



UNIQUE JOURNAL OF AYURVEDIC AND HERBAL MEDICINES

Available online: www.ujconline.net

Research Article

CLINICAL STUDY TO EVALUATE THE EFFICACY OF ERANDA PHALA PAYAS IN THE MANAGEMENT OF GHRIDRASI

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Received 30-06-2015; Revised 28-07-2015; Accepted 26-08-2015

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ABSTRACT

Nowadays, Ghridrasi is found very commonly in day to day clinical practice. In our Ayurveda, Gridhrasi comes under 80 types of Nanatmaja Vatavyadhi and it is considered as one of the Snayugata Vatavyadhi having vitiation of Vata and sometimes VataKapha Dosha, which starts from Gridhrasi Nadi. In modern science it is correlated with Sciatica. The modern conservative therapy (rest and analgesics) and all other modalities have their own limitations & not completely free from adverse effects. In the present case study, Ghridrasi has been treated with oral administration of Eranda Phala Payas for 30 days. The clinical trial revealed that this classical preparation significantly improves the Ghridrasi.

Keywords: Ghridrasi, Vatavyadhi, Sciatica, Eranda Phala Payas. Straight Leg Raising Test. (SLR Test)

INTRODUCTION

In Ayurveda, a variety of Vatavyadhi described. In Charak Samhita these are divided into Samanyaja and Nanatmaja group. Gridhrasi comes under 80 types of Nanatmaja Vatavyadhi and it is considered as one of the Snayugata Vatavyadhi having vitiation of Vata and sometimes VataKapha Dosha, which starts from Gridhrasi Nadi. The name itself indicates the way of gait shown by the patients due to extreme pain just like a Gridhra (vulture). It not only creates severe pain but also difficulty in walking to the patient. Though, the disease is present in leg, it disturbs the daily routine and overall life of the patient. The cardinal signs and symptoms of Gridhrasi (Sciatica) are Ruka (pain), Toda (pricking sensation), Stambha (stiffness) and Muhuspandana (twitching) in the Sphika, Kati, Uru, Janu, Jangha and Pada in order. In Kaphanubandha, Tandra, Gaurva, Arochi are present¹. The symptoms seen in Gridhrasi can be well correlated with sciatica in modern terminology. Sciatica is a very painful condition in which pain begins in lumbar region and radiates along buttock, leg to knee and bellow, with parasthesiae in the foot². Hence the movement of the affected leg is restricted and the patient is not able to walk properly. The therapeutic effects on Gridhrasi of Many herbals are described in Ayurveda but they are yet to be explored. On the quest of such an effective, if possible radical management for Gridhrasi, we came across some very effective drugs, which have been individually proven successfully such as- Eranda,

Parijatak etc. Among These drugs, Eranda have good results on various types of Vatavyadhi. So, In the present study, oral administration of Eranda Phala Payas is advised to treat the Ghridrasi³.

MATERIALS AND METHODS

Study design:

Randomized single blind clinical study with pre and post design was adopted. 30 patients of Ghridrasi fulfilling the criteria for the inclusion were selected randomly for the study from O.P.D. and I.P.D, irrespective of their sex, age, religion etc.

Diagnostic criteria:-

The diagnostic criteria are based on classical symptoms like Ruka, Toda, and Stambha in sphik, kati, prushtha, uru, janu, jangha and pada region. Straight Leg Raising test was considered for sciatica.

Selection criteria:-

The patients were taken for the present study as per the following inclusion and exclusion criteria.

Inclusion criteria:

1. Clinical signs of Ghridhrasi ruk, toda, stambha, starts from sphik pradesha and radiating towards foot along with other symptoms like tandra, Gaurava, aruchi.
2. Age- between 20 to 60 years with both sexes.

Exclusion Criteria:

1. CA of spine, Tumor of cauda equina

2. Congenital abnormalities in lumbar spine Surgical indication
3. Tuberculosis of spine, Pregnancy
4. Uncontrolled Diabetes mellitus, Ischemic Heart Diseases.

MATERIALS

All raw drugs were purchased and where subsequently authenticated and standardized as per standard procedure before put to use.

METHODS

Treatment protocol:

Patients were administered Eranda Phala Payas for 30 days, the Phala Payas was prepared according to the Kshira paka vidhi as explained in Sharangadhar samhita⁴. Patients were kept on routine diet and advised to avoid spicy, pittakar aahar. And weekly assessment was done.

Dose: Drug - Eranda Phala Payas
Matra - 30 ml
Sevankal - Pragbhakta kala, twice a day
Anupan - Lukewarm water
Duration - 30 Days

Assessment:

Assessment were done initially before intervention of medicine and there after a period of 30 days on the following criteria.

- 1) Ruka
- 2) Toda
- 3) Stambha
- 4) Spandana
- 5) Tandra
- 6) Gaurava
- 7) Aruchi
- 8) SLR Test.

RESULTS

Ruka:

The mean score of Ruka was reduced by 61.90% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

Toda:

The mean score of Toda was reduced by 64.71% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

Stambha:

The mean score of Stambha was reduced by 62.50% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

Spandana:

The mean score of Spandan was reduced by 63.64% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

Tandra:

The mean score of Tandra was reduced by 58.33% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

Gaurava:

The mean score of Gaurava was reduced by 56.52% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

Aruchi:

The mean score of Ruka was reduced by 55.56% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

SLR Test:

The mean score of SLR Test was reduced by 57.14% , which was statistically significant. (P-value < 0.001) at 5% level of significance.

Table 1: Changes in the Parameters of Ghridrasi.

Lakshana	No. of Patient	Mean Score		% Relief	SD	Wilcoxon signed rank test (T ⁺)	P value
		BT	AT				
Ruka	30	2.1	0.8	61.90	0.466	465	< 0.001
Sthambha	30	1.7	0.60	64.71	0.403	435	< 0.001
Toda	30	1.87	0.70	62.50	0.379	465	< 0.001
Spandana	30	1.83	0.67	63.64	0.379	465	< 0.001
Gaurava	12	0.77	0.33	56.52	0.568	78	< 0.001
Tandra	13	0.80	0.33	58.33	0.629	78	< 0.001
Aruchi	14	0.90	0.40	55.56	0.629	91	< 0.001
SLR Test	30	1.87	0.80	57.14	0.365	435	< 0.001

DISCUSSION

Patients of Ghridrasi with Eranda Phala Payas showed that 61.90% relief in ruka, 62.50 % relief in toda, 64.71% in Stambha, 63.64% in Spandan, 58.33% relief in tandra, 56.52% relief in Gaurava, 55.56% relief in Aruchi and 57.14% relief in SLR test.

Probable mode of action of Eranda Phala Payas:-

The ingredients of Eranda Phala Payas are Eranda, shunthi and godugdha³. In that Eranda⁵ and shunthi⁶ are having ushna virya pradhana and godugdha⁷ having Madhur rasa and vipak which is the opposite quality of vata, thus suppresses the vata

and at the same time due to tikta rasa of Eranda⁵ and katu rasa of Shunthi⁶ suppresses kapha also. Due to snigdha guna of shunthi and guru and snigdha guna of Eranda pacifies the vata. Also eranda does vatanuloman. Thus this Eranda Phala Payas having vata kaphahara karma and also due to its deepana pachana kriya helpful in removing the ama and thereby removing the sroto avarodha and thus effective in treating both vataja and vatakaphaja type of Gridhrasi.

Probable mode of action of Eranda Phala Payas on subjective and objective parameters:

Ruka and Spandan are the Vataj symptom. Thus the vata is suppressed by the ushna veerya of eranda and shunthi, madhur

rasa and vipak of godudgha, and snigdha guna of shunthi and guru snigdha guna vatanulomak properties of eranda. In this way it helps in relieving ruka and spandana.

Toda is the pricking type of pain, occurs due to vata. Eranda due to the snigdha and guru guna does the mitigation of vata, by reducing its ruksha guna, therefore helps in reducing toda in patients. It is the pulsating type of pain experienced by the patients.

Stambha- It is the symptom due to kapha dosha. The laghu guna and katu rasa of shunthi and tikta rasa of eranda helps in suppressing kapha and clears sroto avarodha thus rectifies stambha.

Aruchi- The shunthi acts as pachak and the properties like laghu guna, katu rasa and ushna virya helps to promote the quality of jathara agni, helps in the shaman of ama and thus helps in rectifying aruchi⁸.

Gaurava- As the formulation has katu tikta rasa dravyas it helps in removing sroto avarodha hence relieving Gaurava.

SLR test- The formulation had shown fair response in these tests in the clinical study, but the exact way though this activity of the drug has occurred could not be explored.

CONCLUSION

Eranda Phala Payas showed good results on vataj lakshanas i.e. Ruka, toda, Spandana of Gridhrasi and also significant results on vatakapahaj lakshanas. In this present study Eranda Phala Payas gives overall 60.04% relief from the sign and symptoms of the Ghridrasi.

ACKNOWLEDGEMENT

I express my sincere and hearty gratitude to my respected Guide Prof. Dr. Sanjeev B. Lokhande, H.O.D. of Kayachikitsa for the precious guidance.

I acknowledge gratitude to Dr. Pramod Budruk , Principal ADAMC, Ashta. for providing all the sources at my disposal that backed up the action plan.

I also express my deepest gratitude to departmental teaching staff, prof. Dr. D. Deshpande sir, Dr. Deshmukhe sir, and Miss Dr.Lokhande mam for their valuable suggestions, ideas and help throughout my study.

I express my special thanks to Dr. A. Chougule, Department of Rasashastra. Also thankful to Mr. Pravin Maske for Statistical analysis.

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Source of support: Nil, Conflict of interest: None Declared