

A conceptual study of *Gudrasi* and *Sciatica* in Ayurveda and modern view

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Abstract

Gudrasi is one of the 80 kinds of *nanatmaja vātaja* diseases according to Ayurveda. It can correlate with sciatica in modern view. *Gudrasi* means in Ayurveda, the walking style of Golden Eagle bird – *Aquilachrysaetos* (Linnaeus, 1758). *Nidana* or causes of the diseases are *vāta* aggravating foods and habit such as, having indulgence food, excessive exercise; weight lifting, improper sitting etc. This disease is musculoskeletal disorder affecting movement of lower limbs. The main symptoms and sign are difficult in walking, pain arise from lumbar sacral region and spread to lower limbs, difficult to raised affected lower limb of the patient on laying position, heaviness of the lower limb, tenderness on the site of the nerve root. According to modern view the sciatic nerve compression by some way arise the symptoms. It may compress the nerve with intervertebral disk prolapse or other mechanical obstruction. In modern medicine analgesic or, and surgery is used. The treatment has described in Ayurveda texts under *Vāta roga cikitsa*.

Keywords: *Gudrasi, Nānātmaja Vāta Roga*

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