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“ROLE OF AYURVEDA IN THE MANAGEMENT OF GRIDHRASI W.S.R. TO SCIATICA”

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Abstract :

Health is usually treated, as absence of illness and a person free from disease is considered healthy. The main aim of *Ayurveda* includes, preventing a healthy person from getting diseased and treatment of diagnosed person. In *ayurveda* large number of diseases are due to main role of *vata* that called as *Vatananatmaj vyadhi*. There are 80 *vatananatmaja vyadhi* described in *charaka Samhita* among them *Gridhrasi* is one of the common *vatnanatmaja vyadhi*. *Gridhrasi* can be correlated with sciatica in modern science. The word *gridhrasi* is derived from the *sanskrit* word *gridhra* that means the name of bird i.e.vultur. The name given so is because patient suffering from this disease walk like vulture. It implies the typical gait of patient, slightly tilted at the affected side and affected leg in the flexed position and another leg being extended. In *gridhrasi* pain like sensation of pin and needle start in *spika* (buttock) and gradually encroach the region of *kati* (pelvis and lumbosacral region) *uru* (thigh), *janu* (behind knee), *jangha* and *pada* (foot). In *Ayurveda* there is various treatments are available for the management of *Gridhrasi*. Which includes *Shodhana*, *Shamana Chikitsa* which helps to reduced the pain in *Gridhrasi*.

Keywords : *Gridhrasi*, *Sciatica*, *Ayurveda*.

Introduction :

The main aim of *Ayurveda* includes, preventing a healthy person from getting diseased and treatment of diagnosed person. In *ayurveda* large number of diseases are due to main role of *vata* that called as *Vatananatmaj vyadhi*. There are 80 *vatananatmaja vyadhi* described in *charaka Samhita* among them *Gridhrasi* is one of the common *vatnanatmaja vyadhi*. *Gridhrasi*¹ can be correlated with sciatica in modern science.

The word *gridhrasi* is derived from the *sanskrit* word *gridhra* that means the name of bird i.e.vultur. The name given so is because patient suffering from this disease walk like vulture. It implies the typical gait of patient, slightly tilted at the affected side and affected leg in the flexed position and another leg being extended². In *gridhrasi* pain like sensation of pin and needle start in *spika* (buttock) and gradually encroach the region of *kati* (pelvis and lumbosacral region) *uru* (thigh), *janu* (behind knee), *jangha* and *pada* (foot). In *Ayurveda* there is various treatments are available for the management of *Gridhrasi*. Which includes *Shodhana*, *Shamana Chikitsa* which helps to reduced the pain in *Gridhrasi*.

In modern science *Gridhrasi* is nearly correlated with sciatica above condition describe in which onset of pain may be sudden or gradual alternatively, repeated episode of low back pain may precede sciatica by month or year. Constant aching pain felt in lumbar region and may radiate to buttock, thigh, calf and foot, pain is exacerbated by coughing or straining may be relieved by lying flat³. Experiencing along the course and distribution of sciatic nerve.

In modern science treatment of sciatica is analgesics, anti-inflammatory, drugs and surgery which gives temporary relief but not satisfactory result and also these modern drugs have many side effects on liver, kidney and surgery is very expensive and also not sure result But Ayurvedic treatment improve the condition of patient and also can avoid the surgery there are many *shodhana* and *shamana chikitsa* available in *Ayurveda*.

Aim & Objectives :

Aim : Role of Ayurveda in the management of *Gridhrasi* w.s.r. to Sciatica.

Objectives :

1. To study the *Shodhana Chikitsa* in the management of *Gridhrasi* w.s.r. to Sciatica.
2. To study the *Shamana Chikitsa* in the management of *Gridhrasi* w.s.r. to Sciatica.

Materials & Methods :

Gridhrasi is one of the type of *Vata vyadhi*. According to *Harita Samhita*, there is vitiation of *Apana Vayu* and *Vyana Vayu* in *Gridhrasi*. There are various treatments are explained in *Ayurveda* for *Gridhrasi*. *Shodhana* and *Shamana Chikitsa* plays major role in the management of *Gridhrasi*.

Nidana of Gridhrasi :

There is no particular description of *nidana* of *Gridhrasi*. It is one of the type of *Vatavyadhi*. Hence, the *nidana Gridhrasi* is like *Vatavyadhi*. The causative factors of *vatavyadhi* explain in detail only by *Charaka* and *Bhavaprakasha*.

The factors which cause vitiation of *kapha* also play some role in the pathogenesis of *Gridhrasi* of *vatakaphaj* origin. The *Acharya Charaka* and *Vagbhata* classified the *nidana* of *Vatavyadhi* into two main types ; *Dhatukshayajanya* and *Margavarodhajanya*^{4,5}.

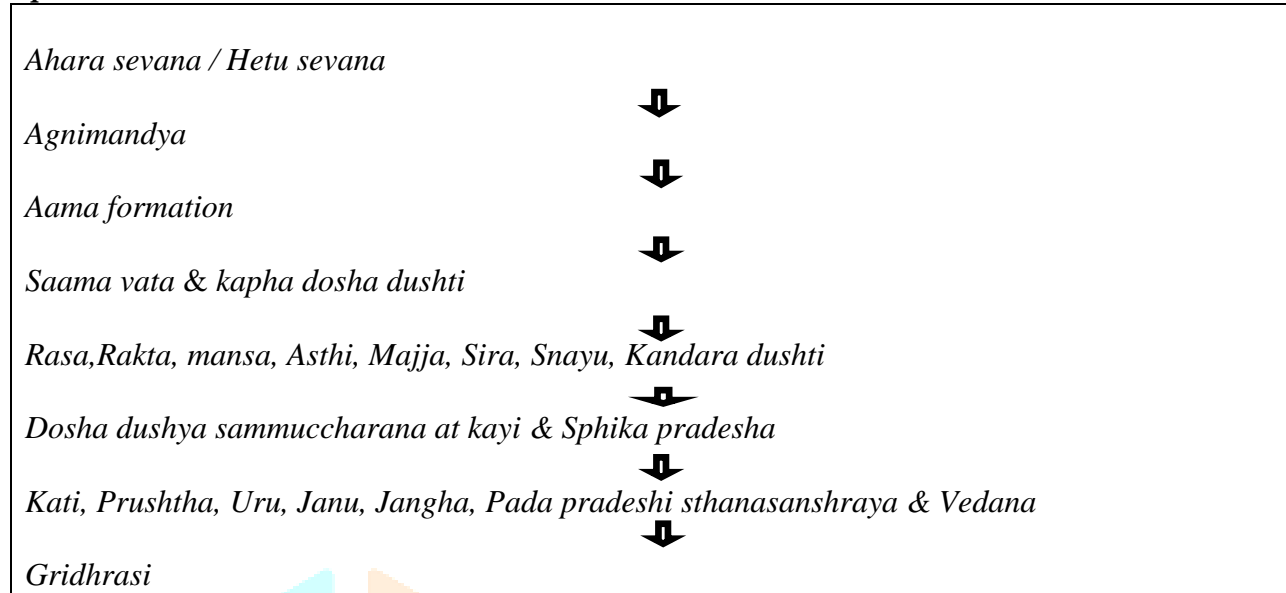
Aharaj Hetu	Viharaj Hetu	Agantuja Hetu	Any Hetu
Adhaki, Chanaka, Kalaya, Kalinga, Harenuka, Mudga, Masoora, Nishpava, Shyamaka, Sheeta ahara, Viruddha ahara, Vishthambi, Tikta-Katu ahara, Adhyashana, Vishmashana, Adhyashana.	Divaswap, Dukkhasana, Dukkha shayya, Ashma Chalana-Bhramana, Kashtha chalana, Shila vikshepa, Vishmopachara, Vegadharana, Bhara harana, Apatarpana, Atigamana, Prapatana, Atijagarana	Abhighata, Gaja, Ushtra, Ashva, Shigrayana patina (Falling from speedy running elephant, camal & Horse)	Shoka, Bhaya, Krodha, Chinta,

Poorvarupa of Gridhrasi :

There is no specific *poorvarupas* are explained for *Gridhrasi*. It is similar that of *Vatavyadhi*.

Rupa of Gridhrasi :

Acharya Charaka specifically tell the feature *Stambha* and *Muhuspandana* for *Gridhrasi*⁶. There are two types of *Rupa* of *Gridhrasi*; *Samanya* & *Vishesha*. In which *Samanya rupa* includes *Ruka*, *Toda*, *Stambha*, *Kati-uru-janu-jangha pada shoala*, *Muhuspandana*, etc. *Vishesha rupas* are according to the *dosha* predominance.

Samprapti of Gridhrasi⁷ :**Upadrava⁸**

Shohta, Suptata, Bhagna, Kampa, Adhamana are the upadrava of *vatavyadhi*.

Chikitsa of Gridhrasi :

1) **Snehana** : The *snehana* is mentioned as *poorvakarma* in *Panchakarma*. *Snehana* or oleation therapy is used internally and externally for *Gridhrasi*. Externally *snehana* is used in the form of *abhyanga*, *pizichill avagaha*, *parisheka* etc. While internally *snehapana* is used for *mrudu shodhana* also indicated in the text.

2) **Swedana** : *Avagaha sweda*, *pinda sweda* and *pizichil* are the type of *swedana* used in *Gridhrasi* disease. The *Valuka Swedana* i.e. the type of *Ruksha Swedana* used in *Vatkaphaj* type of *Gridhrasi*.

3) **Vamana^{9,10}** : *Chakrapani* and *Bhavmishra* mentioned the *vamana karma* for *Gridhrasi* after *snehana* and *swedana*. *Vamana* (Emesis) *karma* play an impotent role in *Vatkaphaj* type of *Gridhrasi*.

4) **Virechana¹¹** : *Virechana* (Purgation) therapy plays the main role in *Gridhrasi*. It is not limited only for the *pitta dosha*. It bring out the *doshas* from *Amashaya* and *pakvashaya*. Effect on the whole body.

5) **Basti** : *Gridhrasi* is the *vatavyadni* and for *vata vyadhi Basti* treatment is the best treatment *Basti* (Enema) therapy is good for almost all type of *vata vyadhis*.

6) **Siravyadha¹²** : *Acharya sushruta* and *vagbhata* suggests the *sivavedha* at four *angula* above or four *angula* below the knee joint in *Gridhrasi*.

7) **Agni karma¹²** : According to *Acharya Charaka* *Agnikarma* done at the site between *kandara* and *Gulpha*.

8) **Shamana Chikitsa** : It includes various drugs which are used for the management of *Vatavyadhi*.

- *Yogaraj Guggulu*
- *Mahayogaraj Guggulu*
- *Balaguduchyadi Taila*
- *Vatavidhwansa Rasa*
- *Dashmoolarishta*
- *Rasna Guggulu*
- *Rasna Saptaka kwatha*
- *Agnitundi vati*
- *Ashwagandharishta*
- *Samirapannaga Rasa*

This are the various *kalpas* which are used for the management of *Gridhrasi*. The *dravya* having *Vata Kaphaghna* property are helps for the *Vatanulomana*.

Conclusion :

Gridhrasi is most common disease found now a day's. Sciatica there is a burning, stinging or humbling pain is felt in the buttock, then calf and heel. Sciatica disease is not a genetic disorder. Sciatica is not diagnosis; it is a one type of symptom. *Shodhana* and *Shamana chikitsa* are mentioned for the management of *Gridhrasi* in *Ayurveda*. It is one of *Vatavyadhi*. As in this mainly there is vitiation of *Vata dosha*. It has *anubandha* of *Kapha dosha* also. The intensity of pain in the sciatica is more so that the it affects person's day to day activities which needs proper & quick relief for the patient. Management through *Shodhana & Shamana Chikitsa* helps to reduce the *Ruka, Toda, Stambha, Spandana* etc. *Nidana parivarjana* is also one of the best management for the disease.

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