

## REVIEWER'S REPORT

Manuscript No.: IJAR-53427

Date: 19-08-2025

**Title:**

A CLINICAL STUDY ON THE EFFICACY OF KATI BASTI 1 USING SAHACHARADI TAILA IN VATAJA GRIDHRASI W.S.R (SCIATICA)

**Recommendation:**

Accept as it is .....YES.....

Accept after minor revision.....

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity	✓			
Significance		✓		

Reviewer Name: Dr. Srinivas Babu Kathi

**Date:** 19-08-2025

**Reviewer's Comment for Publication.**

*(To be published with the manuscript in the journal)*

*The reviewer is requested to provide a brief comment (3-4 lines) highlighting the significance, strengths, or key insights of the manuscript. This comment will be Displayed in the journal publication alongside with the reviewers name.*

This study provides a clear Ayurvedic perspective on Gridhrasi, effectively correlating it with sciatica based on classical references and symptomatology. The clinical trial with Kati Basti using *Sahacharadi Taila* demonstrates promising results in reducing pain, stiffness, and other associated symptoms. The findings highlight the therapeutic potential of Panchakarma in managing Vataja Gridhrasi. However, further studies with larger sample sizes are needed to strengthen the evidence.

### *Detailed Reviewer's Report*

The description of Kati Basti presented here highlights its therapeutic depth from an Ayurvedic perspective, particularly in the management of Vataja Gridhrasi. As a form of Snehayukta Sweda and Bahirparimarjana Chikitsa, it combines the dual benefits of Snehana (oleation) and Swedana (sudation), which act synergistically to relieve Stambha (stiffness), Gaurava (heaviness), and Sheeta (coldness), while also mitigating pain. The localized application at the Kati Pradesh directly targets the site of pathology, providing both Shamana (palliative) and Brimhana (nourishing) effects.

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The pharmacological actions of Sahacharadi Taila—such as absorption, neural stimulation, vasodilation, and anti-inflammatory activity—enhance the efficacy of Kati Basti, leading to significant symptom relief in patients with Vataja Gridhrasi. This integrative approach not only addresses pain reduction but also improves functional mobility, which is crucial in conditions like sciatica.

Overall, this therapeutic modality demonstrates the scientific rationale of classical Ayurvedic interventions and underscores the importance of external therapies in managing chronic, degenerative, and pain-related disorders. Nonetheless, systematic studies with objective clinical measures, larger sample sizes, and long-term follow-up would help validate and standardize its efficacy in contemporary healthcare.