



## Research Article

### COMPARATIVE CLINICAL EVALUATION OF THE EFFECT OF *MATRAVASTI* AND *KATIVASTI* WITH *DHANVANTARA TAILA* AND *TILA TAILA* IN THE MANAGEMENT OF *GRIDHRASI VATA VIS-A-VIS SCIATICA*

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#### KEYWORDS:

*Gridhrasi, Sciatica, Matravasti, Kativasti, Dhanvantara taila, Tila taila.*

#### ABSTRACT

Many *Vata vyadhi* are described in *Charaka Samhita* which are classified into *Nanatmaja* and *Samanyaja* group. *Gridhrasi* is one among 80 *Vataja nanatmaja vyadhi*. This can be correlated with *Sciatica* in modern medicine. *Panchakarma* presents a unique approach of *Ayurveda*. Among the *Panchakarma*, *Vasti karma* is such a *Chikitsa* that is indicated in all the *Vatavyadhi*. *Gridhrasi* is a *Vata vyadhi*, in which local *Samprapti* is having quiet major importance. In the procedure of *Kativasti*, *Snehana* and *Svedana* occur simultaneously and locally. So *Matravasti* and *Kativasti* have an important role as both come under *Snehana* treatment and have been selected for the study. *Dhanvantara taila* is indicated in *Vata vyadhi* and *Tila taila* is *Marutaghnam*, so both the *Taila* are selected for the study. In the present clinical study, 60 patients with *Gridhrasi* under inclusion criteria are selected and divided into four groups. The treatment is for 14 days. The efficacy of treatment is assessed immediately after treatment and after 15 days of completion of treatment by objective parameters and by adopting scoring methods for the subjective parameters and the results are analyzed statistically by ANOVA test. The results of the study indicate that the 'p' value is highly significant to extremely significant in all the four groups in selected parameters.

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#### INTRODUCTION

*Gridhrasi* is a *Vata vyadhi*, characterized by *Ruk* (pain), *Toda* (pricking pain), *Stambha* (stiffness), and *Muhuspandanam* (twitching pain) in waist, hip and back of the thigh, knee, calf and foot in *Vataja* type whereas *Tandra* (drowsiness), *Gaurava* (heaviness) and *Arocaka* (anorexia) in addition to them in *Vata kaphaja* type.<sup>[1]</sup> Sciatic neuralgia is defined as 'pain in the distribution of the sciatic nerve due to pathology of the nerve itself'.<sup>[2]</sup> In epidemiological studies of different populations, the prevalence of *Sciatica* symptoms reported, has varies from 1.6% in the general population to 43% in a selected working population.<sup>[3]</sup> In modern system of medicine there are various available modalities for the management of *Sciatica* like conservative treatment (analgesics), epidural steroid injection and surgical treatment. All these modalities have their own

limitations and complications. While in most of the Ayurvedic classical texts, principles of treatment and drugs for the management of this condition are described in detail and are proved to be effective on the same in different clinical trials. So the present study entitled "Comparative clinical evaluation of the effect of *Matravasti* and *Kativasti* with *Dhanvantara taila* and *Tila taila* in the management of *Gridhrasi vata vis-a-vis Sciatica*" has been selected. *Dhanvantara taila* is mentioned as *Sarvavata vikarajit* in *Astanga Hridayam Sarirasthana* 2nd chapter<sup>[4]</sup> and *Tila taila* is described as *Marutaghnam* in *Charaka Samhita Sutra sthana* 13th chapter.<sup>[5]</sup>

#### Aims and Objectives

- To evaluate the effect of *Matravasti* with *Dhanvantara taila* and *Tila taila* in *Gridhrasi*.

- To evaluate the effect of *Kativasti* with *Dhanvantara taila* and *Tila taila* in *Gridhrasi*.
- To compare the effect of *Matravasti* and *Kativasti* with *Dhanvantara taila* and *Tila taila* in *Gridhrasi*.

**MATERIALS AND METHODS**

The patients who have attended the OPD and IPD of the Pancakarma department of S.V. Ayurvedic Hospital, Tirupati between 20 to 60 years of age having the complaints of low back pain radiating to one or both the lower limbs, are screened. Total patients are randomly allocated into four groups.

**Materials used to administer *Matravasti***

*Vastiyantara*, Mortar and pestle, Disposable gloves, Oil (*Dhanvantara taila / Tila taila*). Materials used to administer *Kati vasti*: *Mashapishti*, Oil (*Dhanvantara taila / Tila taila*), Steel ring.

**Plan of Study**

After diagnosis, total 60 patients of *Gridhrasi* were randomly divided into following four groups.

1. Group A: *Matravasti* with *Dhanvantara taila* for 14 days.
2. Group B: *Matravasti* with *Tila taila* for 14 days.
3. Group C: *Kati vasti* with *Dhanvantara taila* for 14 days.
4. Group D: *Kati vasti* with *Tila taila* for 14 days.

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> <li>• Age between 20 to 60 years</li> <li>• Presence of clinical features of <i>Gridhrasi</i> like <i>ruk</i>, <i>stambha</i> etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Psychiatric disorders</li> <li>• Pott’s spine</li> <li>• Post spinal surgical case</li> <li>• Space occupying lesions of brain</li> <li>• Severe systemic disorders</li> <li>• Malignancy</li> </ul>

**Parameters for Assessment**

**Objective parameters**

1. Angle of Straight Leg Raising Test
2. Modified Oswestry Low Back Pain Disability Questionnaire (0 -50)
3. Roland Morris Low Back Pain and Disability Questionnaire (0 – 24)
4. Walking time average (in seconds)

**Subjective parameters**

1. *Sthambha* (stiffness) (0 – 4)
2. *Ruk* (pain) (0 – 4)
3. *Toda* (pricking sensation) (0 – 4)
4. *Grihnati* (tightness) (0 – 4)
5. *Spandana* (twitching) (0 – 4)
6. *Tandra* (drowsiness) (0 – 3)

7. *Gaurava* (heaviness) (0 – 3)

8. *Aruchi* (anorexia) (0 – 3)

Assessment was done three times i.e. initially before undergoing medical intervention (0th day), immediately after the completion of treatment (15th day) and after 15 days of completion of treatment (30th day).

**OBSERVATIONS**

- Among the 60 patients included in the study, 20 patients (33.33%) belong to the age group of 41- 50 years, 20 patients (33.33%) belong to the age group of 51-60 years and 14 patients (23.33 %) belong to 31- 40 age group, 6 patients (10%) represent the age group 20 - 30 years.
- 18 (30%) patients are male and remaining 42 (70%) patients are female.
- Married patients are 53 (88.33%), Unmarried are 4 (6.66%), and Widow 3 (5%).
- Maximum number of the patients are Hindu, 56 (93.33%). Muslim and Christian patients are 2 (3.33%) in number in either groups.
- Maximum number of patients, 22 (36.66%) in number are primary educated, the number of high school educated patients are 17 (28.33%), Registered graduates are 20 (33.33%), Post graduates are only 1 (1.66%) in number.
- Maximum patients registered in the study are house wives i.e. 32 (53.33%), involved in field work with physical labour are 18 (30%) and least number of patients, 10 (16.66%) are doing field work with intellect.
- 46 (76.66%) are with mixed dietary habit, 14 (23.33%) are vegetarian.
- *Vata-pitta prakruti* are 15 (25%), *Vata-kapha* are 19 (31.66%) and *Pitta-kapha* are 10 (16.66%). *Vata prakruti* are 6 (10%) and *Pitta prakruti* are 3 (5%) and *Kapha* are 7 (11.66%).
- 14 (23.33%) patients are suffering for the last 6 months or less period. 12 (20%) patients are suffering since >6 months to 1 Year. 13 (21.66%) patients developed the symptoms between 1 year to 2 years. 8 (13.33%) patients are having chronicity of 2 to 3 years. 13 (21.66%) patients are suffering from >3 years.
- In 39 (65%) single lower limb is affected by the radiating pain, in 21 (35%) patients both the lower limbs are affected by the pain.
- 46 (76.66%) patients have normal gait, 14 (23.33%) patients have abnormal gait.
- 26 (43.33%) patients have some h/o trauma involving low back followed by development of symptoms. In 34 (56.66%) patients, symptoms were developed without h/o trauma.

➤ All the patients (100%) in the present study have *Ruk* as their main symptom. *Stambha* is symptom found in 52 (86.66%) patients, 47 (78.33%) patients have *Gaurava*, *Toda* is present in 31 (51.66%), *Grihnati* is present in 38 (63.33%), *Aruchi* is present in 10 (16.66%), 7 (11.66%) patients have *Tandra* and *Spandana* is present in only 2 (3.33%) patients.

**RESULTS**

**Table 1: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on SLRT 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0 <sup>th</sup> day(before treatment)	15 <sup>th</sup> day(Immediately after treatment)				
Group-A	55.33± 16.308	72± 9.599	16.66	9.865	<0.001	***
Group-B	55.66± 13.075	70.66± 10.99	15.00	13.161	<0.001	***
Group-C	57.33± 11.932	74.66± 7.666	17.33	12.942	<0.001	***
Group-D	55.33± 14.936	70± 13.093	14.667	11.564	< 0.001	***

**Table 2: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on SLRT 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0 <sup>th</sup> day(before treatment)	30 <sup>th</sup> day(follow up after 15 days of completion of treatment)				
Group-A	55.33± 16.308	74± 12.130	18.66	11.048	<0.001	***
Group-B	55.66± 13.075	73.33± 9.940	17.67	15.501	<0.001	***
Group-C	57.33± 11.932	72± 8.824	14.667	10.951	<0.001	***
Group-D	55.33± 14.936	69.33± 13.345	14.00	11.039	<0.001	***

**Table 3: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Modified Oswestry Low Back Pain Disability Questionnaire on 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0 <sup>th</sup> day(before treatment)	15 <sup>th</sup> day(Immediately after treatment)				
Group-A	26.8± 7.821	14.53± 5.027	12.267	13.464	<0.001	***
Group-B	25± 5.892	14.2± 4.443	10.80	23.211	<0.001	***
Group-C	26.66± 6.630	15.133± 2.560	11.533	14.284	<0.001	***
Group-D	30.4± 6.022	19.4± 5.642	11	22.710	<0.001	***

**Table 4: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Modified Oswestry Low Back Pain Disability Questionnaire 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day (before treatment)	30th day(follow up after 15 days of completion of treatment)				
Group-A	26.8± 7.821	14.53± 4.307	12.267	13.464	<0.001	***
Group-B	25± 5.892	14.2± 4.931	10.80	23.211	<0.001	***
Group-C	26.66± 6.630	16.466± 2.875	10.200	12.633	<0.001	***
Group-D	30.4± 6.022	20.733± 6.319	9.733	19.974	<0.001	***

**Table 5: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Roland Morris Disability Questionnaire 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	15th day(Immediately after treatment)				
Group-A	13.6± 3.180	6.466± 1.356	7.133	18.223	<0.001	***
Group-B	12.666± 2.554	6.733± 1.580	5.933	18.773	<0.001	***
Group-C	14.73± 3.240	7.8± 1.935	6.933	24.827	<0.001	***
Group-D	16.133± 2.900	9.733± 2.017	6.400	26.724	<0.001	***

**Table 6: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Roland Morris Disability Questionnaire 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	30th day(follow up after 15 days of completion of treatment)				
Group-A	13.6± 3.180	7.4± 1.805	6.200	15.839	<0.001	***
Group-B	12.666± 2.554	7.733± 2.154	4.933	15.609	<0.001	***
Group-C	14.73± 3.240	9.333± 2.160	5.400	19.336	<0.001	***
Group-D	16.133± 2.900	10.866± 2.295	5.267	21.991	<0.001	***

**Table 7: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Walking time on 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day (before treatment)	15th day(Immediately after treatment)				
Group-A	14± 2.035	10.8± 1.207	3.200	11.225	<0.001	***
Group-B	14± 2.035	11.26± 1.580	2.733	11.259	<0.001	***
Group-C	14± 2.854	11.466± 1.642	2.533	8.869	<0.001	***
Group-D	13.73± 1.710	11.66± 1.877	2.06	10.186	<0.001	***

**Table 8: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Walking time 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	30th day(follow up after 15 days of completion of treatment)				
Group-A	14± 2.035	11.2± 1.373	2.800	9.822	<0.001	***
Group-B	14± 2.035	11.86± 1.356	2.133	8.787	<0.001	***
Group-C	14± 2.854	12.33± 2.127	1.667	5.835	<0.001	***
Group-D	13.73± 1.710	12.33± 2.350	1.400	6.900	<0.001	***

**Table 9: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on *Ruk* on 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day (before treatment)	15 <sup>th</sup> day (Immediately after treatment)				
Group-A	3.466± 0.516	1.266± 0.7037	2.200	17.700	<0.001	***
Group-B	3.2± 0.414	1.4± 0.736	1.800	16.461	<0.001	***
Group-C	3.333± 0.488	1.4± 0.9103	1.933	15.397	<0.001	***
Group-D	3.466± 0.516	1.733± 0.7988	1.733	17.567	<0.001	***

**Table 10: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on *Ruk* on 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	30th day(follow up after 15 days of completion of treatment)				
Group-A	3.466± 0.516	1.8± 0.560	1.66	13.409	<0.001	***
Group-B	3.2± 0.414	1.933± 0.593	1.267	11.583	<0.001	***
Group-C	3.333± 0.488	2± 0.6547	1.333	10.618	<0.001	***
Group-D	3.466± 0.516	2.333± 0.617	1.133	11.486	<0.001	***

**Table 11: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Stambha on 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	15th day(Immediately after treatment)				
Group-A	1.733± 1.100	0.466± 0.639	1.262	9.127	<0.001	***
Group-B	1.33± 0.9759	0.266± 0.4577	1.067	9.755	<0.001	***
Group-C	1.466± 0.7432	0.266± 0.4577	1.200	14.815	<0.001	***
Group-D	1.8± 1.082	0.666± 0.816	1.133	9.413	<0.001	***

**Table 12: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Stambha on 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th Day	30th day(follow up after 15 days of completion of treatment)				
Group-A	1.733± 1.100	0.666± 0.617	1.067	7.686	<0.001	***
Group-B	1.33± 0.9759	0.466± 0.6399	0.8667	7.926	<0.001	***
Group-C	1.466± 0.7432	0.533± 0.6399	0.933	11.523	<0.001	***
Group-D	1.8± 1.082	1.066± 0.9612	0.733	6.091	<0.001	***

**Table 13: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Gaurava on 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	15th day(Immediately after treatment)				
Group-A	1.066± 0.457	0.066± 0.258	1.00	10.801	<0.001	***
Group-B	0.666± 0.4880	0.133± 0.3519	0.533	5.237	<0.01	**
Group-C	1± 0.7559	0.1	0.9	8.493	<0.001	***
Group-D	1.066± 0.798	0.4± 0.6325	20.666	5.662	<0.01	**

**Table 14: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Gaurava on 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day (before treatment)	30th day(follow up after 15 days of completion of treatment)				
Group-A	1.066± 0.457	0.266± 0.457	0.800	8.641	<0.001	***
Group-B	0.666± 0.4880	0.266± 0.4577	0.400	3.928	<0.05	*
Group-C	1± 0.7559	0.466± 0.516	0.533	4.530	<0.01	**
Group-D	1.066± 0.798	0.6± 0.8281	20.4667	3.964	<0.05	*

**Table 15: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on *Toda* on 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	15th day(Immediately after treatment)				
Group-A	0.8± 0.861	0.2± 0.414	0.600	5.281	<0.01	**
Group-B	0.333± 0.6172	0.066± 0.2582	0.2667	3.908	<0.05	*
Group-C	0.866± 0.7432	0.2666± 0.4577	0.600	4.878	<0.01	**
Group-D	0.933± 1.033	0.4± 0.632	20.533	5.691	<0.01	**

**Table 16: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on *Toda* on 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day(before treatment)	30th day(follow up after 15 days of completion of treatment)				
Group-A	0.8± 0.861	0.266± 0.4577	0.5333	4.694	<0.01	**
Group-B	0.333± 0.6172	0.066± 0.2582	0.2667	3.908	<0.05	*
Group-C	0.866± 0.7432	0.4± 0.5071	0.4667	3.794	<0.05	*
Group-D	0.933± 1.033	0.533± 0.743	20.400	4.268	<0.05	*

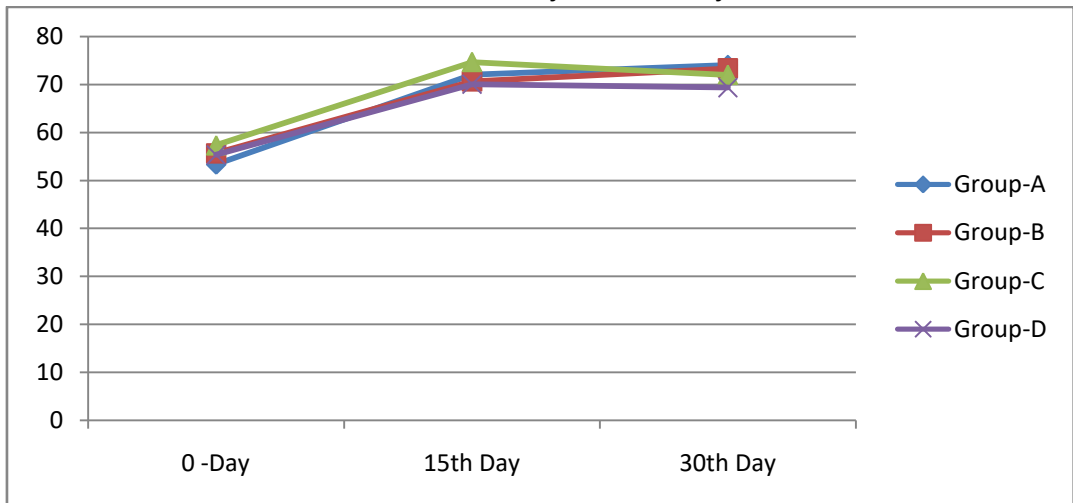
**Table 17: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on *Grihnati* on 15th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day (before treatment)	15th day (Immediately after treatment)				
Group-A	0.933± 0.7037	0.266± 0.4577	0.666	5.774	<0.001	***
Group-B	0.733± 1.033	0.333± 0.723	0.400	4.243	<0.05	*
Group-C	0.933± 0.7988	0.333± 0.4880	0.600	6.874	<0.001	***
Group-D	1.2± 1.082	0.666± 0.8165	20.533	4.877	<0.01	**

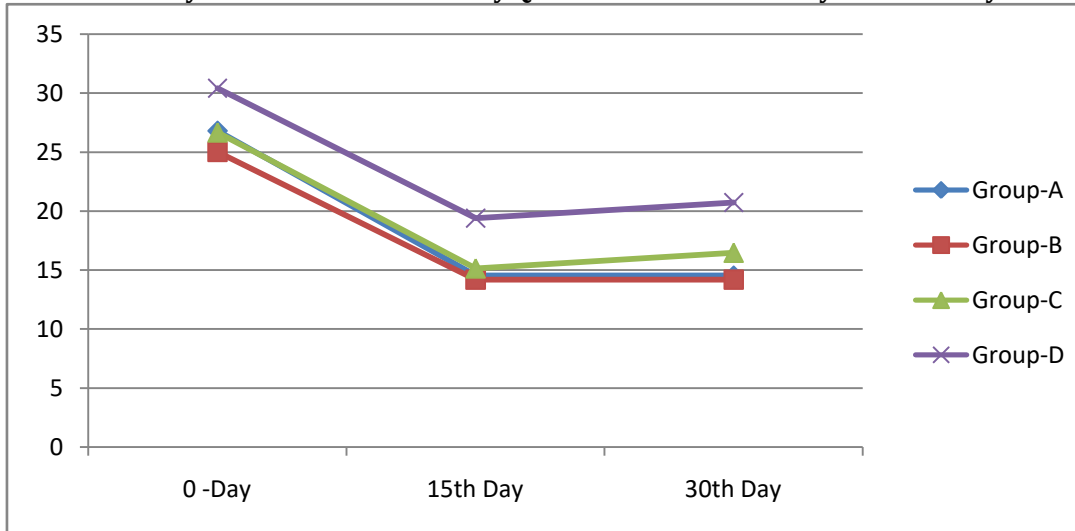
**Table 18: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on *Grihnati* on 30th day**

Group	Mean ± SD		MD	q	P value	Remark
	0th day (before treatment)	30th day (follow up after 15 days of completion of treatment)				
Group-A	0.933± 0.7037	0.4± 0.5071	0.533	4.619	<0.01	**
Group-B	0.733± 1.033	0.333± 0.617	0.400	4.243	<0.05	*
Group-C	0.933± 0.7988	0.533± 0.6399	0.400	4.583	<0.01	**
Group-D	1.2± 1.082	0.8± 0.7746	20.400	3.658	<0.05	*

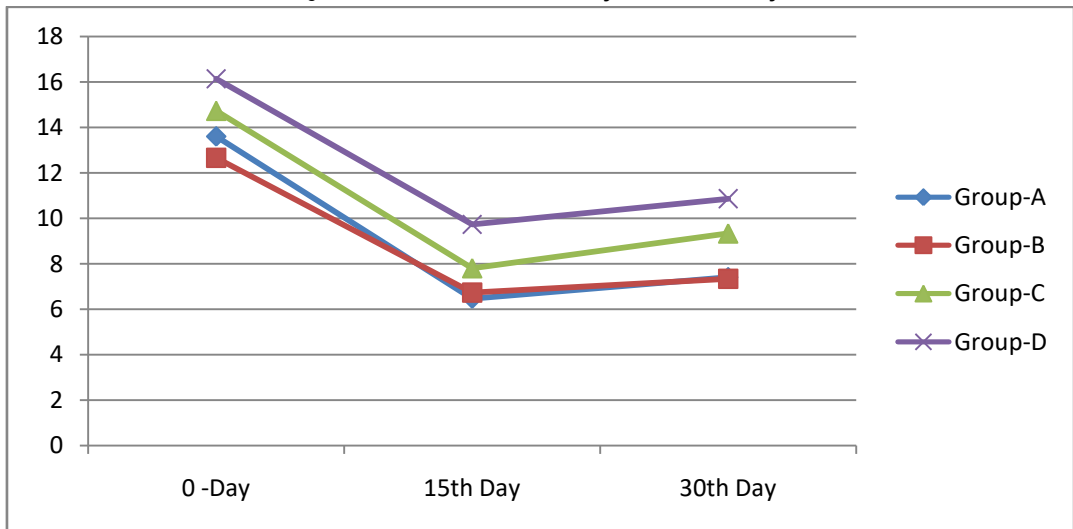
**Graph 1: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on SLRT on 15th day and 30th day**



**Graph 2: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Modified Oswestry Low Back Pain Disability Questionnaire on 15th day and 30th day**

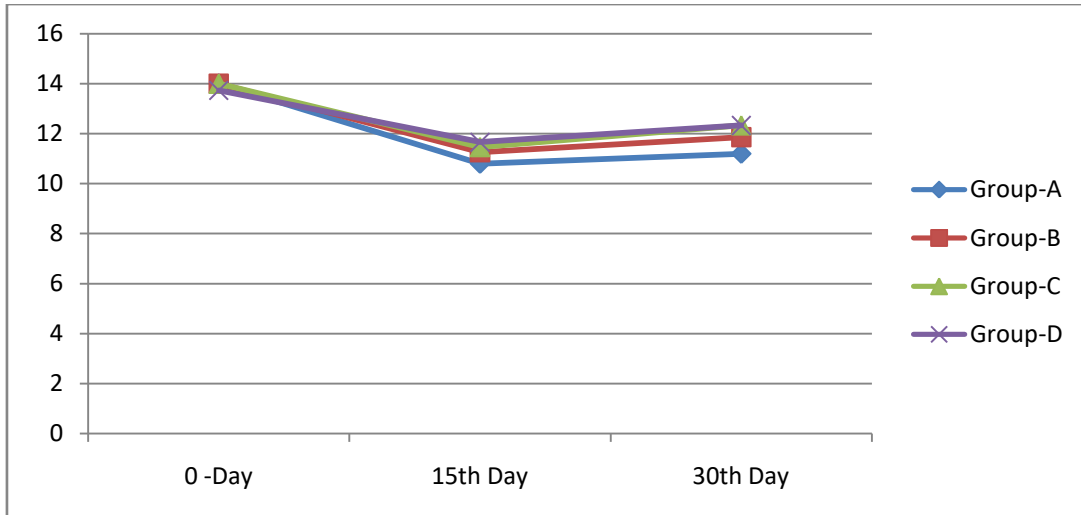


**Graph 3: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Roland Morris Disability Questionnaire on 15th day and 30th day**

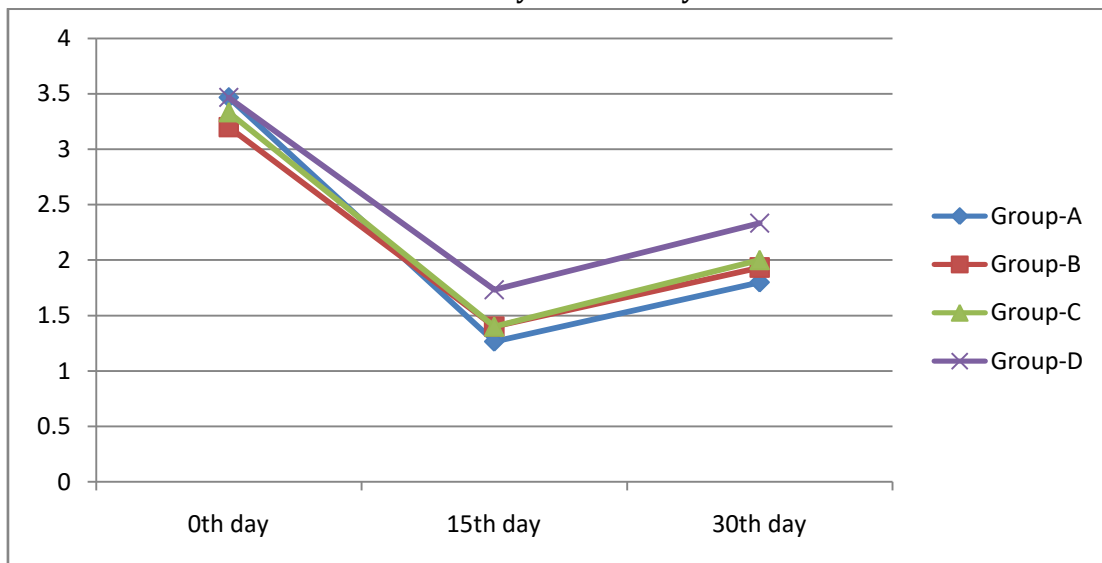




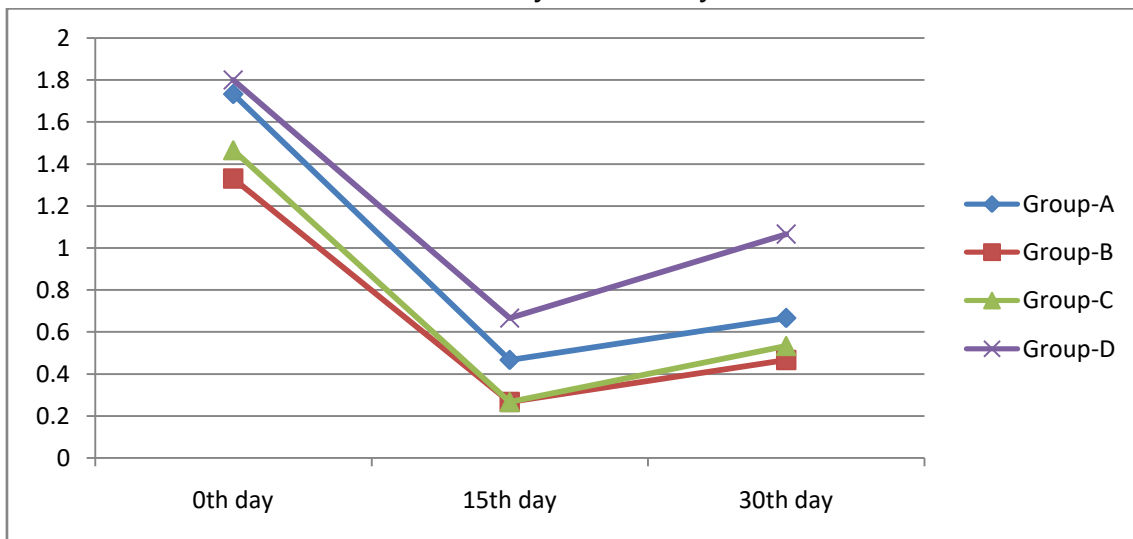
**Graph 4: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Walking time on 15th day and 30th day**



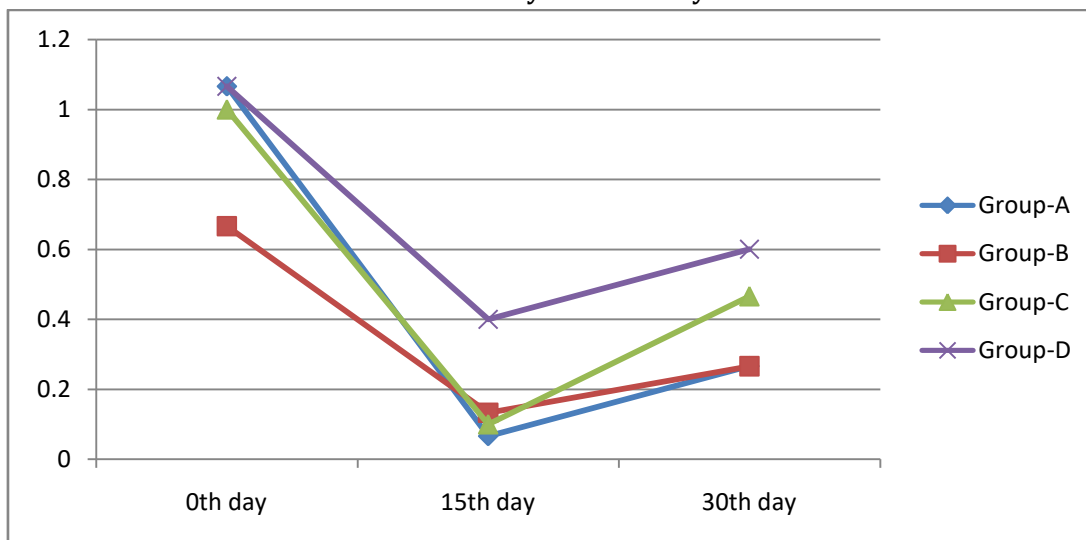
**Graph 5: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Ruk on 15th day and 30th day**



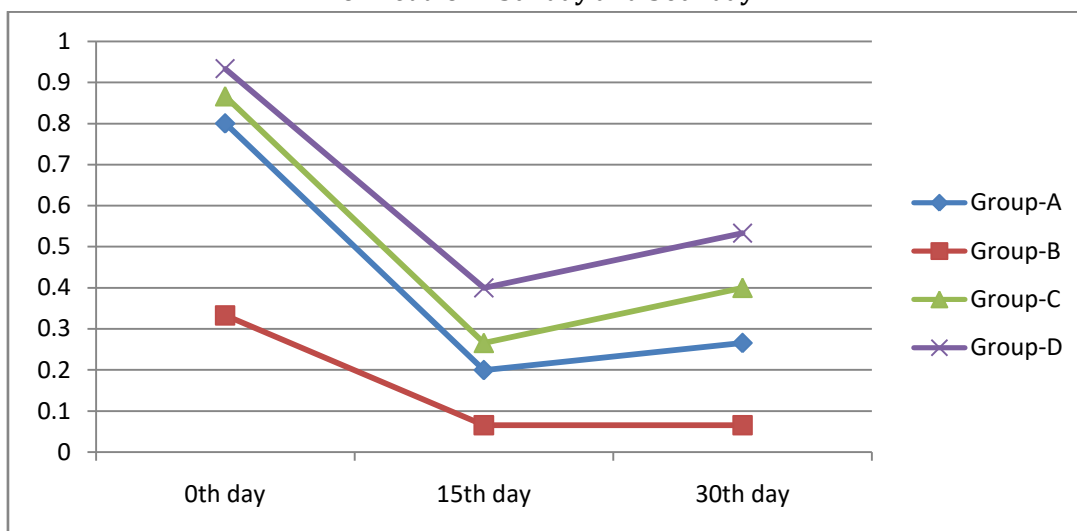
**Graph 6: Effect of *Matravasti* and *Kati vasti* with *Dhanvantara taila* and *Tila taila* on Stambha on 15th day and 30th day**



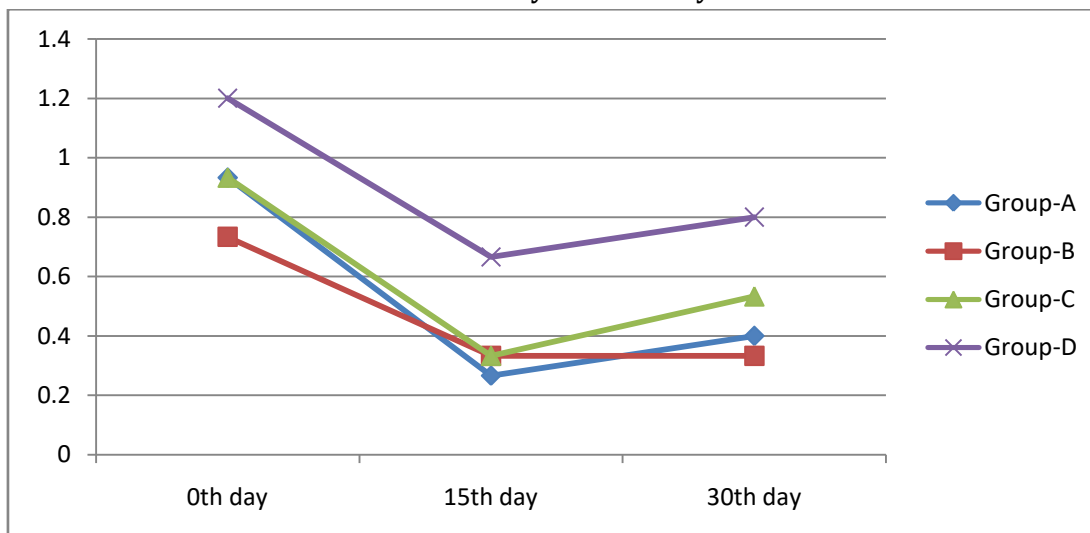
**Graph 7: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Gaurava on 15th day and 30th day**



**Graph 8: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Toda on 15th day and 30th day**



**Graph 9: Effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on Grihnati on 15th day and 30th day**



➤ The effect of Matravasti and Kati vasti with Dhanvantara taila and Tila taila on the symptoms Aruchi, Tandra, Spandana are statistically insignificant on 15th day and on 30th day with p value > 0.05.

## DISCUSSION

### Effect on SLRT

- The effect of *Matravasti* with *Dhanvantara taila* and with *Tila taila* on SLRT on 15th day (immediately after treatment) and on 30th day (follow up after 15 days of completion of treatment) is highly significant. On the other hand *Kati vasti* with *Dhanvantara taila* and *Tila taila* 15th day and on 30th day, also shown highly significant improvement. Statistically the results of the comparisons are not significant as results obtained in all four groups are approximately similar. But when mean differences are compared *Kati vasti* with *Dhanvantara taila* (Group C) has shown better results than other groups on 15th day on SLRT. On 30th day, *Matravasti* with *Dhanvantara taila* (Group A) has shown better results than other groups. Group B (*Matravasti* with *Tila taila*) has also shown good result but lesser when compared to Group A on 30th day

### Effect on Modified Oswestry Low Back Pain Disability Questionnaire

- The effect of *Matravasti* with *Dhanvantara taila* and with *Tila taila* on 15th day and on 30th day has given highly significant improvement. Also *Kati vasti* with *Dhanvantara taila* and *Tila taila* 15th day and on 30th day, shown highly significant improvement. On 15th day and 30th day Group A and Group B are statistically significant when compared to Group D. As results obtained are approximately similar, statistically the other comparisons are not significant on 15th day and 30th day. When mean differences are compared, *Matravasti* with *Dhanvantara taila* (Group A) given better results when compared to other groups on 15th day and on 30th day. Next to Group A, Group B (*Matravasti* with *Tila taila*) has shown better results.

### Effect on Roland Morris Disability Questionnaire

- The effect of both the procedures i.e., *Matravasti* and *Kati vasti* with both the *Taila* i.e., *Dhanvantara taila* and *Tila taila*, on 15th day and on 30th day is highly significant. The effect of *Dhanvantara taila Matravasti* (Group A) is better than other three groups because mean difference in Group- A patients is more than Group B, Group C and Group D. Group A (*Dhanvantara taila Matravasti*) and Group B (*Tila taila Matravasti*) have shown highly significant result when compared to Group D (*Tila taila Kati Vasti*) on 15th day and on 30th day. Group C is statistically significant when compared to Group D on 15th day. Remaining comparisons are statistically

insignificant as their results are approximately similar.

### Effect on Walking Time

- All the four groups Group A, Group B, Group C and Group D have shown statistically highly significant change in walking time on 15th day and on 30th day Group A has shown better results on 15th day and 30th day when mean differences are compared. Next to group A, Group B has shown good results on 15th day and 30th day. In between the group comparison statistically significant changes are not observed as the results obtained in all four groups are approximately similar in walking time.

## CONCLUSION

*Gridhrasi* has been considered as a major problem to the physicians since time immemorial. It can be equated with Sciatica or Sciatic syndrome in modern parlance. Modern treatment of Sciatica is not very satisfactory and is often associated with serious side effects. Thus Ayurvedic treatment measures need clinical trials to revalidate the efficacy. *Matravasti* and *Kativasti* are the two simple procedures which are *Antahparimarjanachikitsa* and *Bahirparimarjana chikitsa* respectively. As these two procedures come under the category of *Sneha Cikitsa*, they can be advised in *Vata Vyadhi* especially in *Gridhrasi vata*. *Dhanvantara taila* and *Tila taila* are selected for the present study. Both the *Taila* have *Vatahara* property, easily available and cost effective. Therefore the present study was aimed to find out the effect and compare the effect of *Matravasti* and *Kativasti* with *Dhanvantara taila* and *Tila taila* in the management of *Gridhrasi vata*. The clinical study was conducted in 60 patients divided into 4 groups. *Matravasti* with *Dhanvantara taila* in group-A, *Matravasti* with *Tila taila* in group-B, *Kativasti* with *Dhanvantara taila* in group-C and *Kativasti* with *Tila taila* in group D. Assessment was done initially before the medical intervention (0th day), immediately after the completion of treatment (15th day) and after 15 days of completion of treatment (30th day). The results were analyzed statistically and significant improvement after treatment (15th day) and also after 15 days of completion of treatment (30th day) was found in all four groups. When compared in between the groups *Kati vasti* with *Tila taila* has better result than *Matravasti* with *Tila taila*, *Kati vasti* with *Dhanvantara taila* has better result than *Kati vasti* with *Tila taila* and *Matravasti* with *Dhanvantara taila* has better result than all the other three

groups in the management of *Gridhrasi* (Group A > Group C > Group D > Group B).

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