

HETU AND SAMPRAPTI OF GRIDHRASI – A REVIEW STUDY

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ABSTRACT

Ayurveda deals with holistic approach of the life. Ayurveda is a science that impart all knowledge of life. The changes in life style and food habits often leads to vitiation in *Dosha*, *Dhatu* and *mala* creating *vyadhi* (disease) in the body. The balance of different fundamental elements in the *sharir*(body) is the sign of good health. Ayurvedic remedies are found very effective and useful to sustain the equilibrium. *Gridhrasi*, *Amavata*, and *Vatarakta* etc. are the few *Vata* related diseases. According to *Charak*, *Gridhrasi* is characterised by onset of *Ruja* (pain), *Toda* (pricking) and *Stambha* (stiffness) initially in *Sphika* (gluteal region) and then radiating distally to *Kati-Prishtha* (lower back), *Jangha* (thigh), *Janu* (knee) till *Pada* (feet). *Gridhrasi* is one of the common *Vata Vyadhi*. In this disease *Vata* get vitiated due to various causes. In this disease *Vata* get vitiated due to various causes. The present life style not only disturbs the healthy *Ahar* (diet) but *Vihar* (daily exercise, routine etc.) also. Whenever *Vata Dosha* get aggravated in body (*Sharir*), it become dominant in *Snyau* - characterised by *Ruja* (pain) in the waist, back, thigh, knee and calf region along the course of Sciatic nerve. It is commonly seen in middle age to elder age which hampers day to day activity like walking, running, sitting, daily work etc.

KEYWORDS: *Gridhrasi*, *Snayu*, *Dosha*, *Dhatu*, *Ruja*.

INTRODUCTION

Ayurveda is science that impart all knowledge of life.^[1] people fall sick not because of bacterial or viral infection alone, but due to three main cause namely, *Asatmya indriyarth samyog*, *Pragnyaparadham* and *Parinam*.^[2] This basic cause upset the final balance among the bioregulating factors of the body i.e. *Vata*, *Pitta* and *Kapha* and make the person fall prey to opportunistic disease.^[3,4,5] According to *Sushruta*, a person is said to be *Swastha* when his *Dosha*, *Dhatu*, *Mala* are *Sama* and the status of *Atma*, *Indriya*, *Mana* are to in healthy state.^[6]

In Ayurveda, *Vatavyadhi* are described in various *Samhita*. *Gridhrasi* is one of the common *Vatavyadhi*. In this disease *Vata* get vitiated due to various causes as mentioned in *Charak Samhita* and get located where the *Kha Vaigunya* is present^[7] According to *Charak*, it is characterised by onset of *Ruja* (pain), *Toda* (pricking) and *Stambha* (stiffness), initially in *Sphika* (gluteal region) and then radiating distally to *Kati-Prishtha* (low back), *Jangha* (thigh), *Janu* (knee) till *Pada* (feet).^[8]

Aim and Objective -

- 1) The conceptual study of *Gridhrasi*.
- 2) To study *Hetu* and *Samprapti* of *Gridhrasi*.

The conceptual study will be helpful in understanding of pathogenesis of *Gridhrasi*.

MATERIAL AND METHOD

Different Ayurveda texts, journals, research papers, articles are referred to study the concept of ayurvedic *Vivechana* of *Gridhrasi*.

Observation

The health of an individual depend on his/her diet and lifestyle. As a result of rapid modernisation, consumption of baked food, half fried vegetables etc. causes impairment in digestion and metabolism of protein structure making human being vulnerable of many life threatening disorder like joint disorder. *Gridhrasi* is commonly seen in middle age to elder age people, which hampers day to day activity like walking, running, sitting, bathing, gait etc. So finding its cause and get rid of them i.e. *Nidanparivarjana* is important.^[9]

Review of Literature

Hetu^[10,11] - The general causes of *Vatavyadhi* are considered as the causes of *Gridhrasi*. Since it is considered under eighty *Nanatmaja Vata Vyadhis*. These *Vata* disorders are caused by almost the same *Vata Prakopaka Nidanas*.

Vata Prakopa Samanya Nidan –

- 1) *Ahartah Nidan* (Related to diet)
 - *Ruksha Anna* (dry food)
 - *Sheeta Anna* (cold food)
 - *Alpa/ Parimit Anna* (diet below the requirement)
 - *Laghu Anna* (light diet)
 - *Langhana* (fasting)
 - *Abhojana / Anashana* (complete fasting)
- 2) *Viharth Nidan* (Related to Daily work/exercise)
 - *Ativyavaya* (excessive sexual activity)
 - *Atiprajagara* (staying awake at night)
 - *Atipradhavan* (excessive running)
 - *Ativyayam* (excessive exercise)
 - *Ativicheshta* (Hyperactivity)
 - *Dukkha shayya / Asana* (uncomfortable posture while sleeping)
 - *Abhighata* (trauma)
 - *Vegavarodha* (suspension of natural urges)
- 3) *Manasika Nidan* (psychological factors)
 - *Chinta* (stree)
 - *Shoka* (grief)
 - *Krodha* (anger)
 - *Bhaya* (fear)
- 4) Miscellaneous
 - *Atidoshasravana* (excessive flow of doshas)
 - *Atiasriksravana* (excessive blood letting)
 - *Rogatikarshana* (overtreatment)

Ama

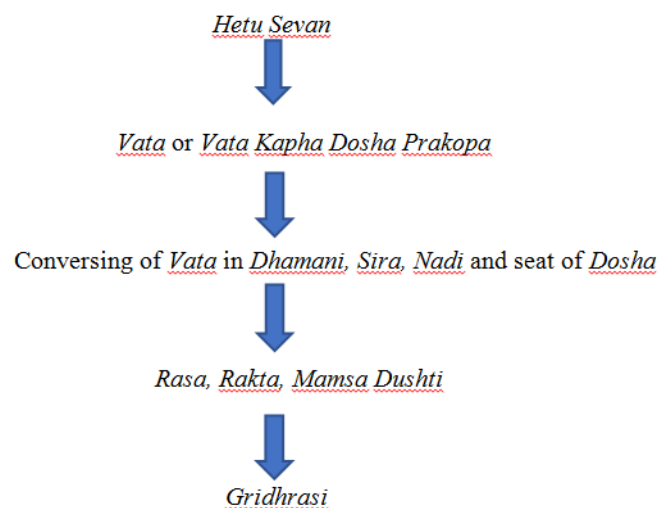
The *Hetu* are reorganized under the main heading as *Aharatah*, *Viharatah*, *Kalatah*, *Mansika* and miscellaneous^[12]

Acharya Vagbhat has said *Vatavyadhis* as “*Maharoga*”. This shows the *Acharya* have given importance to *vata* as it dominates in the function and is supposed to be the leader of the remaining 2 *Doshas*. According to *Vagbhata*, *Vayu* is dominance in *Snyau* - characterized by *Ruja* (pain) in the waist, back, thigh, knee, calf region along the cause of sciatic nerve.^[13]

Acharya Sushruta has described the disease *Gridhrasi* under *Vatavyadhi* chapter. He has given its symptoms and the line of treatment. It is characterized by distinct pain starting from *Sphik Pradesha* (gluteal region) and goes down forward to the *Prashni Pratyanguli* (foot region).^[14]

SAMPRAPTI

For the disease *Gridhrasi*, the detail *Samprapti* has not been mentioned. Since *Gridhrasi* is *Vatavyadhi*, the general *Samprapti* of *Vatavyadhi* along with specific description available are considered here for the explanation of *Samprapti*



DISCUSSION AND CONCLUSION

Sciatica is fairly common health problem with a lifetime incidence (the number of individual that have experienced sciatica at some point in their lives) varying from 2% to 4%. The cause of *Vata Vyadhi* are considered as causes of *Gridhrasi*. *Vata Prakopa Ahar* , *Vihar* gives rise to aggravation of *vata* and at the same time *Ruksha*, *Khara*, *Laghu*, *Sheeta*, *Daruna*, *Vishada*, *Chala Guna* of *Vata* suppresses the *Snighdha*, *Guru*, *Mridu*, *Picchla* and *Sandra Guna* of *Kapha* which leads to decrease of

Sleshma in *Kati*, *Prishtha*, *Sakhti* and in *Kandara* in turn results into aggravations of *Vata*.

Gridhrasi is *Shoola pradhana Nanatmaja Vata Vyadhi* , disturbing functional ability of lower back and lower limb. In this disease onset of *Ruk* (pain), *Toda* (numbning pain) and *Stambha* (stiffness) is intitially in *Kati* (lumbosacral region) and radiates distally to *Prishtha*, *Janu*, *Jangha* till *Pada*.

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