ROLE OF VALUKA POTTALI SWEDA IN SANDHIGATAVATA

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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. Charka 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 Vata². Sweda is Mala of Meda Dhatu described in Ayurveda. Charaka include Sweda in Shada Upakarmas³. In Panchakarma it included as Purva karma. Sweda relives stiffness, heaviness, coldness, and produces sweating⁴. Various technique of Sweda described in Ayurveda by Acharyas⁵. More commonly use Prakara of Swedana are Pottali, Nadi, Parishek, Upnaha Sweda etc.

Now days Sandhigatvata, having Upasthambhit or Sama Avastha are more common. In which Vata Prakop occurs by Strotorodha of Ama, Kapha, and Meda etc. because of lifestyle and Hetus like
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Avyayama, Divaswap. In this type of Samprapti Acharya mentioned to use of Ruksha Sweda to cure and relieve strtororodha.

Present study was performed over Upasthambhit 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 Upasthambhit 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 Saptashrungi Ayurveda College & Hospital, Panchavati, Nasik.

Selection of patient-
30 Patients of Upasthambhit 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 / Upsthambhit Avastha at Janusandhi.

Exclusion Criteria -
- Post inflammatory or infective arthritis.
- Niram / Nirupsthambhit / Dhatukhayajanya 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: Valuka-

<table>
<thead>
<tr>
<th>Synonyms</th>
<th>Sikata, Valuka, Sharkara(sanskrit) Valu, Ret (Hindi), Silica (Eng.) Prahokta, Sukshma, Mahashlashma, Paniya churnaka,</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa</td>
<td>Madhur</td>
</tr>
<tr>
<td>Guna</td>
<td>Lekhana, Sheet</td>
</tr>
<tr>
<td>Karma</td>
<td>Shambhana, Santapshrama nashini, Tapanashini</td>
</tr>
<tr>
<td>External uses</td>
<td>Swedana</td>
</tr>
<tr>
<td>Indicated Vyadhies</td>
<td>Anavata, Shool Pradhan Vyadhi, Vrana, Urhakhat</td>
</tr>
<tr>
<td>Doshaghnata</td>
<td>Kapha Vyadha</td>
</tr>
</tbody>
</table>

Table 2: SOP OF Valuka Pottali Sweda-

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

Valukapottali sweda was given by anteriorly, laterally posterior in supine & prone position to both side of Janusandhi 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 Akruti, 57% have Madhya Akruti. And only 10% i.e. 3 patient found to be as Krusha Akruti.

**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>
<thead>
<tr>
<th>JOINT INVOLVED</th>
<th>NO. OF PATIENT</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOTH</td>
<td>24</td>
<td>80%</td>
</tr>
<tr>
<td>LEFT</td>
<td>4</td>
<td>13%</td>
</tr>
<tr>
<td>RIGHT</td>
<td>2</td>
<td>7%</td>
</tr>
</tbody>
</table>

(Nota*- 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)
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 Ruya...) said by Susharuta. Valuka caries Uashana Guna by Agnisnksara, 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 Kriyakashtata 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%.

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**Figure 3**

![Improvements in Number of Patient](chart.png)

(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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