

THE ROLE OF RASON PINDA (SWALPA) WITH ERANDMOOL KWATH IN THE MANAGEMENT OF GRUDHRASI – AN EXPLORATORY STUDY.

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ABSTRACT:

Grudhrasi is most common disorder of vata that affects lower leg and causes morbidity throughout productive years of life, making it difficult to walk. It is characterized by radiating pain from kati to pada, Stambha, Ruk etc. It closely resembles with Sciatica which is characterized by pain or discomfort associated with Sciatic nerve. Prevalence rate is 3.8% in working population to 7.9% in non working population. There are 2 types of Grudhrasi Vataj and Vatkaphaj. Aims and objectives: To study the Role of Rason pinda (swalp) with Erandmool Kwath in Grudhrasi. Materials and Method: Ayurvedic Sahitas, Journals, various websites, review articles have been analysed for study. Result and conclusion: After analysing the data and observations we have come to conclusion that Rason pinda (swalp) with Erandmool kwath given orally in morning is found to be effective in Grudhrasi.

KEY WORDS:- Grudhrasi, Rason pinda, Erandmool, Kati, Prusta

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INTRODUCTION

Ayurved, 'the science of life' had a golden time some centuries back. It was in oblivion till it was brought to the present era as a revival. In ancient India, this system was the only prevalent one which could help the ailing humanity. The present era is an era of new inventions and the modern science has struck the minds of all by its day to day developments. It is true the modern science that grown up considerably; still it has to face a big question mark in so far as some miserable problems are concerned. The topic of this synopsis is one among them.

The basic difference between the *living* and *non living* is the ability to move from one place to another and it is hampered when an individual suffers from pain. A change in life style and food habits along with increased possibilities of daily injuries (even in micro level) affects every system of human body including the *Musculo Skeletal and Nervous System*.

The disorders affecting the locomotors 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 severe debilitating disease in the name of Grudhrasi.

Grudhrasi mentioned in *Ayurveda* explains one such disorder where in pain starts from *Sphika pradesa* and radiates downwards to *Kati, Prusta, Uru, Janu, Jangha* and the patient is unable to walk properly. In *modern parlance* this type of radiating pain can be compared to *Sciatica*.

A variety of *vatavyadhies* described in *Charaka Samhita* are divided into *samanyaja* and *nanatmaja*. *Grudhrasi* comes under 80 types of *nanatmaja vatavyadhies*. The knowledge of this condition, to the modern medical science is just two centuries old, while this condition is known to Ayurved since last five thousand years.

स्फिक्पूर्वा कटिपृष्ठोरुजानुजङ्घपदं क्रमात् ।
गृध्रसी स्तम्भरुक्तोदैर्गृहाति स्पन्दते मुहुः ॥
वाताद्वातकफात्तन्द्रागौरवारोचकान्विता ।

- (च.चि.28/56,57)1

The importance of back pain in world is underscored by the following:

- 1) The annual societal cost of back pain is much more.
- 2) It is most common cause of disability in patients under 45 years of age.
- 3) 50% of working adults, in one survey, admitted to having a back injury each year many are chronically disabled because of back pain.
- 4) According to a survey, low back pain is extraordinarily common, and second only to the

common cold.

5) Lifetime prevalence of low back pain ranges from 60 to 90% and an annual incidence of 5%.

6) Prevalence of sciatica ranges from 11 to 40%.²

As the line of treatment in classics sequential administration of the Vatashamaka oral medicine, Snehana, Swedan, Basti, Siravyadha and Agnikarma are lines of treatment of Grudhrasi. So many drugs are described in Ayurvedic classics and their therapeutic effect in Grudhrasiis yet to be explored.

Though many works are conducted regarding this disease, the search for a better and economically more viable option is still going on. Thus an attempt will be made to find out an *effective, safe herbal combination* for the treatment of this disease.

Aim: To study the role of *Rason Pinda (Swalpa)* with *Erandamool kwath* in *Grudhrasi*

Objective:

- 1) To review and study the complete literature available in ayurvedic classic and modern texts about Grudhrasi.
- 2) To evaluate the role of Rason Pinda(swalpa) with Erandmool kwath in management of Gridhrasi.
- 3) To prepare the Rason Pinda(swalpa) with Erandmool kwath authentically and standardize the raw materials and final product.
- 4) To observe it's adverse effects if any (if reported during the trial)

Review of literature:

Previous Work done: were related to Grudhrasi with different drugs but in this project was with Rason panda(swalpa) with erandmool kwath.

Ayurvedic Review:

- 1) Vyutpatti of Ghrudhrasi
- 2) Nirukti of Grudhrasi
- 3) Paribhasha of Grudhrasi
- 4) Paryaya of Grudhrasi
- 5) Nidan panchak of Grudhrasi
- 6) Chikitsa of Grudhrasi
- 7) Pathya apathya of Grudhrasi

Modern Review

1. Definitions of Sciatica
2. Anatomy and physiology of Sciatic nerve
3. Causes of Sciatica
4. Symptoms of Sciatica
5. Signs of Sciatica
6. Investigations
7. Management for Sciatica

Material & Method:

Exploratory study.

An open, selection of patients as per inclusion criteria



Assessment of patients with complaints of *Grudhrasi*



Administration Of drug



Follow up of every patient after 7 days for 1 month



Result will be drawn on basis of statistical analysis

Drug: Rason panda (swalpa) with erandmool kwath.

पलम् अर्धपलम् वाऽपि रसोनस्य सुकुब्तिम्।
हिङ्गुजीरक सिन्धूत्य सौवर्चल कटुत्रिकै ॥
चूर्णितैः माषकोन्मानैः अवचुण्यावलोडीतम्।
यथाग्निभक्षितम् प्रातरुबुक्काथ अनुपानतः ॥

भै. र. वातव्याधी चिकित्सा

Route of Administration	Orally
Dose	9 gm x 2 Times a day
Bhaishajya Kal	Pragbhakta (before meal)
Anupana	Erandmul kwatha 20ml
Duration	30days
Follow up	After every 7 Days.

Inclusion criteria:

- 1) Patients showing classical symptoms & signs of Grudhrasidescribed in Ayuvedic Samhitas as-Charak chikitsa sthan⁵

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- 2) Patient between age group 20-60 years.

- 3) SLR test – Positive up to 60°

Exclusion criteria:

- 1) Congenital deformity.
- 2) Grudhrasi due to Traumatic causes.
- 3) During pregnancy and lactation.
- 4) Grudhrasi developed due to any surgical complication.
- 5) Grudhrasi associated with Diabetic neuropathy, Spinabifida , Spinal canal stenosis etc.
- 6) Patients with any other systemic disorders which will interfere with the study.

Assessment criteria:

Subjective parameters:

- 1) Oxford pain chart
- 2) Gait
- 3) SLR test
- 4) Stiffness

under gradation.

Objective parameters:

Radiograph of lumbo-sacral spine AP & lateral view.

(for diagnosis & ruling out fractures , congenital anomalies , malignancies , Tuberculosis of spine.)

Observation & Results:

Upashaya wise observation:

Upashay	No. of patients	Percentage
Poor	4	13.33
Good	6	20
Average	13	43.33
Excellent	7	23.33

Conclusion:

1. After analyzing the data and the observations, we have come to conclusion that **Rason pinda (swalpa) with Erandmool kwath** given orally in morning is found to be effective in Grudhrasi.

2. No adverse, toxic or side effects of yoga were noticed.

3. All ingredients of this yoga are easily available and they are cost effective.

Source of Support : None Declared

Conflict of Interest : Nil