INTRODUCTION-

Now a day’s people are prone to various disorders because of their way of living and working habits called life style disorders. Peoples are continuously engaged in an activity like reading, socializing, using mobile/computer, watching television etc., due to this sedentary life style they are affected to life style disorders. There are many diseases which is impacted due to our life style, Gridhrasi is one among them.

Gridhrasi is a Ruja pradhana, Nanatmaja Vata Vyadhi which prevailing with the functional ability of low back & lower limbs. The name itself indicates the way of gait shown by the patient due to extreme pain is resembles like a Gridhra (Vulture). According to modern science the above condition is described in which pains experienced along the course and in the distribution of sciatic nerve. So the symptoms seen in Gridhrasi can be very well correlated with “Sciatica”. The Literature varies considerably ranging from 1.6% in general population were as 43% in selected working population, substantial proportion (up to 30%) continues to have pain for 1 year or longer period. The prevalence of sciatica ranges from 13% to 40%. Annual incidence of an episode of sciatica ranges from 1% to 6%.

In this developing countries, due to fast and busy life people had accepted hectic and stressful work lifestyle, that leads to hamper on health and mind status which is seen in form of Crippling disease like Gridhrasi. In present article is focused on modern lifestyle, its side effect on health specially on Gridhrasi and treatment according to Ayurvedic texts.

Aims and Objectives:-

1) To understand the concept impact of modern life style in Gridhrasi.
2) To understand various treatment of Gridhrasi from available ancient Ayurvedic texts.

DISCUSSION:-

Now a day’s people are focus on their profession That’s why they accept hectic and stressful life style. Sedentary life style i.e. over work load, night awaking, mental stress, unhealthy eating habits, fashion or trends like high heels wear and tight skinny clothes wearing that hampers health of the person which causes life style disorders. Gridhrasi has been stated under 80 types of Vata-Nanatmaja Vikara. Gridhrasi is a crippling disease, which causing radiating pain (Sphik-kati-prushtha-uru-janha-pad krangmat vedana) in leg during walking or rest also.

Gridhrasi can cause by incompatible eating habits, living style, abnormal posture and mental state also. Excessive consumption of Ruksha, Sheeta, Laghu Dravya in Abhara causes vitiation of Vata dosha. Ratrijaagarana, Vishamopachara, Adhiakvyayam (hard working), Atiplavana, Ativicheha, Dukkhashraya, Abbhigata (trauma), Bharihara (lifting heavy weight), Vegodirana, Uccha bhasana (speaking loudly), Atipadaticharya (excessive walking), Shoka, Chinta, Bhaya etc causes Vitiation of Vata. Today’s people are prone to hectic and lethargic daily routine. To achieve their dreams and goals of life people doing extra hard work without following diet, time and Pathya also to get early build result, people do over exertion and abnormal posture work out. In females due to fashion or trends, they use high heels sandals which causes abnormal posture to vertebral column this later leads to back pain and muscle spasm.

Gridhrasi” is Ayurveda terminology in which aggravated Vata Doshha, attacking on Kandara of Parshni produces Kshepa (pain & inability to extend) in the lower limb. This disease generally characterized by Ruk (kramat vedana-radiating Pain), Toda (Pricking sensation), Stambha (Stiffness), and Muhuspandana (involuntary movement of muscle) in Spikha, Gaurava (Heaviness) and Aruchi (Anorexia), Saktan-kshpe-nigraha (restriction in lifting the leg), Dehasyapravakrata – (forward bending of the body), Sphuranam (quavering sensation), Tandra (drowsiness).

The first and basic principle of treatment is „Nidana Parivarjana i.e. to avoid the Causes of the disease’. People has to avoid lethargic modern life style. Daily walking, yoga, stretching exercise, healthy and proper intake of food and diet, improve sitting positions and avoid abnormal posture, instead of wearing heels sandals people may use soft flat sandals which does not cause postural abnormality. Take a break while continuous working which reduces mental stress and improve mental health also social awareness. People may plane their daily routine schedule which avoid extra night awakening.

According to Ayurvedic literature view,

Aahara- Madhura-Amila-Lavana Rasatmak and Ushna Abhara, Chrita

Vihara- Abhyanga, Parisheka, Mardana etc.
Acharya Charaka: Siravedha, Bastikarma, Agnikarma is principle line of treatment for Gridhrasi.

Acharya Sushruta: - Siravedhana and Vata-Vyadhi Chikitsaupakrama in treatment of Gridhrasi.

Acharya Vagbhat: Proper site of Siravedhana also various kalpas and treatment of Gridhrasi described.

Chakradatta: - Mention detailed treatment of Gridhrasi like Basti Chikitsa after proper Pachan and Shodhan Chikitsa when Pradipita Jatharagni is found.


Yogratnakar: Described various kalpas i.e. Travodashang Guggule, Shephali patra swaras, Bruhat vartakya yog etc.

Sedentary life style like night awakening, fast food, travelling, bad posture sitting, fashion style like heels sandals wearing can cause of Gridhrasi. These causes aggravate the Vata Dosha which affect Vata Mandala. Acharya Charaka explain the Agnikarma procedure in Gridhrasi which acts on Vata Mandala.

Table 1: Pathya and Apathya in Gridhrasi.

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CONCLUSION: The disease Gridhrasi may correlate with Sciatica in Modern science. Sedentary life style give impact on Gridhrasi. We can reduce life style disorders by avoid lethargic life style and doing proper daily routine which is explain in Ayurveda as Dincharya, Rutucharya and also following a proper Pathya.

REFERENCES: -