

## To Evaluate the Efficacy of Patra Pinda Sweda in Pain Management of Gridhrasi W.S.R to Sciatica

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### Abstract:-

*Girdhrasi as mentioned in Ayurveda explains a disorder where in pain starts from Sphik pradesha and radiates downwards to Kati, Prusta, Uru, Janu, Jangha and Pada, Due to this, the patient is unable to walk properly. Gridhrasi can be compared with Sciatica. Sciatica is a relatively common condition with a life time incidence varying from 13% to 40%.The corresponding annual incidence of an episode of Sciatica ranges from 1 to 5%.The incidence of Sciatica is related to age. It is rarely seen before the age of 20. Incidence peaks in fifth decade declines thereafter. Snehana and Swedana are considered as the general line of treatment for vatavikars. which can be taken as the Line for ghridhrasi.*

*Patra pinda Sweda is a form of Sankarasweda where different vatahara drugs are used.In this procedure, leaves of medicinal plants having Shothahara and Vedanastap and qualities this leaves are fried in medicated bala oil and materials divided into a two equal parts and tied into a Pottali. Thus, It has both Snehana and Swedana effect which helps in reducing the symptoms of Gridrasi. This article is review of clinical application of Patrapinda Sweda and its efficacy in Gridrasi.*

**Key words:** Gridhrasi, Vataavyadhi, Snehana, Swedana, PatraPindaSweda, Vedanasthapana.

### Introduction :-

**P**anchakram is specialty of Ayurveda panch means five and karma means action. Ayurveda deals with the preventive and curative aspect of health . This therapy restores balance with natural law to maintain the equilibrium of doshas and stabilize internal milieu of body .Its also help to eliminates toxin , cleaning of srotas channels ,improving digestion and mental function.

In Ayurveda Acharyas explained 80 vataavyadh is Gridhrasi is one of the shoalapradhan vataavyadhi where altered function of vata affect Girdhrasindhi sciatica nerve, characterized by stambha (stiffness), Ruk(pain), Toda(pricking pain). This symptoms initially affect sphik(buttock) as well as posterior aspect of kati (waist ) and then gradually radiates to posterior aspect of uru (thigh,Janu (knee), jangha(calf)and pada(foot). In panchakarma snehan and swedan are used as poorvakrama as well as pradhankarma for treating different disease. Swedana is one of the upakarma which can be adopted for the management of vatakapradhan disorder and can be performed by using various method.

Sankarasweda is a method in which the materials are tied in cloth and used for swedana and it is commonly known as pindaswead . patrapindaswead or Ela Kizhi is one of the best example in which leaves of medicinal plants along with conventional drugs are roasted in pan with little oil and bolus is prepared by tying in cloth, pind means bolus and sweda means sweating. This bolus heated upto a tolerable temperture and swedan is done.

This prepared patrapindapottly is gently rubbing over the painful area to heal the pain and related condition and strength and rejuvenate joints, Muscle and soft tissue.

### Aim:-

To evaluate the efficacy of patra pinda sweda in pain management of Gridhrasi W.S.R to sciatica.

### Material Method

#### 1. Source of the data:

### Sample source:-

- The patient from IPD/OPD of C.S.M.S.S Ayurvedic medical college hospital kachanchawadi Aurangabad.

### Drug source:

- Patra pinda swead.

**2. Method of collection of data:**

**Study Design:**

- Patra panda swaad was done for 7 day for 45 minutes.
- 2 follow up were taken first on 8<sup>th</sup> day and on 15<sup>th</sup> day of starting the treatment.

**Sample Size**

15 Patients of Ghridhrasi were taken irrespective of sex and socio-economic status

**3.Inclusion Criteria**

1. Both male and female patients between the age of 30 to 60
2. SLR test positive 40 to 70 degree.
3. patients with pratyatmaLakshanas of ghridhrasi.

**4.Exclusion Criteria**

- 1k/c/o-DM,HTV
- 2 pregnant woman and lactating mother.
- 3 patient who are not willing for trial.

**5 Assessment Criteria:**

**Ruk(pain):**

- No pain-0
- Painful in same posture-1
- Painful,walk without limping-2
- Painful, walk with limping but without support-3
- Painful,can walk only with support- 4
- Painful, unable to walk-5.

**6.Method of preparation of patrapindapottali:<sup>2</sup>**

**Material Required:-**

- Leaves-shigru,Nirgundi,Eranda,Chincha 100gm each patra.
- Grated coconut-100gm
- Lemon-4
- Haridra
- Rasna churn-10gm
- Shatapushpa-10gm
- Saindhava-10gm
- Cotton cloth
- Tags
- Gas
- Vessels for frying leaves and heating pottali
- Bala Oil- For frying leaves -100ml  
For heating pottalis -20  
For Abhyanga- 10ml  
For Talam as per requirement
- 2 Therapist

**7.preparation of pottali**

- The fresh leaves should be washed in water and chopped in small pieces
- The leaves, Grated Coconut , Haridra, slicedleamn, sanidhava should be mixed thoroughly and fried together into 100ml oil well.
- Then prepared material divided into 2equal part and made into pottalis.

**Standard of operative procedure**

**1) Purv- karama:**

- The patient should be lie comfortable prone position exposing the affected area.
- Bala tail will be warmed and Abhyangais done over the area
- Talam with bala oil and choorna should be applied.

**2) Pradhan karma:**

- Prepared pottali will be heated with bala oil in hot iron pan up to 40 to 42 degree.
- Then it should be applied over the affected area after checking the temperature of pottali with mild pressures.
- Care should be taken to maintain the temperature throughout the procedure by reheating the pottalis

**3) paschat-karma**

- After completion of treatment body should be wiped with clean towel
- Remove talam and apply Rasnadi churna.
- Advised to take hot water bath after half hour
- **Duration:** 45min

**Precaution:**

- Care should be taken to prevent charring while frying leaves and also while reheating the pottalis.
- Every time the therapist should ensure the temperature of the pottali by placing it over their own dorsum of hand. Also enquire the patient whether the temperature is bearable.
- If the patients feels any discomfort or attains good perspiration at any time during the treatment the therapy should be stopped.
- Ideal time to perform the procedure is between 7- 11am and 3-6pm.

**Complications:**

- Burns and fainting: if occurs, stop the procedure and Agnidagdha chikitsa has to be done.

**Indication:** Intervertebral disc protrusion or prolapsed (IVDP), Sciatica (Gridhrasi), Osteoarthritis, Chronic stage of RA, Cervical spondylosis, Ankylosing spondylitis, Frozen shoulder, Pakshvadhya, etc.

**Contraindication:**

Taruna jwara (Acute Fever), Atisara (Diarhoea), Raktapitta (Hemorrhagic disorder) Twak Vikara (Infective eczema), etc.<sup>3</sup>

**Observational And Result:**

- 15 Patient with the diagnosis of gridhrasi /sciatica were selected for the study irrespective of their socio-economic status ,gender etc.
- These patients were treated with patra panda swaed .
- The detailed description of sample of 15 patient is given in the following 2 headings.

**A. DEMOGRAPHIC DATA:**

- The results were tabulated first and then mean was calculated and converted into the percentage.

**1. Distribution of Patient according to Age**

Age Group (This Year)	No. Of Patients	% of Patient
20-35	6	40
36-50	4	26.67
51-65	5	33.33

**4. Distribution of Patient according to Marital Status**

Marital Status	No. of Patient	% of Patient
Married	14	93.33
Un-Married	1	6.67

**5. Distribution of Patient according to Religion**

Religion	NO. Of Patient	% of Patient
Hindu	15	100
Muslim	0	0
Other	0	0

**6. Distribution of Patient according to Habitat**

Habitat	No. Of Patient	% of Patient
Urban	1	6.67
Rural	14	93.33

**7. Distribution of Patient according to Socio-economic Status**

Socio-economic status	No. Of patient	% of Patient
Poor	6	40
Low-Middle	6	40
Middle	3	20
Upper-Middle	0	0
Rich	0	0

**3. Distribution of Patient according to Gender**

Gender	No. Of Patient	% of patient
Male	5	33.33
Female	10	66.67

**8. Distribution of Patient according to Occupation**

Occupation	No. Of Patient	% of Patient
Labourer	5	33.33
Office	1	6.67
House wife	5	33.33
Farmer	1	6.67
Other	3	20



**9. Distribution of Patient according to Addiction**

Addiction	No. Of Patient	% of Patient
Smoking	2	13.33
Tobacco	5	33.33
Alcohol	3	20
None	5	33.33

**10. Effect OF Treatment of Ruk (Pain) in FU1**

Parameter	Mean		Reduction In Mean	Reduction %	S D		S E M		T V al ue	P V al ue
	B T	F U 1			B T	F U 1	B T	F U 1		
Ruk	2.433	1.133	0.86	36.90	1.1	0.9	0.2	0.2	4.02	0.0013

**11. Effect of Treatment of Ruk (Pain) in FU2**

Parameter	Mean		Reduction in Mean	Reduction %	S D		S E M		T V al ue	P V al ue
	B T	F U 2			B T	F U 2	B T	F U 2		
Ruk	2.333	1.533	0.80	34.33	1.1	0.9	0.2	0.2	4.00	0.0013

**Discussion:**

**On Effect of Treatment:** Here the disease is produced due to the degeneration of the disc and it lead to compression of the nerve .in this condition vitiation of vata would have take place. in between the inter vertebral disc the shleshaka kapha reduce which lead to friction between two vertebrae. so it to compression on the nerve .The chikitsa sutra of gridhrasi is snehana and swedana .patra pinda sweda is a form of sankara swed where vatahara patra are taken and being practiced its easy procedure and excellent fast action in relieving the symptoms.The assessment of result were made by signs and symptoms of gridhrasi which includes subjective and

objective parameters like Ruk , samyak swedan, lakshana ,SLR.

Effect on Ruk:Ruk is due to vatavidhi .There will be derangement in vatadosha leading to vataprakopa. once vata vitiation is corrected Ruk will be reduced. Patra pinda sweda is having ushnvirya,vatakaphahara ,vedanasthapaka, sothahara property. On external application of patra panda sweda is having sothahara and vedanasthapana property. By the action of these drugs Ruk may reduce. Also Swedana by increasing temperature locally to the muscle ,improves blood circulation and help to reduce pain.

**Conclusion:**

Gridhrasi is one among the 80 vata – nanatmaja vikaras which can effectively treated with swedana .Patra pindswed are sagni ,Ekanga,Madhyama,Samshamaneeya type of sweda . Patra pinda sweda was highly effective in the pain management of gridhrasi .It can be concluded that patra pinda sweda can be better option in the pain management of gridhrasi because the results are statistically significant.

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