



Clinical trials of *shashtikshali pinda sweda* in *sandhigatvata* w.s.r. to Osteoarthritis. Sonawne Ramesh Dnyanoba¹, Mahendra Bansilala Toshniwal²

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ABSTRACT

Irregular lifestyle is responsible for early degenerative changes in body Tissue and plays important role in manifestation of such degenerative disorder. The effect on *Sandhi* by *prakupit vata* is main phenomenon in *samprapti* of sandhigat vata. Panchakarma is one of most effective healing modality in Ayurveda medicine it promotes detoxification and rejuvenation. Out of Panchakarma Sankar sweda is important for Dhatu Kshayajanya vata vyadhi as it specifies vitiated dosha also having Bruhan action gives strength to the muscles. In sandhigat vata Acharya Charaka mentioned repeated use of Snehana and Swedana so here, we used shashtikshali pinda sweda for 30 patients the osteoarthritis were selected for study.

Keywords- Sandhigatvata, Osteoarthritis, Snehana, Swedana, Sankar sweda, Shashtikshali pinda sweda.

Introduction-

Sandhigat vata is one of vata vyadhi ; characterized by sandhishoola (joint pain), sandhishootha (swelling of joint). Osteoarthritis is degenerative joint disorders represent failure of Diaarthodial (movable synovial joint) joint.⁷

हन्ति सन्धिगतः संधिन्
शुलाटोपौ करोति च । मा.नि

The incidence of Osteoarthritis in India is high as 12% it is estimated that approx. 4 out of 100 people are affected by

Osteoarthritis. It is most common articular disorder begins asymptotically in the 2nd and 3rd decades and is extremely common by age 70. Almost all persons by age 40 have some pathogenic changes in weight bearing joint 25% of Male and 16% Female. In Ayurvedic classics local application is one of the treatment for Shoola and Shotha. Sankar Sweda is one of the Sweda Explained by Acharyas for the treatment of it.¹

तिलमाषकुल्याम्लघृतततैलामिषौदनैः।
पायसैः कृशरैर्मासैः पिंडस्वेदं प्रयोजयेत् ॥

च.सू. १४/२५

Shashtikshali pinda sweda belongs to category of Agniswedana as well as Snigdha sweda. This is also popularly known as 'NAVKARKIZI' (Navkar=New rice, Kizhi=Potli). This is easy and effective procedure of swedana and is ideal in Healthy persons, in children and also in patient suffering from illness due to morbid vata dosha.^{2,3} In this study total 30 patient have the cardinal symptoms of Sandhigat vata selected.

Aim & objective –

To observed the effect of shashtikshali pinda sweda in sandhigatvata w.s.r. to osteoarthritis.

Materials and Methods-

Patient suffering from sandhigatvata were selected from OPD and IPD of Panchakarma department in our Ayurved college. Criteria for diagnosis of

Sandhigatvata were selected on the basis of sign and symptom described in charaka. Patient have been given Shashtikshali pinda sweda upto 30 to 45 min for 7 days.

INCLUSION CRITERIA-

1. Patient having classical sign & symptoms of sandhigatvata.(Sandhithana - Janusandhi).
2. Gender- with respective both gender.
3. Age - 30 to 80
4. Patient indicated for shashtikshali pinda sweda.
5. Patient willing to giving written consent.

EXCLUSION CRITERIA-

- 1) Patient with samavasthya of sandhigatvata.
- 2) Patient with other diseases like Amvata,Vatrakta.
- 3) Patient with other joint disorder complication like fractures & other surgical operatives.
- 4) Autoimmune diseases like SLE etc. Systemic disorder like CRF,LVF,HIV.
- 5) Female with ANC & PNC.

⁴POORVAKARMA-

Requirement-

- 1) Abhanga table.
- 2) Cotton cloth 18 x 18"
- 3) Cotton thread 8.
- 4) No Utensils & other material for preparation of Decoction

Sr. no.	Contents of Measurements	pindasweda
1.	Bala mula choorna 50 gms	
2.	Rice 250 gms	
3.	Milk 500 ml	

Method of Preparation-

- a) Decoction-** Take 50 gm of balamula choorna add 4 lit of water and boil it in a vessel and reduce it up to 1 lit decoction.
- b) Rice-** From above decoction take ½ lit in separate vessel and add ½ lit milk 250 gms of rice and cook like a paste.
- c) Bolus-** Keep the cooked paste into 2 cleaned cloth pieces measuring 18x18" and prepare into bolus that is, pottali. The remaining half decoction should be used for dipping the bolus while performing the fomentation.



A



B



C



D

PRADHANKARMA-

After evacuating the bowel & bladder. Patient in minimum cloths is then made to lie down on the Abhangya table in supine position. Hold The Pinda in the Right hand after making it suitably warmed by dipping in Decoction.

The temperature of the Pinda has to be tested by keeping left hand on it, Confirm whether the heat suitable to patient. After confirmation of the temperature give gentle massage with Pottali on the Janusandhi & the Pottali will be changed as soon as its temperature becomes less. The massage should be done slowly.



PASCHATKARMA-

The content of Pottali should be mixed with reaming Decoction and make it lukewarm and apply this paste to the Janusandhi. After 10 to 15 min the paste should be removed. Advised to take Luke warm water bath and complete rest for ½ hour.

PRECAUTION AFTER PROCEDURE-

1) Avoid immediate exposure to cold breeze, open air and contact with cold water.

2) Immediate stop the procedure if patient feels excessive pain during the procedure.

Criteria for assessment-

1)Sandhishoola-

Grade 0	No pain
Grade 1	Pain present but tolerable
Grade 2	Pain present but difficult to tolerable
Grade 3	Intolerable pain and taking analgesics

2)Prasaran Akunchanvedana

Grade 0	Absent
Grade 1	Without wincing of face
Grade 2	With wincing of face
Grade 3	Shout or prevent the movement of joint

3)Vatapurnadrutisparsha-

Grade 0	Absent crepitus
Grade 1	Palpable crepitus
Grade 2	Palpable and Audible crepitus on moving joint forcibly
Grade 3	Palpable and always audible crepitus

Scoring

Over all Assesment	
Mild Improvement	0-3
Moderate Improvement	4-6
Marked Improvement	7-9

Overall effect of Therapy shahstikshali pinda Sweda in Sandhigat vata:

For assessing the severity of *Sandhigat vata* in each patient the above adopted scores and assessed as follows.

Showing overall effect of therapy

GRADE	score
Mild	1 (0-3 score)
Moderate	2 (4-6 score)
Marked	3 (>7 score)

Symptoms	Before Treatment	After treatment
Sandhishool	Grade 2	Grade 1
Prasaran Akunchan	Grade 2	Grade 1
Vatpurnadrutisparsha	Grade 2	Grade 0
Total	6	2

RESULTS:

In the attributes like Janusandhi shoola, Prasaran Akunchana, Vatpurnadrutisparsha. Study reveals that occurred with treatment had marked improvement was seen in patients of sandhigatvata.

DISCUSSION:

The procedure where stimulating the body temperature by contact with the external heat source and there by producing the sweda for therapeutic reason is termed as swedana. Through swedana one can achieve the therapeutic benefits in the form of elimination of shola, prasaran akunchana, vatpurnadruti sparsha. Shatishalikipind sweda is snigdha, Sthira, Balavardhana, Dehdardhayakrita. Bala & Godhughdha is Rasayana and Vatahara. Further the Swedana cleans and open up the channels of strotasa thus facilitates more nourishment and free movement of Vata dosha.⁴

Effect of Heat

Due to heat – Vasodilatation particularly in superficial tissues where the heating is greatest, simulation of superficial nerves

endings can also cause a reflex dilatation of arterioles. By this necessary oxygen and nutritive materials supplied.

Heat has been applied as counter irritant, which is the thermal stimulant may affect the pain sensation. Heat is having indirect effect on muscle tissue - increase temperature - muscle relaxation, increase muscle action efficiency.

Increase activity of sweat gland - Reflex stimulation of sweat gland resulting effect of heat on the sensory nerve endings.

Conclusion-

Sandhigata vata is one of the Vatavyadhi can be correlated with Osteoarthritis. Swedana are prescribed as one of the line of treatment for it. In sandhigatvata sweda plays an important role. Shashtikshali Pinda sweda, a form of Sankar sweda explained in the classics serve the purpose of alleviation of vitiated Vata dosha. The benefits of procedure is achieved more rather than the absorption of the drug.⁶

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