

## A CLASSICAL REVIEW OF GRIDHRSI W.S.R TO SCIATICA AND THEIR ACUTE & CHRONIC PAIN MANAGEMENT THROUGH AYURVEDA

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### ABSTRACT

**Background of Study:** In *Ayurved Samhita* describe various types of *vata vyadhi* these are very painful to the patients due to involvement of pure *vata*. *Gridhrsi* is one of them. *Ayurveda* is only one science to prevent and manage of severe pain full conditions in *Gridhrsi* through *Panchkarma*. Now a days with modern life style, postures changes due to continue sitting, excessive travelling with jerky movements causes dysfunction of *vata* properties resulting various types of *vata vyadhi*. *Gridhrsi* is very pain full disease where dysfunction of *gridhrsi nadi* characterized by pricking pain from the *sphik* region & radiates up to *pada* through the posterior aspect of *kati*, *prustha*, *janu* &

*jangha*. Features of *gridhrsi* rog is exactly same to sciatica there will be difficulty in walking. *Ayurved* play a great role of their pain mangement will discuss to full paper.

**KEYWORDS:** *Gridhrsi*, Sciatica, *Panchakarma*, Pain.

### INTRODUCTION

In *ayurveda gridhrsi* is included among the 80 *nanatmaja vata vyadhi*. *Sushrut* considered this as “*mahagad*” which is difficult to cure. *Vata* is responsible for all the *chesta* in the body. Present life style of peoples is very fast & sedentary with unhealthy food, aggressive, competitive nature, fast driving on jerky roads are directly proportional to aggravation of *vata*. which acts as a pathogen to be a origin of any pain & inflammatory process in the body. *Gridhrsi* is one of the pain predominant disease in which the person can not sit & walk properly that hampers his normal activitys. All most all sign & symptoms of *gridhrsi* is resembles with the condition of sciatica in modern science. Its detail description like

symptoms & pathology has been given in *ayurveda* classics since vedic period while this condition was known to modern medical science just two centuries ago. The name suggested that the affected person walks like a vulture “*griddha*” due to pricking pain and it is suggestive of impaired movement also. In this article we discuss the review of *ayurvedic* classics texts & related literature to understand *gridhrsi rog* with emphasis on its *samprapti* and their *ayurvedic* pain management.

### AIM AND OBJECTIVE

1. To evaluation of *Gridhrsi* in *Ayurved Samhita*.
2. To evaluation of pathogenesis of *Gridhrsi rog*.
3. To evaluation of a role of *ayurveda* to management of *Gridhrsi*.

### MATERIAL AND METHODS

1. Literary source like classical texts of *Ayurveda*.
2. Literary review, *Panchakarma*, *Siravedh*, *Raktamokshan*, *Agnikarma*, *Pizinchil* etc.

### Classical Review of *Gridhrsi*

**Nirukti-** 1. In *ayurveda* disease are named by different ways according to dosha dushya involvement or symptoms. “Gridh means vulture” Vulture is fond of meat and a particular fashion of eating meat. It pierces its beak deeply in flesh and draws forcefully causing severe pain. The pain of *gridhrsi* is also same as, so the name is given *gridhrsi*.<sup>[1]</sup> 2. The word *gridhrsi* is suggestion of the typical character of pain & also the gait of patient, because of the persisting severe pain the patient has a typical gait such as slightly tilte towards the affected side. Affected leg in flexed position & another leg extended this gait similar to vulture.

**Synonyms-** 1. *Ringhini-* means *skhalan* (herniation). Herniation of sticky fluid (*shlesak kapha*) which found in between vertebrae. This word is given by *vachaspati mishra* on commentary of *madhav nidan gridhrsi rog*. 2. *Ranghrini-* “porosity” of lumber vertebrae. Word given by *dalhan on sushrut nidan sthan* commentary on *vata vyadhi*. 3. *Ranghina-* “compression” on *gridhrsi nadi*, word given by *kashiram* on *gudarth sandipan* commentary of *sarangdhar samhita*.

### Defination

1. *Acharya Charak-* *Gridhrsi* is one among the *nanatmaja vyadhi*,<sup>[2]</sup> characterize by *stambha* (stiffness), *ruk* (pain), *toda* (pricking pain), *spandan* (frequently tingling) thus

symptoms initially affected *sphik* (buttock) region corresponds with posterior aspect of *kati* (pelvic region) & then gradually radiates to posterior aspects of *uru* (thigh), *janu* (knee), *jangha* (calf region) & reaches up to the *pada* (foot).<sup>[3]</sup>

2. Acharya Sushrut- where two kandara (ligament of heel & toes) are affected by vitiated vata, so involvement of the lower limb get restricted, it is known as gridhrsi.<sup>[4]</sup>
3. Arundatta in his commentary defined clearly that due to vata in kandara (tendon-ligament), the pain is produced at the time of raising leg straight & it restricts the movement of thigh.<sup>[5]</sup> This is an important clinical test for diagnosis of sciatica, *pada utthapan pariksha* like SLR test in modern science.
4. Acharya Harit – Gridhrsi is a condition originated due to vitiated vyan vayu which is responsible for all the types of voluntary movements is restricted.<sup>[6]</sup>
5. Madhav nidan- He mention “*dehasyapi pravakrata*” which is mean to the lumber scoliosis is considered in *vataj gridhrsi*.<sup>[7]</sup>

**Nidan (etiology)**- In case of *gridhrsi* specific *nidan* has not been mentioned, so the causative factors mentioned in *vata vyadhi* are consider as *nidan* of *gridhrsi*.<sup>[8]</sup> Mainly the difference is only in *samprapti* in all *vata vyadhi*.

1. **Vataj gridhrsi**- A. *Aharaj nidan*-bitter, pungent food, dry, cold, spicy, junk, preserved food, very much fasting condition, pee nut, kalay, energy drinks etc. B. *Viharaj nidan*- late night sleep, over stress, travelling on jerky roads, old age, summer & rainy season.
2. **Vata-kaphaj gridhrsi**- A. *Aharaj nidan-vata & kapha prakop ahar*, pizza, burger, bread, biscuit, curd, heavy diet, paneer, cheese, etc B. *Viharaj*- immediate sleep after lunch. Daily day sleep, long sitting, *basant ritu* etc.
3. **Abhigataj**- trauma in pelvic region, lumbo sacral vertebrae injured, dislocation of lumbar vertebrae, herniation of intervertebral disc, fracture in pelvic region.
4. **Nidanrthkar rog**- Diabetic neuropathy, rheumatoid disease, gouty disease, spondylosis, spondylolisthesis, tumors of nerve root, vertebral column, ankylosing spondylitis, pelvic inflammatory disease etc.

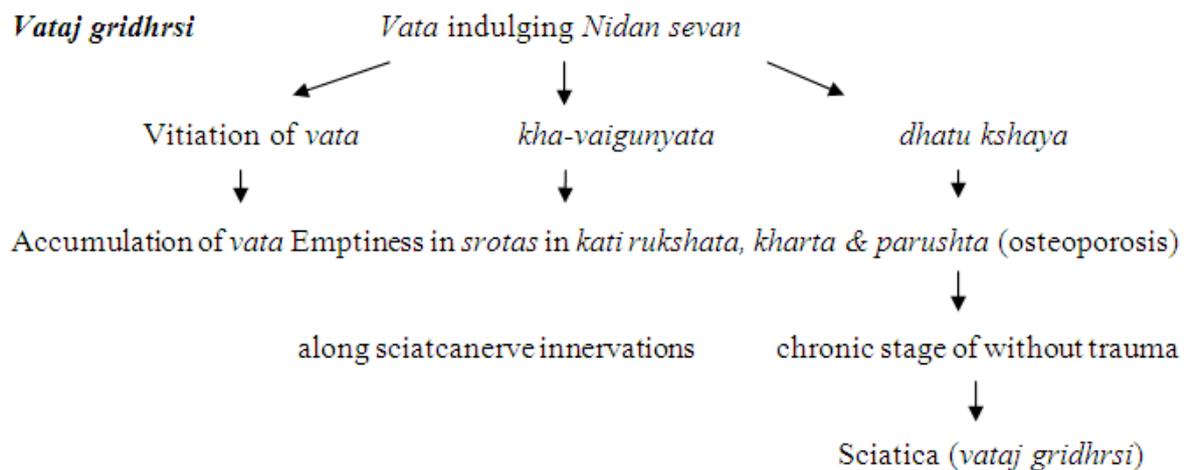
**Purva Rupa (Pre cardinal symptoms)**- No special *purvarupa* of *gridhrsi* is mentioned in classic. *Gridhrsi* being a *vata vyadhi samanya purva rupa* of *gridhrsi* is same. “*Avyakta karma*” un manifested symptoms is pre cardinal symptoms in *gridhrsi*.

**Rupa (Cardinal symptoms)**- There are two types of *gridhrsi* according to manifested of dosha 1. *vataj gridhrsi* 2. *Vata-kaphaj gridhrsi*.<sup>[9]</sup>

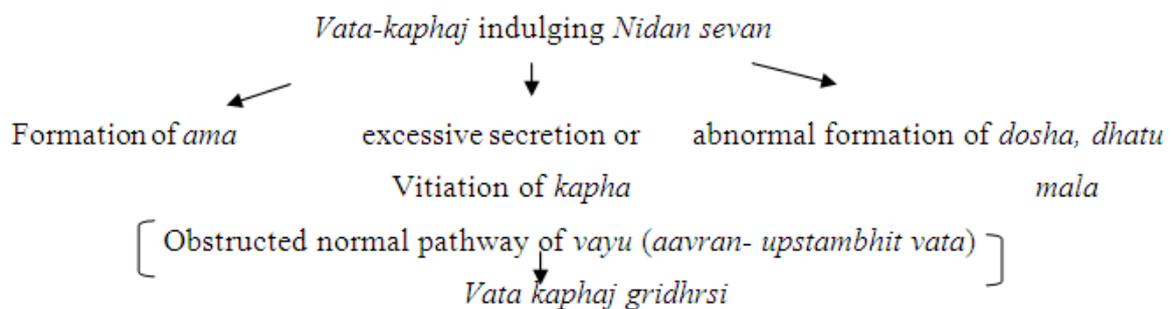
*Vataj gridhrsi*,<sup>[10]</sup> 1. *Ruk-* pain in leg along the path of sciatic nerve 2. *stabdhata-* stiffness 3. *toda-* pricking pain sensation 4. *Suptata* – numbness 5. *Sphuran-* tingling sensation or muscular spasm 6. *Dehasyapivakrta-*scoliosis 7. *Shaithilyta-* muscular weakness in limb 8. *Mansh shosha-* wasting of muscles 9. *Sashula Chankraman-* pain in walking.

*Vata kaphaj gridhrsi*,<sup>[11]</sup> 1. *Tandra-* drowsiness 2. *Agnimandhya-* poor appetite 3. *Mukha prasek-* excessive salivation 4. *Bhuktdwesh-* anorexia, With above symptoms.

### **Samprapti (Pathogenesis)<sup>[12]</sup>**



### **Vata-kaphaj gridhrsi-**



### **Samprapti Ghatak**

1. *Nidan-nij & aagantuj, sannikrasta & viprakrasta*
2. *Dosha-* mainly *vata* specially *vyan & apan vayu* along with *shleska kapha*
3. *Dusya- dhatu- mansh* (pyriformismuscles, muscles of pelvic guirdle), *asthi* (femer, patella, tibia, fibula, lumbosacral vertebra), *majja* (sciatica nerve along with poplital nerve), *rakta* (blood supply along sciatic nerve) *updhatu- sira, kandra, snayu* (affected venous supply along with particular tendons & ligament)
4. *strotas- rakta vaha, mansha vaha, medo vaha, asthi vaha, sangya vaha (nadi sansthan)*
5. *Strotodusti- sanga, vimarg gaman, sira granthi*

6. Agni- agnimandya
7. Udnagam sthan- pakwashayotha (kati region)
8. Rog adhistan (sthan samsray)- sphik, kati, prustha, uru, janu, jangha, gulpha, padanguli in short gridhrsi nadi.
9. Affected part- uni lateral or bilateral.<sup>[13]</sup>
10. Vyadhi avastha- acute or chronic. Kricha sadhya.

**Chikitsa (Management)-** Gridhrsi is being vata vyadhi line of treatment of vatavyadhi is also treats the gridhrsi vata. Samanya chikitsa,<sup>[14]</sup> of vata vyadhi in few steps-1. mild purgatives along with sneha like erand tail should be give in bed time to control the region of apan vayu (pakwashya). 2. Vatanuloman chikitsa to prevent of vimarg gaman of vayu. 3. deepan-pachan drugs to stimulation of jathragni & dhatwagni 4. Niruh & anuvasan basti to eliminate the toxins 5. Nasya- for sirovirechan to prevent avran 6. Dhumrapan- for stimation the siro gat nadi to prevent kapha prakop, drowsiness 7. Madhur, amla, saindhav lavan along with some snigdha food to prevent imbalance of vata dosha.

According to dosha prakop treatment of gridhrsi divided in three category- 1. If Patient come with mild symptoms of gridhrsi like mild pain, heavy ness on leg, mild pain with leg lifting, constipation, loss of appetite etc its sanchaya avastha of shad kriya kaal than treatment is langhan, langhan-pachan, vatanuloman, mild purgation along with shaman ausdhi.

2. If patient come with acute and severe pricking pain of lower back, buttock up to leg, he can not walk properly its may be achaya prakop or chaya but its vyaktavstha of shadkriya kaal than treatment is should be given in aggressivly sodhan chikitsa like raktamokshan through Siravedh, Agnikarma & Administration of sodhan basti as prescribe by aacharya charak along with the krishra uppnah (ushna lepa).<sup>[15]</sup> In this case minor surgery is might be done by experienced vaidya prescribe in chakradatta.<sup>[16]</sup>

3. If patient come with all symptoms of gridhrsi vata & vata kaphaj (tandra, heavynes) to mild & moderate, than treatment should be yukti vyapashraya chikitsa according to upstambhit & nirupstambhi vata chikitsa. In this stage of chronic pain, management by sodhan like vaman, virechan, deepan- pachan ausdhi than after basti upkrama along with shaman chikitsa.<sup>[17]</sup> given by bhavprakash and vangsen.

## RESULTS AND DISCUSSION

*Gridhrsi* resembles sciatica in symptomatology. Sciatic nerve causes so much pain because it is the largest nerve in the body. The nerve starts at the back of pelvis & runs downwards through the hip area & buttock in to each leg. Near the knee the sciatic nerve divided in to two nerve the tibial & the peroneal nerve. Tibial nerve runs behind the knee & the peroneal nerve runs along the side of calf & ankle, through the tibial & peroneal nerve the sciatic nerve innervates stimulates the action of many muscle in the lower leg & enable feeling in the thighs, legs & feet. Besides pain other symptoms may include sensation such as tingling, pins & needles, burning, numbness or muscle weakness in sciatica.

In the modern medicine administration of muscles relaxant, NSAIDs, corticosteroid, physiotherapy gives temporary relief from pain & at the end the last option left in surgery, which is quite expensive needs long hospital stay & has many complication & may even cause permanent loss of working capability, so there is a need of a research for safe drugs & some effective non invasive procedure having better efficacy.

The strength of *ayurveda* in the area of spine & joint treatment is globally appreciated. In *ayurveda* comprises of three approaches 1. Elimination (*SODHAN*) of the accumulated toxic products of digestion, metabolism & the other causative factors of disease. Such as *vaman*, *virechan*, *asthapan basti*, *anuvasan basti*, *nasya*. *rakta mokshan* (*siravedh*, *jalaukavcharan*, *ghatyantra*), & *agnikarma*. These therapies are directed towards relieving the inflammatory causes of sciatica releasing the spasm & nerve compression in the affected area, strengthening & nourishing entire spine & supporting tissue. In acute pain management of *gridhrsi ayurveda* has described *siravedh* (venesection) & *agnikarma* (quantization by panch *dhatu shalaka*).

2. Pacification (*SHAMAN*) by *abhyang* (*snehan*), *swedan*, *mardan*, *patra pinda sweda*,<sup>[18]</sup> *dhanyamla dhara*, *pizinchil* (*sarwang tail dhara*), *kati basti* etc along with *vata shamak ausdhi* like *vata vidhvansha rasa*, *ekangveer rasa*,<sup>[19]</sup> *dashmula quath*,<sup>[20]</sup> *aswagandha churna*,<sup>[21]</sup> *tryodasang guggulu*,<sup>[22]</sup> in chronic pain sooth the severity of pain & improve functional ability are adopted in *gridhrsi*.

3 Rejuvenation (*RASAYAN*)- When *samprapti* of *gridhrsi* due to *dhatu kshaya* or *abhighataj* where *vata prakop* takes place due to *stroto vaigunya* or damage of vital points here given

*rasayan* the altered functioning of the body tissue to regain & maintain natural strength & vitality.

### **Mode of Action of Ayurvedic Procedures In Pain Management of Gridhrsi**

**Snehan-Swedan-** Local *snehan* & *swedan* is very effective & give quick results due to its having opposite property of *vata*. Like as *vata dosha sheet* (cold), *ruksha* (dry) in nature & *swedan* being a *ushna* along with *snehan* is *snigdha*. *Swedan* increase sweat & brings out *mala dravya* along with sweat thus it decrease *kleda* in the body resulting in the reduction of *gauravta* (heavy ness), *stambha* (stiffness) which are cardinal symptoms of *gridhrsi*. After *swedan romanch* (sizzling sensation), *toda* (pricking pain), *shoth* (inflammation in muscular tissue), *akunchan-prasaran vikshap* are gradually less & the organs and muscles become soft & elastic.

**Basti-** It is the best treatment modality in the management of *vata vyadhi*. 1. Mixture of *madhu*, *saindhav*, *sneh kalka*, *kasay* & *prakshep dravya* are administered in the form of *niruh basti*. *Erandmuladi niruh basti* which contain 34 drugs among them maximum no. *Dravya* to *ushna veerya* which is indicated in *shoola* of *jangha*, *uru*, *pada* & *pristha* region & it is indicated in *kapha avrata* condition also. 2. Behind the *pakwashya* there are large no. Of nerve plexuses originating from the hypo gastric plexus & lumbosacral plexus etc. These plexus will get nourish & soothing effect from *basti*. It expels out the unwanted toxins from the body.

**Kati Basti & Tail Dhara-** The warm oil is contact with long time at the site of pathology & the resultant effect of the procedure is produced. Thermal effect of warm oil is arising from an increase in blood temperature stimulation of thermo detector in the skin & local temperature increase. It has catalytic effect on all chemical process, thus application of heat results in an increased transport through the cell membrane. An increase in the temperature of connective tissue in particular the collagenous tissue such as skin, muscles, tendons, ligament & articular capsule will be accompanied by an increase in the elasticity.

**Siravedh-** Site of *siravedh* is according to 1. *Charak-* in between *kandara* & *gulfa*.<sup>23</sup> 2. *Sushrut-* 4 *angula* above or below from *janu sandhi*,<sup>[24]</sup> 3. *Harit-* 4 *angula* above from *gulfa*. Action- Elimination of *ama* (toxins in blood) which obstructs the *srotas* through *siravedh* & *vyan vayu* get *anulom*, pathway of blood circulation is increase & smooth after that & pain automatic less due to release the pressure on affected site.

**Agnikarma-** According to *Charak Agnikarma* site between *kandara & gulfa*.<sup>[25]</sup> with *panchadhātu* or *swarn shalaka*. Action- 1.its having *usna guna* so pain due to *vata* is decrease. 2. *Agnikarma* works by giving extend heat there by increasing the *dhatvagni* which helps to digest the aggravated *dosha* hence cure disease. 3. Due to increased local metabolism, the waste product excreted & blood circulation normalize thus resulting in reduction of pain immediate.

## CONCLUSION

Pain is the most common symptom of *gridhrsi* when it turns to be the major symptoms that brings a patient to the physician. *Ayurveda* still keeps the dignity as an effective medical science with a strong base of fundamental principles as well as the unique approach towards the disease. Thus is effective line of treatment for almost all the disease in the form of *sodhan, saman & nidan parivarjan* to eradicate the root cause of disease & restore normalcy in all respect as a management of acute & chronic condition of pain.

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