

A CONCEPTUAL STUDY ON *GRIDHRASI* W.S.R TO SCIATICA¹*Dr. Nidhi Jain and ²Prof. Dr. Neerja Sharma¹Assistant Professor, Guru Nanak Ayurvedic Medical College & Research Institute,
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ABSTRACT

One of the most common disease that affects 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* means Vulture, as the patient walks like the bird *gridhra* and his legs become tense and slightly curved, so due to the resemblance with the gait of a Vulture, *Gridhrasi* term might have been given to this disease. Ayurveda categorized Sciatica as one of disease caused by vitiation of *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 order. Ayurvedic treatment of *Gridhrasi* aimed at bringing back the aggravated *vata* and *vata kapha dosha* to the state of health. Treatment comprises three main approaches:- *Shodhana*, *Shamana* and use of *Rasayans*. Along with these *Abhyanga*, *Nadi sweda*, *Patrapotli sweda* and *Kati vasti* are also very effective in treating *Gridhrasi*.

KEYWORDS: *Gridhrasi*. Sciatica, *Kati vasti*, *Nadi sweda*.

INTRODUCTION

Gridhrasi is almost described in all the ayurvedic texts. *Gridhrasi* is one of the 80 *Vatajnanatmaja rogas* described by *Charaka* in *Ch.Su.20*. As the gait of *Gridhrasi* patient is like Vulture it is termed as *Gridhrasi*. In modern science *Gridhrasi* 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 conceptual study of the disease *Gridhrasi* in respect of its etiology, clinical features, prognosis and management.

MATERIAL AND METHODS

Source of data

Classical text books of Ayurveda

Texts books of Modern science

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 physical exertion, improper sitting, excessive walking, excessive sexual intercourse, weight lifting, excessive travelling and suppression of natural urges.

Aguntuja Nidana :- *Abhighata*(Trauma)

Any Hetu :- *Ama*, *Dhatukshaya*, *Asrikshaya*.

TYPES OF GRIDHRASI:- Two types of *Gridhrasi* has described in Ayurveda

(i)*Vataja Gridhrasi*

(ii)*Vata-Kaphaja Gridhrasi*

PURVARUPA OF GRIDHRASI

The scientific *purvarupa* of *vata vyadhi Gridhrasi* are not found in classics. *Charaka* has mentioned that *Avyakta Lakshana* is the *purvarupa* of the *vatavyadhi*.

RUPA (Clinical Features) 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*
- *Gaurava*
- *Arochaka*

Sushruta has mentioned *Sakthikshepana Nigrahanti* on which *Dalhan* has opined that the *kandara* that forbids movement of the limb is called *Gridhrasi*. While *Vagbhatta* has used *Utkshepana* instead of *Kshepana* in *Sakthikshepana Nigrahanti* which means that the patient is unable to lift the leg.

SAMPRAPTI

Specific *samprapti* of *Gridhrasi* is not described in the classics but being a *vaat vyadhi*, its *samprapti vyapara* is on the similar lines of *vaat vyadhis*. Due to *vaat prakopak aahar vihar* which leads to vitiation of *Vata Doshas* along with vitiation of *Rakta* (blood), *Sira* (veins), and *Dhamani* (arteries). This ultimately causes obstruction to the neural conduction (*Vatavahini Nadi*) and elicited as radiating pain from *Kati* (lumbar region), *Prushta* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf), and *Pada* (foot), and leads to generation of *Gridhrasi* (sciatica). In this disease, the main *Dushya* are *Rakta* and *Kandara*.

SADHYAASADHYATA OF GRIDHRASI

Gridhrasi (sciatica) has not been given a separate prognosis. It can be noted that *Gridhrasi*, where the vitiated *vata* is located in the *majjadhatu* (bone marrow), or if *Gridhrasi* is accompanied by conditions such as *khuddavata* (minor *vata* disorders), *angasosha* (muscle wasting), and *stambha* (stiffness), may or may not be cured even with careful treatment. However, if this condition occurs in a strong person, is of recent origin, and is not accompanied by any other disease, it is curable. *Sushruta* states that if a patient with *vatavyadhi* (*vata* disorder) develops complications such as *shunam* (edema/inflammation), *suptatwacham* (tactile senselessness), *bhagnam* (fracture), *kampa* (tremors), *adhmana* (abdominal distension with tenderness), and pain in internal organs, the prognosis is poor, and the patient may not survive.

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 intensify by coughing or straining.

DIAGNOSIS

1. The most applied diagnostic test is the straight leg raise (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, Sugar, Serum calcium.
4. CSF analysis.

MANAGEMENT (CHIKITSA)

General treatment of *vata vyadhi* can be applied to *Gridhrasi*. All *vataprakopa hetus*, *ahar* and *vihar* should be avoided. *Charak 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 (Saman Chikitsa)

Avoidance of causative factors.

Complete bed rest for 2-3 weeks.

Physiotherapy and Yogasana is helpful.

Avoid weight lifting and forward bending.

- a) *Kwath/Kasaya/Asava/Arista:Rasnasaptak kasaya, Balarista, Ashwagandharista, Dashmularista.*
- b) *Guggulu preparation – Trayodashang guggulu, Mahayograj guggulu, Kaishore guggulu, Amritadi guggulu.*
- c) *Rasa preparation – Ekanvir rasa, Mahavata vidhamsa rasa, Brihat vata chintamani rasa.*
- d) *Vati preparation – Sanjivani vati, Vishtinduk vati, Agnitundi vati.*
- e) *Taila – Mahanarayan taila, Nirgundi taila, Bala taila, Saindhavadi taila.*
- f) *Swedna – Nadi sweda with Dashmola kwath, Nirgundi patra pinda sweda.*
- g) *Mridu virechan for 3-7 days – Panchsakar churna, Triphala churna, Erand taila.*
- h) *Vasti - Matra vasti, Anuvasan vasti.*
- i) *Siravyedh – Sira bhedan 4 anguli above and below janu sandhi(acc. to Vagabhatta) Sira bhedan in janu sandhi after janu sankocha.*

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 manage by Ayurvedic medicines along with Panchkarma therapy and Yoga.

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