

## **Efficacy of *Sahachara* oil *Kati Pichu* and *Sinhasya Dantee Kashaya* for *Gridhrasi* with evidence based management: A case series**

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Among the eighty types of *Vata Vyadhi* mentioned in Ayurveda authentics, *Gridhrasi* is a pain-predominant and widely prevalent health problem, affecting more than 75% of the world's population. It is a hindrance to the day-to-day life of the working population. The word "*Gridhrasi*" suggests the abnormal gait of a patient, similar to that of the vulture due to the effect of the *Gridhrasi Nadi*. Signs and symptoms of *Gridhrasi* closely resembles the symptoms of sciatica which is described in Allopathic Medicine. Most of the conventional systems of medicines have short term pain relief treatments or surgical interventions which have more after effects and are costly. Ayurveda has various treatment modalities for the *Gridhrasi* disease based on a holistic approach. Among them *Vata shamana* or *Vata* pacification treatment has focused on the normalization of *Gati* and *Gundhana Kriya* which help to reduce the pain as well as the abnormal gait of the patient. The present study was conducted to evaluate the efficacy of a specific Ayurveda treatment protocol for five *Gridhrasi* patients. In this study *Sinhasya danthi* decoction was given internally and *Sahachara* oil applied externally as *pichu* for two weeks. Assessment was done before starting the treatment, after 7<sup>th</sup> day of treatment and at the end (after 14 days) of the treatment. Straight Leg Raising Test (SLRT), Movements of lumbar sacral region and Visual Analog Scale (VAS) of pain were used as assessment criteria. Lumbar sacral X-ray was taken for diagnosis purpose. At the end of the treatment reduced clinical features could be observed, such as increased SLRT angle, improved movements of lumba sacral region, decreased VAS scale of pain and increased quality of life. The results indicate a positive pathway for future treatment strategies for *Gridhrasi*.

**Keywords:** *Sinhasya dantee decoction, Sahachara oil, Gridhrasi, Kati Pichu, Vata Shamana*