

A Comparative Clinical Study on the Efficacy of *Sepalika* Leaves *NiruhaVasti* and *Narayana Oil MatraVasti* in the Management of *Gridrasi* (Sciatica)

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Gridhrasi is a common disease in today's clinical practice which could be correlated with Sciatica. This study is a randomized comparative clinical research on *Gridhrasi*. The objectives of the study are to evaluate the effect of *Sepalika* Leaves *NiruhaVasti* and *Narayana Oil MatraVasti* on *Gridrasi*. The selected patients were randomly divided into two equal groups; Group A and Group B. The group A was treated with *Narayana Oil MatraVasti* (NOMV), while the group B was treated with *Sepalika* Leaves *NiruhaVasti* (SLNV) for a period of seven days. All the clinical symptoms were graded and evaluated before and after treatment. Data were analyzed by using SPSS statistical software. SLNV reduced pain, difficulty in walking, pricking sensation and strait leg raising test (SLRT) in statistically highly significant manner ($p < 0.001$), whereas NOMV improved pain, difficult to walk, pricking sensation and SLRT which is statistically highly significant ($p < 0.001$). The ingredients of NOMV has *Madhura rasa*, *Madhuravipaka* and *Ushnavirya* which pacify *vata*. SLNV has *Madhura rasa*, *Sukshmaguna*, *Ushnavirya* and *Madhuaravipaka*. When comparing, SLNV is more potent in *Vatashamaka* effect over NOMV. Scientific studies have proven that both the drugs have anti-inflammatory, analgesic and muscular relaxant effects which may relieve the symptoms of *Gridhrasi*. Finally, it may be concluded that *Sepalika* Leaves *NiruhaVasti* is more effective on *Gridhrasi* over *Narayana Oil MatraVasti*.

Keywords: Vasti, Gridhrasi, Niruhavasti, Matravasti, SepalikaLeaves, SLRT