



A CONCEPTUAL STUDY OF GRIDHRASI W.S.R TO SCIATICA

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Article Received on 01/01/2019

Article Revised on 22/01/2019

Article Accepted on 12/02/2019

ABSTRACT

One of the most common diseases that affect the hip and the lower limb is Sciatica. In Sciatica there is pain in the distribution of sciatic nerve which begins from buttock and radiates downwards to the posterior aspect of thigh, calf and to the outer border of foot. Sciatica occurs due to pressure put on sciatic nerve root by a herniated disc, continuous lifting of heavy objects, trauma, prolonged working in forward bending position etc. Ayurveda describes Sciatica as *Gridhrasi*. *Gridhra* implies vulture, as the patient walks like the feathered creature *Gridhra* and his legs end up tense and slightly curved, so because of the likeness with the gait of a vulture, *Gridhrasi* term may have been given to this disease. *Ayurveda* categorized Sciatica as one of disease caused by vitiation *Vata*. Sometimes even *Kapha* vitiation along with *Vata* also causes Sciatica. The cardinal signs and symptoms of *Gridhrasi* are *Ruka* (pain), *Toda* (pricking sensation), *Stambha* (stiffness) and *Muhuspandana* (twitching) in the *Sphika*, *Kati*, *Pristha*, *Uru*, *Janu*, *Jangha*, and *Pada* in descending order. *Ayurvedic* treatment of *Gridhrasi* aimed at bringing back the aggravated *Vata* and *Vatakapadosha* to the state of health. Treatment comprises three main approaches - *Shodhana*, *Shamana* and Use of *Rasayanas*. Along with these *Abhyanga*, *Nadisweda*, *Patrapotlisweda* and *Kativasti* are also very effective in treating *Gridhrasi*.

KEYWORDS: *Gridhrasi*, Sciatica, *Kativasti*, *Nadisweda*.

INTRODUCTION

Gridhrasi is almost described in all the *Ayurvedic* texts. *Gridhrasi* is one of the 80 *Vatajanatmaja Rogas* described by *Charaka* in *Ch.Su.20*. As the gait of *Gridhrasi* patient resemblance of vulture, it is termed as *Gridhrasi*. In modern science it can be co-related with Sciatica as most of its symptoms resembles with Sciatica. Now-a-days most common disorder which affects the movement of leg particularly in middle age is low back ache out of which 40% are radiating pain which comes under Sciatica syndrome. People between 30-50 years of age are most likely to get Sciatica. In Sciatica there is pain in the distribution of lumbar or sacral roots which is due to disc protrusion spinal tumour, malignant disease in the pelvis and tuberculosis of the vertebral bodies. In modern science both conservative treatment and surgical treatment are followed in the treatment of Sciatica. Conservative treatment includes rest, immobilization, analgesic and anti-inflammatory drugs, physiotherapy etc.

AIMS AND OBJECTIVES

The present study intended to focus on etiopathogenesis, symptomatology, prognosis and progress and management of *Gridhrasi* with special

reference to Sciatica as per diagnostic parameters of *Ayurvedic* & modern medical literature.

MATERIAL AND METHODS

Source of data

1. Classical text books of Ayurveda
2. Texts books of Modern science
3. Published article from periodical journals and other magazines.

Aetiology

Its etiology is similar to *Vatavyadhi*.

Aaharaj Nidana (Dietetic factors) - Excessive use of *Ruksha*, *Guru*, *Sheeta* diet, fasting, improper and irregular diet.

Viharaj Nidana (Behavioural factors) – Excessive use of exertion, walking, sexual intercourse, weight lifting, travelling, improper sitting and suppression of natural urges.

Aguntuja Nidana -Abhigata (Trauma)
Any Hetu -Ama, Dhatukshaya, Asrikshaya.

Types of Gridhrasi - Two types of *Gridhrasi* has described in Ayurveda

- (i) *Vataja Gridhrasi*
- (ii) *Vata-Kaphaja Gridhrasi*

Prodromal Symptoms (Purvarupa) of Gridhrasi

The scientific *Purvarupa* of *Vatavyadhi Gridhrasi* are not found in classics. *Charaka* has mentioned that *Avyakta Lakshana* is the *Purvarupa* of the *Vatavyadhi*.

Clinical Features (Rupa) of Gridhrasi

According to *Charaka* pain starting from *Sphika* and radiating towards *Kati*, *Uru*, *Jaanu*, *Jangha* and *Pada* in successive order are the cardinal symptoms of *Gridhrasi*.

In *Vataja* type of *Gridhrasi*

- *Ruka* (pain)
- *Toda* (pricking sensation)
- *Stambha* (stiffness)
- *Muhuspandanam* (tingling)

In *Vata-Kaphaja* type of *Gridhrasi*

- *Tandra* (drowsiness)
- *Gaurava* (heaviness)
- *Arochaka* (anorexia)

Sushruta and *Vagbhatta* have given *Sakthanh Kshepam Nigrahaniyat* which means restricted movements of the lower extremities is the symptom of *Gridhrasi*.

According To the Modern Medical Science Symptoms of Sciatica Are

1. Constant aching pain is felt in the lumbar region and may radiate to the buttock, thigh, calf and foot.
2. Pain is intensifying by coughing or straining.

Diagnosis

1. The most applied diagnostic test is the straight leg rise (SLR), which is considered positive if pain in the distribution of the Sciatic nerve is reproduced with between 30 and 70 degrees passive flexion of the straight leg.
2. X-Ray /CT scan/MRI of Lumbo-Sacral area.
3. Blood- CBC, Blood Sugar, Serum Calcium to rule out other pathological conditions.
4. CSF analysis to rule out meningitis.

Management (Chikitsa)

General treatment of *Vatavyadhi* can be applied to *Gridhrasi*. All *Vataprakopa Hetus*, *Aahar* and *Vihar* should be avoided. *Charaka Samhita* mentions *Upakarma* like *Snehan*, *Swedan* and *Vastikarma* for *Vatavyadhi*. It has also mentioned *Dravyas* having *Amla*, *Lavan*, *Snigdha*, *Ushna* properties to treat *Vatavyadhi*.

Conservative Measures (Samana Chikitsa)

- Avoidance of causative factors.
- Complete bed rest for 2-3 weeks.
- Physiotherapy and *Yogasana* are helpful.

- Avoid weight lifting and forward bending.
- a) *Kwath/Kasaya/Asava/Arista* - *Rasnasaptakkasaya*, *Balarista*, *Ashwagandharista*, *Dashmularista*.
- b) *Guggulu* preparation - *Trayodashang Guggulu*, *Mahayograj Guggulu*, *Kaishore Guggulu*, *Amritadi Guggulu*.
- c) *Rasa* preparation - *Ekanveer Rasa*, *Mahavataavidhamsa Rasa*, *Brihatvatachintamani Rasa*.
- d) *Vati* preparation - *Sanjeevani Vati*, *Vishtinduk Vati*, *Agnitundi Vati*.
- e) *Taila* - *Mahanarayan Taila*, *Nirgundi Taila*, *Bala Taila*, *Saindhavadi Taila*.
- f) *Swedna* - *Nadisweda* with *Dashmolakwath*, *Nirgundipatrapindasweda*.
- g) *Mridu Virechan* for 3-7 days - *Panchsakar Churna*, *Triphala Churna*, *Erand Taila*.
- h) *Vasti*- *Matravasti*, *Anuvasanvasti*.
- i) *Siravyedh* - *Sirabhedan* 4 Anguli above and below *Janusandhi* (acc. to *Vagabhatta*)
Sirabhedan in *Janusandhi* after *Janusankocha*.

CONCLUSION

The disease *Gridhrasi* is a *Vataja Nanatmaja Vyadhi* described by almost all the ancient *Ayurvedic* scholars. As *Gridhrasi* is a *Vatavyadhi* and so *Vatahara* medicine and *Panchkarma*, *Yoga Asanas* helps in relieving pressure and compression. This disease can be successfully managed by *Ayurvedic* medicines along with *Panchkarma* therapy and *Yoga*.

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