

Clinical Study on Evaluation of the Effects and Effectiveness of Selected Herbal Formula Derived from Ola Leaves Manuscript in The Management of Sciatica

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Sciatica is a crippling disease cause pain in hip and to the whole path of sciatic nerve. On the basis of the sign & symptoms, Sciatica can be correlated with *Gridhrasi* in *Ayurveda*. There is no specific curative remedy in modern medical science except pain killers. *Ayurveda* mentioned *Virechana karma* is *best in* management of *Gridhrasi*. The main aim of this study is to evaluate the efficacy of newherbal formula from ola leaf which have *Virechana* properties in management of sciatica. Selected 60 patients were randomly divided into two equal groups. Group A patient treated with newherbal formula from ola leaf while Group B patient treated with *Yogarajagugulu*, and followed up for one month. All the clinical symptoms were graded and evaluated before and after treatment. A 57.24% ($p < 0.001$) reduction was noted in pain levels in group A and there was a 35.47% reduction in group B. Numbness levels were lowered by 61.07% ($p < 0.001$) in Group A and 34.84% ($p < 0.001$) reduction in group B. Difficulty in walking levels were reduced by 61.52% ($p < 0.001$) in Group A and by 32.03% ($p < 0.001$) in Group B. SLRT levels were improved by 62.50% ($p < 0.001$) in Group A and 35.12% ($p < 0.001$) in group B. According to the result it was observed that there was marked difference between population mean of data on before and after treatment. Considering the overall results of present study, it was evident that the usage of newherbal formula from ola leaf has shown significant effect in decreasing the severity of sciatica than usage of *Yoga rajagu gulu*.

Key Words: Sciatica, *Gridhrasi*, *Virechana karma*, New herbal formula.