

**Efficacy of *Kadamba (Nauclea orientalis)*
as *Parisheka* and *Vasti* in the treatment
of *Grudhrasi***

Thesis submitted to the Institute of Indigenous Medicine,
University of Colombo, in partial fulfillment of the regulation
for the award of

MASTER OF PHILOSOPHY (*Ayurveda*)

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Summary and Conclusion

1. The present study is entitled effect of *Kadamba(Bakmi) Parisheka* and *Kadamba(Bakmi) Vasti* in *Grudhrasi* has been launched with the aim of undertaking critical conceptual study on *Grudhrasi* which is clinically correlated with sciatica.

2. According to this study ,it was observed that aetiological factors are *Guru Ahara*(heavy food)*Sheeta Ahara*(cold food)*KtuAhara*(pungent food)*Tikta Ahara* (bitter food)*Kashaya Ahara* (astringent food)*Vishtambi Ahara*(constipative food)*Ruksha Ahara*(untous food)*Lagu Ahara*(light food) *Ati Vyayama*(excessive exercise),*Ati Gamana* (excessive walking), *Ati Vyayama* (excessive exercise)*Ati Pratarana*(Leaping from high)*Ati Prajagarana*(excessive awakening) *Atyasana*(sitting for the long period)*Ati Bara*(weightlifting),*Bhaya*(Fear),*Chinta*(worry),*Krodha*(anger)*Mada*(intoxication)*Shoka*(Grief)*Marmagata*(injuryofvitalparts)and*Vegadharana*(suppressionofurges),though *Apatansanath Gaja,Ashwa,Sheegra yana* (falling down from elephant,horses, and other vehicles)were mentioned in *Ayurveda* texts,as aetioloical factrs,but were not observed in this study.

3. According to *Ayurveda* the *Grudhrasi* is produced mainly by Vitiation of *Vata* and vitiation of *Vata* and *Kapha Dosha* .It is well known that *Prakopa* of *Vata* may occur in two ways due to *Dhatu Kshaya* and *Margavarana*. Intake of food materials which are *Ruksha Ahara* (rough food), *Sheeta Ahara* (cold food), *Alpa Ahara* (little food), *Lagu Ahara* (light food), *Vega Vidarana* (Suppression of natural larges), *Rathri Jagarana*(awaking) will lead to *Dhatu Kshaya* and vitiated *Vata Dosha*. Intake of *Sheeta*

Ahara will leads to vitiation of *Kapha* . Vitiated *Kapha* obstruct *Srothas* and affects the function of *Vata* and produce disease with vitiation of *Vata* and. vitiation of *Vata Kapha*.

4. Classically *Grudhrasi* is a diseases characterized by following main clinical features *Sthambha*(stiffness), *Ruk* (pain) *toda* (piercing pain), *Spanda* (*spasm*) in *Spick* (buttocks), *Kati* (lumbar region), *Prusta* (back), *Uru*(thigh)*Janu* (knee), *Janga* (*calves*),and *Pada*(foot) and *Tandra*(stupor), *Gaurava* (hevinous)and *Arochaka*(anaroxia).

Susruta is also described *Kshepa* (pain and inability to extend) in the thigh, as a clinical features. *Vagbhata* states that *Utkshepana* (inability of lift) in the thighs as clinical features of *Grudhrasi*.

5 .Selected patients were treated with *Kadamba*(Bakmi) *Parisheka*, *Kadamba*(Bakmi) *Vasti* and combined therapy that is of *Kadamba*(Bakmi) *Parisheka* and *Kadamba* (Bakmi) *Vasti*.

6. The parameters of assessment were essentially based on symptomatic relief. The effect of treatment as assessed in this study indicated that the treatment given to theses patients brought about a notable clinical relief. The group of patients treated with *Kadamba*(Bakmi) *Parisheka* and the group of patients treated with combine therapy that is *Kadamba*(Bakmi) *Parisheka* and (*Kadamba*)Bakmi *Vasti* showed statistically significant reduction in symptoms of *Sthambha* (stiffness), *Ruk* (pain), *Toda*(*piercing pain*), *Spanda*(*spasm*) in *Spick* (buttocks), *Kati*(lumbar region), *Prusta* (back), *Uru* (thigh), *Janu* (knee), *Janga*(*calves*), *Pada*(foot) and *Tandra*(stupor), *Gaurava* (heaviness), *Arochaka*(.Anorexia) When the three treatment groups were compared with each other ,all three groups showed same statistical significance.

7. An experimental study of *Kadamba*(Bakmi) *Ganasara* on rats was also carried out. The rats treated with 1.25mg/kg showed statistically significant analgesic effect in vivo on the day one in 1st, 2nd, 3rd, 4th hour after administering the drug. The rat treated with dose 2.5mg/kg showed a statistically significant analgesic effect on the day one during 1st, 2nd, 3rd hour after administering the drug. The rat treated with dose 5g/kg showed statically significant analgesic effect on the day one during the 1st, 2nd hour. Since *Kadamba*(Bakmi) *Ganasara* has analgesic action and with out any toxic effects it could be concluded that it is suitable in treatment for *Grudhrasi*.

8. Chronic toxic effect, in Wister rats were studied by administering *Kadamba*(Bakmi) *Ghanasara* in the dose of 5g/kg for 30 consequent days. No overt clinical sign such as lachrymation, diarrhoea, convulsion, ataxia, muscle weakness and ptosis, loss of body weight, change in haematological parameters, especially serum SGOT and SGPT blood urea and serum creatinin were not observed. Since *Kadamba* (*Bakmi*) *Ghanasara* has analgesic action and with out any toxic effects it could be concluded that it is suitable in treatment for *Grudhrasi*.

Conclusion

- 1). The main causes for *Grudhrasi* as noted in this study were sitting for the long period were weight lifting over exercise and intake of food induce constipate such as nestomalt..
 - 2). In this study *Kadamba*(Bakmi) Parisheka was effective in the treatment of *Grudhrasi* there was statistically significant reduction of *SpicStamba*(stiffness), *Ruk*(pain), *Toda*(piercing pain), *Spanda*(twitching), *Tandra*, *Gaurava*, *Arochaka*.
 - 3). The group of patient suffering from *Grudhrasi* treated with *Kadamba* (Bakmi) *Vasti* showed a reduction in severity of symptoms such as *Stambha*(stiffness), *Ruk*(pain), *Toda*(piercing pain), *Spanda*(twitching) of buttock, Lumbar region, back, thigh, knee ,calves and foot but to a same degree those patients treated with *Kadamba* (Bakmi) *parisheka*.
 - 4.) The group treated with combined therapy of *Kadamba*(Bakmi) Parisheka and *Kadamba*(Bakmi) *Vasti* showed a reduction of severity in symptoms such as *Stambha* (stiffness), *Ruk* (pain) *Toda* (piercing pain). *Spanda*(Twitching)of buttock, Lumbar region back thigh knee calves and foot, *Tandra*(stupor) , *Gaurava*(hevinous), *Arochaka*(Anoroxia)
- When the three treatment groups that is group treated with *Kadamba* (Bakmi) *Parisheka*, *Kadamba* (Bakmi) *Vasti* and combined therapy of *Kadamba*(Bakmi) *Parisheka* and *Kadamba*(Bakmi)*Vasti* were compared with each other, all three groups showed same statistical significance.

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- 6.) *Kadamba*(Bakmi) *Ganasara* has an analgesic effect on experimental rats during the 1st, 2nd, 3rd, 4th hour after administering the drugs with dose of 1.25 mg/Kg.
- .No renal and hepatic toxicity were observed in rats treated with *Kadamba*(Bakmi) *Grandsira*.
- 7.) In view of the observations and results obtained in this study, it is concluded that *Kadamba*(Bakmi) *Parisheka* and *Kadamba*(Bakmi) *Vasti* are very effective preparations that could be used in treatment of *Grudhrasi* providing speedy and positive effects with powerful analgesic action in controlling pain .
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