EFFECT OF GANDHARVHAHASTADI ERANDA TAILA IN KATIGRAHA

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ABSTRACT
Katigraha is one of the Vatavyadhis which affects the normal function of lower limbs hampering the daily activities of a person. It is a neurological as well as musculoskeletal disorder. Among Ayurveda classics, Sharangdhara Samhita has considered Katigraha as a Nanatmaja Vatavyadhi. The cardinal features of Katigraha is pain and stiffness in low back region (Katipradesha) and restricted movement of the spine. Root cause of Katigraha is aggravated Vata and it may manifest with or without the association of Ama. Eranda is a preferred drug to treat Vata because most of the properties of Eranda is opposite to that of Vata. Eranda pacifies Vata by its hot, unctuous, heavy and laxative properties. Eranda with its laxative property also helps to cure constipation by dislodging the encrusted matter. Eranda is the chief ingredient of Gandharvahastadi eranda taila. The preparation contains 7 more ingredients with which it become more potent for pacifying Vata dosha. The medicine is administered internally in the dosage of 5mL with warm water or appropriate kwath before food. It’s an effective medicine for Katigraha.

Key words: Katigraha, Gandharvahastadi Erandataila, Vatadosha

INTRODUCTION
Lower back (Kati) is the connection between the upper and lower body and bears most of the body weight. Katigraha is the condition in which patients experience shoola with Graha in Katipradesha. Although Katigraha is not described elaborately in Ayurvedic texts, but in present era, due to lifestyle the prevalence of its main symptom, low backache is very high. It is one of the most common condition now a days. Katigraha is considered as Vata Nanatmaja Vikara, but as per the symptoms it can be grouped under Vataja and Vata kaphaja. The associated symptoms of Katigraha with pain is stiffness in low back region, difficulty in walking etc. Eranda effectively alleviates Vatadosha and it is the main ingredient of Gandharvahastadi Eranda taila. This yoga uses Eranda taila as base and Gandharvahastadi Kashaya as Drava dravya and its ingredients as Kalka dravya. This yoga contains 8 drugs and most of the properties of these drugs is opposite to that of Vata.

Katigraha
In Ayurveda classics, Katigraha is considered as a Vatavyadhi. It is described as a separate disease in the classical text Gadanigraha and Acharya Sharangdhar considered it as a nanatmaja vatavyadhi. Acharya Shodhala described it as a condition
characterized by pain and restricted movements of Kati. Kati itself is one of the seats of Vatadosha. Root cause of disease is aggravated Vata and it may manifest with or without the association of Ama. It is a neurological as well as musculoskeletal disorder.

Etiological Factors

The factor which plays an important role in the pathology of Katigraha is ageing. With the increasing age, the spongy disc between the bones of the spine may suffer from wear and tear which may lead to bulging of disc also. It may also occur as a result of Arthritis. Improper sitting and standing posture and Trauma are also main factors.

These factors leads to disrupted and aggravated vatadosha producing stiffness and constriction to the muscles of the lower back, which gradually makes impact to the vertebrae in the lumbar region which gives rise to the symptoms.

Symptoms

The dominant symptoms of Katigraha is Shoola (pain) which may be dull, burning or sharp. Stambha (stiffness) also occurs due to muscle spasm produced by sama and nirama vayu movement in Kati (Lumbar region). Tenderness and Restriction in movements also are seen. Leg symptoms like pain, numbness, tingling may also occur because of pressure on a nerve that leads to the leg.

Formulation of Gandharvahastadi Eranda Taila

Gandharvahastadi Eranda taila is a taila yoga which uses Eranda taila as base and Gandharvahastadi Kashaya as Drava dravya and its ingredients as Kalka dravya.

Gandharvahastadi Kashaya: It’s a yoga mentioned in Sahasrayogam. It contains 8 drugs i.e Eranda, Chiruvilwa, Chitraka, Shunti, Haritaki, Punarnava, Yavasaka, Musali. It’s administered with Saindhava and Guda as Adjuvant for Vata shaman, to increase Agni Bala, for Ruchi and for Malashodhana.3

Guna-Karma Vignana of Gandharvahastadi Eranda Taila5

On seeing the Guna and Karma of each content of this yoga,

Gandharvahasta: It is Madhura in Rasa, Guru and Snigdha in Guna, Ushna in Virya, Madhura in Vipaka. It has Anti-inflammatory, Purgative and Analgesic properties. Acharya Charaka described it under Vedanasthapana group.

Chiruvilwa: It is UshnaVirya and Kaphavatathara.

Chitraka: It is Ushna virya4, Vatakaphahara, Deepaniya and has Anti-inflammatory property. Acharya Charaka kept it under Shoola-prashamana.

Shunti: it is Ushna and Snigdha Guna, Vatakaphahara. It has Analgesic and Anti-inflammatory properties. It stimulates nerves and improves impulse transmission. Acharya Charaka kept it under Sheeta-prashamana.

Haritaki: even it is Pancharasa but its Madhura and Amla rasa acts as Vataghna. It is UshnaVirya, Anulomana and Gives strength to nerves.

Punarnava: it is Madhura in Rasa, UshnaVirya and has Anti-inflammatory property.

Musali: It is Guru and Snigdha Guna, Ushna Virya and is Vata-pittahara.

In this way it can be concluded that most of the Gunas of the drugs of this yoga is opposite to that of Vatadosha. Karma can be concluded as: Vatakaphahara and Vatanulomana as its Dosha Karma, Deepana as Agni karma, Malashodhana as Mala Karma, Sukshma strotogami as Stroto Karma, Shula prashamana, and Ruchyam as Lakshanika Karma.

Prayoga Vignana: In Katigraha, Gandharvahastadi eranda taila is administered internally in the dosage of 1-2 teaspoons with warm water or appropriate before food.
**Pathya:** Madhuraahara, Amladravya, Godhuma, Ghrita, Lashuna.

**Apathya:** Bitter, Astringent and Pungent food, Jambu, Cold water, Cold food and beverages, Standing, Driving or Wait lifting.

**DISCUSSION AND CONCLUSION**

Taila is considered as best for Vatashamana. In Gandharvahastadi Eranda taila, along with Eranda taila, each drug of Gandharvahastadi Kashaya plays an important role in Vatashamana. On seeing the properties of each drug of Gandharvahastadi Eranda taila, it can be concluded that the properties of each drug is opposite to that of Vatadosha and hence best to cure aggravated Vata. Most of the drugs are Vatakaphahara. Improvement in the symptoms of Katigraha can be attributed to 2 major factors i.e Reduction of pain in spine due to analgesic and anti-inflammatory effect of drug and due to increased nourishment to the spine.

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