

**AN ETIOPATHOGENESIS OF GRIDHRASI W.S.R. TO SCIATICA: A LITERARY
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ABSTRACT

The health is the supreme foundation for achievement of happy life. Ayurveda is the most ancient medical science of the world. It deals with preventive and curative aspect of disease and primitive aspect of health. The main purpose of ayurveda is to keep equilibrium of all the bodily tissues. At present, the lifestyle is gradually shifting away from healthy living, and therefore people fall victim of various diseases. Due to modernization and sedentary lifestyle large number of people are suffering from low back pain in today's era. Low back pain is one of the common condition of musculoskeleton system disorder. About 40% cases of low back pain are of radicular origin. The condition resembles disease Gridhrasi mentioned in Ayurveda under vata vyadhi. Gridhrasi is a type of vata vyadhi which starts from hip and gradually comes down to waist, knee, shank and foot. In this disease vata gets aggravated due to various causes such as unhealthy Ahara and Vihara. As per the signs and symptoms seen we can correlata Gridhrasi with "SCIATICA" in the modern science. The disease Sciatica is named because of the involvement of sciatic nerve.

KEYWORDS: Gridhrasi, Ahara, Vihara, Sciatica, Ayurveda.**INTRODUCTION**

Ayurveda is the most ancient medical science of world. According to Ayurveda simple freedom from disease is not health. To become healthy, person should be happy in both states that is mentally as well as spiritually. Due to modernization more and more younger and older population are falling prey to different 'Vatika disorder'. Among three dosha vata is responsible for all chestas and all diseases.

A variety of vata vyadhi described in Charak Samhita are divided into samanyaja and nanatamaja. Gridhrasi comes under 80 types of nanatmaja vata vyadhi. Gridhrasi is one of the most common problem causing back pain along with pain in lower limb. It is pain dominant disease and reduces human activity considerably in terms of personal as well as social and professional life. Various causes which are responsible for sciatica are improper seating posture, irregular food habits, lack of proper sleep, travelling in jerky vehicles etc. Gridhrasi is described as type of vata vyadhi which starts from hip and gradually comes down to waist, knee, shank and foot. When we analyse the conditions which precipitate 'Gridhrasi', it can be learnt that any abhigata affecting the lower part of spinal cord can produce the disease. In

Ayurveda Gridhrasi is described as piercing type of pain which restricts the movement of the affected leg, make his walking pattern like bird vulture (Gridhra) and put him / her in disgraceful condition.

When we analyse the conditions which precipitate Gridhrasi, it can be learnt that any abhigata affecting the lower part of the spinal cord can produce the disease. But then even mild stresses induced in the above part can make considerable alterations in the functions of musculoskeletal system. But then even mild stresses induced in the above part can make considerable alterations in the functions of musculoskeletal system. The cardinal signs and symptoms are Ruk (pain), Toda (piercing pain), Muhuspandan(tremors), Stambha (stiffness) in shika, kati, uru, janu, jangha and pada in order, sakthishepa nigraha.

AIMS AND OBJECTIVE

1. To study concept of Gridhrasi.
2. To study etiopathogenesis of Gridhrasi.

MATERIAL AND METHOD

In this "literary review" the Ayurvedic concepts are explained on the basis of several classics like charak

samhita, sushruta samhita and various other texts. Different journals, articles and research papers are also referred for the study of concept of Gridhrasi.

OBSERVATION

As a result of modernisation and sedentary lifestyle more and more people are being attracted towards fast food and lavish lifestyle etc which are resulting in impairment of digestion and metabolism of protein structure making human being vulnerable of many life threatening disorder like back pain, joint pain etc. Gridhrasi is affecting people during their productive life ie. in middle age to older age people and thus it hampers their day to day activity like walking, running, sitting, bathing, gait etc. So we are trying to find out the cause and get rid of them ie. Nidanaparivarjana is important.

REVIEW OF LITERATURE

Definition of Gridhrasi

A/c to charaka: Gridhrasi is a type of vata vyadhi which starts from hip and gradually comes down to waist, knee, shank and foot.

A/c to sushruta: Gridhrasi is a disease in which aggravated vata of kandara (tendons) of ankles and toes cause kshepana (restricted movement) of thighs.

HETU: Since it is considered under 80 nanatamaja vata vyadhi hence all the general causes of vatavyadhi are considered as the causes of Gridhrasi. These all 80 vata disorders are caused by almost the same Vata Prakopaka Nidanas.

Vata Prakopaka Samanya Nidana

1. Ahartah Nidan (Diet Related)
Ruksha Anna (dry food)
Sheeta Anna (cold food)

- Alpa / Parimit Anna (diet below the requirement)
- Laghu Anna (light diet)
- Langhana (fasting)
- Abhojana (fasting)

2. Viharath Nidan (Diet Related)
Ativyavaya (excess 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 (holding natural urges)

3. Mnasika Nidana (psychological factors)
Chinta (stress)
Shoka (grief)
Krodha (anger)
Bhaya (fear)

4. Miscellaneous
Atidoshasravana (excessive flow of doshas)
Atiasriksravana (excessive blood letting)
Rogatikarshana (overreatment)

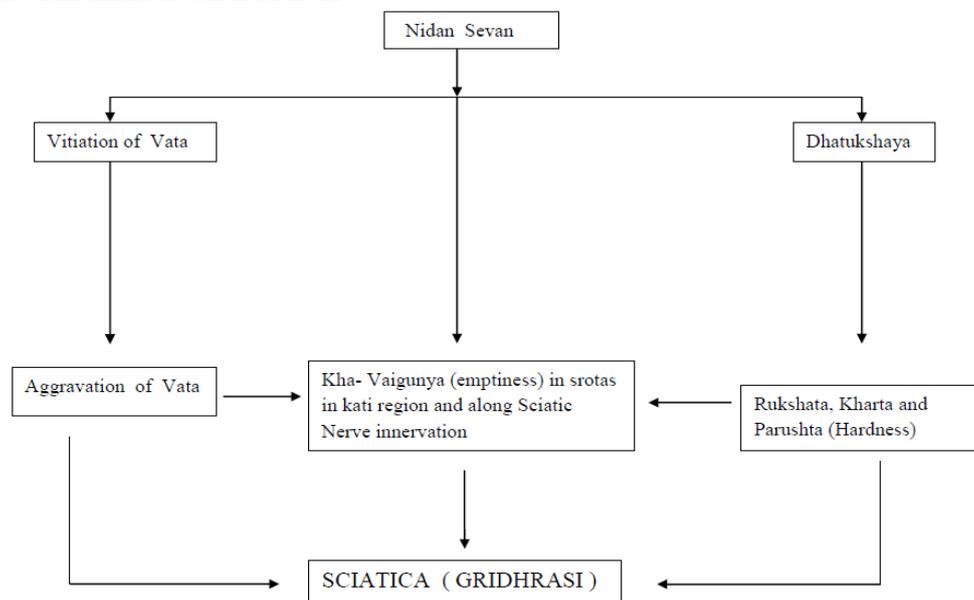
PATHOGENESIS

The detailed samprapti of Gridhrasi is not explained in our samhitas but although it is a vata vyadhi so samanya samprapti of vata vyadhi along with specific description available are considered here for the explanation of samprapti of Gridhrasi.

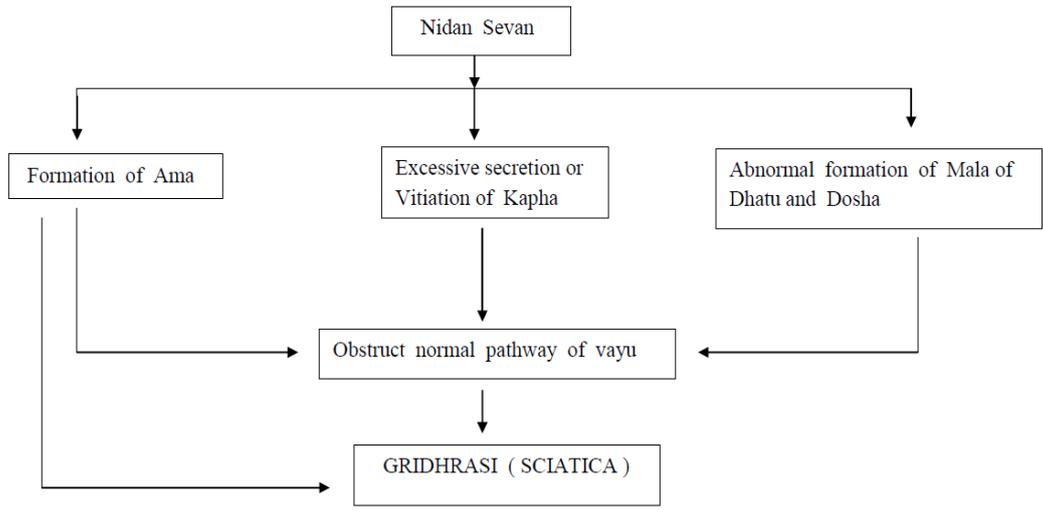
Gridhrasi is of 2 types as per described by charak:

1. Vataja Gridhrasi
2. Vatakaphaja Gridhrasi

1. VATAJA GRIDHRASI SAMPRAPTI



2. VATA-KAPHAJA GRIDHRASI



DISCUSSION AND CONCLUSION

We can conclude that Gridhrasi can be equated with the condition Sciatica syndrome in modern dialect, which occurs because of spinal nerve irritation and is characterized by pain in the supply of sciatic nerve which begins from buttock and radiates downwards to the posterior aspect of thigh, calf and to the outer border of foot. Gridhrasi is produced by Vata Prakopaka or Vata Vriddhi having symptoms of Ruk, Toda etc. Gridhrasi is shool pradhan Nanatamaja Vyadhi, distressing functional ability of lower back and lower limb. The cause of Vata Vyadhi are only considered as causes of Gridhrasi. Clinically also it is observed that Nidana of Vata- Vyadhi such as abhigata, bharaharana, vegavidharana, vishtambhi, ruksha, alpa ahara, dukhasaiya are the most common factors to cause this disease. Vata Prakopaka Ahara Vihara only gives rise to aggravation of vata and along with that Ruksha, Khara, Laghu, Sheeta, Daruna, Vishada, Chala Guna of vata suppresses the Snigdha, Guru, Mridu, Picchila Guna of Kapha which leads to reduction of kapha in Kati, prishtha etc and thus results in aggravation of Vata. In samhita Avyakta lakshana is the poorvaroop of Vata Vyadhi. Thus Rasa, Rakta, Mamsa, Meda, Asthi, Majja dhatu are affected in this disease.

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