

**A CLINICAL STUDY OF EFFICACY OF PUNARNAVADI CHURNA IN  
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**ABSTRACT**

Gridhrasi is most prevalent disease occurring in degenerative phase of life span. There are so many theories behind the samprapti of Gridhrasi but it is mainly due to vitiated vaata dosha. This occurs mainly due aghatajanya vaat dushti. In present case study I have selected 30 patients diagnosed with Gridhrasi(Sciatica) and treatment provided was Punarnavadi Churna 5gm twice a day for 15 days. As this drug contains punarnava, guduchi, shunthi, mishreya, vrudhadaruk, shathi, mundi, etc. these are all vatahar and vedana shamak, so we came to

know that there was good results with this regimen.

**INTRODUCTION**

The disorders affecting our system are increasingly seen in present era. These conditions considerably reduce the human activity in terms of social and professional life. Among such disorders Ayurvedic classics have described a sever debilitating disease in the name of Gridhrasi. The name itself indicates the way of gait shown by patient due to extreme pain just like a Ghrudhra(Vulture). In modern vernacular the above condition is described in which pains experienced along the course and in the distribution of sciatic nerve. It has now become well known even among the layman, as sciatica.

People like farmers, housewives, clerks, workers etc. having improper sitting postures in offices, factories, farm etc. created undue pressure to the spinal cord. In this way this disease is now becoming a significant problem to the working population. In an overall assessment major number of patients presented to the hospital has some symptoms related with pain on low back and leg. A variety of Vatavyadhi described in Charaka Samhita are divided into Samanyaja and Nanatmaja. Gridhrasi comes one of the 80 types of nanatmaja vyadhi.

The cardinal sign and symptoms are Ruk, Toda, Spandana, Stambha in the Sphik, Kati, Uru, Janu, Jangha and Pada in order and Sakthikshepa Nigraha i.e. restricted lifting of the leg. In modern medicine there is only use of NSAID's, calcium supplementation, Physiotherapy and surgical method. As there are so many adverse effect and limitations to allopathy treatment. As Gridhrasi is concerned with Vata Prakopa.

Ayurveda provides Shodhana and Shamana Chikitsa for Gridhrasi. As various types of Shamana Yogas are explained and even research work is also carried out. Although lots of work has been done on Gridharasi, still the disease challenges our medical science, so it requires further research and proper treatment by Ayurvedic medicine.

I came across the reference of Punarnavadi Churna in Bhaishajya Ratnawali Adhyaya No. 29 Aam-Rogadhikar.

### **AIM AND OBJECTIVES**

To observe the effect of Punarnavadi churna in Gridhrasi.

### **MATERIALS AND METHODS**

Patients of both sex, and age between 20 and 60 years, having signs and symptoms of disease Gridhrasi, and fulfilling inclusion criteria were selected and registered from O.P.D. and I.P.D. of L.K.R.A.M, Gadhinglaj.

#### **Inclusion Criteria**

- 1) Patient having the signs & symptoms of Gridhrasi like Ruka, Toda, Stambha, Gaurava in the Sphika, Kati, Uru, Janu, Jangha and Pad.
- 2) Positive S.L.R. test(Straight Leg Raise test).
- 3) The patients of Age group 20 to 60 years will be selected.

#### **Exclusion Criteria**

- 1) Patient with CA Spine
- 2) Age: <20 years or >60 years
- 3) Tuberculosis of Spine
- 4) Congenital Abnormalities in Lumbar Spine
- 5) Surgical Indications
- 6) Pregnancy
- 7) Uncontrolled Diabetes Mellitus

## 8) Tumour of Cauda Equina

**Criteria for diagnosis**

- Positive SLR test in the affected leg.
- Patients having cardinal features of the disease such as presence of dull or piercing pain, twitching and stiffness in back, lumber region, buttock, thigh, back of knee, calf, feet area in successive order.

**Laboratory Investigations**

- X-ray: Lumbosacral region—anteroposterior and lateral view
- A complete blood count (C.B.C.), erythrocyte sedimentation rate, serum protein, and alkaline phosphate.

**Criteria for assessment****1. Ruka**

1	No pain	0
2	Painful, walks without limping	1
3	Painful, walks with limping but without support	2
4	Painful with severe difficulty in walking	3

**2. Toda**

1	No pricking sensation	0
2	Mild, occasionally	1
3	Moderate pricking sensation	2
4	Severe, Persistent	3

**3. Stambha**

1	Absent	0
2	Mild, occasionally	1
3	Moderate	2
4	Severe, Persistent	3

**4. Spandana**

1	Absent	0
2	Mild, occasionally	1
3	Moderate	2
4	Severe, persistent	3

**5. Aruchi**

1	Absent	0
2	Mild, occasionally	1
3	Moderate	2
4	Severe, persistant	3

**6. Tandra**

1	Absent	0
2	Mild, occasionally	1
3	Moderate	2
4	Severe, persistent	3

**7. Gaurav**

1	Absent	0
2	Mild, occasionally	1
3	Moderate	2
4	Severe, persistent	3

**S.L.R. Test**

1	71 <sup>0</sup> C -90 <sup>0</sup> C	0
2	51 <sup>0</sup> C-70 <sup>0</sup> C	1
3	31 <sup>0</sup> C-50 <sup>0</sup> C	2
4	UPTO 30 <sup>0</sup> C	3

○ **Criteria For Assessing the Total Effect**

Cured	Grade 1	>75% relief in signs and symptoms
Markedly improved	Grade 2	51% to 75% relief in signs and symptoms
imprved	Grade 3	25% to 50% relief in signs And symptoms
Unchanged	Grade 4	Below 25% relief in signs and symptoms

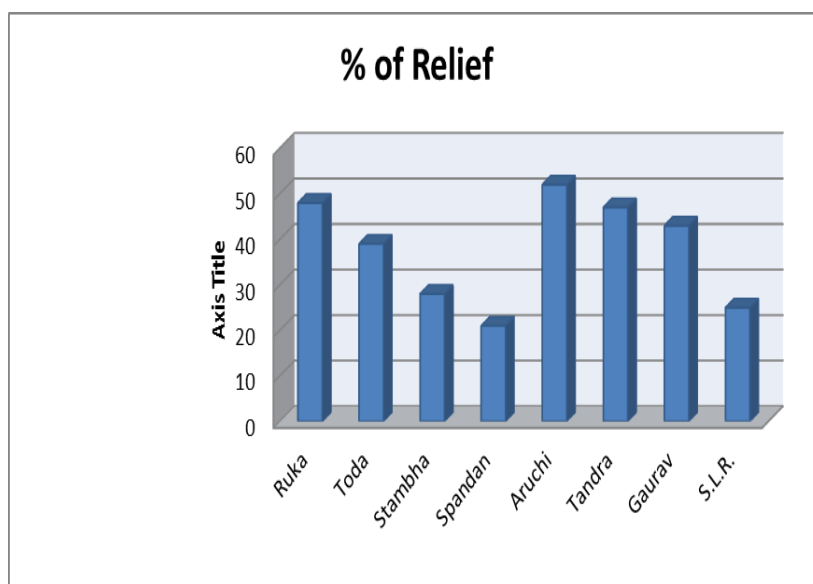
**OBSERVATIONS AND RESULT**

A total of 30 patients of Gridhrasi were registered, and out of those, 30 were completed the treatment. Maximum, that is, 72.5% of the patients were female, 42.5% belongs to age group 38–50 years, and 62.5% were homemaker. BMI showed that 32.5% of patients were obese, and 17.5% were overweight.

Symptoms	Day 0		Day 30		% Relief	Wilcoxon Signed Rank W	P
	Mean score	S.D.	Mean score	S.D.			
Ruka	1.53	0.63	0.80	0.66	48	-3.947 <sup>a</sup>	<0.001
Toda	1.37	0.61	0.83	0.70	39	-3.557 <sup>a</sup>	<0.001
Stambha	1.53	0.63	1.10	0.55	28	-3.357 <sup>a</sup>	<0.001
Spandana	0.47	0.57	0.37	0.56	21	-1.732 <sup>a</sup>	<0.001
Aruchi	0.77	0.77	0.37	0.49	52	-3.464 <sup>a</sup>	<0.001
Tandra	0.50	0.57	0.27	0.45	47	-2.646 <sup>a</sup>	<0.001
Gaurav	0.70	0.75	0.40	0.50	43	-3.000 <sup>a</sup>	<0.001
S.L.R. Test	1.87	0.63	1.40	0.50	25	-3.742 <sup>a</sup>	<0.001

○ Symptom wise Relief

Symptoms	% of Relief
Ruka	48
Toda	39
Stambha	28
Spandan	21
Aruchi	52
Tandra	47
Gaurav	43
S.L.R.	25



Graphically Symptom Wise Relief in %.

## DISCUSSION AND CONCLUSION

Gridhrasi is one of the “Nanatmaja vyadhi of Vata”. Improper sitting postures continuous and over exertion, jerking movements during travelling and sports produces structural abnormality in spinal cord. Gridhrasi is shoolpradhan vyadhi so it causes great discomfort to the patient. This type of Samprapti can be correlated to the Sciatica caused by degenerative changes. These changes are osteoporosis, spondylosis etc. which lead to Sciatica.

30 patients of either sex showing classical signs and symptoms of Gridhrasi. Punarnavadi Churna was given and course of treatment weekly assessment were done for a period of one month. Among the 30 patients included in the study maximum numbers of patients are from age group 38-50 years. The data signifies working age may be more prone.

The commonly affected were Farmers, heavy manual workers, housewives, vehicle riders. So, we can come to a conclusion that weight lifting, vehicle riding, improper sitting postures for prolonged period etc. are triggering factors, however more cases observed in housewives. In most of the patients vegvidharan is observed due to work which is a cause for vataprakop.

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