INTRODUCTION
Ayurveda, the traditional Indian medicinal system. It is a science of life with a holistic approach to health & personalized medicine. It is known to be a complete medical system that comprised physical, psychological, philosophical, ethical, and spiritual health. It is a one of the oldest medicinal system. Ayurveda has ability to treat many of the chronic disease like- Diabetes, Cancer, Arthritis, Asthama among this one of the chronic disease is Sciatica (Ghridhrasi), in this disease pain, weakness, numbness, and other discomforts can be seen. A large study reported an incidence of 28.0 episodes per 1000 persons per year with an incidence of 11.6 per 1000 persons per year. With the help of Shadhkriyakala concept it is easy to diagnose the pathogenesis of Ghridhrasi and treatment. This article is based on how to we diagnosed the Ghridhrasi early with help of Shadwhkriyakala concept.

MATERIAL AND METHOD
material and method should be taken from the various ancient samhitas, text book, internet, & research papers.

DEFINITION
According to Acharaya Charak it is characterized by stambha_ (stiffness), ruka (pain), toda (pricking pain) & spandan (frequent tingling), initially in hip, waist, back, thigh, knee & calf are gradually affected. According to Acharaya Sushrut when the ligaments from the heel up to all the toes are affected by the vitiated vayu, movements of the lower extremity get restricted, that is known as Gridhrashi.(5)(SU.NI.1/75).

According to Acharaya Vagbhata the heels or the big tendon of the toes being invaded by vata, cause the inability for lifting of the leg, this is known as Gridhrashi.(6) (A.S.Ni.15/56)

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**INTRODUCTION**
Vata is known as self born and because of its dependency, iternity, all pervasiveness, among all entities this has universal characters and soul of all living beings and is held in extreme everywhere. This is the cause of origin existence and destruction of all living beings, it has unimaginable energy & the activator of dosas and is the chief cause of the group of disorders. According to Acharya charak ‘Ghiridharsi’ is one among the Nanatmaja Vata ‘Vyadhi’& Samanayaj vata ‘Vyadhi’ ‘as well as Acharya Sushrut was described under the Vatavyadhi in Charak Chikitsasthan 28 chapter, Acharya Sushrut has mentioned in Nidanasthan chapter 1 Vatavyadhinidanam . Acharya Madhavkar has mentioned in Madhav-Nidana purvakhandha chapter 22 in Vatavyadhi nidana. The sign and symptoms are seen in Ghridhrasi can be correlated with ‘Sciatia’ in modern science.

The concept of Kriyakula has been widely described in two separate entities as ritu kriyakala and vyadhi kriyakala. Early diagnosis of disease helps to cure the disease successfully without much discomfort in planning treatment. if accumulated dosa has been eliminated it won’t manifest successive stages of kriyakala, if not eliminated it passes to next stages, as the disease advance to latter stages it becomes stronger and stronger for management.

**KEYWORDS-** Intoduction, Definition, Nidana, Samprapti based on Shadhkriyakala, Samprapti ghatak, line of treatment, upashaya & anupasaya.

**ABSTRACT**
Ayurveda, the traditional Indian medicinal system. It is a science of life with a holistic approach to health & personalized medicine. It is known to be a complete medical system that comprised physical, psychological, philosophical, ethical, and spiritual health. It is one of the oldest medicinal systems. Ayurveda has the ability to treat many of the chronic diseases like Diabetes, Cancer, Arthritis, Asthma among these one of the chronic diseases is Sciatica (Ghridhrasi), in this disease pain, weakness, numbness, and other discomforts can be seen. A large study reported an incidence of 28.0 episodes per 1000 persons per year with an incidence of 11.6 per 1000 persons per year. With the help of Shadhkriyakala concept it is easy to diagnose the pathogenesis of Ghridhrasi and treatment. This article is based on how to we diagnosed the Ghridhrasi early with help of Shadwhkriyakala concept.

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Table no 1: NIDANA.

<table>
<thead>
<tr>
<th>Aharaj</th>
<th>Viharaj</th>
<th>Mansik</th>
<th>other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruksh (kodrava)</td>
<td>Atityavaya (Excessive intercourse)</td>
<td>Chinta (Worry)</td>
<td>Abhighat (Trauma)</td>
</tr>
<tr>
<td>Laghi(mung)</td>
<td>Ratrijagran (Keeping awake at night)</td>
<td>Shoka (Grief)</td>
<td>Marmabhighat (Injury to vital organs)</td>
</tr>
<tr>
<td>Sheath(ice)</td>
<td>Ativyuyam(Excessive exercise)</td>
<td>Krotha (Anger)</td>
<td>Shugrayan patan (Falling from animals)</td>
</tr>
<tr>
<td>Plavana</td>
<td>Swimming</td>
<td>Bhaya (Fear)</td>
<td></td>
</tr>
<tr>
<td>Vismadupchara</td>
<td>Improper treatment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vesghsandharan</td>
<td>Habit of suppression of natural urges</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SAMPRAPTI BASED ON SHADHKRIYAKALA**

Samprapti should be understood by 6 stages that is Shadhkriyakala

1) **Sanchayavastha** - Nidana leads to accumulation of dosha in their respective sites, & causes for accumulation of dosha these accumulated dosha manifests certain symptoms. This is the first stage of samprapti and symptoms are stiffness, fullness in abdomen.[8] Like wise in the disease Ghridhrasi due to various vata vardhak Aahar-vihara vata dosha is accumulated in kati (lumber) region for which mild pain with stiffness occurred.

2) **Prakopaawastha** - Prakopa is second stage of samprapti. In this stage accumulated vata dosha moving to other sites other than its main sites. In this stage of kriyakala the quantity of vata is increased at its own sites and ready to expel.[9] In this context due to vata prakopa in the kati region mild pain with stiffness is spread near by region like-shroni, priththa uru in the disease Gridhrashi.

3) **Prasharawastha** The doshas—which have been prakupit by the effects of their respective exciting causes upon their further increases & spread in the body like an overflow of a mixture of starch with water & yeast kept overnight. Out of them vayu which is always on the move is the cause of spread of doshas in whole part of body.[10] In this condition may spread itself throughout the body or spread along with kapha. This process will lead to gradual onset of Ghridhrashi. When etiological factor get aggravated & exposed with doshas & dushya it leads to develops symptoms like-Vimargagaman (spreading to other parts, painful sensation in abdomen, intervertebral disc prolapse). Due to prasara of vata dosha in the disease Ghridhrashi stiffness with gradual starching occurred in shroni,uru, janu, jangha region.

4) **Sthansamshrayavastha** - This previous three stages have been known as stages of dosha, from fourth stage onwards, they are called as stage of the disease. This is the specific localization after spread of the doshas thus after their localization prodromal sign & symptoms seen. The prodromal stage is the forth stage of the pathogenesis. In this stages dosa dushya sammurchana takeplace to the srotas in particular site srotas.[11] like annavaha, rasavaha, rakatvaha, mansvaha, medovaha, asthivaha, majayavaha srotas are affected sthansamshraya takes place in kati (lumber), priththa (back), & radiating downwards through thigh. In the nidana panchak we can also understand that purvarupa is type of nidana panchak & correlated with the sthansamshraya. In vata vyadh there is no specific symptoms, but in Ghridhrsi there is pain & stiffness in kati region is the same as purvarupa.

It is forth stage of kriyakala & treatment must be employed to correct dosa dushaya or both.[12] If vitiated vata is accumulated in kati & lower extremities by srotosanga it produces Ghridhrshi.

5) **Vyaktavastha** -The cardinal sign & symptoms of the disease are expressed in their stage-after dosha, dushyasammarchana. The body channels are impaired by the morbid dosha and produce the specific lakshana.[13] On the basis of sign & symptoms the diagnosis is made possible. The impairment of Ghridhrsi nadi leads to manifestation of Ghridhrshi. Vyaktasthan is pada (foot). -Cardinal symptoms of Ghridhrsi is pain starting in the lumber region –

- Stiffness
- Pain is radiated downwards through thigh, knees,calf muscles &feet

Throbbing pain

6) **Bhedavastha** - in this stages specific sign & symptoms of the disease can be seen. When disease can not be treated in the earlier stage other doshas can be involved with disease and giving there specific feature.

Acharaya cahrak described the 2 types of Ghridhrshi[14]

1) vataj
2) vata-kaphaj

1) symptoms of Vataj Ghridhrshi- stiffness, pain, throbbing pain, rigidity, prickling pain, severe stiffness of joints of knees & waist.[15]
2) Vata-kaphaj Ghridhrsi- It is due to association with kapha- stupur, heaviness anorexia, poor digestive, salivation & aversion of food are profound.[16]
Samprapti chakra

Nidana sevan

Ahavraj
Viharaj
manskik
other

(ruksh, shita, laghu) (ratri jagran, ativyayam) (chinta, shoka, krod)

(ruma)

Vata doshas increase

mandagni

Apakwa ann rasa
Aam
kapha vridhi
srotovrodh & sang
vata prakop & kaph anubandh
kha vaigunnya

dhatukhsaya

Ghidhrshi
dosha dushya sammurchanna

pain, stiffness, rigidity
srotodusthi
SAMPRAPTI GHATAK
- **Dosha** – vata – vyana & apana vayu
- **Dushya**- Rakta,Mamsa,Meda,Asthi,Majja,Sira,Kandara,Snay u
- **Srotas**- Raktavaha,Mamsavaha,Medovaha,Asthivaha,Majyav ah a
- **Srotodushi**- sanga,Margavarodha
- **Agni**- Jatharagni & Dhatwagni

**UPASHAYA / ANUPASHAYA (18)**
Table no 2: Upashaya & Anupashaya.

<table>
<thead>
<tr>
<th>AAHAR</th>
<th>VIHARA</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UPASHAYA</strong></td>
<td>Godhuma, Masha, Puranasali, Patol, Kilata, Rasona, Taila, Ghrita, Kshira, Tila, Draksha, Dadima etc.</td>
</tr>
<tr>
<td><strong>ANUPASHAYA</strong></td>
<td>Mudga, Kalaya, Brihatshali, Yava, Rajmasha,Kodrava, kshra, Tikta,Katu,Kashya etc.</td>
</tr>
</tbody>
</table>

CONCLUSION
The disease gridhrshi is a vatataja nanmatmaja& samanayaj vyadhi. Described by almost all the ayurvedic literature, the disease result from irritation of the *gridhrshi nadi* where as in modern medicine it is the irritation of sciatica nerve commonly due to prolapsed of intra vertebral disc. *Ghridhrshi* is a chronic disorder which affects both the sex. When a physician should know the kriyakala (a kala for the treatment of disease) & how the development of the disease, then treatment of *gridhrshi* is very easy for the betterment of human society.

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