

<https://doi.org/10.46344/JBINO.2022.v11i03.11>

EFFICACY OF PATRA PINDA SWEDANA IN MANAGING CERVICAL SPONDYLOSIS

Dr. Shailej Gupta¹, Dr. Rishu Sharma², Dr. Arjun Gupta³

¹Associate Professor, Dept. of Panchkarma, GAMC, Akhnoor, Jammu.

²Assistant Professor, Dept. of Panchkarma, GAMC, Akhnoor, Jammu.

³Assistant Professor, Dept. of Shalya Tantra, BKAMCH, Moga, Punjab.

Email: dr.rishusharma8393@gmail.com

ABSTRACT

In this period of modernization and fast life, people undergo many unwanted practices like improper sitting posture for long time in offices, continuous work in one posture, over exertion, lack of physical exercise, excessive loads to bearing movements during travelling and sports, all these factors create undue pressure and compressive injury to the spine, that play an important role in producing disease like Cervical Spondylosis. Modern medicine has limited conservative and surgical procedures which provide only temporary symptomatic relief and many times have hazardous side effects. Thus, there is a need to explore the Ayurvedic perspective of cervical spondylosis by which we can cure and prevent this disease. In Ayurvedic perspective, greevastambha is one of the eighty types of Vatavyadhi which is characterized by Stambha (stiffness) in the neck region, which is commonly seen in cervical spondylosis. Patra Pinda Sweda is a type of Pinda Sweda in which leaves of medicinal plants along with other conventional drugs are roasted in a pan with little oil and a bolus is prepared from it by tying in the cloth. The prepared bolus is used for fomentation on the body by frequently heating it, and this is to be done after Abhyanga (light oil massage). It gives better results in Cervical spondylosis.

KEYWORDS: Abhyanga, Cervical Spondylosis, Stambha, Vatavyadhi.

INTRODUCTION:

Continuous sitting or standing posture, working on computers perpetually and lack of exercise are some of the atrocious components of current lifestyle. The prevailing consequences of such lifestyle appear in numerous problems like metabolic, musculoskeletal etc. Degenerative diseases which are mainly seen in elderly persons are now becoming common in early or middle age persons also. Low backache and neck pain are the most common spinal problems and cervical spondylosis is a common in >30 age group¹. Recent studies depicted that cervical spondylosis increases with aging before age 50 years and decreases with aging after age 50 years². Cervical spondylosis or osteoarthritis of the cervical spine produces neck pain radiating to the shoulders or arms with headache (posterior occipital region). Narrowing of the spine canal by osteophytes, ossification of the posterior longitudinal ligament or a large central disk may compress cervical spinal cord³. Age, gender and occupation are the main risk factors for cervical spondylosis⁴.

In Ayurvedic perspective, greevastambha is one of the eighty types of Vatavyadhi which is characterised by stambha (stiffness) in the neck region⁵, which is commonly seen in cervical spondylosis. Cervical spondylosis may also be considered as greevagata (neck region) sandhivata, especially in degenerative condition. Pain during the flexion – extension of a joint along with swelling and coarse crepitations on joint movement is the

typical clinical features of sandhivata⁶. Acharya sushruta has described manyastambha which is caused by diwaswapna (sleeping during daytime), using pillows inappropriately during sleeping and constant gazing in upward direction, leading to the vitiation of vata and kapha dosha. Such condition may simulate with the condition of cervical spondylitis or acute stage of cervical spondylosis⁷.

Sankara Sweda is a method in which the materials are tied in a cloth and used for Swedana and it is commonly known as Pinda Sweda⁸. Patra Pinda Sweda is a type of Pinda Sweda in which leaves of medicinal plants along with other conventional drugs are roasted in a pan with little oil and a bolus is prepared by tying in the cloth. Pinda means bolus, Sweda means sweating. Thus the medicaments, generally tied in a cloth in the form of bolus are heated upto a tolerable temperature and Swedana is done by gently rubbing the bolus over the painful area. Various types of Pinda sweda are being practiced which are Shastika shali pinda sweda (rice bolus fomentation), Patra Pinda Sweda (leaves of medicinal plants which can relieve pain, stiffness and swelling), Jambira Pinda Sweda, Churna Pinda Sweda (herbal powders prepared by pounding the medicinal drugs which can relieve pain), Baluka Swedan (heated sand is tied in the bolus), Anda Sweda, Bhusa Pinda Sweda, Karish Pinda Sweda, etc⁹.

The leaves generally used in Patra potli Swedan are – Eranda (*Ricinus communis*), Nirgundi (*Vitex negundo*), Arka (*Calotropis*

gigantean), Chinchā (tamarind), Dhatura (Dhatura metal), Shigru (moringa leaves) etc, Other ingredients like pieces of lemon, coconut grating, Rasnadi Churna, Methika, Saindhava Lavana, Taila etc, cloth for placing the roasted medicine, threads to tie the cloth into bolus, heating apparatus, spoon, pan, spatula, etc are taken. Fresh leaves 500gm in quantity should be collected and chopped into small pieces. Required quantity of Eranda Oil is taken as per the condition in non-stick pan. Slices of 4 lemons are added into it. When the lemon slices become slightly fried the powder of Satahwa and Methika 100 gm is added. Then 50gm scraped coconut is added. When the mixture turns brownish Saindhav is added and stirred well. Then the leaves one by one are added; thicker leaves are added first then thinner. When the leaves are fried the mixture is taken out. The sliced leaves and the other ingredients which are fried and processed in the herbal oils are tied in a clean cloth. The upper free ends of the clothes are tied with strong thick threads so as to form a bolus of Patra Pinda. Four boluses are prepared for proper conduction of the procedure in undisrupted manner.

Once prepared, the bolus is dipped in oil which is kept on heating apparatus at a constant temperature in pan. The Pottali of Patra are gently rubbed with mild pressure in the manner similar to the Abhyanga. The fomentation given by Patra Pinda Swedana should be carried out in all the 7 postures in which Abhyanga (herbal massage) is done so as all parts of the body is equally fomented. The treatment procedure is carried out for 5-10 minutes in

each posture. Thus time duration of the treatment ranges from 30-40 minutes. A uniform temperature of pottalies is maintained by dipping them in heated mixture of medicated decoction & milk. This process is carried out until proper sweating occurs.

DISCUSSION:

Leaves of medicinal plants having analgesic and anti-inflammatory properties are the important ingredient of the procedure. Patra pottali Sweda relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of Vata, Pitta and Kapha in the affected joints, muscles and soft tissues, causes sweating and brings about lightness and a feeling of health in the affected joints, muscles and soft tissues. Patra Pinda Sweda is highly effective in the management of pain. In pain related arthropathies before Shodhana like Virechana, Patra Pinda Sweda is effective. When the leaves are fried in the oil the Kleda of leaves goes away. First, Abhyanga is to done, then after Patra Pinda Sweda is advisable on the pain affected sight. While practicing Patra Pinda Sweda one should prevent burns and dehydration. In order to prevent the Kapha Utkleshana in Siras, Talam is kept in the scalp in many cases. After the procedure perspiration and increased range of motion can be observed which indicate the Patra Pinda Sweda is beneficial in pain and stiffness.

CONCLUSION:

It is to conclude that Patra Pinda Swedana has shown significant results in the management of cervical spondylosis.

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