



# ORIGINAL RESEARCH PAPER

Medical Science

## PHARMACOKINETICS ACTION OF VEDNA STHAPANA MAHAKASHAYA IN VATA VAYADHI WSR GRIDHRASHI (SCIATICA)

**KEY WORDS:** Vata vayadhi, gridhrashi, vedna sthapana Mahakashaya

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### ABSTRACT

Vatavyadhi is the most important vyadhi in ayurvedic classic. in these eras with time, people have made their living things easy with modern technology due to this they do not follow there dincharyaa, ritucharya & sadvirat etc. which increases the rate of Vatavyadhi. In ayurvedic text 80 type of Vatavyadhi described, Grathsi vyadhi is one of them. Which is painful condition due to vata dosh. Years ago, Acharya charak described important 50 mahakashayas. One of them is vedna sthapana mahakashaya.

### Introduction –

“GRIDHRASI” is ayurvedic term used for Sciatica and this is a painful condition of lower limbs. Word Gridhrasi is derived from Sanskrit word “GRIDHA” which means vulture. Due to severe pain in legs, they become stiff and slightly curved and patient walks like vulture. It is a vatavyadhi and intake of vata rich foods cause aggravation of vatadosha which is main cause of Sciatica. Initial symptoms of this disease are pain, stiffness, sensation of pricking needles, pulsation and gripping sensation in gluteal region and further this pain is relocated in (Pelvic region), Jaanu (below knees), Jangha (thighs) and Pada (foot) This painful sensation in lower limbs due to vitiation of vatadosha.

Ayurveda also considers Vataj Kaphaj Gridhrasi in which vata is main dosha and kapha is sub dosha.

In modern Sciatica is not a disease or any condition, it is bunch of symptoms which include pricking pain, numbness, tingling sensation weakness that starts from lower back and radiated to buttocks and lower limbs till foot. Main cause of pain in Sciatica is rather compression or irritation of Sciatic nerve. Acharya Charak has mentioned 'vedna sthapana mahakashaya on gridhrasi i.e. kadamb, kathphal, moch rasa, Shirish, shala, elvaluk, Ashok, tumba, padamak

### AIMS & OBJECTIVES

- 1.To study the scientific base of vedna sthapana Mahakashaya in sciatica.
- 2.To study the Gunkarmatmak Adhyan of Vedna sthapana Mahakashaya.

### MATERIAL & METHODS

वेदनास्थापनमहाकाशयाशालकट्फलकदम्बपद्मकतुम्बकौचरसशिरीषवज्जुलैतवातुका शोका इति दशैमानि वेदनास्थापनीयानि भवन्ति।। (च. सु. 4/47)

For this review all information related to the Topic are compiled from classical literature, Textbooks, journals and modern text books.

Table 1 and 2 given below described pharmacognosy and Rasapanchaka of vedna sthapana Mahakashaya respectively.

**Table -1**

Drug	Botanical name	Family	Synonyms
Kadamb	Anthocephalus cadamba	Rubiaceae	Kadamb, Neepa, Halipriya
Kathphal	Myrica esculenta	Myricaceae	

Moch rasa	Bombax ceiba	Bombacaceae	Moch, picchila, Raktapushp
Shirish	Albizzia lebbeck	Leguminaceae	Shukriya, shukpushp, Mridupushp
Shala	Shorea robusta	Dipterocarpaceae	
Elvaluk	Brunus cerasus	Rosaceae	Elalu, elaiyem, sugandhi, harivaluka, kapittha twacha
Ashok	Saraca asoca	Leguminaceae	Hempushp, Tamrapusp, Tamrapallav
Vanjula	Salix caprea linn	Salicaceae	Vetasa
Padmak	Prunus cerasoids	Roseaceae	Padmak, padmagandhi, Suprabha, charu

**Table-2**

Drug	Rasa	Guna	Virya	Vipak
Kadamb	Tikta, kashaya	Ruksha	Shita	Katu
Kathphal	Kashaya, tikta, katu	Tikshna, laghu	Ushna	Katu
Moch rasa	Kashaya	Laghu, snighdha	Shita	Madhur
Shirish	Kashaya, tikta, madhur	Laghu, ruksha, tikshana	Ishat ushna	Katu
Shala	Kashaya, madhur	Ruksha, ushna	Shita	Taste convert after digestion
Elvaluk	Kashaya	Laghu	Shita	Katu
Ashoka	Kashaya, tikta	Laghu, ruksha	Shita	Katu
Vanjula	Tikta, kashaya		Shita	Katu
Padmak	Kashaya, tikta	Laghu, snighdha	Shita	Katu

**Table -3 PHARMACODYNAMICS**

Drug	Chemical composition
Kadam	Alkaloids, steroids, cinchotanic acid, tannins

Kathphal	Myricanol, aparoanthocyanidin
Moch rasa	Gallic & tannic acid
Shirish	Tannins & pseudotannins, friedelin
Shala	Shorea robusta contain urosolic acid
Elvaluk	
Ashok	tannins
Vanjula	Steroids, tannin
Padmak	Stigmasterol, ursolic acid, prunetinoside,

#### DISCUSSION-

Acharya charak has given vedna sthapana mahakashaya of 10 drugs. Analysis of vedna sthapana Mahakashaya has been made from different classical literature, text book of Dravyaguna and modern text books Table 1 described the botanical name, family, synonyms of respective Mahakashaya according to modern and ancient literature. Rasa(essence), Guna (Quality) Virya(potency), Vipaka (post idigestive effect) have been enlisted in table 2. Kashaya rasa is seen in 9 herbs, tikta in 7 and madhur in 2 herbs. Analysis of vedna sthapana Mahakashaya clearly indicate that kashaya Rasa Dravyas dominates the list followed by tikta And Madhur. Among the analyzed drugs, shita virya drugs are more in number (7) in comparison to ushna Virya dravya. Enumeration of Gunas of vedna sthapana Dravya clearly indicate Laghu (6). Ruksha Dravya (4) are dominates followed by Tikshna (2) & snighdha Dravya (2) and all dravya of vedna sthapana mahakashaya are of katu vipak. there is dominance of kashaya & tikta rasa, laghu & ruksha guna, shita virya & katu vipak which is increase vata dosha. That mean vedna sthapana Mahakashaya's drug worked by prabhav.

**Conclusion** -Years ago vedna sthapana Mahakashaya depict by Acharya Charak for day's emerging disease gridhrashi (sciatica). Some of the research studies carried out on these herbs confirmed vedna sthapana. Drugs of vedna sthapana Mahakashaya have equal effect on quantitative and qualitative doshas.

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