

ROLE OF VALUKA POTTALI SWEDA IN SANDHIGATAVATA

Phadol Ravindra S¹, Patil Anupama D²

¹Assi Prof, ²P.G. Scholar,

Panchakarma Dept., Shree Saptashrungi Ayurveda College & Hospital, Kamal Nagar, Hirawadi, Panchavati, Nasik, 422003, Maharashtra, India

Email: ravindrasphadol@gmail.com

ABSTRACT

Sandhigatavata is most common Joint disease among the elderly and obese persons. *Acharya Charaka* explained *Sandhigatavata* in *Vatavyadhi*. It has similar conditions like osteoarthritis. Osteoarthritis is a degenerative joint disease. It is second greatest cause of disability globally. Conditions such as arthritis, back pain and other joint pain affects more than 1.7 billion people worldwide & increased by 45% over past 20 years. *Upasthambhit (Srothorodha Pradhan)* Avastha is common in *Sandhigatavata*. *Janusandhi* is mostly affected in *Sandhigatavata* as it is weight bearing joint. *Swedana* is also specific treatment for number of disorders specially *Vata Pradhan Vyadhi* where *swedana* may be *Pradhan karma* along with *Snehana*. *Charaka* includes *Swedana* under *Shad Upakarmas in Sutrasthana*. *Valuka Pottali Sweda* relieves pain, stiffness, heaviness, numbness, restricted movement and coldness of body. So we assessed the efficacy of *Sweda* in *Janusandhigatavata* and got significant results. This article would like to highlight discussion on above study.

Keywords: *Sandhigatavata, Swedana, Valuka Pottali Sewda*

INTRODUCTION

Ayurveda aims to cure, prevent the disease and promote the health for attainment for this *Acharya* had advocate the *Panchakarma / Shodana Chikitsa*. *Sandhigatavata* is most common in joint disorders. This keeps an insidious attack, which run for many years causing loss of function as well as deformity of joint especially weight bearing joint like knee joint. Having symptoms like pain, stiffness, swelling, restricted joint movements¹. *Sandhigatavata* resulting in wear and tear of knee joint is termed as *Janusandhigata Vata*². *Sweda* is *Mala of Meda Dhatu*

described in *Ayurveda*. *Charaka* include *Sweda* in *Shada Upakarmas*³.

In *Panchakarma* it included as *Purva karma*. *Sweda* relives stiffness, heaviness, coldness, and produces sweating⁴. Various technique of *Sweda* described in *Ayurveda* by *Acharyas*⁵. More commonly use *Prakara* of *Swedana* are *Pottali, Nadi, Parishek, Upnaha Sweda* etc.

Now days *Sandhigatavata*, having *Upasthambhit* or *Sama Avastha* are more common. In which *Vata Prakop* occurs by *Strothorodha* of *Ama, Kapha, and Meda* etc. because of lifestyle and *Hetus* like

Avyayama, Divaswap. ⁶In this type of Samprapti Acharya mentioned to use of Ruksha Sweda to cure and relive strotorodha.

Present study was performed over Upastambhit Sandhigatavata at Janusandhi and an effort has been made in search of effectiveness of Sweda i.e. Valuka Pottali in it.

Aim: To study roll of *Valuka Pottali Sweda* in *Upastambhit Sandhigatavata*.

Objective

1. To study the disease *SandhigataVata* and its types according to Ayurveda and Modern science.
2. To study concept of *Pottali Sweda Kalpana* through Ayurvedic literature.

Materials and Methods

Place of study -

Shree Saptashruni Ayurveda College & Hospital, Panchavati, Nasik.

Selection of patient-

30 Patients of Upastambhit Sandhigata Vata at Janusandhi irrespective of sex, occupation, socioeconomic status, who was attended OPD and IPD (Panchakarma Dept) at our hospital

Inclusion criteria -

- Age between 25 to 65 years.
- Presence of *Shool, Shooth, Sparshasahatva, Kriyakashtata, Stambha* in *Sandhigatavata*, *Sam / Upstambhit Avastha* at *Janusandhi*.

Exclusion Criteria -

- Post inflammatory or infective arthritis.
- *Niram / Nirupstambhit / Dhatukshayajanya Vataj Shool*
- Associated with any deformities or fractures.
- Patients under gone surgery.
- Patients unfit for *Swedana*
- Patients with other systemic disorders and serious illness.
- Age below 25 years and more than 65 years

Table 1: Valuka⁷-

Synonyms	<i>Sikata, Valuka, Sharkara(sanskrit) Valu,Ret (Hindi),Silica (Eng.) Prahokta, Sukshma, Mahashlashna, Paniya churnaka,</i>
Rasa	<i>Madhur</i>
Guna	<i>Lekhana, Sheet</i>
Karma	<i>Sthambhana, Santapshrama nashini, Tapanashini</i>
External uses	<i>Swedana</i>
Indicated Vyadhies	<i>Amavata, Shool Pradhan Vyadhi, Vrana, Urhakshat</i>
Doshagnata	<i>Kapha Vataghna</i>

Table 2: SOP OF Valuka Pottali Sweda⁸-

PROCEDURE	VALUKAPOTTALI SWEDA
PURVAKARMA	
ATURSIDHATA	- Patient of “Upastambhit janusandhigatavata” as per inclusive criteria - Preparation of patient - General examination and assessment - Fitness for <i>Swedana</i>
AUSHADHSIDHSIDHTA & YANTRASIDHATA	- <i>Valuka</i> 2 Kilo grams of properly cleaned sand and 18 inches square cotton cloth - Gas stove, vessel
PRADHANKARMA	
POSITION OF PATIENT	Supine and Prone position
DURATION	Till <i>Samyak Swedya Lakshana</i> 10 min to 20 min approx. daily for 10 days
TIME	Once a day In the morning (8-10 am)

PROCEDURE	<i>Valukapottali sweda</i> was given by anteriorly, laterally posterior in supine & prone position to both side of <i>Janusandhi</i> precociously
PASCHATKARMA	
Clean by warm cloths Rest	

Criteria for Assessment

Subjective criteria and parameters-

- *Shool* (Pain)
- *Stambha* (Stiffness)
- *Sparshasahatva* (Tenderness)
- *Shotha* (Swelling)
- Visual Analogue scale (Pain scale)

Objective criteria

- *Kriyakashtata* (Joint movement test)
- Walking test

Shtool Akrti, 57% have *Madhyama Akrti*. And only 10 % i.e. 3 patient found to be as *Krusha Akrti*.

Follow up: Day 0, 5th, 10th, 15th days.

Observations -

Maximum numbers of patients were obtained in the age group of 45-55yrs i.e. 53 % and 55-65yrs that is 17% also in age group between 35-45yrs 23% patients. Females are commonly seen more in numbers as compare to male’s patients. Incidence of disease with *Divaswap* is 57%. 43% having

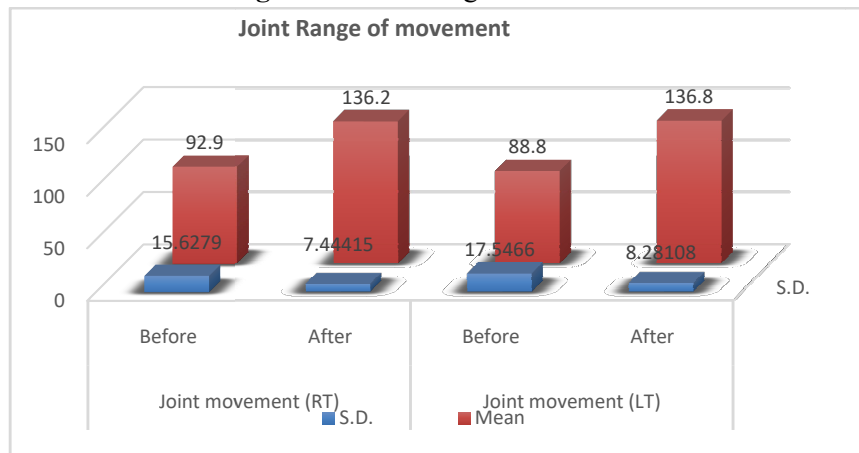
Table: 3*

JOINT INVOLVED	NO. OF PATIENT	PERCENTAGE
BOTH	24	80%
LEFT	4	13%
RIGHT	2	7%

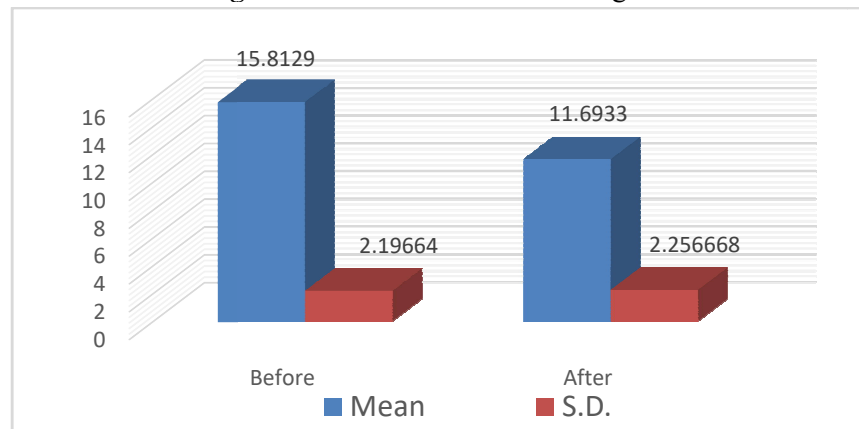
(Note*- Showing involvement of knee joint in disease)

Results -

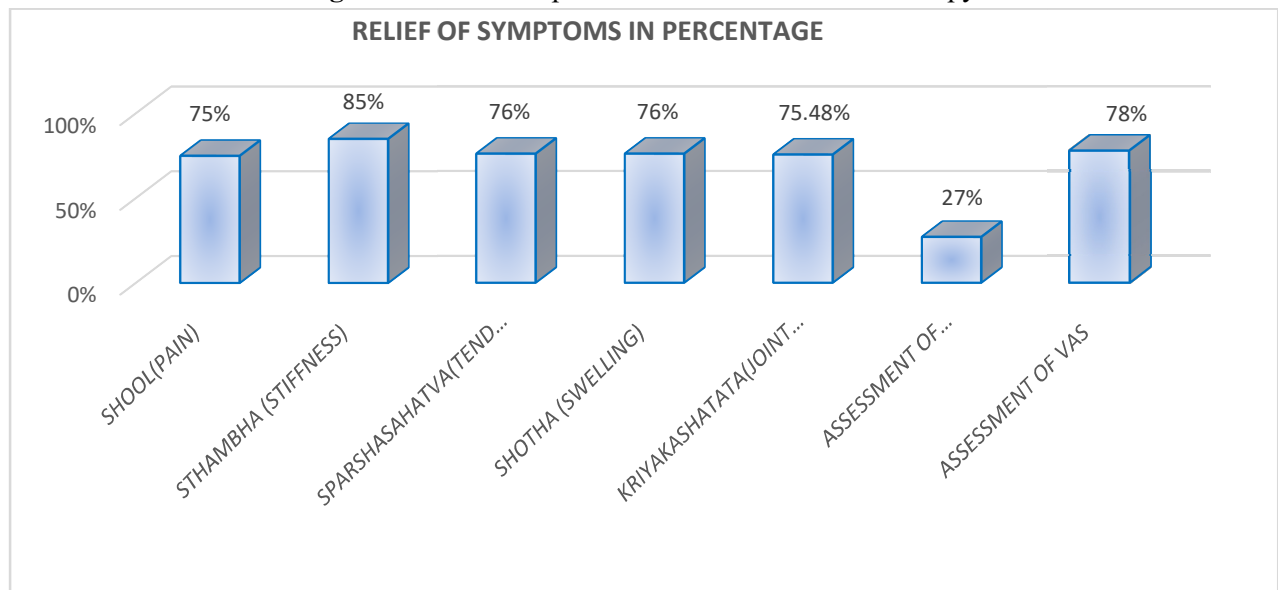
Figure 1: Joint Range of movement



(Note- Showing SD and Mean of joint range of movement before and after therapy)

Figure 2: Assessment of Walking Test

(Note- Showing Mean and SD of Walking Test before and after therapy)

Figure 3: Overall improvement in variables after therapy.

(Note- Showing percentage of relief in symptoms after therapy)

DISCUSSION

Clinical study was carried out methodically & proper record of the observations was maintained over 30 patients of Upastambhit Janusandhigatavata.

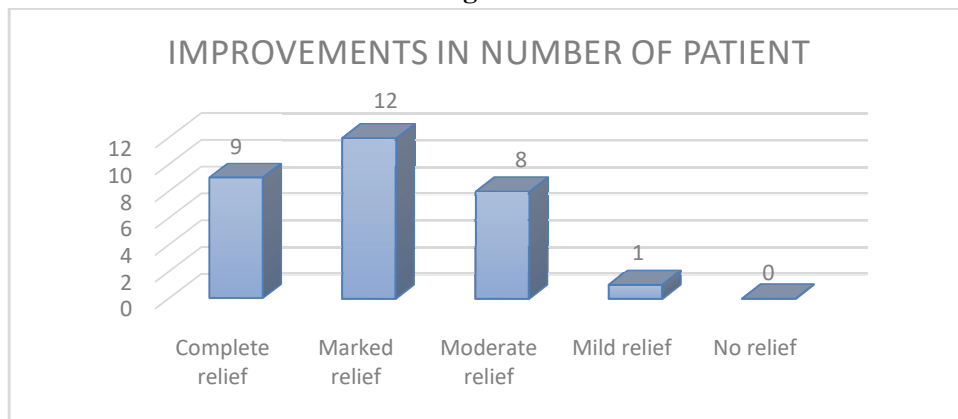
- *Shool*- In this study we found that relief from *Shool* 75% which was defers significantly ($p < 0.001$) by statistic. In any condition having *shool* there is always dominancy of *Vata*. (*Vatatdrute Nasti Ruja...*) said by *Susharuta*. *Valuka* carries *Uashana Guna* by *Agnisnskara*, *Vata* having exactly opposite *guna* (*Sheeta* etc.) due to this heat conducting property *Valuka*

pottali Sweda restore the properties and functions of Vitiated *Vata*.

- *Sthambha*- Patients with *Sthambha* had 85% relief. The improvement in the symptom of *Sthambha* (stiffness) can be attributed to 2 major factors i.e. reduction of pain in joint and referred areas and due to increased nourishment to the joint. *Sthambha* is because of *Strotorodha* due to *Aam*, *Kapha*. *Stabhaghna* is important function of *Swedana*. *Valuka* have *Ushana*, *Tiksna* and *lekhana gunas*.

- *Sparshasahatva* (Tenderness) - There was 76% relief in *Sparshasahatva*. Significantly deferent proved statistically as earlier. The tenderness is advanced stage of pain where skin over the affected area is sensitized. Skin is another lodging place for *Vayu*. *Sparshasahatva* is due to Pain and *Shotha*. This *Sparshasahatva* got significant result due *Valuka pottli Sweda* because of its superficial and pacifying effect.
- *Shotha* (Swelling) - In present study *Shotha* was reduced 76%. Accumulation of vitiated *Rasa*, *Kapha*, *Meda*, *Kleda* results as a *Strotorodha* and it causes *Shotha* (inflammation). *Swedana* in this condition causes *Kapha Vilayana* and *Aam Pachana*. *Swedana* with *Valuka* shows more effect on *Shotha*. It may be because of thermal effect of *Valuka*.
- *Kriyakashatata* (Joint Movement Test) - *Kriyakashatata* is depends on healthy condition of joint. It reduces due to *Shool* (Pain), *Shotha* (Swelling) and *Sthambha* (Stiffness). In present study there was relief from *Kriyakashatata* was 75.48% with marked relief. After doing *Swedana* in this condition it normal the *Shita Guna* of *Vata*, vitiated *Rasa*, *Kapha* comes to equilibrium and normalise tissue, muscles and joint. Structure which release spasm and improves the range of motion of joint.
- Assessment of walking test- 27% of improvement was seen.
- Assessment of VAS- At the end of study we found that VAS was 78%.

Figure 3



(Note- Showing number of patients and improvements category)

CONCLUSION

1. Role of *Valuka Pottali Sweda* in *Upasthmbhit Sandhigatavata* found differ significantly by statistical analysis.
2. Overall assessment score showed 70% improvement (marked relief).
3. Thus we can conclude that *Valuka Pottali Sweda* showed significance results in decreasing pain, stiffness and tenderness, Swelling, improving range of movements, walking ability and Vas ($P < 0.001$).

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