

Classical Ayurvedic Review of Grudhrasi Management

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At the present era, many people are predisposed to various diseases that are based on unhealthy life style. Due to such unhealthy life style the effect of lifestyle is visible and manifested as a disease. All these cause prevalence of many Vatavyadhi, Grudhrasi is one of them. It is a nanatmaj vata vyadhi particularly ruja pradhan vyadhi which is characterized by low back ache radiating to one or both the lower limbs. So the present paper aimed to study detail review about Grudhrasi.

Introduction

Grudhrasi is explained as one among the rujapradhan Nanatmaja Vata Vikaras. The word grudhrasi itself suggest the gait of the patient i.e. गृध्रवत् चलते यस्मिन् | The disease is cause by vitiation of vata, occasionally there is kaphanubandh. The cardinal signs and symptoms of Grudhrasi described in ayurvedic samhita are Ruk, Toda, Stambha, and Muhu Muhu Spandana. There is radiating type of pain in Sphik-Kati-Prushtha-Uru-Janu-Jangha-Pad i.e.Kramgat Vedana. This pain is generally occur while walking or rest as well. Also there will be restriction in lifting of the leg, Arundutta very clearly explains this symptom as 'Pada Uddharane Ashakti'.

There are two types of Grudhrasi - Vataja and Vatakaphaja.

In Vataja Grudhrasi, there will be more Toda,Ruk, Dehasya Ativakrata, Sphuran, Stabdhatta and Suptata of Janu, Jangha, Uru, Sandhi. In case of Vata Kaphaja type along with these symptoms, additional symptoms like Tandra, Gouvara, Arochaka, Vahnimardava, Mukhaprased, Bhaktadwasha will be there.

Management

The basic principle of treatment is 'Nidana Parivarjana' i.e. to avoid the Caustive factor of the disease. It stops the further progression of disease by restricting vitiation of dosha. As grudhrasi is a

nanatmaj vata vyadhi. So nitada/causes of grudhrasi are as similliar to the causes of vata Vyadhi, so here in nidan Parivarjana, All the vata prakopak hetus related to ahara vihara should be avoided.

Vishishta Chikitsa For Grudhrasi

Acharya Charaka described special line of treatment for Grudhrasi are Siravedha, Bastikarma, Agnikarma is principle line of treatment for Grudhrasi.

Acharya Sushruta mentioned Siravedhana and Vata-Vyadhi Chikitsa upakrama in treatment of Grudhrasi.

Acharya Vagbhat mentioned Siravedhana, Agnikarma and Anuvasana Basti for the treatment of Grudhrasi.

In Ashtanga Sangraha, Acharya Stated that Sneha Virechana of Mrudu nature useful in monitoring Shoola in Grudhrasi. The Sneha Virechana clears obstruction in the Srotas and relieves Vata vitiation very quickly.

Vangasena described detailed treatment about Grudhrasi. He described proper line of management in Grudhrasi i.e. Deepana - Pachana-Snehana-Swedana- Mardana-Upanaha-Vamana-Virechana- Basti. He told that without Urdhwashudhi, Basti is contraindicated.

Snehan

Snehan is the first and important treatment of all Kevala Vatika conditions. Snehana can be

done externally as well as internally. Externally Snehana may perform in the form of Abhyang. Internally Snehan may perform in the form of pana i.e abhyantar snehapanas as well as anuvasana. Snehan karma is done in vataj grudhrasi but in case of vatakaphaj grudhrasi snehan should be restricted as it to worsen the condition.

Internally we can use Ghrita , Taila pana , Eranda Taila Prayoga are mentioned. Bala Taila, Mulaka Taila, Sahachara Taila are also mentioned for Snehapanas. For abhyang purpose we can use Nirgundi Tail, Sahachar Tail, Narayan Tail, Bruhatsaindhvadi Tail.

Swedana

Repeated Swedana is the most important treatment of Vatavyadhi. Swedana is good in reducing Soola , Sthambha , Gourava. which are the main features of Grudhrasi. It helps in the liquification of dosha there by assisting for clearing the strotasa. Mostly Nadi swedan, patrapinda swedan, pizichili swedan types are used.

Shodhana

Shodhana may Suggest for bahudosha avasta among Vamana and Virechana , Virechana is the most important method of treatment in case of Grudhrasi mostly in Stambha, Vibhanda condition. As a Vata Vyadhi, Mridu Virechana is ideal for Grudhrasi. Eranda Taila along with Gomutra is advised, as well as Eranda taila along with milk is advised for Grudhrasi

Basti is another major treatment for Grudhrasi. As Basti is consider as Ardha Chikitsa for Vata vyadhi. Among the Niruha and Anuvasana Basti , The Anuvasan is more beneficial in keval vatic condition. Sahacharadi Taila, Dhanwantharam Taila, Mahanarayana Taila, bala Tail etc. are commonly used Tailas for Anuvasana in cases of Grudhrasi. Among different Niruha Bastis, Eranda muladi Basti is commonly practiced in Grudhrasi. Niruha Bastis is the very useful treatment in Kaphavruta Vata conditions. Sampakadi Niruha, Vaitharana Basti Gomutrayukta Basti are also best fo kaphavataj Grudhrasi. Grudhrasi associated with Daha Ksheera Basti is also beneficial.

Siravedhan

According To Acharya Charak The Site Of Siravyadhan Is In Between The Kandara And Gulpha. And According To Acharya Sushrat And

Vagabhat The Site Of Siravyadha (Venesection) Is Four Angula Above Or Below Janu. The Reason For Siravyadha Is That In Grudhrasi, The Kandara Gets Vitiated. Kandara Is The Upadhatu Of Rakta So Siravedhana Is The Important Part Of Treatment.

Agnikarma

According To Acharya Sushrut And Vagbhat Agnikarma Is Indicated In Sira, Snayu, Asthi, Snadhigat Vyadhi. Grudhrasi Is One Of The Disease Of These Samprapti Agnikarma Is Contraindicated If There Is Daha, Vidaha. Agni Karma With Loha Salaka Or Panchdhatu Shalaka About Two Or Four Angula Around The Gulpha Also Can Be Done.

Samanoushadhi

Vati : Tryodashang Guggul, Rasnadi Guggule, Yograj Guggule, Mahayograj Guggule, Punarnava Guggule, Vatari Guggule, Triphala Guggule Etc.

Kashya/Arishta: Maharasanadi Kwath, Erandmul Kwath, Nirugadi Kwath, Shephali Patra Kwath, Dashmool Kwath, Rasnadi Kwath, Balarashti, Ashwandharishta, Dashmularishta, Rasnasaptak, Rasnapanchak Kwath.

Rasa Kalpa: Vatagajankush Ras, Ekangaver Ras, Vatavidhvansa Ras, Vatari Ras, Rasrajeshwar Ras, Sameerpang Ras Etc Rasa Kalpas Are Used.

Churna: Mostly We Can Use These Churna In Vatakaphaj Type Of Grudhrasi. Vaishvanar Churna, Ajmodadi Churna, Panchkol Churna, Trikatu Churna Etc. We Can Used These Churna Mainly For Treatment Of Vatakaphas Type Of Grudhrasi.

Conclusion

A Detailed Description About Grudhrasi And Its Management Were Given In Ayurvedic Classical Texts. Due To Dominancy Of Vata, Grudhrasi Was Described In Nanatmaja Vyadhi Nidanparivarjan, Shodhan Chikitsa Including Sneham And Swedan And Shaman Chikitsa Are Main Line Of Treatment For The Grudhrasi Management. Agnikarma And Raktamokshan May Be Useful In Chronic Condition As Well As Basti Is Also A Better Choice For Management Of Grudhrasi.

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