

**A CLINICAL STUDY TO EVALUATE EFFICACY OF *GOKSHURADI TAILA*  
*ANUVASANA BASTI – VARDHMAN MATRA* IN THE MANAGEMENT OF  
*VATAJA – GRIDHRASI* W.S.R. TO SCIATICA**



Dissertation submitted as partial fulfilment for the degree of

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**APRIL- 2019**

**Enrollment No: 160202211005**

## **ABSTRACT:**

**Introduction:** Sedentary life style, lack of physical activities & irregular food habits has directed human kind towards many chronic diseases. Ayurveda has categorized Gridhrasi as one of the *Vatavyadhi* caused by aggravated *Vata Dosha*. The disease is characterized by cardinal features i.e, *Ruka, Toda, Stambha & Spandana* which causes difficult to walk, rendering of daily activities. This has a close resemblance to sciatica which is also characterized by stinging or numbing pain felt in buttock, thigh and leg. Due to modernization the prevalence of *Gridhrasi* is alarming worldwide. The contemporary system has not found any specific treatment and so now a days these cases are accounted by Ayurveda to achieve a treatment protocol accordingly. Ayurveda has mentioned *Basti* as most prime procedure to overcome *vatavyadhi* and so entitled as *ardhachikitsa* by *Acharya Charaka*. It acts as *Vatahara, Shulahara, Shothahara, Yogavahi, Agnideepaka & Rasayana*. So, there is great need for advancing the field of *Ayurveda* specially in life style related diseases and thus this intended trail was done.

**Methods:** Total 30 Patients complaining of low back pain and fulfilling the inclusion criteria to diagnose *Gridhrasi* were selected for the study. *Gokshuradi Taila Anuvasana Basti* was administered consecutively for 9 days in *Vardhamana Matra* and results were assessed accordingly.

**Results:** Statistically significant ( $p < 0.001$ ) values were seen in clinical features like *Ruka, Toda, Stambha & Spandana*. Improvement were also observed in objective parameters i.e, SLR test, Goniometer, Lasegue's sign, walking distance & foot pressure. The present study shows that *Gokshuradi Taila Anuvasana Basti* is effective to provide 90% marked relief with significant values. No adverse effect of the trial drug was observed during the study.

**Conclusion:** The results suggest that *Gokshuradi Taila Anuvasana Basti in Vardhamn Matra* is significantly effective in the management of *Gridhrasi*.

**Keywords:** *Gokshuradi Taila, Anuvasana Basti, Gridhrasi, Low back pain, Sciatica*