

**“KERALIYA VISHESHA CHIKITSA WITH SPECIAL REFERENCE TO KAYASEKA”****Gayatri Kabra<sup>1</sup>, Parvathy G. Nair<sup>2</sup>, PradeepKumar P P<sup>3</sup>, D Sudhakar<sup>4</sup>**<sup>1</sup>CCPT Student, <sup>2</sup>Research Officer, <sup>3</sup>Research Officer, <sup>4</sup>Director

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**Article Received:** 27/04/2021 - **Peer Reviewed:** 06/05/2021 - **Accepted for Publication:** 08/05/2021**ABSTRACT**

*Kayaseka* is speciality of keraliya *Panchakarma* which is modified form of *Parishheka Sweda*. It has both *Snehana* and *Swedana* effect. It yields good results in upper motor neuron lesion with spasticity and rigidity. It is indicated in traumatic conditions, musculoskeletal diseases and rejuvenation therapy. It has equivalent effect as that of *Abhyantar Snehapana* with appropriate selection of oil and proper techniques.

**Keyword:** *Keraliya Panchakarma, Kayaseka, Pizhi chil, Spasticity, Rigidity, Musculoskeletal disease.***INTRODUCTION**

*Kayaseka* is developed as a speciality in Kerala. It is also known as Dhara, *parishheka*, *Pizhi chil* etc. In Malayalam word ‘*Pizhi chil*’ means ‘to squeeze.’ Though it is one of the best keraliya *Panchakarma* procedure very less information is available for doctors outside Kerala regarding its absolute indications and benefit. In this procedure a cloth dipped in heated *Sneha Dravya* is squeezed over the patient's body

from a specific height (with a strict monitoring of temperature throughout the procedure). Simultaneous massage is sometimes done along with pouring of *Sneha* to enhance the benefit of treatment. Broadly we can classify it under *Parishheka Sweda*. It has both *Snehana* and *Swedana* effect. It yields good results in UMN lesions with spasticity, rigidity. It is indicated in traumatic conditions, musculoskeletal diseases and for

rejuvenation. It has equivalent effect as that of Abhyantar Snehapana with appropriate selection of oil and proper techniques.

## 1. STANDARD OPERATING PROCEDURE

### A. PURVAKARMA <sup>(1)</sup>

*Kayashudhi* followed by following steps:-

1. Shiroabhyangham - Before starting *Tail Pichu* is to be applied over the scalp with suitable oil.

2. *Karnapurna* with suitable oil and cotton plugs should be placed in both ears.
3. *Thalam -Rasandi churna/Amlaki kalka*.
4. The rolled cotton cloth has to be tied above the ears around the head at the level of forehead.
5. *Abhyangam* with suitable oil.

### Material and Equipments:

1	Droni	01
2	Pillow	01
3	Cotton cloth (4 x ½ angula)	04
4	Vessels (5 litre capacity)	04
5	Warm water (for bath)	
6	Towel to wipe the oil	
7	Heating arrangement	
8	Piece of rolled cloth	

### B. PRADHAN KARMA <sup>(2)</sup>

The oil for *Kayaseka* is to be heated by keeping the vessel on a hot water. The piece of cloth is to be dipped in warm oil and is squeezed over body from a height of 12 angula with a uniform stream with thumb facing downwards. Intermediate massage can be done in downward direction. The procedure is done in following seven positions. These positions are to be adjusted according to disease profile of the patient.

1. Sitting
2. Supine
3. Left lateral
4. Prone
5. Right lateral
6. Supine
7. Sitting

### DURATION OF PROCEDURE <sup>(2)</sup>

Duration	45 to 60 min
Total days	7 to 21 days
Timing	7 -11 am or 4-6 pm

### C. PASCHAT KARMA<sup>(2)</sup>

Clean the body with a towel. *Thalam* should be applied and *Gandharva Hastadi Kashayam/Pati Kashayam* should be given orally.

## DISCUSSION

*Kayaseka* is a type *Snigdha Parisheka Sweda*. Though it's is type of *Swedana*, it has effect of both *Snehana* and *Swedana* therapy. Therefore it is useful in conditions like *Pakshaghata* where both *Snehana* & *Swedana* are absolute indications.<sup>(3)</sup> It is *Shreshta* among *Bahya Snehana*, relaxing in nature, it helps to

control *sheeta*, *Ruksha* and *Chala Guna of Vata*, it gives *Sthirata to Asthi-Mansadi Dhatus* therefore it is choice of procedures in UMN lesions with spasticity or rigidity.<sup>(4)</sup>

*Parisheka* and *Avagaha* are indicated in *Pitta Pradhan* conditions and specifically useful in traumatic and ligament injury.<sup>(5)</sup> It helps in fractures, contusion inju-

ries, traumatic injuries of bones because of its *Bhagna Sandhankara and Asthi Stairyakar* Property.<sup>(6)</sup> Apart from *Swedana*, it has *Dhatu Drudakara, Deha, Agni,*

*Varna*, and *Ojo Vriddhikar* in nature and thus used for rejuvenation.

Table 1: Illustrating examples of use of oil in specific conditions (based on clinical experience): -

<i>Karpasasthyadi Tailam</i>	UMN spasticity
<i>Dhanvantaram Tailam</i>	Traumatic conditions
<i>Dhatturadi Tailam</i>	Movement disorders
<i>Ksheerbala Tailam</i>	<i>Balavardhana</i> , tremors
<i>Murivenna</i>	Fractures
<i>Sahacharadi Tailam</i>	Paraesthesia
<i>Kottamchukadi Tailam</i>	Painful neuropathy
<i>Prabhanjanam Kuzhampu</i>	Remission phase of demyelinating neuropathy

It is said that the procedure should cover the entire body except head because *Ushna Parisheka* in *Adhakaya* increases the bala but *Ushna Parisheka* of head may lead to loss of hair and *Chakshu karma*.<sup>(7)(8)</sup> The ideal size of cloth is the one that can be comfortably handled inside the palm. The rolled cloth should be tied around the forehead to prevent flow of oil into the eyes. Two masseurs are sufficient in currently accepted practice. Duration of procedure varies according to *Dosha* predominance. In *Vata pitta* condition upto 2 hour, *Vata kapha* condition upto 1 hour is sufficient. In diseases like *Pakshavadha, Akshepaka, Apatantraka, Aptanaka, Kayaseka* can be done twice a day. Ideally, this procedure is to be done till the perspiration start on body, especially at forehead, chest & armpits. Frequency of *Kayaseka* depends on the strength of the patient. With good strength, *Kayaseka* is done either daily or on alternate days. With moderate strength *Kayaseka* is to be done with a gap of two to three days. With less strength a gap of four to five days is required between the procedures. For *Pitta pradhan* conditions slightly warm temperature is used. For *Vata pradhan* and *Kapha pradhan*, barely hot and a temperature at which sneha melts respectively is required

#### D. COMMONLY USED OILS

Commonly used oils for *Kayaseka* include *Karpasasthyadi Tailam, Dhanvantaram Tailam, Dhatturadi Tailam, Ksheerbala Tailam, Murivenna, Sahacharadi Tailam, Kottamchukadi Tailam And Prabhanjanam Kuzhampu.*

#### E. REUSE OF OIL<sup>(9)</sup>

It is ideal to use fresh oil everyday but it is not affordable for everyone. Thus, the practice of reusing the oil used on the first day for 2 more days. After that the deficient volume is added each day. On the fourth day fresh oil is used. On seventh day, the two batches of used oils (of 3<sup>rd</sup> and 6<sup>th</sup> day) are added together and used.

#### F. INDICATION

1. Specific indications include upper motor neuron lesions with spasticity (pyramidal tract lesion) or rigidity (extra pyramidal tract lesion).
2. Stroke with spasticity, hemiplegia, paraplegia.
3. Movement disorders like chorea, tremors, Parkinson's disease.
4. Musculoskeletal diseases like cartilage degeneration, fractures, ligaments injuries, traumatic injuries.
5. Rejuvenation therapy.

#### G. CONTRAINDICATION

1. Painful inflammatory conditions.
2. Fever.
3. Gastrointestinal problems like diarrhoea, digestive disease.
4. Respiratory disorders with cough, breathing difficulty or pneumonia.

#### H. COMPLICATION<sup>(10)</sup>

Complications can occur from pouring of oil from a greater height than advised, with a rapid rate or for prolonged time likewise -

1. Burning sensation
2. Erysipelas
3. Fatigue
4. Hoarseness of voice
5. Splitting pain in joints
6. Vomiting
7. Fever
8. Urticarial
9. Haemorrhage
10. Urinary and respiratory tract infections.

#### I. PATHY APATHYA <sup>(11)</sup>

*Pathyapathya* for *Kayaseka* are similar to that of *Snehapana*. *Pathya* like *Drava*, *Ushna*, *Anabhishtyan-di*, *Natisnigdha*, *Asankaraahar*, *Ushnodakapachara*, *Brahmacharya*, *Kshapasaya*. *Apathya* like *Vegavarodha*, *Ucchvachana*, *Shoka*, *Krodha*, *Hima*, *Atapa*, *Pravata*, *Vyayam*, *Yana*, *Rukshanna Sevana*.

#### J. BENEFITS <sup>(6)</sup>

*Kayaseka* can help to improve *Dhatu*s like *Mansa*, *Asthi* etc. It can also help to increase *Vrushata*, *Agni Varna Ojasa Vrudhi*. It brings *Sthiratva* in *Dhatu*s like *Asthi* and it increases longevity. It is helpful in *Bhagna chikitsa*, *Shehana* and for *Vata Shaman*.

#### K. Variants of *Kayaseka*.

1. *Ekanga Dhara* can be done in conditions like *Avabahuka*, *Hanugraha*, *Vishwachi* etc. <sup>(4)</sup>
2. Some easy modifications have been done in *Kayaseka*. Instead of cloth some physicians use vessels for *Dhara* but control and regulation of temperature becomes more accurate in conventional method.

#### L. Points to Remember <sup>(12)</sup>

1. Top to bottom massage is to be accompanied throughout and even the sole should get its share of *Dhara*.
2. Temperature uniformity is to be maintained to avoid complication.
3. Rhythmic and synchronized *Dhara* and massage should be done.
4. In *Akshepaka*, *Apatantraka*, *Pakshwadha*, *Ardita* and *Apantanka* bath should be avoided after *Kayaseka*.

## CONCLUSION

*Kayaseka* is a combination of *Snehana* and *Swedana* therapy. It is useful in *Stambha Pradhan Vata* condition due to *Sheeta* and *Ruksha Guna* like spasticity and rigidity. It is also useful in movement disorders like chorea and tremors. It is indicated in *Bhagnachikitsa* and it is *Dhatu Stairyakar*. Therefore, it is used in traumatic injuries, fracture and ligament injury. It is *Dhatu Drudakara*, *Deha*, *Agni*, *Varna*, and *Ojo Vriddhikar*, *Vrushya* in nature thus preferable in rejuvenation therapy.

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## ANNEXURE

### (ANNEXURE 1.1)

#### Material and equipments

1	Droni	01
2	Pillow	01
3	Cotton cloth (4 x ½ angula)	04
4	Vessels (5 litre capacity)	04
5	Warm water (for bath)	
6	Towel to wipe the oil	
7	Heating arrangement	
8	Piece of rolled cloth	

### (ANNEXURE 1.2)

#### Medicated Oil for *Abhyangam*

1	Medicated oil (3 litre /day)	5-6 litre for 7 days
2	Medicated oil for <i>Abhyangam</i>	100 ml
3	<i>Rasnadi Churna</i> for <i>Thalam</i>	5 Gm.

### (ANNEXURE 1.3)

#### Manpower

1	Ayurvedic physician	01
2	Masseur	04

**Source of Support: Nil**

**Conflict of Interest: None Declared**

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