

## Clinical Study to evaluate the efficacy of Bala Tail Abhyanga in Physically Working Person w.s.r. Shramahar

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### Abstract:

*Abhyanga is the anointing of the body with oil. Often medicated, massage with oil to the body daily does not become affected much even if subjected to accidental injuries, or excessive physical work.*

*In Dincharya abhyanga of the whole body with oil is one of the main procedures to maintain to rejuvenate, to improve blood circulation. In day-to-day life, we do multiple physical and mental activities due to which our body gets tired and fatigued. Hence or Acharyas described abhyanga in Dincharya with specific manner time, duration. Due to physical exertion or activity vaddosha is aggravated so the tail is the best medicine to control vaddosha. Bala tail has properties of vata Shamana and Datu poshak. Abhyanga with bala tail controls the vaddosha and develops strength both physical as well as mental i.e. Shramahar Guna of Abhyanga*

**Key Words** – *Abhyanga, Dincharya, Bala tail, Antarpamarjan, Bahirparimarsjan, Shramahar*

### Introduction

**P**anchakarma offers a unique approach of Ayurveda to therapy with specially designed five procedures of internal purification of the body. Panchakarma not merely a shodhana therapy as it is understood, but also a wider range of therapeutics such as Snehan, Rukshan, Brimhana, Lekhana, Stambhana, among this Snehana is the major preparatory procedure and it has two types - Abhyantar snehana and bahya snehana. It also includes Antar parimarjan and Bahirparimarjan Chikitsa.

Bahirparimrajan Chikitsa means Medicine that treats the disease with the support of external application on the skin. and this done with Snehana in different ways such as Abhyanga, Gandusha, lepa, Udavartan, Padaghat, Murdhatail, Parishek, Akshitarpan, Samvaahana, Karnpuran, Nasatarpan, Snehavagahana.

The prime motive of Ayurveda is Swasthasya swasthya rakshnam then aturasya vikar prashmana. In Dincharya, Abhyanga, massage of the whole body with oil is one of the main procedures to maintain, to rejuvenate, to improve blood circulation, and mainly to strengthen the body or do physical activities. In day-to-day life, a man does multiple physical

activities due to which we get tired and feel fatigued i.e. Muscle weakness, chronic tiredness or sleepiness, headache, dizziness, sore or aching muscles.

Hence our Acharya described Abhyanga in Dincharya in a very specific manner with definition or timing and duration of abhyanga due to physical exertion or activity Vaddosha is aggravated, and for Vaddosha Tail is the best medicine. And Bala Tail (Sahastrayog) has properties of Balya, Vatshamak, Dhatuposhak and specifically acts on Mansdhatu, Abhyanga of Bala Tail controls vaddosha and the person developed strength both physical as well as mental, i.e. Shramahar Guna of Abhyanga. Out of various properties of the Abhyanga Shramahar is one of the properties, that's why I choose this topic.

### Aim-

- To Rule out the clinical trial of bala tail Abhyanga in Physically working person w.s.r. to Shramahar

### Objective-

- To establish the Mechanism of Action of Bala Tail Abhyanga in physically working person w.s.r. Shramhar.

### Materials and methods

Patient with following symptoms were included in study,

- Fatigue
- Muscle weakness

- Headache
- Dizziness
- Sore or aching muscles
- Un refreshing sleep

**Inclusion criteria**

Patient having symptoms like fatigue, due to physical exertion or working person

**Exclusion criteria**

- K/C/O Anaemia, Tuberculosis
- Patient who are not willing for trial

**Drug Review, Preparation of Drug**

The Drug used in the study is commercially available Bala Tail

**Procedure – Method of Abhyanga**

**Duration-** 35 minutes for 8 days

Slowly massage on the body in the downward direction by Vataghna, Sukoshna, and medicated oil is called Abhyanga.

- Abhyanga can be done either sitting or standing or lying position.
- Massage with slight warm oil should be started by applying on the scalp and massaging the head gently.
- Massage on head, ear, feet daily
- Massage in a circular manner on joints.
- Massage on hand and leg towards the downward direction
- Massage the neck and the upper part of the back with the flat surface of open palm and fingers.
- Massage on each part of the body will be done by position.
  1. Straight leg with sitting position.
  2. Supine position
  3. Lying on the left lateral position
  4. Lying on right lateral position
  5. supine position
  6. straight leg with sitting position

**Benefits of Abhyanga/Guna:**

According to Acharya Vagbhata Abhyang is

- Jarahar – Anti aging
- Shramahar- It relieves the tiredness, fatigue due to excessive physical working person, exercise, muscle weakness.
- Vatahar- Due to Snigadha Guna

- Drushtiprasadakar – improve eye vision
- Pushtikar – Dhatuposhan
- Ayushykar – increased life spanning
- Swapnakar- improve sleep
- Twaka dardhyakrut- soft and shine skin

**Contraindications of Abhyanga**

- High fever
- Sever renal and cardiac disease
- Osteoporosis
- Recent fracture
- Acute inflammation
- Open wound
- Dehydration condition
- Kaphaj Rog
- Ajirna

**Criteria for Clinical Assessment**

The common symptoms like generalized pain, fatigability lethargy

**1. Fatigue**

<b>Gradation</b>	
<b>Fatigue on excessive physical work</b>	0
<b>Fatigue on daily physical work</b>	1
<b>Fatigue on normal physical work</b>	2
<b>Fatigue on rest</b>	3

**2. Muscle weakness**

<b>None</b>	<b>0</b>
<b>Mild</b>	1
<b>Moderate</b>	2
<b>Sever</b>	3

**3. Headache**

<b>Gradation</b>	
<b>No pain</b>	0
<b>Mild pain</b>	1
<b>Moderate</b>	2
<b>Worst</b>	3

**4. Dizziness**

<b>Treatment</b>	<b>After Treatment</b>
<b>Present</b>	<b>Absent</b>

**5. Sore or Aching Muscle**

Gradation	
No pain	0
Mild pain	1
Moderate	2
Worst	3

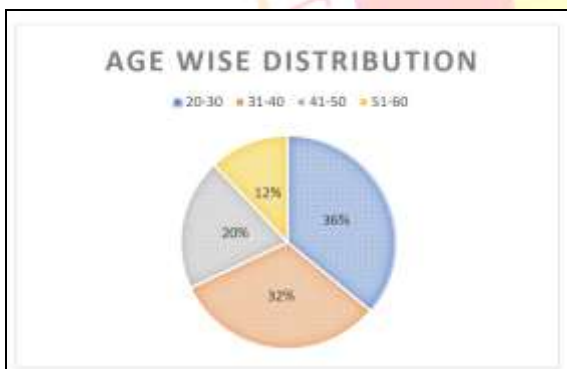
**6. Unrefreshing Sleep**

Before Treatment	After Treatment
Present	Absent

**Observations & Results**

**• Age wise Distribution**

Age in years	No. of Patient	% of pt in different age group
20-30	8	36
31-40	6	32
41-50	4	20
51-60	2	12



**• Gender wise Distribution**

Sex	No. of Patient	%
Female	6	30
Male	14	70



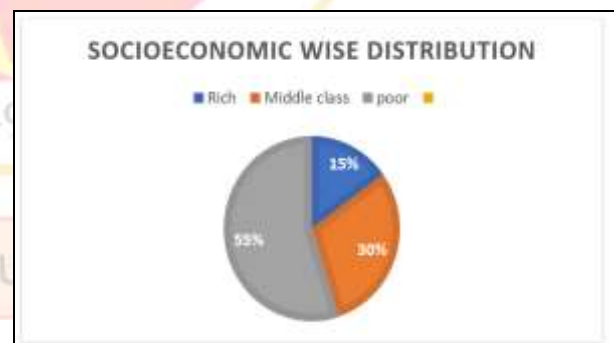
**• Occupation wise Distribution**

	No. of Patient	Percentage%
Worker	12	60
Service	4	20
Housewife	4	20



**• Socioeconomic wise Distribution**

	No. of Patient	Percentage%
Rich	3	15
Middle class	6	30
Poor	11	55



**• Lakashana wise Distribution**

Lakashana	No. of Patient	Percentage%
Fatigue	8	40
Muscle Weakness	6	30
Headache	2	10
Dizziness	2	10
Soar or Aching Muscle	2	10



becomes strong, charming and least affected by old age, massage enhances medical treatment and helps people feel relaxed from stress n anxiety.

The Tail used for Abhyanga nourishes the tissue, gives strength and increases the Agni, reduces heart rate, lower blood pressure and increased blood circulation, especially nerves system gets stimulated, thus providing stimulation to the muscular system, vessels and glands governed by the particular nerve and keeps the human body healthy, massaging also improve the circulation system thus reducing the pain.

**Conclusion:**

Vata is mainly responsible for tactile sensation and the tactile sensation is through the skin. So Abhyanga is best for the skin and so it should be done daily.

In this way, massage / Abhyanga is a protector, preserver, and rejuvenator, increasing strength, muscle power, it helps for refreshing sleep, stamina for doing physical work.

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**Wilcoxon Test:**

Sr . No	Variabls	Before T/t	After T/t	P	Result	%
1	Fatigue	3.405	0.73	<0.0001	Significant	73.06
2	Muscle Weakness	2.62	0.9	<0.0001	Significant	65.64
3	Headache	2.59	0.73	<0.0001	Significant	71.81
4	Sore or Aching muscle	2.59	0.6	<0.0001	Significant	76.83

- P-value of **Fatigue** is <0.0001, hence result is highly significant
- P-value of **Muscle weakness** is <0.0001, hence result is highly significant
- P-value of **Headache** is <0.0001, hence the result is highly significant.
- P-value of **Sore or aching muscle** is <0.0001, hence result is highly significant

**Result:**

- According to statistical analysis, significant results were observed in the following parameters as Fatigue, Muscle weakness, Headache, Sore or aching muscle.
- Thus, it can be concluded that Abhyanga of Bala tail in physically working person w.s.r.to Shramahar is effective

**Discussion**

By using oil massage daily, a person is endowed with pleasant touch, trimmed body part and

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