



Case Study

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EFFECT OF ARDHAMATRIKA VASTI IN GRIDHRASI: A CASE STUDY

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ABSTRACT

A 59-year-old male patient complained of a low backache radiating from his left leg to foot for five years and associated with burning sensation in both feet for one year. There is a history of diabetic Mellitus for ten years and hyperlipidemia for four years. The patient could not carry out his daily work due to severe pain from Katipradesa to Padanguli. The present case is diagnosed as Gridhrasi from the clinical examination. In this case, Ardhamatrika Vasti is used in the Yoga Vasti pattern. After the treatment, pain and burning sensation were reduced, and he was able to raise his legs to 75 degrees. Moreover, no recurrence was observed even after one year of treatment.

Keywords: Vasti, Vatavyadhi, Ardhamatrika vasti, Gridhrasi

INTRODUCTION

Many Vasti formulations are referred to in classics, amongst which Ardhamatrika Vasti is the best among all the Niruha Vasti. Ardhamatrika Vasti, mentioned by Kaviraja Vangasena, was selected for the study because of the properties of Vata, Kapha, and Shoolahara. Vasti is the therapy in which the medicine administered through an anorectal route travel the Nabhi, Kati, Parswa, and Kukshi does the Vilodana of Dosha and Shakrit and take away them quickly after nourishing the body¹. Ardhamatrika Vasti is so named because it is a variety of Vasti with a capacity of half of the maximum permissible dosage for Niruha Vasti. It can be administered daily, even after meals, without any fear of complications, even to Sukumara, Vridha, Stree, and the people who worry about the procedures². It additionally improves Bala, Varna, and Agni of the individuals³. Ardhamatrika Vasti (in Yogavasti) is stated to be the superior Vasti among the Niruha Vasti. Gridhrasi is a Rujapradhana Nanatmaja Vata Vyadhi⁴. The Lakshana of disease is Ruk, Toda, Muhurspanda, and Sthamba in Sphik, Kati, Uru, Janu, Janga, and Pada⁵. Vastikarma plays an essential role in relieving the Vata to relieve signs and symptoms of Gridhrasi. Ardhamatrika Vasti comprises Dashamoola as Kashaya Dravya and Satahva as Kalka Dravya has Vatakaphahara properties⁶. Therefore, it can give better relief to the signs and symptoms of Gridhrasi.

CASE STUDY

Presenting complaints

Patient complained about low backache, which radiates to the heel for five years and had been associated with the burning sensation of both feet for one year.

History of presenting complaints

A fifty-nine-year-old male patient was average before five years. He complained about low backache radiating from the left leg to the foot for five years and associated with the burning sensation in both feet for one year. The patient experienced pain in the low

back region at first. The condition got aggravated during working hours. There was no record of trauma or fall.

History of previous illness

H/O Diabetics Mellitus for 10 years.

H/O Hyperlipidemia for four years.

Personal History

B – Regular

M – 5-6 times/day and 2-3 times/night

A – Less

S – Reduced

Diet - Mixed

Addiction – Nothing significant

Family History

Sister also had the history of the Gridhrasi.

General Examination

Bp – 140/70mmHg

Pulse – 80/min

Temp. – 95.6⁰F

Weight-60 kg

Height –163 Cm

BMI – 22.6

Ashtasthana Pareeksha

Nadi – Sadharanam

Mutram- Aavilam

Malam – Bhadham

Jihwa- Anupaliptam

Drik – Prakrutham

Sparsha- Anushnasheetam

Shabda – Spashtam

Akriti – Madhyama

Systemic examination

RS –RR 20/min

CVS –S₁S₂ heard

Pulse Rate – 80/minute

Locomotor system examination

Inspection: No abnormality detected

Palpation: Tenderness - Grade 2, the temperature of the surrounding area - Normal

Range of movement: Flexion - painful, Extension - painful, Lateral bending - painful

Special test: SLR Test, Right 55°, Left 45°

Investigations

MRI – Diffuse disc bulge with central disc protrusion at L₄-L₅, L₅-S₁ level causing compression of the thecal sac and narrowing of the neural foramina with no neural compression.

Diagnosis

The case is identified as Gridhrasi.

Ethical approval: A written consent was taken from the patient.

Treatment protocol

a) Rukshana Chikitsa

- Amruthotharam kashayam Before food for three days
- Mukkikizhi with Kolakulathadi churna for three days

b) Snehana Karma

- Patrapinda Sweda with Dhanwantaram Tailam for seven days

c) Sodhana Karma evam Balakara

- Ardhamatrika Vasti

MATERIALS AND METHODS

For Anuvasana vasti, Dhanwantaram Tailam 120ml is required.

Ingredients	Dose
Saindhava Lavana	10gm
Makshika	100ml
Dhanwantaram Taila	100ml
Shathwa Kalka	12gm
Dashamoola +Madhanaphala kashaya	400ml

Poorva Karma

Method of Preparation of Ardhamatrika Vasti: 10 gm of Saindhavalavana was taken in Khalwa, and Makshikam 100ml was introduced. Continue churning was completed to make a homogenous combination. To that homogenous combination, 100ml of Dhanwantaram Tailam was introduced slowly, and stirring persisted until a uniform consistency was attained. Later 12 grams of Shathwa Kalka Churna were taken, lukewarm water was introduced and made in a semisolid consistency, and the above combination of Dashamoola Kwatha 400ml was introduced. After that, triturated well and made a homogenous mixture. This was filtered through a fine sieve.

Preparation of Patient: Abyanga - Sthanika Abyanga was completed with Dhanwantaram Tailam, followed by Sthanika Swedana to Shroni, Kati, Vankshana, and Pradesha.

Pradhana Karma

- The patient should lie in the left lateral position
- Anuvasana vasti and Niruha Vasti are given alternately per the Yoga Vasti sample proven in Table 1.
- The maximum time of administration of Vasti is said to be 30 Matrakala.

Paschat Karma

After that, the affected person was requested to lie in a supine position. The patient might be suggested now no longer suppress any urge. After evacuation, the patient is advised to take a hot water bath and then have a gruel.

Table 1: Pattern of Yoga Vasti

Day	1st	2 nd	3rd	4th	5th	6th	7 th	8th
Vasti	A	A	N	A	N	A	N	A

A: Anuvasana vasti, N: Niruha Vasti

Follow up - after one month.

RESULT AND DISCUSSION

The clinical features like low back radiating to thigh relieved considerably after eight days of treatment. After the follow-up, the patient was feeling better. SLR Test was improved after treatment. The result is displayed in the following tables.

Table 2: Assessment of SLR Test

SLR Test	Before Treatment	After Treatment
Right	55°	75°
Left	45°	70°

After the follow-up, the affected person was okay, and recurrence of the disease was not found.

DISCUSSION

Vata is the Dosa involved in Gridhrasi. Pakwasaya is the Udbhavasthana of disease. In Gridhrasi, Sakthi utkshepananigraha is the main feature. The vitiated Vata may directly intermingle with Asthi, Majja Dhatu in Gridhrasi. Vasti, Siravyadha, and Agnikarma are a line of treatment of Gridhrasi as mentioned in the Charaka Samhita⁷. Ardhamatrika vasti ingredients are mainly Dasamoola Kwatha and Dhanwantarataila, which directly act on Vata Dosh. Hence disease can be cured effectively. Dasamoola Kwatha act, Deepana, Pachana, Vatahara properties. The overall property of drugs alleviates Prakopa Doshas of Gridhrasi. Dhanwantaram Tailam acts as Vatahara and effective in Adhakayarogas. It has Apanavisesa Guna. According to Charaka Samhita, Shatahwakalka is one of Asthapanopagagana⁸, acting as Anilashleshma rogahrut. Hence, these Gunas may be worked for the improvement of the condition. On the 1st day of Vasti patient got Sapureesha Snehaniivrutti. On the 2nd day of Vasti, the patient got Swapnanuvritti. On the 3th day of Vasti patient got Prarushtavitmootra. On the 4th day of Vasti patient got Raktadibudhiindriyasamprasado. On the 5th day of Vasti patient got Ashaya lagava. On the 6th day of Vasti patient got Lagutha. On the 7th day patient got Ruchivridhi and Balam. On the 8th day patient got almost all the Samyak lakshanas like Rogashamana. After following up discharge, medicine was given as Shamana chikitsa.

CONCLUSION

The case study of Ardhamatrika Vasti is beneficial in Gridhrasi without any complications. In this case, pain and burning sensation are reduced markedly, and no recurrence is observed.

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