



ORIGINAL RESEARCH PAPER

Ayurveda

ASSESSMENT OF HETU OF GRUDHRASI

KEY WORDS: Hetu, Grudhrasi, Assessment

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ABSTRACT

Acharya Charaka stated that for treating any disease a thorough history has to be taken with stress given on Nidana, Dosha- Dushyavastha & Samprapti. The disorders of the locomotor system are increasingly seen in the present era, which reduces human activity in terms of social and professional life. Among these disorders, Grudhrasi is one of the severe debilitating diseases. Since *Grudhrasi* is considered as nanatmaja type of disease of Vata, the provocative factors of vata can also be taken as the hetu of *Grudhrasi* to understand the manner in which they produce the disease. In Madhav nidana, Vata along with kapha and Agni vaigunya explained. So, they can be assessed with the help of Aaharaj, Viharaj, Agantuj, and Mansik Hetu. By this way, we can find that, in which way the Vata and Kaph along with Agni vaigunya contribute in the formation of the Grudhrasi.

INTRODUCTION-

Ayurveda is the science of life, if followed and practiced appropriately keeps an individual healthy and fit. Nowadays the Lifestyle of people changed drastically due to modernization.

The lifestyle disease based on the daily habits of the peoples is the result of an inappropriate relationship of people with their environment. Hetu refers especially to the cause that brings the disease. Hetu gives an idea to diagnose the disease and as well as some time clue to predict the forthcoming disease.

The disorders affecting the locomotors system are increasing in the present era. Among such disorders, Ayurvedic classics have described a severely debilitating disease in the name of Grudhrasi It is one of the most common diseases that affect the hip and lower limbs. The name itself indicates the way of gait shown by the patient due to extreme pain is just like a Gridhra (Vulture).

In Madhav Nidana, Vataja and Vatakaphaja types of Grudhrasi are explained. In this disease, along with Vata, kapha vaigunya and Agnimandya also saw.³ Grudhrasi is pain which is starts from Sphik, Kati and then proceeds to prustha, Uru, Janu, jangha up to Pada. Vata is said to be dominant during the old age only, but in present times, due to the fast and busy lifestyle in which, Improper and prolonged sitting posture in working place, jerking movements in travel and the heavy labor work has to lead to low back pain due to extra straining on the spine. In addition wrong food habits, working at late night, and improper timing of sleep. Such a physical, as well as mental stress can aggravate the condition. These conditions considerably reduce human activity in terms of social and professional life. That's why Vata is seen to be aggravated even in young individuals.

'Nidanparivarjana' is the best treatment to be disease-free. So finding the cause (Hetu) is more important rather than finding treatment. Hetu is the prime factors for the causation of disease and it is the primary step in the management of any disease. In order to make people disease-free and to make them aware, so the concept for the study is '*Assessment of hetu of Grudhrasi*'

Aims - To study and assess the Hetu of Grudhrasi

OBJECTIVES-

1) To Assess the Hetu of Grudhrasi according to Aharaj, Viharaj, Aagantuj, and Manasik Hetu.

2) To Assess the Hetu of Grudhrasi according to Vatakar, Kaphakar, Agnimaardavkar Hetu.

Literature Review- Briefly, the review is done with the help of following points-

Review on the Hetu-In Madhav Nidana Classification of Hetu is given with its applied aspects.

Review on the Vata Dosha-In Charak Samhita wide view given on Vata & its disorders.

Review on the Hetu of Vatavyadhi- In Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya Hetu of Vatavyadhi explained with different aspects.

Review on the Grudhrasi Vyadhi as follow-

Acharya Charak explains that in Grudhrasi, the pain starts in Kati region and descends to nitamb, Uru, Janu, jangha, Padam in order of sequence, stambha, Ruka, toda, and spandan are the characteristics of pain in Vataja Grudhrasi. In Vatakaphaja Gridhrasi, tandra, gaurava and arochak are additional symptoms.¹

Acharya Sushruta describes that kandradusti of leg occurs due to vitiated Vata and involves from part of vankshansandhi to leg unilateral or bilateral.²

Acharya Vagbhata followed Sushruta's description and additionally explained that the pain in Grudhrasi and Vishvachi is of same in nature³

Acharya Madhav followed the description of Charaka and has given additional symptoms like dehasyapravakrta and mukhapraseka.⁴

MATERIALS & METHODS-

1. Ayurvedic textual materials have been used for this study, from which various references have been collected. Mainly used in these studies are Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and available commentaries on these Samhitas.
2. it's an Observational type of study. 46 patient of Grudhrasi Vyadhi is selected for the study.

Table No-1 Classification of Hetu -

Aahar -Dravya	Adhaki, Harenu, Kalaya, Koradusha, Masura, Mudga, Nishpava, Neevara, Shushkashaka, Shushmasa, Shyamaka & Uddalaka
Aahar -Guna	Ruksha, Laghva, Guru, Sheeta & Snigdha.
Aahar -Rasa	Kashaya, Katu & Tikta

Aahar -Virya	Sheeta
Aahar -Matra	Abhojana, Alpasna & Vishmashana
Aahar -Kala	Adhyashana, Jirnanta & Pramitashana
Vihar - Mithyayoga	BalavatVigraha, Divasvapna, Dukhashana, Dukhashayya, Bharaharana, Vegadharana, Vishamadupchara & Ratrijagarana
Vihar -Atiyoga	Atigamana, Atihasya, Atilanghana, Atiplavana, Atiprabhashana, Atiprapatana, Atiprapidanam, Atipratarana, Ativyayama, Ativyavaya, Atiadhyayana, Ativicheshta, Atyuchchabhashana, Gajaticharya, Kriyatiyoga, Padaticharya, Rathaticharya & Turangaticharya
Manas Hetu	Bhaya, Chinta, Krodha & Shoka
Agantuj hetu	Abhigata & sighrayanapatamsana
Anya hetu	Abhra, Aparahna, Apararatra, Grishma, Pravata, Sheetakala, Varsha, Ama, Asrukshaya, Dhatukshaya, Doshakshaya, Rogatkarshana & Veg vighata.

Observation / Result-

In this observational study, among the 46 patients, and 73 Hetus the following results are seen, according to-

Gender, the majority of Female population, they are 73.91%. Where the male is 26.08%

Occupation, the majority of Office workers they are, 43.47%, Housewives of 28.26%, 17.39% belong from Labors. 6.52% of security type of workers, and 4.34% of Night job workers.

Age group- The majority is seen in 41-60 yrs age group i.e. .47.82%, followed by 60- above yrs ie. 28.26%. In 20-40yrs age group 21.73%. and below 20yrs are 2.17%

Grudhrasi vyadhi 76.08% of Vataj Grudhrasi & 23.91% of Vata-Kaphaj type of Grudhrasi.

Duration basis, 78.26% of patients had an acute onset, while 21.73% of patients had a chronic onset.

In an average Grudhrasi patient, Vatakar Hetu users of 20.78%, Kaphakar Hetu users of 4.19% and Agnimandyakar Hetu users of 6.12%..

Among all the patients of Grudhrasi, 28.26% are Agantuj in nature.

Aaharaj Dravya 34.78% of Mugda, Herenu of 30.43%, and 28.26% are used Masura type of pulses.

Aaharaj Guna, the Ruksha and Sheetta guna they are 43.47% each respectively, the Guru and Snigdha guna both are seen in 39.13% and 26% of Laghva guna.

Aaharaj Rasa, Kashaya rasa users are 32.6%. Katu rasa of 28.26%. And 8.69% Tikta rasa users.

AaharajVirya 39.1% users of Sheetta Virya Aahara.

Aaharaj Matra the Vishmashana is 17.39%, Abhojana of 15.21% and 8.69% of Alpasna users.

Aaharaj Kala the Pramitashana are 41.3%. Adhyashana of 21.73% & 8.69% of Jirnanta Hetu users.

Viharaj Mithya yoga Dukhashana is 54.34%, Divasvapna and VEGsandharana of 43.47% each respectively. 19.56% of Ratrijagaranat and 17.39% of Bharaharana, 10.86% of Dukhashayya. 6.52% of Vishamadupcharat and 2.17% of BalavatVigraha.

Viharaj Atiyoga, Atigamana Hetu is 60.89%, 47.82% of Padaticharya. 43.47% of Ativyayama, Atiadhyayana,

Ativicheshta, and Rathaticharya each respectively. 28.26% of Atiprabhashana Hetu users, 23.91% of Atyuchchabhashana. 18.86% of Ativyavaya. 17.39% of Atihasya and Atipratarana each respectively. 8.69% of Atilanghana. 6.52% of Kriyatiyoga.

Manas Hetu, 34.78% of Chinta Hetu users. 23.91% of Krodha, 21.73% of Shoka Hetu users & rest of 15.21% of Bhaya Hetu users.

Agantuj Hetu, 13% incidence of Abhigata & 10.86% of GajUstraAshvasigrayana-patamsana.

Anya Hetu, Vegvighata is 43.47%. Followed by 34.78% of Rogatkarshanat, 32.6% of Dhatukshaya, 28.26% Pravata and Sheetkala of each respectively. .26% of Abhara Hetu, 23.91% of Ama Hetu. 17.39% of Aparahna Hetu and Varsha Hetu respectively. 15.21% of patients of Asrukshaya Hetu. 10.86% of Apararatra Hetu. 8.69% of Doshakshaya.

The Specific observation of the Viharaj Hetu, according to the occupational status-

Hetu contribution in the formation of disease in the following groups -

In *Housewives*-Divasvapna & Vegadharana, Atigamana & Padaticharya.

In *Office workers*-Dukhashana, Rathaticharya Atiadhyayana & Ativyayama.

In *Labors*-Bharaharana Vegadharana Dukhashayya, Atigamana Padaticharya & Ativicheshta.

In *security guards*-Ratrijagarana, Dukhashana, Divasvapna, Atigamana, Ativicheshta & Padaticharya.

In *Night job workers*-Divasvapna, Dukhashana, Ratrijagarana & Atigamana.

DISCUSSION-

Vatavyadhi classified in two types *Dhatukshayajanya* and *Margavrodhjanya* according to causes and pathology. *Dhatukshayajanya* Vatavyadhi caused by intake of ruksha, sheet food, whereas food intake leading to the formation of Ama or vitiation of Kapha causes *margavrodhjanya* vatavyadhi.

- *Vataj Grudhrasi- It's a form of Dhatukshayajanya Vatavyadhi. In the pathology of Dhatukshayajanya, there is Dhatukshaya i.e. decrease in Dhātu*
- *Vatakaphaj Grudhrasi- It's a form of Margavrodhjanya Vatavyadhi. In Margavrodhjanya there is obstruction due to Ama or Kapha.*
- *According to the Acharya Madhava- ...वातश्चेष्मोद्भवायां तु निमित्तं*

वह्निमाईम् ।

So we can state that *Agnimandya* contributes to the formation of *Vatakaphaj Grudhrasi*. That's why we state the Hypothesis that *Vatakar, Kaphakar & Agnimandyakar Hetu* present in *Grudhrasi*. *Discussion on the Importance of Hetu in Ayurveda-* Hetu refers especially to the cause that brings the disease. *Hetu* gives an idea to diagnose the disease and as well as some time clue to predict the forthcoming disease. In Ayurveda, prevention of disease is more important than the therapeutic aspect of the disease, because if the causative factors are known, their avoidance can help to keep away from the disease and to control the growth of the disease. Thus knowledge of *Hetu* is having prophylactic (preventive) as well as therapeutic perspective.

Discussion on the present status of Vatavyadhi & Reason and Importance for chose this topic - Vata is said to be dominant during the old age only but in present times, due to the fast

and busy lifestyle in which- Improper and prolonged sitting posture in working place, jerking movements in travel and the heavy labor work has led to low back pain due to extra straining on the spine. In addition to this, wrong food habits, working at late night, and improper timing of sleep. Such a physical, as well as mental stress can aggravate the condition. These conditions considerably reduce human activity in terms of social and professional life. That's why vata is seen to be aggravated even in young individuals. In this modern era, people are not aware of their day-to-day lifestyle. There is a drastic change in their livings. And this has made their life more complicated and which are leading to occurrence for any disease. In Ayurveda, it is explained that 'Nidanparivarjana' is the most excellent treatment to be disease-free. Hetu is the prime aspects for the causation of disease and it is the primary footstep in the management of any disease. That's why both Acharyas Charak and Sushrut have advised the avoidance of causative factors. In order to make people disease-free and to make people aware, so the concept chosen for the study is Assessment of hetu of Grudhrasi.

CONCLUSION –

- *41yrs to 60yrs Age group* is prominently the suffering age.
- *Grudhrasi* is notably seen in the *Female population*.
- *Office workers* are highly prone to the *Grudhrasi Vyadhi*
- *Vatakar, Kaphakar, and Agnimandyakar Hetu* are seen in *Grudhrasi* patients.
- *Viharaj Hetu* present as the Major Hetu in *Grudhrasi Vydhi*.
- *Atigamana Hetuis* the chief cause of *Grudhrasi*.
- *Dukhasana* is the *Second major cause* of *Grudhrasi*.
- *Padaticharya, Ativyayama, Ativichesta, Rathaticharya, Divasvapna, Vegsandharana, Bharharana and Dukhashayya* contributes in the *Samprapti*.
- *Pravata, Rogatikarshanat, and Dhatukshaya* are the *Secondary prominent causes*.
- *Mudga, Herenu, and Masura (pulses), Ruksha and Sheet Guna, Kashay Rasa and Sheet virya Ahara in Vishmashana Matra and Pramitashana Kala* contribute in the *Samprapti*.
- *Chinta Hetu* as a *Manasik Hetu* present in the *Grudhrasi vyadhi*.
- Among all the patients of *Grudhrasi*, one forth patients are found to be with *Agantuja Hetu*.

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