

## Combined Effect of Rasnashundyadi Kashaya and Nirgundi Taila in the Management Lumbar Spondylosis- A Review

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### ABSTRACT

Lumbar spondylosis is a degenerative condition which affects the lower spine causing a variety of health problems ranging from back pain to neurological problems. Lumbar spondylosis (LS) can be correlated with katigraha due to its similarities in the symptoms. Based on the signs and symptoms this condition can be correlated to katigraha as pain and stiffness (rukand stambha) are the main symptoms. Vatakaphasamana, Amapachana and Soolaharadrugs are beneficial here. The medicines used here are having drugs possessing vatakaphasamana, amapachana, and soolahara properties. On assessments patient got significant reduction in symptoms. The samanachikitsa adopted here proved beneficial in managing the physical symptoms of Lumbar spondylosis like pain, pricking sensation and heaviness and also helped in the improvement of daily activities and quality of life of the patient.

**Key words;** Lumbar spondylosis, Katigraha, Rasnashundyadikashaya, Nirgunditaila.

### I. INTRODUCTION

Lumbar Spondylosis (LS) is a degenerative disorder of the lumbar spine characterized clinically by an insidious onset of pain and stiffness and radiologically by osteophyte formation. Acquiring bad posture, chronic back strain, previous injury or diseases to the spine, birth defects and old intervertebral disc prolapse are considered as common causes of LS. Primarily degeneration begins in vertebral joints, which is followed by a reduction in the disc space and marginal osteophyte formation leads to foraminal stenosis which encroach upon the nerve root canal and thus interfere with the functioning of

the emerging nerve. Lumbar spondylosis is more prevalent among the middle aged and elderly. Symptoms begin as low back ache initially worst during activity but later present almost all the time. Pain may radiate down the limb up to the calf because of the irritation of one of the nerve root<sup>1</sup>. LS is an important clinical social economic and public health problem affecting worldwide population<sup>2</sup>. The incidence of LS is 27-37% of the total lower back pain population<sup>2</sup>. LS can be well correlated with Kateegrahadue to its similarity in symptoms. Kateegrahais a RujaPradhanaVataVyadhi intervening with the functional ability of low back and lower limbs. The cardinal symptom is pain in the low back region and lower limbs<sup>3</sup>. In CharakaSamhitaChikitsaSthanaVatavyadhiChikitsa clearly stated that when Vyanavata gets covered by Kapha produces restricted movements of the affected part. Here Kapha also plays a role in manifestation of this disease. As Vata gets covered by Kapha and the normal circulation is obstructed and as a result the joints lose its normal function<sup>4</sup>. So VataKapha Samaka<sup>5</sup> and AmaPachanadrugs are expected to be suitable in this condition. So in this condition RasnashundyadiKashayacan be given as it is VataKapha Samana<sup>5</sup> along with Nirgundi Taila<sup>6</sup> 12ml is given at bed time and Mudgayusha<sup>7</sup> is given as Anupana for 30 days as it has VataSamana, Vatanulomana and Soolahara action.

### AYURVEDIC PHARMACOLOGY OF INGREDIENTS.

The pharmacological action of drugs is explained in terms of Rasa, Guna, Veerya, Vipaka, and Karma in the table.

**INGREDIENTS OF RASNASHUNDYADI KASHAYAM.**

Sl. No	DRUGS	RASA	GUNA	VIRYA	VIPAKA	KARMA
1	Rasna	Tikta	Guru	Usna	Katu	Sophahara, VatasulaharaP achaka, Jwarahara
2	Shunti	Katu	Guru,ruksha, tikshna	Usna	Madhura	Sophaghna, Sulaghna
3	Guduchi	Tikta,kashaya	Guru,snigdha	Usna	Madhura	Amahara,balya , Rasayana
4	Sahachara	Tikta, madhura	Snigdha, laghu	Usna	Katu	Dipana, Sophaghna
5	Jalada	Tikta,kashaya,kat u	Laghu,rooksa	Sita	Katu	Jwaraghna, PachakaDeepa na
6	Abheeru	Madhura, Tikta	Guru, snigdha	Sita	Madhura	SothaharaSula hara
7	Pathya	Kashaya, Madhura, Amla,Katu Tikta	Laghu, ruksha	Ushna	Madhura	Sothahara, SulaharaDeepa na
8	Sathahva	Katu, Tikta	Laghu, Tikshna	Usna	Katu	Dipana, SulaghnaAdh manahara
9	Tikta	Tikta	Ruksha, Laghu	Sita	Katu	Dipana, JwaraharaRakt aprasadana

10	Karcura	Katu, Tikta	Laghu, Tikshna	Usna	Katu	Vatakaphahara Ruchya, Dipana
11	Vasa	Tikta, kashaya	Ruksha, Taghu	Sita	Katu	Jwarahara Aruc hihara Raktapr asadana
12	Anilaripu	Katu, tikta	Laghu	Usna	Katu	Vatahara Soph aghna
13	Vilwa	Kashaya, tikta	Laghu, Ruksha	Usna	Katu	Sothahara Sula hara Kaphavata hara
14	Agnimantha	Katu, tikta, kashaya, madhura	Laghu, Ruksha	Usna	Katu	Sothahara Jwar ahara Vibandha nashana
15	Syonaka	Tikta, kashaya, kat u, madhura	Laghu, ruksha	Usna	Katu	Sothahara Dipa na Rucya Jwara hara
16	Patala	Tikta, kashaya	Laghu, ruksha	Usna	Katu	Sothahara, Hrdya Soshaha ra
17	Kasmari	Tikta, kashaya, madhura	Laghu, Ruksha	Usna	Katu	Sothahara Ama hara Sulahara
18	Brihati	Katu, tikta	Laghu, Tikshna Ruksha,	Usna	Katu	Pachana, Sulahara Hrdya
19	Kantakari	Tikta, Katu	Laghu, Ruksha	Usna	Katu	Dipana, Balya Sophaha ra

20	Shalaparni	Madhura, Tikta	Guru, Snigdha	Sita	Madhura	JwaraharaSop haharaRasayan a
21	Prisniparni	Madhura, katu	LaghuSara	Usna	Madhura	VatasamakaJw araharaSopha hara
22	Gokshura	Madhura	Guru,snigdha	Usna	Madhura	SothaharaBaly aMutralaHrdy a

#### Pharmacodynamics Action of Individual Drugs in NirgundiTaila

Sl. No	DRUGS	RASA	GUNA	VIRYA	VIPAKA	KARMA
1	Nirgundi	Tikta, Katu, Kashaya	Laghu, Ruksha	Usna	Katu	SulaharaSothaha raJwarahara
2	Tilataila	Madhura, Kashaya, Tikta, Katu	Guru, Snigdha	Usna	Katu	VatasamakaDipa na, Sulaprasamana

## II. DISCUSSION

Lumbar spondylosis is a degenerative condition of the lumbar spine. Even though Lumbar Spondylosis is not fatal, it may affect the day-to-day life activities and LBPhas been the leading cause of disability (IASP) and can seriously affect the quality of life of an individual. In Ayurveda classics and modern literature, low back ache seemsto have a spurious relation with degenerative vertebral diseases and based on similarities in symptoms this condition can be correlated with Kateegraha, here VataDoshaplays a vital role in the pathogenesis. The vitiation of Vatafrom whatsoever cause that may directly affects the Asthi, as Asthiis said to be one of the prime sites of Vata, due to the Ashraya- AshrayiBhava. VyanaVayuis responsible for the movements like the Prasarana, Aakunjanaetc and VyanaVayuhad direct relation with the ShleshakaKaphabecause of its seat being Sandhi. Whenever the VyanaVayuattains some pathologic condition and simultaneously some Khavaigunyaat Sandhioccurs because, unless there is Khavaigunyaof Srotas, the Doshawill not take Ashraya, which may primarily or secondarily lead to the disease. Pain in the low back, stiffness and restriction of the spinal

movements are the symptoms caused by vitiation of Vata, and Kati is one of the primary sites of Vata. Here restricted movements and grasping pain over spine are main symptoms present.

#### DISCUSSION ON DRUG

The medicines RasnashundyadiKashaya which is mentioned inSahasarayogamJwaraChikitsaPrakaranam and NirgundiTaila which is mentionedin CharakaSamhitaVatavyadhiChikitsa. The Kashaya Yoga contains 22 drugs. TheTaila contains Nirgundi and TilaTaila. The Kashaya Yoga is a combination of drugshaving properties like Deepana, AmaPacana, Vatakaphahara, Srotoshodhaka,Sophaghna and Soolahara. The Taila is Vatakaphasamana,Soolahara in nature.According to SarngadharaSamhithaYoosha is indicated as Anupana for Taila, so hereMudgaYusha was given as Anupana.When pharmacological properties are analyzedthis Kashaya Yoga contains drugs which are having TiktaKatu Rasa, RukshaLaghu,Snigdha Guru GunaUshnaVeerya and KatuVipaka predominance with Dosh KarmaVata – Kaphahara, Soolahara, Sophahara and Deepana. Acharyas have

mentioned that, in VatavyadhiChikitsa the drugs should possess VataSamana, UshnaVeerya, Soolahara, Sophagna and Deepana properties should be beneficial.

### III. CONCLUSION

The combined use of the formulations RasnashundyadiKashayaand NirgundiTailahas action on vitiated VataDoshaand is VatakaphaSamanaand has action on Kateegrahaand in correcting the associated symptoms.

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