Chapter I

Introduction
INTRODUCTION

Gridhra is nanatmaja vata disease. Due to painful condition in the leg the gait of the patient resembles with the gait of Gridhra (Vulture), hence labeled as Gridhra.

Cardinal Symptom of this disease is, pain begins in kati and radiates along the postero lateral aspects of thigh and leg i.e. along the Gridhra nadi pathway, in order of sequence.

Gridhra nadi root irritation, compression at Katikasheruka region leads to Gridhra disease, hence various diseases at Katikasheruka region may cause Gridhra.

In day to day practice Gridhra disease cases are found in increasing ratio, number of factors are responsible for this increasing trend like, change in the life style, wide use of vehicles, diminishing quality of food, lack of exercise, continuous sitting work, excess weight lifting work, decreasing strength of dhatu, wide use of chemicals, accidental injuries, etc.

Symptoms of Gridhra closely resembles with the symptoms of sciatica as described in Allopathy. Sciatica is the clinical condition in which radicular pain begins in lumber region and radiates along the posterolateral aspects of thigh and leg i.e. along sciatic nerve path way. It is the manifestation of various lumber disorders.

Gridhra is a very painful vata disease, once occurs goes unchecked for prolong period. Researchers are evolving various methods to treat this disease. In present study, this disease is selected for comparative study.


In present study, the emphasis has been made to do the research work on "Comparative Study of the Efficacy of Kati Basti, Kala Basti and Anchana in the Management of Gridhra". Previous researcher has got significant results with Kati Basti treatment, hence this treatment group is selected as a control group to compare with Kala Basti and Anchana.

Present clinical study therefore described with following objectives:

To assess the efficacy of Kati Basti in Gridhra.
To assess the efficacy of Kala Basti in Gridhra.
To assess the efficacy of Anchana in Gridhra.
To compare the efficacy of Kati Basti, Kala Basti and Anchana separately as well as in combination.
To study the samprapti and preventive aspects.

In this thesis, introduction of Gridhra is given in first chapter, in second chapter Historical Aspects are explained, Ayurved Review is described in third chapter, in fourth chapter Yoga exercise review in Gridhra are given, fifth chapter gives information about Allopathy Review, sixth chapter is Drug chapter, gives details about the Treatments used in Research Work. Seventh chapter is of Clinical Study. Results and Discussion is given in eighth chapter along with Statistical Analysis. conclusion and Summary is given in ninth and tenth chapter respectively. References and Bibliography are given in last two chapters.