



GRIDRASI: A CASE STUDY

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ABSTRACT

In the present era, sedentary lifestyle is creating lot of problems in the human body. *Gridrasi* is a painful condition in which the person cannot sit and walk properly which in turn hampers his normal activity. Almost all signs and symptoms of *Gridrasi* resembles the condition Sciatica, as described in the modern texts. Sciatica is a very painful condition in which pain begins in lumbar region and radiates along the posterior lateral aspect of thigh and leg along with difficulty in walking. SLR, Slump test, Lasegue's signs, Faber's test is helpful not only to diagnose the sciatica but also to assess the progress of the therapy. A 49-year-old male patient working as a carpenter came to KVG Ayurveda Medical college KC, OPD complaining of low back pain radiating to posterior aspect of left lower limb for one month. Also, difficulty in walking and numbness in the left foot. He was diagnosed as a case of intervertebral disc prolapse at L4 - L5. According to symptoms it was diagnosed as *Vata Kaphaja Gridrasi*, treated with medicine like *RasanaerandathiKashayam*, *Trayodasanguugulu*, *SarvangaChoornapindaswedam*, *Sarvangapathrapindasweda*, *Basthi*, *Sahacharadikashayam*, *Rasanadhiguggulu* etc. After the treatment patient's overall quality of life was significantly improved. The present case study is about the successful Ayurvedic management of *Gridrasi*.

Keywords: *VatakaphajaGridrasi*, *Rasnaerandathikashayam*, *Trayodashanga Guggulu*, *Sahacharadhi kashayam*, *Rasnadi Guggulu*, *Basthi*, *Sweda*.

INTRODUCTION

According to Ayurvedic classics, *Gridrasi* is one among the 80 types of *Nanatmaja Vata Vikara*.¹ The term *Gridrasi*, indicate the typical gait that resembles a *Gridra* or vulture, which is often seen in *Gridrasi*.² It is a musculoskeletal disorder with cardinal features like *Ruk*, *Toda*, *Muhuspandan*, *Stamba* in the *Sphik*, *Kati*, *Uru*, *Janu*, *Janga* and *Pada*³ and *Sakthikshepanigraha*.⁴ It is of two types *Vataja* and *Vatakaphaja*. *Kaphaja Gridrasi* associated with *Tandra*, *Aruchi*, *Gaurava*. In *Gridrasi Vata* afflicting the *Kandara/ Snayu* of lower limbs. *Gridra* is a bird called as vulture in English. This bird is fond of meat and it eats flesh of an animal in such a fashion that deeply pierce its beak in the flesh then draws it out forcefully. Exactly such type of pain occurs in *Gridrasi* because of which the name was given.⁵ Another meaning is in this disease the patient walks like bird *Gridhra* and his legs becomes tense and slightly curved having the resemblance with the gait of *Gridhra*, hence the name might have given to this disease as *Gridrasi*. *Stamba*, *Ruk*, *Grahana* and *Spandana* are the distinctive features of *Gridrasi*. It originates from the *Sphik pradasha* and radiates downwards through the *Prushtabhaga* of *Kati*, *Uru*, *Janu*, *Jangha* and *Pada*. *Acharya Susrutha* explained that the vitiated *Vata Dosa* afflicts the *Kandara* producing *Gridrasi*, where in the patient finds difficulty in extending the leg. The two *Kandaras* are one extending distally from the *Parshini* to the toes, and other extending above from the *Parashini* to the *Vitapa*.⁶ In the *Gridrasi*, there is no specific *Nidana* has been mentioned, so the causative factors mentined for *Vathavyadhis* can be considered as *Nidana*. Symptoms in mild form can be considered as *Purvarupa*. There are 2 types of *Samprapti* explained like *Margavarodha* and *Dhatukshaya*⁷ Sciatic nerve is a major nerve supplying the lower limb. It arises from the lumbo sacral part of the vertebral column and travels right up to the feet. Sciatica is a condition that arises when this sciatic nerve is pressed or get inflamed and it is characterized by pain, altered sensation or numbness in the areas supplied by sciatic nerve. It is one of the most common conditions seen in

the people suffering from low back pain.⁸ A 49-year-old male patient came to our KVG Ayurveda Medical college KC OPD with chief complaints of low back pain radiating to left lower limb with numbness, weakness, loss of appetite, heaviness of body was treated with our medicine to get good result. Before starting the treatment, a proper study of the patient and disease is required, which otherwise may lead to further complications. In all stages of *Gridrasi* except in *Amavastha*, oil preparations are suggested by all *Acharyas* both externally and internally but in *Ama* and *Vatakapha Gridrasi Sneha prayoga* will not give any positive result. In those cases, *Amahara Prayoga* should be advised. The treatment principle of *Gridrasi* explained by *Acharya Charaka* is *Siravyadha*, *Basthikarma* and *Agnikarma*. According to *Susrutha* in *Vathaja* condition *Snehana*, *Swedana* and *Anuvasana Basthi* is useful but in *Kaphaja* condition *Deepana*, *Pachana* and *Rukshasweda*, *Asthapana Basthi* and *Rakthamokshana* is advised. Our treatment for *Gridrasi* was focused on bringing back the aggravated *Vata* or *VataKapha* to the state of equilibrium and there by to the state of health.

Case Report

A 49-year-old male patient, working as a carpenter came to our KVG Ayurveda Medical college KC OPD with chief complaints of low back pain radiating to left lower limb associated with difficulty in walking, heaviness of body, lack of appetite, numbness in the left foot. Patient was apparently well before 3 years and gradually developed low back pain which aggravated on sitting and walking. Rest was giving relief from pain. Since last one month patient developed numbness and pain over the low back which is radiating from low back to ankle joint and patient took allopathic treatment and got slight relief. Now he came to our hospital for better treatment.

History of past (*Purvavyadhi Vrithanda*): H/o of Diabetes since 1 year, Angioplasty done on 7th may 2020.

Treatment History (*Purvachikitsa vrithanda*): Tab Brilinsta, Proloment, Aspirine, Ecospirin.

Family history (*Kulavrithanda*): Nothing specific.

Vayakthika Vrithanda: Ahara: Mixed, Vihara: continues work, Nidra: Normal, Koshta: once in a day, Mutra: 5 to 6 times/ Day

Trividha Pareeksha

Darshana: walking style improper, Sparshana: Nothing significant, Prashna: pain radiating from low back to foot.

Ashtasthana Pareeksha:

Nadi: Vata Pitta, Mutra: 5 to 6 times per day, yellowish, Malam: once in a day, incomplete evacuation, Jihwa: Liphtha, Sabda: Spashta, Sparsha: Anushnasheeta, Gati: Vikritha, Akriithi: Madhyama

Dasavidha Pareeksha

Prakrithi: Vata pitta, Vikriti: Vatakapha, Rasa, Raktha, Snayu, Sira, Satwa: Madhyama, Sara: Rasasara, Samhanana: Madhyama, Pramana: Madyama, Satmya: Sarvarasa, Aharashakthi: Avara, Vyayamashakthi : Avara, Vaya: Madhyama

Nidana Panchaka

Nidana: Heavy work, continues standing and sitting. Lifting heavy weight, Vegadharana, Purvarupa: Pain and stiffness, Rupa: low back pain, radiating pain from Left buttock region to posterior side of the leg, Difficulty to walk, pain aggravates while walking and while turning from one side to other on lying down.

Upashaya: Rest, Anupasaya: Walking, Bending, Working.

Samprapti: Nidana leads to Vathaprakopa-Dhatukshaya – Khavaigunya In Kati –Dosha Dushya Samurchana - Sira Snayu affected-Gridrasi

Samprapti Ghataka

Dosa: Vata, Dushya: Rasa, Raktha, Mamsa, Majja, Asthi, Agni: Mandagni, Srothas: Rasavaha, RakthaVaha, Mamsavaha, Asthivahasrothas, Srothodushti: Sanga, Uthbhavasthana: Pakvashaya Adhishtana: Kati, Shakha (lower), Rogamarga: Madhyama

General examination

Bp:130/ 80, PR: 78/min, RR :20/Min, Height :5 ft 2 inches, Weight :54 kg, Edema/ lymphadenopathy /Pallor/icterus/clubbing/cyanosis: Absent

Systemic examination

Rs: NVBS, CVS: s1s2 heard, P/A: Soft non tender, CNS: Conscious and well oriented **Musculoskeletal**

System: Gait: Limping gait with support, Upper limb: Normal, Lower limb: Stiffness in the calf and thigh region. Redness and warmth / weakness/ swelling, Deformity: Absent

Examination of spine

Inspection: No visible deformity. Palpation: Tenderness L5, S1, S2 region., Movements: Cervical/thoracic: NAD, Lumbar: Flexion restricted, Lateral Flexion Lt Not possible, Rt Restricted, Extension: Restricted

SLR Test Positive at 30 degree

LASEGUE’S SIGN positive on left side

Vyavachhedana Nidana

Vataja gridrasi, Vata Kaphaja Gridrasi, Katigraha, Pakwashayagata Vata, Urusthamba

Vyadhi vinischaya

Vatakaphaja gridrasi

Chikitsa

- Rasnaerandathi Kashayam 15 ml Kashyam with 60ml lukewarm water morning and evening empty stomach
- Trayodasang guggulu along with Kashayam
- Sarvanga Choorna Pinda Sweda with Kolakulathadi

After Ama avastha, Sarvanga Patra Pinda Sweda, Abhyanga, Swedana Anuvasana vasthi as Yoga Vasti with Sahacharadhi Tailam 70ml, Erandamoolathi Niruha Vasthi (Makshika, Saindhava, Sneha, Shathapushpa kalka, Dasamoola, Balamoola, Erandamula, Amritha, Rasnakashaya, Avapadravya as Gomuthra.

Next 15 days, Sahacharadi kashayam, Yogaraja guggulu, Ashwaghada choornam with milk, Katipichu with Sahacharadi oil.

Pathya-Apathya is very important in treatment. Light and Vatanulomana drugs like Jeeraka, Hingu, Saindhava, Yusha, Mamsarasa. Viharas like avoiding continues sitting, standing and strainful works Yogasana and oil application followed by hot water bath

Pathya⁹ Sarpi, Amla, Lavana Rasa Ahara, Godhuma, Masha, Mamsa Rasa, daily Abhyanga, rest. **Apathya**¹⁰ Tiktha Katu Kashaya Rasa Ahara Atisevana, Chinta, Vegadharana, excess work.

DISCUSSION

Repeated *Swedana* is very effective in *Vathavyadhi*.¹¹ it is very effective to reduce *Shula*, *Stamba*, *Gourava*.¹² which are the cardinal features of *Gridrasi*. *Snehana* can be both *Bahya* and *Abhyantara* in nature. *Snehana* is good for *Kevala Vathaja* condition. In case of *KaphaVathaja Gridrasi* first *Rukshana* should be done followed by *Snehana*. *Anulomaka* is much beneficial in *Gridrasi*. *Basthi* is the most important treatment for *Vata*.¹³ There is no condition pacify *Vata* as like *Basthi Chikitsa*.¹⁴ *Basthi* should be done in *Niramavastha*. Both *Niruha* and *Anuvasana Basti* is useful. *Erandamuladi Basthi*¹⁵ *Anuvasana Basthi* with *Vata hara*, *Gridrasi hara*. Here *Sahacharadhi Tailam* is used.

- *Rasnerandadi Kashayam* is *Vatha Kapha hara* and useful for low back pain and stiffness.
- *Trayodasang Guggulu* is good for nerves bones and joint, muscles and ligaments. Effective in all types of diseases related to nervous and musculoskeletal system.
- *Choorna Pinda Sweda* is good for *Ama* condition, when patient is free from *Ama Avastha* we can start *Abhyanga*, *Swedana* and *Pathra Pinda Sweda* followed by *Yoga Vasthi*.
- *Sacharadhi Tailam* is good for *Adhobhaga Vatha*, *Erandamoolathi Niruha Vasthi*, *Vatha Kapha hara* and good for *Gridrasi*.

Sne	Niru	Sne	Niru	Sne	Niru	Sne	Sne
ha	ha	ha	ha	ha	ha	ha	ha

After the treatment pain, swelling and other symptoms were significantly reduced and Patient walking style also improved.

Follow up

- *Sahacharadi Kashayam*
- *Rasnadi guggulu* 2 tablet morning and evening along with *Kashayam*
- *Katipichu* was advised
- *Katipichu* with *Sahacharadhi* oil is good for the condition as it is *Shulahara* and *Shothahara*. *Sahacharadhi Kashayam* is good for weakness and other ailments associated with the *Vatadosha*

CONCLUSION

Gridrasi is a *Shoola Pradhana Vyadhi*, so it will produce great discomfort to the patient. Improper sitting postures, continuous and over excretion etc are the most common reasons. So, *Nidana Parivarjana* is the first line of treatment. First *Amahara Chikitsa* should be done then followed by *Vathahara* treatment. Also, *Rasayana Chikitsa* for *Asthi* and *Vata*. After the treatment patient's pain is reduced, appetite & sleep became normal. Bowel habits became regular. For *Amahara* purpose we can give some *Choorna* internally or externally. Here *Choorna Pinda Sweda* is done for *Amahara* purpose and when patient is free from *Ama* then *Abhyanga*, *Swedana* and *Pathra Pinda Sweda* is done followed by *Vasthi*. As the patient condition improved significantly, *Rakthamokshana* was not done.

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