



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**IMPACT OF MODERN LIFESTYLE ON GRIDHRASI:- AN AYURVEDIC REVIEW.**

**KEY WORDS:** Lifestyle disorder, *Gridhrasi*, *Lakshana*, *Ayurvedic* management

**Dr. Nakil Amey C.**

P.G.Scholar Kayachikitsa, S. G. R. Ayurved College, Solapur.

**Dr. Hiremath Channamma S.\***

Prof. Kayachikitsa Department, S. G. R. Ayurved College, Solapur.  
\*Corresponding Author

**ABSTRACT**

Today people are predisposed to various diseases based on their way of living and occupational habits which called as life style diseases. In developing countries, people running behind the money with neglecting health status caused by sedentary life style, erect posture, lack of exercise results in various spinal problems which ultimately turns into one of the non- communicable diseases like *Gridhrasi*. According to modern *Gridhrasi* can be correlate with Sciatica. The prevalence of Sciatica ranges from 13% to 40%. *Gridhrasi* word itself defines the disease i.e. "*Gridhra*" like walking. *Gridhrasi* is the most common *Vata-Vyadhi* explained under the heading of *Nanatmaja Vata-Vyadhi*. *Gridhrasi* shows *lakshanas* like *Shula*, *Toda*, *Stambha*, *Gaurava*, *Padasupatata*. It is most common during 40s & 50s age group. Present paper aimed to highlight the detail review about *Gridhrasi*, impact of Sedentary lifestyle on *Gridhrasi* and its management mentioned in various classical texts.

**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<sup>1</sup>. 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"<sup>2</sup>. 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.<sup>3</sup> The prevalence of sciatica ranges from 13% to 40%. Annual incidence of an episode of sciatica ranges from 1% to 6%.<sup>3</sup>

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 postural abnormalities, gait and un-necessary mental stress results in one 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*.<sup>1</sup> *Gridhrasi* is a crippling disease, which causing radiating pain (*Sphik-kati-*

*prushtha-uru-janu jangha-pad kramgat vedana*) in leg during walking or rest also<sup>4</sup>.

*Gridhrasi* can cause by incompatible eating habits, living style, abnormal posture and mental state also. Excessive consumption of *Ruksha*, *Sheeta*, *Laghu Dravya* in *Ahara* causes vitiation of *Vata dosha*. *Ratrijagarana*, *Vishamopachara*, *Adhiakvyayam* (hard working), *Atiplavana*, *Ativichesta*, *Dukkkhashayya*, *Abhighata* (trauma), *Bharaharana* (lifting heavy weight), *Vegodirana*, *Uccha bhasana* (speaking loudly), *Atipadaticharya* (excessive walking), *Shoka*, *Chinta*, *Bhaya* etc causes *Vitiation of Vata*.<sup>5</sup> 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 Dosha*, attacking on *Kandaras 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 *Sphika*, *Gaurava* (Heaviness) and *Aruchi* (Anorexia), *Sakthan-kshepanigraha* (restriction in lifting the leg), *Dehasypravakrata* – (forward bending of the body), *Sphuranam* (quavering sensation), *Tandra* (drowsiness).<sup>6</sup>

The first and basic principle of treatment is „*Nidana Parivarjana*” i.e. to avoid the Causes of the disease<sup>7</sup>. 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 awaking.

**According to Ayurvedic literature view,**

**Aahara:-** *Madhura-Amla-Lavana Rasatmak* and *Ushna Ahara*, *Chrita*

**Vihara:-** *Abhyanga, Parisheka, Mardana* etc.

**Acharya Charaka:-** *Siravedha, Bastikarma, Agnikarma* is principle line of treatment for *Grudhrasi*.<sup>8</sup>

**Acharya Sushruta:** - *Siravedhana and Vata-Vyadhi Chikitsaupakrama* in treatment of *Grudhrasi*.<sup>9</sup>

**Acharya Vagbhat:** - Proper site of *Siravedhana* also various *kalpas* and treatment of *Grudhrasi* described.<sup>10</sup>

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

**Acharya Vangasena:-** Described proper line of treatment in *Grudhrasi* i.e. *Deepana - Pachana- Snehana – Swedana –Mardana -Upanaha-Vamana-Virechana-Basti*.<sup>11</sup>

**Yogratnakar:-** Described various *kalpas* i.e. *Travodashang Guggule, Shephali patra swaras, Bruhat vartakya yog* etc.<sup>12</sup>

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*.<sup>9</sup>

**Table 1:- Pathya and Apathya in Gridhrasi.**

Title	Aaharaj	Viharaj
Pathya	Snigdha Ushna Aahara, Koshna Jala, Mudga Yusha, Purana Raktashali, Saindhava, Godhuma, Godugdha, Gogrita.	Sukoshna Parishek, Nivat Sthana, Abyanga, Bramhacharya, Snigdha Ushana lepa.
Apathya	Kodrava, Nishpav Beeja, kariar, Dushit Jala, Shushka Mansa, Paryushita Ahara.	Vegadharana, Vyavaya, Atishrama, Divaswap, Prajagrana.

**CONCLUSION:-**

The disease *Gridhrasi* may correlate with Sciatica in Modern science. Sedentary life style give impact on *Gridhrsi*. 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*.

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