

EFFECT OF *SHEFALIKA-DALA KWATHA* AND *ERAND SNEHA* IN *GRIDHRASI* - A  
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**ABSTRACT**

*Gradhrasi* (Sciatica) is common disorders associated with *Vatavyadi* and it is commonest disorder found in clinical practice especially in adulthood and old age patients. *Gradhrasi* defined as *Nadi* which possess close relation to muscle tissues such as; *Mans*, *Sira*, *Snayu* and *Kandara*. When these all vitiated due to *vata* or *vata-kapha* resulting development of severe pain disorder due to pathological consequences associated with sciatic nerve. A valuable sign of nerve root pressures; lasague sign (SLR test) hampered due to flexion limitation of thigh and reflex spasm of hamstring muscle. In *Ayurvedic* text *Chakradatta* and *Bhavprakasha* mentioned *Shefalika dala Kwath* for the management of *Gradhrasi* since it possess *Nadishothahara*, *Vataghna*, *Vedanasthapana* and *Kaphavatanasa* properties.

**KEYWORDS:** *Gradhrasi*, *Vatavyadhi*, *Shefalikadala kwath*, *Nadishothahar*, *Vedanasthapana*.**INTRODUCTION**

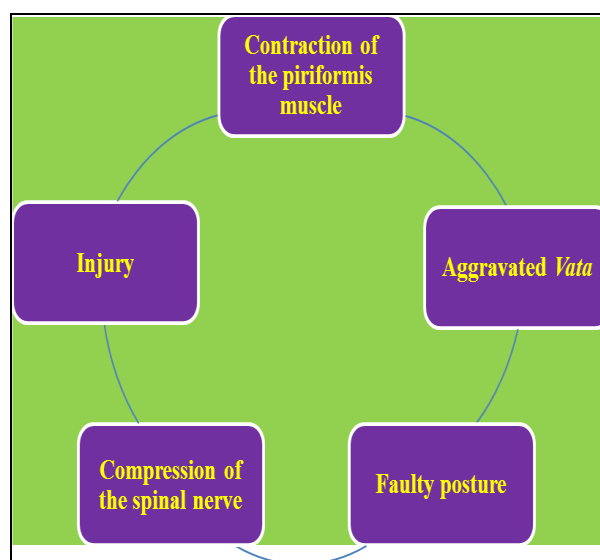
*Gradhrasi* caused by *Vata*, thus considered as *Vataroga*. *Gradhrasi* is a *Nanatmaja vatavyadhi* which predominantly manifests severe pain radiating posterior from lumbar region down word along the path of the sciatic nerve. Generally it is due to lumbar disc prolapse caused by heavy weight or injury to the nerve. According to Ayurveda the functioning of the mind and nerves are associated with *Vayu* or *Vata* which is most important element that controls all types of sensory and motor functioning of the body. *Vata* mainly aggravated due to:

- 1) *Dhatukshaya*: Diminution of tissue element.
- 2) *Margavrodha*: Obstruction of channel circulation.

*Vataprakopa* (Vaya-Dosha) is a normal phenomenon especially in old age because of aggravated *Vayu*, *Gradhrasi* affects the persons having *Vayu* vitiation. Therefore line of treatment for such type of disease possess following characteristics.<sup>[1-4]</sup>

- 1) *Strotoshodhan*: Removal of obstruction in channels of the cells.
- 2) *Prakritisthapti*: Restoration of the normally of these cells.
- 3) *Tarpan Chikitsa/Rasayana*: The appropriate nourishment.

This article represents a single case study on patient having “*Vataj Gradhrasi*” with *Sama Malapavriti*, treated for 15 days with *Shefalika-dal Kwath* 40 ml before meal morning and evening time with *Erand taila* as *Anulomak Draya*.

**Figure 1: Causes of *Gradhrasi* (Sciatica).**

**Case History**

A 55 yrs male patient presented with complaints of walking difficulty, severe acute pricking pain in left leg with stiffness over hip girdle since 3-4 years, history of sudden spasm due to heavy weight bearing at lower back lasting from 4 years and chronic intermittent constipation.

**Clinical Examination**

*Ashtavidha Pariksha:*

*Vatapradhan pitta nadi prakriti* - 80/min regular

*Mala* – Constipated (*Anaha Evam Vayu pravrutti*), *Asamadhankarak*.

*Mutra* – *Samyak, Niyantrit*, occasional nocturnal micturation.

*Jivha* – *Sama* (coated) *Shweta, Arun Varna*.

*Shabada* – *Spasta*.

*Sparsha* – *Anushna*.

*Drik* – *Prakrut*.

*Ariti* – *Alpa-Vpachit* (Thin built).

**Systemic Examination**

CVS – S<sub>1</sub>S<sub>2</sub> Normal, No Murmurs.

RS – AEBE, Clear.

CNS – Conscious, alert, oriented.

Lassigue sign (S.L.R. test) – positive 30°

Popliteal compression – positive (pain radiating aggravated due to pressure).

Knee and Ankle jerk – Mild Depressed.

Diagnosis – *Gradhrasi* (Sciatica).

**MATERIALS AND METHODS****1) Shefalika dala Kwath**

Botanical Name: *Nyctanthes arbortristis*.

Family: *Oleaceae*.

**2) Erand Sneha**

Botanical Name: *Ricinus communis*

Family: *Euphorbiaceae*

**Method of Kwath preparation**

20 gm of dry total *Shefalika Dala* with clear surface was poured in 360 ml of water and heated on low flame till 40 ml water content remained, then filtered and advised to use empty stomach.

**Method of preparation of Erand Sneha**

Clean, *Errand Beej* was taken, upper covering opened and crushed till oil generated, filtered and used 10 ml at bed time.

➤ *Midu snehan* and *Shefalika-dal Kwath swedan* at *Kat Pradesh* done during procedure.

**Treatment Protocol**

Since patient possess *Vata pradhan Prakriti* and disease also acquire *Vata nanatmaj roga* therefore *Vatanulomana* was done by taking 10 ml *Erand sneha* at night followed by luke warm water from the day of admission till 7 days as patient has chronic constipation. It was observed after giving *errand sneha* 10 ml at

bedtime patient's purgation increases twice a day. From the next day empty stomach *Shefalika-dala kwath* was given orally in quantity of 40 ml twice a day for 7 days. During this treatment patient was advised to take *Brinhan draya* in the diet. During treatment patient advised to take diet as *Roti-Godhuma, Mudga-yush, Kharjura, khichadi*, milk and green leafy vegetables, during whole treatment, after *Malashuddhi Mridu Snehan* with *Tiltaila* over the affected region and *Mridu Nadi Swedan* done with the help of *Shefalika-dala kwath*.

**Observations**

After following planned treatment protocol for 14 days following clinical observations were made:

- 1) Pain at affected site was minimized within first 7 days and it was completely stopped on 10 day of treatment i.e. 3<sup>rd</sup> day of *Shefalika-dala Kwath* administration.
- 2) Patients gait was improved up to the day of discharge.
- 3) Stiffness was completely regressed during treatment.
- 4) Lassigue sign (S.L.R.) got negative as patient may rises leg straightly at the angle of 60° on the date of discharge.
- 5) Tenderness at popliteal fossa on compression regressed.
- 6) Deep tendon reflex of knee & ankle joint was improved slightly and weakness of affected site decreases.

**DISCUSSION**

*After studying sciatica in Ayurvedic perspective, Samprapti Ghatakas found as follows*

- 1) *Nitya-virachana* with the help of *Erand-sneha* causes *Vatanuloman* and *Kledan* of *Ama* which is caused due to chronic constipation.
- 2) *Shefali dala kwath* possess *Vedanasthapana, Kaphavatahara & Vataghna* properties thus minimizes pain as well as stiffness. Since it also possesses *Nadi shothhara* property therefore improves the inflammatory changes at the site of lumber vertebra, dice protrusion and nerve injury occurs due to the pathogenesis of disease.
- 3) *Brihan* diet reduced further *Vata-prakopa* in *Pakwashaya*.
- 4) *Mridu snehan & swadan* helps for the micro absorption of *Shefalika-dala* element and transferred into the circulation.<sup>[3-6]</sup>

**CONCLUSION**

Study concluded that the *Shefalika-dala kwath pan* and *Swedan* with *Erand snehapana* offer effective management of *Gradhrasi* (sciatica). However further research is necessary to rule out the attributing factors and effect of utilized formulation in the treatment of lumbago and ankylosing spondylosis.

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