

A CONCEPTUAL STUDY ON THE EFFECT OF CHINCHA PATRA NALIKERA POTTALI SWEDANA IN THE MANAGEMENT OF VATA KAPHAJA GRIDHRASI

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ABSTRACT

Swedana is an important aspect of *Panchakarma* which helps to liquify the vitiated *Doshas* that have spread throughout the microchannels of the body. *Swedana Karma* is a *Poorva Karma* as well as a *Pradhana Karma* for the treatment of various diseases. *Acharya Charaka* mentioned *Swedana Karma* as one among the *Shadupakrama* and as the prime treatment modality for various diseases, especially in *Vata* and *Kapha* dominant conditions. *Pinda Sweda* is one among the 13 types of *Saagni Sweda* as explained by *Acharya Charaka* and *Pinda Sweda* is a type of *Ushma Sweda* according to *Astanga Sangraha*. *Chincha Patra Nalikera Pottali Swedana* is a type of *Rooksha- Snigdha Sweda* and a form of *Ushma Sweda*. The treatment procedures mentioned in classics for *Gridhrasi* include *Snehana*, *Swedana*, *Virechana*, *Basti* and *Agnikarma*. Among these in *Vata Kaphaja Gridhrasi*, *Swedana* is explained as one of the major treatment modalities as per *Chakradatta* and *Gadanigraha*.

Keywords: *Swedana*, *Vata Kaphaja Gridhrasi*, *Pinda Sweda*, *Chincha Patra Nalikera Pottali Swedana*

INTRODUCTION

Swedana Karma is the procedure in which sweat is induced¹, either by steam or by facilitating contact with body and *Dravyas*. It is classified as 13 *Saagni*

and 10 *Niragni Sweda*², where *Sankara Sweda* is one among the 13 *Saagni Sweda*. *Pinda Sweda* is based on the principles of *Sankara Sweda*, in which

Swedana is by means of Pinda and Dravyas are either wrapped in a cloth or without³. It is further classified into Snigdha- Rooksha for Vata Kapha and Snigdha, Rooksha for Vata and Kapha, based on the Dravyas used⁴. In Ruksha Pinda Sweda, hot solid substances such as sand, brick, stone, faeces of different animals such as cow, horse, camel are used in this type of Swedana and can be adopted in Kapha vitiated conditions⁵. In Snigdha Sweda, thick gruel is prepared from substances like Tila, Masha, Kulatha, Amla Dravya, Gritha, Taila, and Payasa are used⁶. Pinda Sweda is an unparallel treatment in the management of pain and stiffness associated with locomotor system. Gridhrasi is a disease in which the pain experienced is similar to that of the pain felt during the vulture piercing its beak deep into the flesh and then draining it out forcefully; hence the name Gridhrasi. Gridhrasi is classified under Vataja Nanatmaja Vyadhi⁷ and is divided into Vataja and Vata Kaphaja⁸. The common Lakshanas of Vata Kaphaja Gridhrasi are pain starting from Sphik, radiating till Paada along with Sthamba, Toda, Span-dana, Sakthiutkshepana Nigraha, Arochaka, Tandra and Gourava⁹. Gridhrasi is characterized by Ruk, Toda, and Sthamba. It originates from the Sphik, Pradesha and radiates downwards towards, Kati, Uru, Janu, Jangha and Paada. In Vata Kaphaja Gridhrasi, Tandra, Gourava, Arochaka are also associated with the other Lakshanas. The prime treatment procedure mentioned in classics for Gridhrasi includes Snehana, Swedana, Virechana, Basti and Agikarma. In Vata Kaphaja Gridhrasi, Swedana Karma is explained as one of the major modalities of treatment as per Chakradatta¹⁰ and Gadanigraha¹¹.

MATERIALS & METHODS

References regarding Swedana, Pinda Sweda and Chinchha Patra Nalikera Pottali Swedana were collected from various textbooks, published research papers, previous work done, and compilation was done. Concept of Chinchha Patra Nalikera Pottali Swedana and procedure were studied in detail.

8

CONCEPT OF CHINCHA PATRA NALIKERA POTTALI SWEDANA

Chinchha Patra Nalikera Pottali Swedana is a type of Pinda Sweda which is Snigdha - Rooksha; and Pinda Sweda is a type of Ushma Sweda according to As-tanga Sangraha¹². In Chikista Manjeri while explaining Vata Vyadhi Chikitsa, it is advised to tie Pottali with Chinchha Patra along with Nalikera and do Swedana¹³. Chinchha Patra is one of the ingredients in the Patra Pottali Swedana, which is classically explained and widely practiced where remarkable results are observed.

Chinchapatram tu samkshanam naalikeerasamanvit-am /

Prataptam pottali kritva tena swedam cha kaarayet //
Chinchha Patra along with Nalikera should be heated and tied to prepare Pottali and Swedana should be administered with it; is thus explained in the sloka, for the Chikitsa of VataVyadhi.

Drug Review

Chinchha Patra being Guru Rooksha in Guna, Madu-ra Amla in Rasa, Ushna Veerya, Kapha-Vatahara in Doshagnata, Shophagna Raktadoshahara in Karma¹⁴ and Nalikera being Madura Rasa, Guru Snigdha in Guna, Sheeta Veerya, Vata-Pittahara in Doshagnata and Balya Brimhana in Karma¹⁵.

When Chinchha Patra along with Nalikera is made into Pottali and administered Pinda Sweda in Vata Kaphaja Gridhrasi, specific Rasa, Guna, Veerya, Doshagnata and Karma of Chinchha Patra and Nalikera acts on the vitiated Vata and Kapha Doshas in Vata Kaphaja Gridhrasi and eases the lakshanas bringing about relief to the patient.

Method of Preparation

800grms of Chinchha Patra, separated from the leaf-lets and cleaned are heated along with 100ml of Moorchita Tila Taila and 400gms of grated Naikera, in low flame to make a perfect mixture, and then it is tied into four Pottalis. 200ml of Moorchita Tila Taila is used for heating the Pottalis during the procedure.

Tying the Pottali

The free corners of the square cloth measuring 45cm in length and breadth are approximated to cover the mixture of Chinchha Patra and Nalikera. The free

ends of the cloths are folded in the middle and then are tied with a cotton thread measuring 90cm in length to make a rounded bolus with handle. Four Pottali weighing 300gms are prepared in this manner.

Heating the Prepared Pottali

200ml of *Moorchita Tila Taila* is poured into an iron vessel part by part while heating the Pottali. The prepared four Pottalis are placed in the vessel and continuously moved to stir the *Moorchita Tila Taila*. (If the Pottalis are not moved timely, there is every possibility that the portion of the Pottali gets overly heated or even burnt). When the Pottali is heated evenly, it is taken out of the vessel and excess oil dripping out of Pottali is mopped at the edge of the vessel, and the Pottali is used for Swedana procedure.

DISCUSSION

Swedana Karma is an effective treatment modality practiced both as a *Poorvakarma* and as *Pradhana Karma*. *Swedana* is particularly indicated in *Lakshanas* such as *Shoola*, *Sthamba*, *Gourava* which are of *Vata* and *Kapha* origin and are virtually the cardinal symptoms of *Vata Kaphaja Gridhrasi*. *Chinchu Patra* is *Kapha Vataghna*, *Rooksha* in *Guna* and *Ushna Veerya*. *Nalikera* is *Vatahara*, *Balya* and *Snigdha* in *Guna*. Application of heated medicaments helps in eliminating toxic elements through skin. The application of heat in different forms of *Swedana* promotes local circulation and metabolic activities and opens the pores of the skin to permit transfer of medicaments and nutrients towards the needed sites. It also initiates elimination of vitiated *Doshas* and *Malas* through skin and perspiration. Application of heat causes relaxation of muscles and tendons, improves blood supply, venous drainage, lymph supply and activates the local metabolic process which are responsible for the relief of pain, swelling, tenderness, and stiffness. Increasing the blood circulation to the affected area, helps in removing the vitiated *Doshas*, strengthens the muscles in the area, helps the release of toxins and reduces inflammation. This also helps to tone muscles and improve the performance of the tissues within the body.

CONCLUSION

Gridhrasi is a common affliction in adults, costing a huge sum for healthcare and resulting in more lost days of work. Due to the advancement of busy professional and social life, improper food habits and sitting postures, over exertion, and increased tendency of computerization, the prevalence of *Gridhrasi* has been increased over the past years and the hike is being continued over the same reasons. *Chinchu Patra Nalikera Pottali Swedana* by the action of drugs and procedure is an effective treatment bringing about marked relief from *Lakshanas*, all the while being cost effective.

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