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Critical Review Of Gridhrasi w.s.r. To Sciatica

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Abstract :

Vatavyadhis get prime importance in Ayurvedic Classics. Though it was prevalent in ancient times but due to modern life style, use of technologies, busy life schedule people are unable to follow Dinacharya & Rutucharya, hence leading to many Vatavyadhis. Gridhrasi can be correlated to Sciatica in modern medicine view. The causes, Symptoms, & treatment of Gridhrasi are mentioned here so that patient can get relief from sciatica by avoiding causes exposure. The information about Sciatica from classics have compiled and correlated with modern point of view. There is no permanent remedy for Sciatica in modern medicine so by use of ayurveda treatment of Sciatica should be used.

Keywords : Vatavyadhi, Life style, Technology, Gridhrasi .

Introduction:

As per Charaka Vata is the most important dosa in our body & is responsible for all the Activities in the body.¹ there are 80 nanatmaj Vatavyadhis² & Gridhrasi is one of them. The causes of different Vatavyadhis are different according to their location. Due to modern life style people are unable to follow Dinacharya & Rutucharya hence leading to many Vatavyadhis. Also environmental factors, busy schedule, travellings, working style on computers, lack of exercises are responsible for many Vatavyadhis² Gridhrasi especially related to Sciatic nerve compression according to modern science & termed as Sciatica. Gridhrasi has been described by almost all Acharyas. Due to severe & persistent migrating pain, the patient suffering from this disease walks like a 'Vulture' i.e. Grudhra in Sanskrit. Hence termed as Gridhrasi.³ Sciatic nerve is the widest nerve in the body derived from Lumbosacral plexus, compression to the nerve leads to pain along the course of Sciatic nerve.

As Gridhrasi is Vatavyadhi, hetus of Gridhrasi are hetus of Vatavyadhis. Charaka described Ruksha, Sheeta, Laghu Ahara, excessine Shodhana, Langhana Karma hetus of Gridhrasi. also Dhatu Kshaya, Rogatikarshan, divas wap Abhighata, & mansik hetus Like Krodha, Shoka, Chinta leads to Vataprokopa & Gridhrasi.⁵ Same description can be seen according to Sushruta & Vagbhata. According to modern Science improper posture, lack of exercises, Travelling, disc herniation, disc compression are causes of Sciatica.

Rupa of Gridhrasi:⁶

Charaka explained rupa of Gridhrasi as radiating Ruja(pain) ,Toda (pricking,pain), Stambha (stiffness), Spandan (twitching) in Sphik, Kati, Prushta, Janu & Jangha Pradesh this is only by Vata Prkopas. When Vata & Kapha prakopa is there Tandra, Gaurav (heaviness),& Aruchi (anorexia)there rupa of Gridhrasi can be seen.

According to Modern Science in Sciatica pain radiates sideways pathof Sciatic nerve which branches from lower back through hips & down each leg.⁷

Samprapti of Gridhrasi :

As Gridhrasi is a Vatavyadhi, Samprapti of Gridhrasi refers same as Samprapti of Vatavyadhis. Charaka described samprapti of Gridhrasi as due to vataprakopa hetu Vata vitiates & gets filled in empty strotasa & specific diseases occur according to location.⁸

According to Modern Science spinal disc compression pressing on one of the lumbar or sacral nerve root causes pain & swelling of surrounding tissue which lead to pain, stiffness, twitching along the course of Sciatic nerve.⁹

Chikitsa Of Gridhrasi :

Charaka described Gridhrasi in Swedya Vyadhi. Being Vatavyadhi Gridhrasi can be treated by Samanya Vatavyadhi chikitsa.

Snehana – Snehana is important for Vatashamana. Snehana can be done by Ghrita, Vasa, Majja, Taila.

Swedana – After Snehana Swedana should be given that relieves stiffness, pain. Snehana & Swedana therapy should be used frequently.

Basti – Anuvasana Basti by using sneha , also Niruha basti by using Kadha should be given.

Vishesh Chikitsa –

Siravedha & Agnikarma – Siravedha & Agnikarma should be done at the sira between kandara & Gulfa.

Kalpa-

Charaka - Sahachar taila, Bala Taila

Sushruta – Shaddharan Yoga.

Sharangdhara – Shephali Patra Kwatha

Bhavaprakasha – Erandadi Kwatha.

According to modern Science –

Medications are commonly prescribed for the treatment of Sciatica. Evidence of uses of analgesics are poor. NSAIDs are used to relieve pain¹². Epidural steroid injections show to suggest short term relief of pain reduction. Long term benefits are controversial.

Surgery – Surgery for unilateral Sciatica involves the removal of the part of disc known as discectomy.

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