

## AYURVEDIC MANAGEMENT OF GRIDHRASI: A CASE STUDY

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### ABSTRACT

The disease *Gridhrasi* is a commonly seen problem nowadays. In this disease, there is severe pain and stiffness in *kati, prishtha, padanguli*. Patient become incapable to do his routine work. *Gridhrasi* is mentioned in *vatavyadhis* by *Acharyas*. *Vata dosha* is mainly responsible for this disease, but *kapha dosha anubandha* is also there. Hence, *Acharyas* mentioned two types of *Gridhrasi* is according to *dosha* involvement viz. *Vataja* and *vatakaphaja*. Patients complaining of *kati prishtha shula, chankramana kashtata* regularly visit OPD. A case of *Gridhrasi* visited to OPD of Government Ayurved College, Nanded is discussed in this paper.

**KEYWORDS:** *Gridhrasi, vatavyadhi, kati prishtha shula.*

### INTRODUCTION

*Gridhrasi* is one of the disease from *vata vyadhis*.<sup>[1]</sup> '*gridhravat chalute yasmin*' is the *nirukti* for this disease. It means there is *Gridhra* (vulture) like gait in these patients due to severe pain. *Toda* (pricking pain), *stambha* (stiffness), *spandana* (pulsations) in *kati, prishtha* region, radiating to back of thigh, popliteal region, calf muscles till feet are the symptoms of *Gridhrasi*.<sup>[2]</sup> Though *Charaka* mentioned this in eighty *nanatmaja vikara* of *vata dosha*,<sup>[3]</sup> he mentioned involvement of *kapha dosha* in *Gridhrasi*. *Tandra, gaurava* and *aruchi* are the symptoms in *Gridhrasi* due to *kapha dosha*.<sup>[4]</sup> The symptoms of *Gridhrasi* closely resembles with *Sciatica* in modern science.

**CASE STUDY****Present History**

A male patient aged about 50 years old, farmer, Hindu by religion with complains of

Sr.no	Symptoms	Duration since
1.	Pricking pain and stiffness in right thigh, leg	3 months
2.	Difficulty in walking	3 months
3.	Tingling sensation in right leg	2 months

**Past history**

Patient was well before 3 months. Then he started complaining of low back ache on right side, right sided thigh and leg pain. Patient neglected the symptoms and continued his work. Now, because of unbearable pain and difficulty in walking, patient approached to our hospital for treatment.

No H/o any other major medical or surgical illness.

**General Examination**

G.C Fair

Afebrile

Pulse – 70/min

BP – 120/ 80 mm Hg

**Systemic examination**

RS – Clear, air entry equal bilaterally

CVS – S<sub>1</sub> S<sub>2</sub> Normal.

CNS – Conscious, well oriented.

Personal history:

Diet: *ruksha, katu ahara*,

Regimen: *Ati chankramana, atibharavahana, aatapasevana*.

**Ashtwidha Parikshan**

Nadi : 70/min

Mala : *Vibandha*

Mutra : *Samyaka*

Jivha : *Nirama*

Shabda : *spashta*

*Sparsha : Anushna, ruksha.*

*Druka : Prakrita*

*Aakriti : madhyama*

### Examination of low back and right leg

Inspection: No swelling noted over thigh, leg.

Palpation: Local temperature – normal

No tenderness over anterior superior iliac spine

Straight leg raising test: (SLR test) –On admission, positive in right leg with 60 degree angle.

### Pathological Reports:

Hb - 12.0gm/dl,

WBC- 6500 /mm<sup>3</sup>

E.S.R. (Wintrobe method) - 4 mm at the end of an hour,

BSL (Random) - 78 mg /dl

### Treatment Given

This patient was admitted for 26 days in IPD for treatment purpose.

Sr.No.	Treatment Plan	Treatment	Dose	Duration
1.	<i>Sthanika</i>	<i>Snehana</i>	-	25 days
		<i>Nadi swedana</i>	-	25 days
		<i>Patrapottali sweda</i>	-	25 days
2.	<i>Shodhana</i>	<i>Matrabasti with Sahachara taila</i>	50 ml	15 days
		<i>Eranda muladi niruha basti</i>	300ml	12 days
		<i>Siravedha</i>	-	1 day
3.	<i>Shamana</i>	<i>Gomutra + Eranda tailapana</i>	20 ml OD	25 days Morning period
		<i>Parijata patra kwatha</i>	40 ml BD	After food 25 days

### DISCUSSION

*Gridhrasi* is mentioned in *vata vyadhis* by *Acharyas*. It is a common disease found in present era. Due to various *vata prakopaka hetu* like excess travelling on bike, long time sitting position, *ruksha*, *katu aahara*, many people suffer with this disease. A male patient admitted in IPD of Governemnt ayurved college, Nanded was a classical case of *gridhrasi*. He was having pain and stiffness in right leg upto toes, low back ache in right side of the body, difficulty/painful walking and tingling in right leg. According to classics, the patient presented with symptoms of *gridhrasi viz. parshni pratyanguli shula, kati prushtha parshwa*

*uru janu stambha and shula*. Hence diagnosed as *Gridhrasi* and treatment was given according to *dosha* involvement.

In *bahya chikitsa*, *snehana* done on *kati, prishtha*. '*Marutaghnam*' .i.e. *vataghna* is the karma of *taila*, hence, in *bahya chikitsa*, *snehana* done with *tila taila* on right leg, low back.<sup>[5]</sup> After *snehana*, *nadi sweda* was given. Reducing of *stambha*, *gaurava* is the property of *swedana*.<sup>[6]</sup> Also, *patrapottali swedana* was given with *shigru patra*.

In *shaman chikitsa*, *Chakradatta* mentioned *gomutra* and *eranda tailapana* in *gridhrasi vyadhi*.<sup>[7]</sup> As *eranda taila* is *shreshtha vataghna dravya*, this *yoga* was given to patient in morning period. *Mrudu sanshodhana* is the *chikitsa* for *vata dosha* hence this *yoga* helped in relieving pain of patient which was due to vitiated *vata dosha*.

*Sharangdhar Acharya* mentioned *shefali patra kwatha* i.e. *Parijataka patra* (*Nyctanthes arbortristis*) *kwatha* in *gridhrasi*, this *kwatha* was given after food twice in a day.<sup>[8]</sup>

In *shodhana karma*, at first *matra basti* with *sahachara taila* was given for 15 days. There is reduced tingling sensation with *basti* and slight improvement in SLR test.

Then *Eradamuladi niruha basti* (*Erand, devdaru, rasna, vacha, hingu*) was started to the patient for 12 days. Patient having relief in pain, SLR was almost 90 degree and he could walk for 10 to 15 minutes without taking break. On discharge day, *siravedha* was done from popliteal fossa.<sup>[9]</sup> About 40 ml of blood was removed, all aseptic precautions were taken and patient was discharged. 15 days follow up time was given to the patient.

## RESULT

SLR degree improvement

Date	SLR degree angle in Right leg	SLR degree angle in Left leg
31/12/2016	60	Negative
05/01/2017	60	Negative
10/01/2017	70	Negative
15/01/2017	70	Negative
20/01/2017	80	Negative
25/01/2017	Negative	Negative

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