



Effect of *Shiva Guggulu* in *Gridhrasi* (Sciatica)

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ABSTRACT: *Ayurveda* literally means "science of life". It's among the world's oldest methods of holistic care. *Acharya Charaka* lists *Gridhrasi* as one of the 80 *Nanatmaja Vata* illnesses, mentioning two varieties: *Vataja* and *Vata-kaphaja*. The main symptoms are *Ruka* (pain), *Toda* (pricking sensation), *Stambha* (stiffness), and *Muhurspandana* (twitching) in the waist, the hip, back of the thigh, knee, calf region and foot respectively. As a result, the illness most closely resembles sciatica, which is defined as sciatic nerve-related pain or discomfort. The patient appears with paresthesia and numbness associated with pain in lower back radiating to both legs. The focus of the *Acharya's* treatment, as outlined in multiple sources, is on *Ayurvedic Medicines* (*Shiva Guggulu*), *Agnikarma*, *Siravedha* (at *Janu*), and *Basti Karma*. Using *Shiva Guggulu* can help relieve symptoms like pain, stiffness, discomfort, and inflammation.

KEYWORD: *Gridhrasi*, *Shiva Guggulu*, Pain, Discomfort.

INTRODUCTION

The primary presenting complaint in sciatica, low backache, is becoming more common these days due to a busy work and social life, poor posture when performing daily tasks in factories and offices, constant overexertion, and jerky movements when travelling or playing sports.

According to Shetty et al. (2022), a significant portion of the population is affected by LBP, which is more common in India than in other ethnic and global populations. This is especially the case for women, people living in rural areas, and elementary school teachers who are constantly exposed to improper body postures.² The World Health Organisation (2023) estimates that 619 million individuals worldwide suffer with LBP, and that figure is expected to rise to 843 million cases by 2050. As a result, this illness is now seriously endangering the working population.³

Gridhrasi is a *Ruka Pradhan Vyadhi*, one of the 80 forms of *Nanatmaja Vatavyadhi* described by *Acharyas*.^{4,5} The Sanskrit term "*Gridhra*," which refers to a vulture, is the source of the English word "*Gridhrasi*." The reason for the name is that the patient who has this illness walks like a vulture. As a *Vataja Nanatmaja Vyadhi*, the *Nidana* of *Gridhrasi* is not specifically mentioned in any *Ayurvedic* source; hence, generic *Vata Prakopaka Hetus* should be taken into consideration as its causative causes. *Vataja* and *Vata-Kaphaja* are the two categories that *Acharyas* have characterised.⁴

स्फिक्पूर्वा कटिपृष्ठोरुजानुजङ्घापदं क्रमात् ।

गृध्रसी स्तम्भरुक्तोदैर्गृह्णाति स्पन्दते मुहुः ॥

(च.चि. 28/56)

Gridhrasi is characterized by the onset of *Ruka* (pain), *Toda* (pricking pain), *Stambha* (stiffness), *Spandana* (pulsation) initially in *Sphika* (buttock) and then radiating distally to the posterior aspect of *Kati* (waist), *Pristha* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) up to *Pada* (foot) (*Sastri & Chaturvedi, 2018c, p.787*).⁴ Along with these symptoms, *Acharyas* also specify some aspects for the *Vata-Kaphaja* form of *Gridhrasi*, such as *Bhaktadvesha*, *Gaurva*, *Tandra*, *Aruchi*, and *Mukhapraseka*.⁶

According to *acharya Charaka*, the symptoms of *Gridhrasi* are⁷ -

In Vataja type –

a) *Stambha* (stiffness), b) *Ruka* (pain), c) *Toda* (pricking sensation), d) *Muhuspandanam* (tingling sensation)

In Vata-kaphaja type of Gridhrasi -

a) *Tandra*, b) *Gaurava*, c) *Arochaka* are additional symptoms found.

According to *Sushruta* and *Vagbhatta* the symptoms of *Gridhrasi* are *Sakthanah Kshepam Nigriharniyata*, which indicates restricted movement of the lower extremities.⁸ According to *Madhavakara* states that the symptoms of *Vataja* type *Gridhrasi* are *Agnimandya* and *Mukhapraseka*, and that the symptoms of *Vata-Kaphaja* type *Gridhrasi* are *Dehpravakrata*, or scoliosis.

Gridhrasi is equated with *Sciatica* in modern science. The term "sciatica" describes lower limb discomfort, numbness, and tingling that is caused by damage to or compression of the sciatic nerve, according to The Johns Hopkins University. The sciatic nerve causes discomfort in the lower back, which travels down the leg and up to the foot, past the knee, buttocks, and back of the thighs. In modern science, the primary objective of treatment is symptomatic, or the relief of pain, and this is achieved with the use of analgesics, muscle relaxants, physiotherapy, and in some situations, surgery. Each of them has a unique set of drawbacks and adverse consequences.

In *Ayurveda*, *Gridhrasi* is listed among the *Vatavyadhi* in both *Laghutriya* and *Brihatriya*.

SHIVA GUGGULU⁹

Shiva Guggulu was selected for the present study, which is mentioned in *Bhaishajya Ratnavali* in *Aamvata Chikitsa Prakarana* for the management of *Gridhrasi*. *Gridhrasi* is caused due to the dominance of *Vata* and *Kapha Doshas* and constituents of *Shiva Guggulu* i.e., *Guggulu*, *Rasna*, *Eranda*, *Devdaru*, *Maricha*, *Pippali*, *Shunthi*, *Haritaki*, *Vibhitaki*, *Amalaki*, *Danti*, *Vayvidang*, *Jatamansi Gandhak* are best for pacifying *Vata* and *Kapha Doshas* respectively as described by *Acharyas*.

शिवाभिभीतामलकीफलानां प्रत्येकशो मुष्टिचतुष्टयञ्च
तोयाढके तत्कथितं विधाय पादावशेषे त्ववतारणीयम् । ।
एरण्डतैलं द्विपलं निधाय पिचुत्रयं गन्धकनामकस्य ।
पचेत् पुरस्यात्र पलद्वयञ्च पाकावशेषे च विचूर्ण्य दद्यात् । ।
रास्ना विडङ्गं मरिचं कणा च दन्तीजटानागरदेवदारु ।
प्रत्येकशः क्रोलमितं तथैषां विचूर्ण्य निक्षिप्य नियोजयेत्तु । ।
आमवाते कटीशूले गृध्रसीक्रोष्टुशीर्षके ।
न चान्यदस्ति भैषज्यं यथाऽयं गुग्गुलुः स्मृतः ॥

PREPARATION OF MEDICINE

MATERIAL AND METHODS

Collection of fresh raw drug was procured in the month of July from a local raw herbal drug dealer from Haridwar, Uttarakhand. The identification and authentication of raw drugs were done with the sample of raw drug by the faculty of Department of *Dravya gun*, Uttarakhand Ayurved University, Gurukul Campus Haridwar.

Contents of Shiva Guggulu

The *Guggulu* includes *Guggulu*, *Haritaki*, *Vibhitaki*, *Amlaki*, *Eranda tail*, *Gandhak*, *Rasna*, *Vay vidang*, *Marich*, *Pippali*, *Danti moola*, *Jatamansi*, *Shunthi* and *Devdaru* as ingredients.

Table..... Composition, parts used and quantity of drugs used in Shiva Guggulu

S.No.	Name	Botanical name	Part used	Ratio
1.	<i>Guggulu</i>	Commiphora mukul	<i>Niryas</i>	16 parts
2.	<i>Haritaki</i>	Terminalia chebula	<i>Phala</i>	32 parts
3.	<i>Vibhitaki</i>	Terminalia bellirica	<i>Phala</i>	32 parts
4.	<i>Amlaki</i>	Emblica officinalis	<i>Phala</i>	32 parts
5.	<i>Eranda</i>	Ricinus communis	<i>Tail</i>	16 parts
6.	<i>Gandhak</i>	Sulphur	<i>Bhasma</i>	6 parts
7.	<i>Rasna</i>	Pluchea lanceolata	<i>Panchanga</i>	1 part
8.	<i>Vay vidang</i>	Embelia ribes	<i>Phala</i>	1 part
9.	<i>Marich</i>	Piper nigrum	<i>Phala</i>	1 part
10.	<i>Pippali</i>	Piper longum	<i>Phala</i>	1 part
11.	<i>Shunthi</i>	Zingiber officinalis	<i>Kanda (Rhizome)</i>	1 part
12.	<i>Danti moola</i>	Baliopermum montanum	<i>Moola</i>	1 part
13.	<i>Jatamansi</i>	Embelia ribes	<i>Moola</i>	1 part
14.	<i>Devdaru</i>	Cedrus deodara	<i>Phala</i>	1 part

Form of medicine:- *Vati*

Dosage: - 1 gm twice a Day (500 mg 2 Tab BD) with lukewarm water after meal

Duration: - Duration of the treatment was 28 days

Anupana: - *Ushna jala* (lukewarm water) after meal

ROUTE OF ADMINISTRATION – *Oral*

Probable Mode of Action of Shiva Guggulu

Shiva Guggulu is very effective in the treatment of *Gridhrasi*, as it has been described by our ancient *Acharyas (Aaptopdesh)* so its efficacy is undoubtful in the management of *Gridhrasi*. All the constituents of *Shiva Guggulu*, are better for the pacification of vitiated *Vata* and *Kapha Dosha*, as described by *Acharyas*.

The drugs which comprise *Shiva Guggulu* can be categorized according to their *karma*, as follows.

Drug Property

- 1) *Haritaki*-- *Shoolahara, Anulomaka, Agnivardaka Tridosha Shamaka*
- 2) *Vibhitaki*-- *Sothahara, Tridosha Shamaka*
- 3) *Amlaki*--- *Tridosha Shamaka, Rasayana*
- 4) *Eranda Taila*---*Katishoola, Asthishoolahara, Anulomaka, Vatakaphahara*
- 5) *Gandhaka*-- *Dipana, Pachana, Sara, Balya, Yogavahi.*
- 6) *Guggulu*--*Sukshma, Rasayana, Bagnasandhanakara*
- 7) *Rasna*--*Vata Kapha Shamaka, Shoolahara*
- 8) *Vidanga*--- *Vata Kapha Shamaka, Agnivardaka*
- 9) *Maricha*--- *Agnivardaka, Shoolahara, Vata Kapha Shamaka*

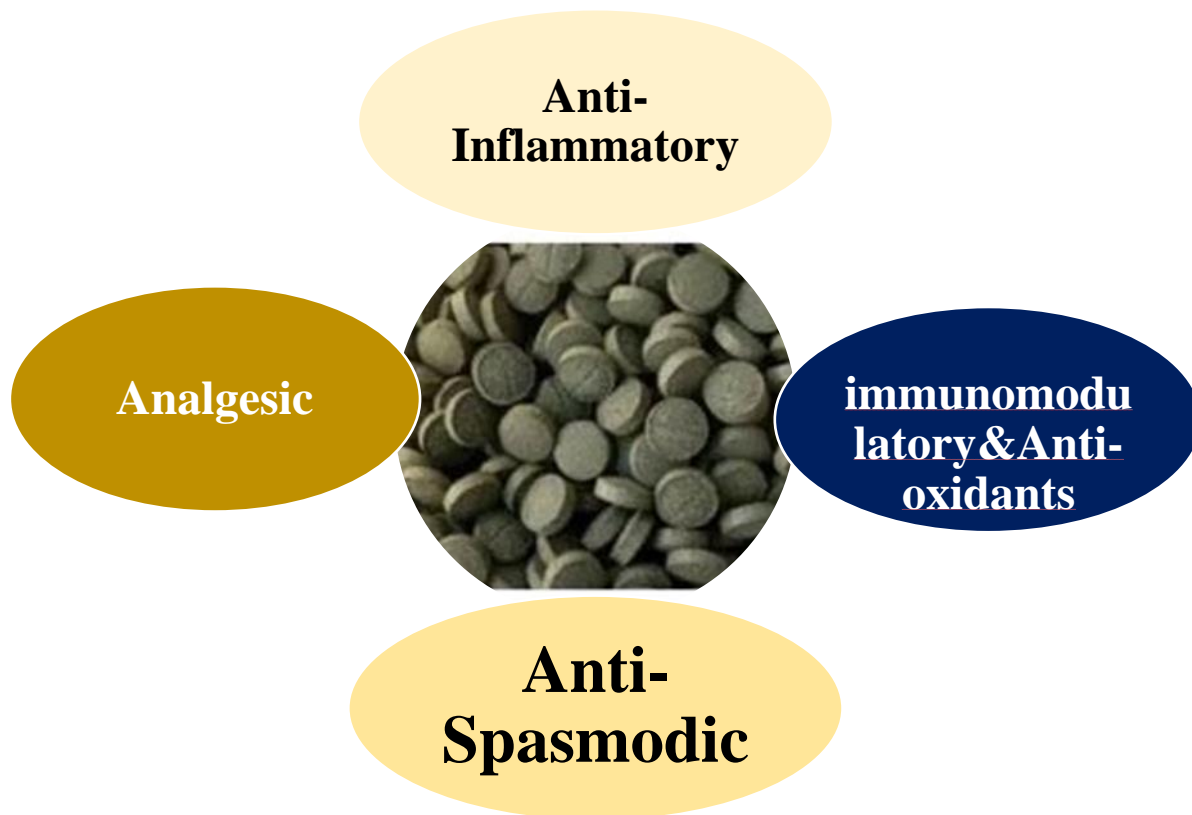
10) Danti Moola—Shoolahara, Sothahara, Dipana, Pachana, Vatahara, Virechaka, Ashukari

11) Jatamansi-- Tridosha Shamaka

12) Nagara- -Agnivardaka, Shoolahara, Vata Kapha Shamaka

13) Devadaru-- Vatavikara, Vibhanda, Vata Kapha Shamaka

14) Pippali- Agnivardaka, Shoolahara, Vata Kapha Shamaka



CONCLUSION

Shiva Guggulu's Rasapanchaka are known as *Kashaya-madhura-katu rasa*. *Guna yuktha Laghu-Rooksha-Snigdha-Sara*. 50% each for *Madhura* and *Katu vipaka*. *Vata kapha shamaka* and *Ushna Veerya Pradhana*. In accordance with these *Rasa*, *Guna*, *Veerya*, and *Vipaka*, the *Shiva guggulu* can function in *Gridhrasi samprapti Vighatana* as *Vata kapha Shamaka*, *Shoolahara*, *Sothahara*, *Vatanulomaka*, *Agnideepana*, *balya*, and *Rasayana*.

In this way properties of *Shiva Guggulu* helped in *Samprapti vighatana* of the disease.

Shiva Guggulu's contents are said to provide analgesic, spasmolytic, anti-inflammatory, and anti-oedematic effects by current standards. As a result, its anti-inflammatory and analgesic qualities will aid in the reduction of pain, and its spasmolytic qualities will ease stiffness. Comparably, *Guggulu's* pharmacological qualities—such as its anti-inflammatory, analgesic, calcium-ion antagonist action, hypolipidemic, and anti-arthritis qualities—will aid in symptom relief.¹⁰

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