



Case Report



SYNERGISTIC EFFECT OF *LASHUNA RASAYANA* WITH *BASTHI CHIKITSA* (MEDICATED ENEMA THERAPY) IN MANAGING *VATA KAPHAJA GRIDHRASI* (SCIATICA): A CASE REPORT

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ABSTRACT :

Background: *Ayurveda's* naming conventions for diseases often convey valuable insights into the conditions underlying pathology, and symptoms. *Gridhrasi* also known as sciatica is a prime example. *Gridhrasi* is a condition of antalgic gait characterized by severe pain in the lower back radiating to legs due to disturbance in *Vatadosha* which governs movement and nerve functions. Conventional treatments often focus on symptomatic management, neglecting the underlying causes of intervertebral disc prolapse and nerve compression. **Objective:** To evaluate the synergistic effect of *Lashuna rasayana* with *basthi chikitsa* (medicated enema therapy) in the management of *Vatakaphaja gridhrasi* and explore its potential as an alternative therapeutic approach in treating the cause of the disease. **Method:** A 38-year-old male patient presented with complaints of severe pain in the lower back and bilateral lower limbs. *Lashuna rasayana*(rejuvenation using garlic) was administered in ascending doses for 16days. **Main Findings:** The patient showed significant improvement in symptoms, with complete relief from pain and stiffness. The patient's ability to stand and walk was restored. This case study highlights the role of *Lashuna rasayana* in potentiating medicated enema therapy in the management of *vata kaphaja gridhrasi*. This study breaks new ground by investigating the synergistic effect of combining *basthi chikitsa* and *lashuna rasayana* in treating *vatakaphaja gridhrasi*. Unlike previous research that examined these therapies separately, this study provides valuable insight into their combined efficacy. This innovative approach contributes significantly to the existing body of knowledge offering potential breakthrough in *Gridhrasi* management

KEYWORDS: Ayurveda, Case Report, Pain, Sciatica, *Lashuna*, *Rasayana*, *Gridhrasi*

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1. INTRODUCTION

Gridhrasi is one among 80 *Vata*-related disorder[1] and is characterized by pain and stiffness in the *sphik* (gluteal region), *kati* (lower back), *jaanu* (knee), *jangha*(thigh) and *paada* (foot) regions[2], often correlated with sciatica. The condition arises from intervertebral disc prolapse, compressing the sciatica nerve root and causing radiating pain. With the increasing prevalence of disc prolapse due to physical activity, sciatica affects 1.6% of the general population and 43% of specific working population[3]. Contemporary science offers temporary relief through medicines and surgery is a final resort. In contrast, *Ayurveda* provides personalized treatment by addressing the root cause. There are two different aspects to be considered which include involvement of only *vata* or *vata-kapha*[4]. Various treatments, including *Snigdhasweda* (oily fomentation), *Virechanakarma* (purgation), *Niruha basti*, *Anuvasana basti* (decoction-oil enema), *Agni-karma* (thermal therapy), *Siravyadha* (bloodletting therapy) and *Rasayana* (rejuvenation), form the complete treatment of *Gridhrasi*[5]. *Lashuna rasayana* possesses *snigdha*, *ushna*, *pachana* and *brihmana* properties, making it an effective treatment for *Vata*-related disorders of *asthi dhaatu* caused by stiffness, loss of curvature etc[6] in which pathology of *Gridhrasi* can also be related. *Lashuna* in increased doses along with mild laxative helps to bring out its complete *rasayana* benefit while minimizing while reducing its side effect[7].

Objective: To evaluate the synergistic effect of *Lashuna rasayana* with *basthi chikitsa* (medicated enema

therapy) in the management of *Vata kaphaja gridhrasi* and explore its potential as an alternative therapeutic approach in treating the cause of the disease.

2. MATERIALS AND METHOD

A 32-year-old male patient was admitted to the IPD ward (056051) of the Department of Kayachikitsa, SDM Hospital, Hassan, with a chief complaint of sudden onset of radiating type of pain starting from lower back region radiating to right lower limb till toes, associated with stiffness, tingling sensation and this is making him difficulty in walking and standing for one month. Despite consulting a nearby hospital, the patient experienced no relief. Vital signs, including temperature, pulse, respiratory rate, heart rate and blood pressure were within normal limits. Diagnostic Finding of MRI scan revealed, Diffuse disc bulge at L2-L3, L3-L4, and L5-S1 levels, indentation on the thecal sac with mild narrowing of the central canal, bilateral neural foramen abutting bilateral existing nerve roots. The patient was assessed as *Kapha-Vataprakruti*.

Personal History

Bowel- slightly constipated.

Appetite- good, mixed diet include chicken, curd pickle daily

Sleep- Disturbed due to pain

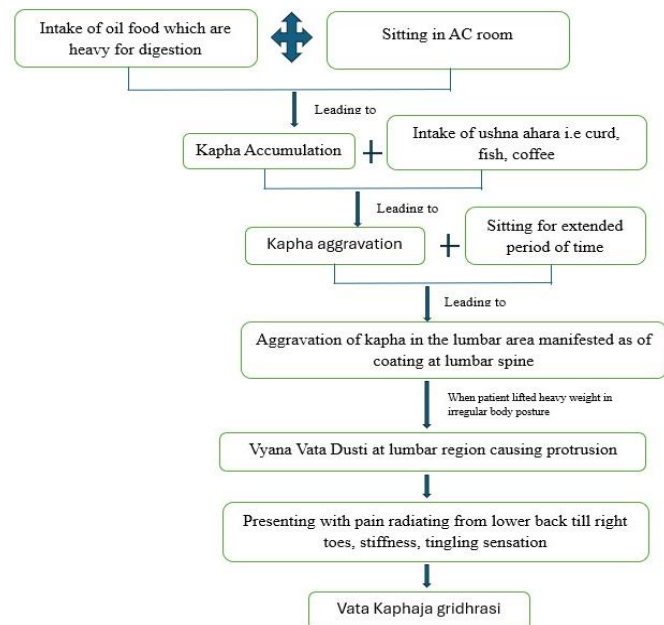
Causes- Diet of the patient is predominant of *guru* (heavy for digestion), *snigdha* and exposing to *sheetaguna* daily as he is sitting for long in AC room. Patient noticed that pain is started immediately after lifting heavy object.

Prodromal symptoms: Asymptomatic

Signs and symptoms: pain in lower back region radiating to right leg associated with stiffness and tingling sensation in right lower limb

Relieving factors: Taking rest in supine position.

Pathogenesis: The patient's regular consumption of *Guru Snigdha Ahara* and prolonged sitting in an AC room created an environment conducive to *Kapha* accumulation which was further aggravated by the *Ushna guna* of curd [8]. This excess *Kapha* accumulated in the lower back, since the patient spent extended periods sitting for office work [9]. The *Dooshitha Kapha* then causes coating at lumbar joint [10]. When the patient engaged in sudden, heavy lifting (*Vishama Sharira Nyaasa*) [11] *VyanaVata* which is responsible for movement and communication causes *sramsas* (protrusion), which is evident as an intervertebral disc prolapse. This ultimately causes obstruction to the neural conduction and elicited as radiating pain from lumbar region, leading to generation of *Gridhrasi*.



SampraptiGhatak

Dosha: Kapha, Vaata

Dushya:Asthi, Majja, Sira, Kandara, and Snayu

Srotas: Asthivaha, Majjavaha, and Purishavaha

Srotodushti: Sanga

Rogamarga: Madhyama

Agni: mandy,

Udbhavasthana:Pakvashaya

Adhishtana: Kati

Vyaktasthana: Sphik, Kati, Prushtha, Uru, Janu, Jangha and Pada.

Physical examination

Vitals and systemic examinations were normal

Neuromuscular examination: muscle strength - slightly decreased particularly in L2-S1 innervated muscles. Muscle tone – slightly increased. Sensory function- sensation to pain and temperature is altered in right lower limb with reported numbness and tingling. Reflexes- deep tendon reflexes are abnormal with decreased knee jerk and ankle jerk reflex. Straight leg raise test is positive at 40degree.

Diagnosis

The clinical diagnosis of *Vata kaphaja Gridhrasi* was confirmed and supported by MRI study.

Treatment Plan

Table No 1: Treatment protocol

Date	Treatment
04/02/2022	<i>Sarvanga Udwartana</i> + <i>Parisheka</i> (SP)
05/02/2022 to 8/02/2022	<i>Lashuna rasyana</i> 6tab with Milk (LS 6T+M) at 11AM (SAPPS)+ <i>Kala Basti</i> (2 basti Per day) <i>Niruha</i> – <i>Eranda Moola Niruha Basti</i> (EMNB) <i>Anuvasana</i> - <i>sacharadiTaila</i> (STB)

09/02/2022 to 12/02/2022	LS 12T+M at 11AM Mustadi iRajayapanaNiruha Basti (MRYB)+ STB
13/02/2022 to 16/02/2022	LS 18T+M at 11AM
17/02/2022 to 20/02/2022	LS 24T+M at 11AM
21/02/2022	Sadyovirecahna

* *Lashunarasayana* 6tab with Milk(LS 6T+M)

**Sarvanga Abhyanga and patrapindasveda* –SAPPS

**Sarvanga udhwartana and parisheka (SP), Eranda Moola Niruha Basti (EMNB)*

**Anuvasana - sacharadiTaila*(STB),

MustadiRajayapanaNiruha Basti (MRYB)

Table No 2: Comparison of result before and After treatment

Sl No	Clinical Features	Before Treatment	After Treatment
1	SLR	10 degrees	60 degrees
2	Lasegue Test	Positive	Negative
3	Coin Prick Test	Positive	Negative
4	Walking without support	Not Possible	Possible without support
5	Sleeping straight in supine position	Not possible	Possible
6	Tingling sensation	Present	Absent

4. DISCUSSION

Discussion on manifestation of *Gridhrasi*

The coordinated movement of vertebrae, facilitated by the articulation of adjacent vertebrae, is essential for maintaining spinal flexibility, balance, and overall mobility. However, the intake of heavy, oily food and prolonged stays in air-conditioned rooms can lead to the deposition of fat in the intervertebral foramina. This in turn, disrupts the movement of *Vatadosha*, as *Kaphadosha* accumulates and obstructs the normal flow of *Vata*. In this patient, the sudden, heavy lifting disrupted the coordinated movement of the vertebrae,

3. RESULTS

After completion of 15 days of therapy, the patient had found significantly relief in the lumbar pain, patient is able to stand and able to walk without support and tingling sensation improved. The patient got complete symptomatic relief. Assessment of patient was carried out by physical examination related to spine on 0, 15th day. As the patient was not able to afford repeated MRI scan after treatment, the follow up assessment likely relied on clinical evaluation and symptom reporting.

leading to the displacement or protrusion of the intervertebral disc. This condition is classified as *Aavarana Janya Vaata Prakopa*, where the accumulation of *Kaphadosha* obstructs the normal flow of *Vatadosha*. To manage this condition, it is essential to address the root cause by correcting the patient's lifestyle. Initially, *apatarpana* should be adopted to manage the obstruction caused by *Kapha*. Following this treatment focused on correcting *Vata* imbalance is adopted to correct the underlying pathology and provide relief from symptoms.

Discussion on duration for recovery

The study demonstrated that combining *Lashuna rasayana* with *basthi* treatment leads to faster recovery time of 18days compared to 21 to 30days when using *basthi* alone. Notably the synergistic effect of this combination resulted in improved outcomes with SLR test showing more significant improvement compared to when *lashuna rasayana* and *basthi* were used separately.

Discussion on effect of *Lashuna rasayana* in the Management of *Gridhrasi*

The patient was administered *Lashuna rasayana* following a thorough examination. The treatment regimen consisted of four phases, with increasing doses of *Lashuna rasayana*. The initial phase involved 6 capsules of 500mg *Lashuna rasayana* with 200ml of Ksheera at 11 AM daily for 4 days. This was followed by escalation phases with 12, 18, and 24 capsules, each lasting 4 days. On day 17, the patient underwent *Sadyovirechana* to prevent *Pitta Prakopa*. This regimen aimed to gradually increase the dose, achieving the desired therapeutic effect while minimizing side effects. By applying *hetwartha tantrayukti* to *vipaaka lakshana* of *aatreyabhadrakapeeya* chapter of *Charaka Samhita* one can conclude that the *Katuvipaka* (pungent post-digestive effect) of *Lashuna* helps to nourish *Vatadosha*, particularly at the level of *Pakvashaya* (the large intestine). The milk acts as a vehicle, facilitating the transportation of *Lashuna's* active principles to *Asthi Dhatu* (bone tissue). Furthermore, the *Laghu* (light) and *Teekshna* (sharp) properties of *Lashuna* enable to alleviate excess *Kaphadosha*. Additionally, the *Snigdha guna* of *Lashuna* helps to nourish and balance

Vatadosha, which becomes vitiated due to the removal of obstruction. The milk with its *Snigdha guna*, also contributes to the nourishment and balancing of *Vatadosha*, promoting overall well-being. Therefore, the administration of *Lashuna* with milk serves as a corrective measure to remove the *Kaphavrutha* condition causing *Gridhrasi*. This treatment approach not only corrects the underlying imbalance but also maintains normalcy, promoting overall health and well-being without any side effect.

Follow-up : Patient was followed up for 6months with monthly visits and no reoccurrence of signs and symptoms was observed.

5. CONCLUSION

Gridhrasi (sciatica) in this case is caused by a diet rich in *Snigdhaadi* guna and *Sheeta* qualities, leading to imbalance of *Kapha* and subsequently *Aavarana* Janya *Gridhrasi*. A sedentary lifestyle punctuated by sudden, irregular movement causes displacement of the intervertebral disc. *Lashuna rasayana* serves as a *Hetu-Vyaadhi-Vipareetha Chikitsa* as it is addressing the underlying pathology and providing relief from the pain and stiffness of *Gridhrasi*. The synergistic combination of *lashuna rasayana* and *basthi* accelerates the recovery process in *vata kaphaja gridhrasi*.

Patient perspective: the patient found that *lashuna rasayana* with milk to be tolerable in terms of taste and smell and also appreciated the sound sleep due to reduction in severity of pain.

Informed consent: The authors hereby declare that they have received consent form from the patient prior to study which state that the author can use the patient details in the form of image/ video and other clinical details for publication with due effort to conceal the name and other identity.

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