Moderate drowsiness affecting routine work | 2 | | |
| | Severe drowsiness with no work at all | 3 | | |
| <i>Aruchi</i> | No complaint | 0 | 2 | 0 |
| | 1-2 times weekly complaints of no desire to eat anything | 1 | | |
| | 3-4 times weekly complaints of no desire to eat anything | 2 | | |
| | No desire to eat anything at all | 3 | | |
| <i>Toda</i> | No pricking sensation | 0 | 2 | 1 |
| | Mild pricking sensation sometime | 1 | | |
| | Moderate pricking sensation | 2 | | |
| | Severe pricking sensation all the time | 3 | | |
| Straight leg rising test^[8] | SLR 61°-70° | 0 | 3 | 1 |
| | SLR 51°-60° | 1 | | |
| | SLR 41°-50° | 2 | | |
| | SLR 31°-40° | 3 | | |

Discussion:

In this case study, there is significant reductions in symptoms, scores and SLRT were seen in it. The drug *Haritaki Prayog* useful in this case study.

Gridhrasi is one of the *Vata Vyadhi*, hence *Tikshna Shodhan* results in Vitiating of *Vata* and can cause complication hence, *Mrudu Anulomana* is best treatment in this case. The combination of *Haritaki* and *Erand Sneha*. As *Haritaki* is mainly of *Pancharasatmaka*, *Ushna Viryatmak*, *Madhur Vipaki* and *Ushna* and *Laghu Gunatmak*, it acts as a *Tridoshghna*. Which minimize the *Gaurava*, *Spanda* and *Stambha* Due to these qualities of *Haritaki* is beneficial in *Gridhrasi*.

Erand is best *Vatahar Dravya*. Due to the properties like *Snigdha*, *Ushna*, *Guru*, it pacifies mainly *Vata* and *Kapha*. Hence it will help to subside *Ruksa*, *Shambha*, *Spandana* and *Gaurav*. Due to which it helps to minimize the symptoms of *Gridhrasi*. All these properties might help in *Samprapti Bhanga* of *Gridhrasi* resulting in decrease in Symptoms score and SLRT readings.

Conclusion:

Gridhrasi is a very troublesome disease Hampering day to day life activity and Interrupt Sleep, in severe cases permanent nerve damage can occurs. *Shamana Chikitsa* in the form of *Haritaki Prayog* played an important role in the management of *Gridhrasi*. Therapy was well tolerated by patient and no adverse effects were seen in patient. There is reduction in symptoms specifically *Kati-Sphik-Uru-Pindadi vedna*, *Tandra*, *Aruchi* and *Toda* as well as significant results in Straight leg rising test readings. This concept taking in mind the study should be carried out on large sample for serving the happiness to the mankind.

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