



Case Study

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THE EFFECT OF RASNAAMRITADI KASHAYAM IN GRIDHRASI: A CASE STUDY

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ABSTRACT

Gridhrasi is one of the 80 Nanatmaja Vata Vyadhi, which is caused by the aggravation of Vata Dosha; it can be divided into Vataja and Vatakaphaja. Gridhrasi can be equated with sciatica where pain, weakness, numbness and other discomfort along the path of sciatic nerve often accompanies with low back pain. In this study, 49 years old male patient complaints of low back pain radiating to both lower limb since one year, he was also complaining numbness on right lower limb. During clinical examination SLR test, Lasegue's sign were positive on both lower limbs. He was diagnosed as Gridhrasi. Patient was advice to take Rasnaamritadi Kashayam twice daily in a dose of 50 ml one hour before meals. Rasnaamritadi Kashaya mentioned in Yoga amritam text Vata Vyadhi Chikitsa chapter. Drug mentioned in the yoga possess Vatahara, Kaphahara, Amapachana, Shoolahara and Shophahara property. After 30 days of treatment, he got 75% relief in low back pain and 90% relief in radiating pain and also there was an improvement in SLR and Lasegue's sign.

Keywords: Gridhrasi, sciatica, Rasnaamritadi Kashayam

INTRODUCTION

In the present era, Gridhrasi seems to be a common health issue which is occurring due to the lifestyle changes. As with the busy schedule of a common man, he cannot concentrate on his health. Improper handling and lifting of heavy objects, bike riding, improper exercises, accidental falls etc which leads to compression on lumbar nerves or sacral nerves and cause sciatic pain. Gridhrasi is described under Vatavyadhi in Brihatrayi and Laghutrayi. Acharya Charaka included it as one among the 80 types of Nanatmajavatavyadhi¹. Gridhrasi is characterized by pain starting from Sphik and radiate down words to Kati, Prushta, Uru, Janu, Jangha and Padam. In Vatakaphaja Gridhrasi, patient suffers from Dehasya Vakraata and also with Sphurana, Stambhana in Janu, Jangha and Uru. In Vatakaphaja Gridhrasi, patient suffers from Tandra, Gourava and Arocaka². Gridhrasi can be correlated with Sciatica in modern medicine. It is a very painful condition where pain starts from the lumbar region and radiate to the buttock, thigh, calf and foot³. Sciatica is a relatively common condition with a lifetime incidence varying from 13% to 40%. The corresponding annual incidence of an episode of Sciatica ranges from 1% to 5%.⁴ In modern medicine, administration of muscle relaxants, NSAID's, Opioids, Corticosteroids, Gabapentin etc gives only temporary relief from pain. The continuous use of such medicine causes gastritis, kidney and liver disorders. Low to moderate quality evidence suggests that spinal manipulation is an effective treatment for acute Sciatica and however for chronic Sciatica the evidence is poor⁵. Rasnaamritadi Kashaya is a formulation from Yoga amritam Vata Vyadhi Chikitsa which contains Rasna, Guduchi, Shunthi, Eranda, Bala, Gokshura, Punarnava, Devadaru.⁶ Here all content of the Kashaya having Ushna, Ruksha, Deepana Pachana and Kapha Vata Shamana properties.

MATERIAL AND METHODS

Place of Study

Sree Narayana Institute of Ayurvedic Studies and Research, Pangode, Puthoor, Kollam

Ethical Clearance

The study has been cleared by IEC vide approval reference number IEC/SNIASR2018041810. The study is carried out as per international conference of harmonization-good clinical practice guidelines (ICH-GCP)

Case presentation

49 years old male patient, office attender by occupation reported to Kayachikitsa OPD, Sree Narayana Institute of Ayurvedic Studies and Research, Pangode on 04-05-2019 with complaints of low back pain radiating to the posterior aspect of both lower limbs along with difficulty in bending forward since one year and also complaint numbness of right lower limb.

History of presenting complaint

Patient was apparently asymptomatic before one year, gradually developed pain in lower back region which started to radiate posterior aspect of both lower limbs. It got aggravated by prolonged sitting and standing.

Before six months back, pain get worse and he took pain killers for a period of one month which gave symptomatic temporary relief. Before one-month back pain reoccurred and which was

continuous in nature. Later he came to Sree Narayana Institute of Ayurvedic Studies and Research for a better cure.

History of past illness

Not a known case of diabetics, hypertension and dyslipidemia.

Personal history

Table 1: Personal History

Appetite: poor, but takes food regularly	Bowel: constipated
Diet: non- vegetarian diet prefers fried item, pickles, etc.	Bladder: normal
Allergy: not detected	Sleep: disturbed due to pain, since 1 month
Addiction: nil	Exercise: moderate

Examinations

Gait: Antalgic gait

Spine examination

Inspection: no visible deformity
 Palpation: tenderness L4-L5, L5-S1 region

Lumbar spine

Flexion: not possible
 Extension: restricted due to pain
 Lateral bending: restricted due to pain
 Straight leg raise test positive on right lower limb at 35 degrees and left lower limb on 30 degrees
 Lasegue’s sign positive on both lower limbs.

Radiological investigations

X-ray of LS spine AP and lateral view on 04-05-2019
 Space reduction on L3-L4, L4-L5, L5-S1 level

Treatment

The patient was advised to take 50 ml of Rasnaamritadi Kashayam twice daily one hour before meals continuously for a period of 30 days.

Grading parameter

Ruk (Pain)

No pain -0
 Painful, walks without limping -1
 Painful, walks with limping but without support -2
 Painful, can walk only with support -3
 Painful, unable to walk -4

Toda (Pricking sensation)

No pricking sensation - 0
 Occasional pricking sensation - 1
 Mild pricking sensation - 2
 Moderate pricking sensation - 3
 Severe pricking sensation – 4

Stambha (Stiffness)

No stiffness - 0
 Sometimes for 5-10 minutes - 1
 Daily for 10-30 minutes - 2
 Daily for 30-60 minutes - 3
 Daily for more than 1 hour - 4

Spandan (Twitching)

No Twitching Sometimes for 5-10 minutes - 1
 Daily for 10-30 minutes – 2
 Daily for 30-60 minutes - 3
 Daily for more than 1 hour - 4

Sakthnah Kshepum Nigrahanayat (S.L.R Test)

More than 90 degree - 0
 71 degree-90 degree – 1
 51 degree-70 degree - 2
 31 degree-50 degree - 3
 Up to 30 degree - 4

Tenderness

No tenderness - 0
 Tenderness to palpation without grimace - 1
 Tenderness with grimace or flinch on palpation - 2
 Tenderness with withdrawal - 3
 Jump sign to non-noxious stimuli - 4^{7,8}

RESULT AND DISCUSSION

Table 2: Subjective parameter

Symptoms	Before treatment	After treatment
Ruk	Grade 2	Grade 1
Toda	Grade 3	Grade 0
Stambha	Grade 2	Grade 1
Spandan	Grade 3	Grade 1

Table 3: Straight Leg Raising test (SLR)

	Before treatment	After treatment
Right	Active 35 degree	60 degree
	Passive 45 degree	65 degree
Left	Active 30 degree	70 degree
	Passive 45 degree	75 degree

Table 4: Lasegue’s sign

	Before treatment	After treatment
Right lower limb	Positive	negative
Left lower limb	Positive	Negative

Before treatment he has grade 2 Ruk, grade 2 Toda, grade 2 Stambha and grade 3 Spandan. After the completion of 30 days treatment it change to grade 1 Ruk, Stambha, Spandan respectively and Toda change to Grade 0. Most of the drug in Rasnaamritadi Kashayam show Agni Deepana, Amapachana, Kapha Vata Shamaka properties. So, it acts as Shoolahara and Shophahara to a great extent. By the combined effect of these properties, Rasnaamritadi Kashayam is Kapha Vata Shamaka at same time. The ingredients such as Bala, Rasna, Guduchi and Punarnava have the properties of Rasayana so it will help in restoring the strength of vertebral column as well as the nerve roots. This helps to prevent the Punaruthbhava of the disease; hence it helps in reducing the symptoms of Gridhrasi.

CONCLUSION

Management of Gridhrasi with Rasnaamritadi Kashayam shows a good result in the subjective and objective parameters of the study.

Hence Rasnaamritadi Kashayam has a significant role in the management of Gridhrasi.

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