



A CLINICAL STUDY TO EVALUATE THE EFFICACY OF CHINCHA PATRA NALIKERA POTTALI SWEDANA IN THE MANAGEMENT OF VATA KAPHAJA GRIDHRASI- A PRE AND POST TEST STUDY.

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Abstract: Swedana is one among the Shadupakrama which can be adopted for the management of Vata and Kapha Pradhana Vyadhi. Gridhrasi is considered under Vataja Nanatmaja Vyadhi, and while enumerating the disease, it has been mentioned as two types; Vata dominant and Vata Kaphaja dominant. The common symptoms are pain starting from Sphik which radiates till Pada along with Sthamba, Toda, Spandana and causes Sakthyutkshepa Nigrahana and in VataKaphaja type of Gridhrasi, Arochaka, Tandra and Gourava are found additionally. According to Acharya Charaka Gridhrasi is a Sweda Sadya Vyadhi and Pinda Sweda being one among the Swedana Karma is a well-known treatment for many Vatavikaras including Gridhrasi. Chinchapatra's Ruksha Guna acts on the vitiated Kapha Dosh; Madhura, Amla Rasas acts over vitiated Vata Dosh and Sheeta veerya pacifies both vitiated Vata and Kapha Doshas. Therefore, this study with prime objective of evaluating the effect of Chinchapatra Nalikera Pottali Swedana in Vata Kaphaja Gridhrasi was undertaken. Result of this study showed that Chinchapatra Nalikera Pottali Swedana is effective in relieving the symptoms of Vata Kaphaja Gridhrasi and is clinically and statistically significant.

Keywords: Swedana Karma, Chinchapatra Nalikera Pottali Swedana, Vata Kaphaja Gridhrasi.

I. INTRODUCTION

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 Shadupakrama¹ and as the prime modality of treatment for number of disorders especially Vata and Kapha dominant diseases. The prime treatment procedure mentioned in classics for Gridhrasi includes Snehana, Swedana, Virechana, Basti, and Agnikarma. Among these

Acharya Charaka mentioned Swedana as the prime modality of treatment for number of disorders especially Vata and Kapha dominant diseases.² Chinch Patra Nalikera Pottali Swedana is a type of Rooksha – Snigdha Sweda and a form of Ushma Sweda. It is also a type of Pinda Sweda, which is one among the 13 types of Saagni Sweda as explained by Acharya Charaka³ and Pinda Sweda is a type of Ushma Sweda according to Astanga Sangraha⁴.

Acharya Charaka explained Gridhrasi as one among the Nanathmaja Vyadhi of Vata⁵ which is further classified as Vataja Gridhrasi and Vata-Kaphaja Gridhrasi⁶. In Vata- Kaphaja Gridhrasi Swedana Karma is explained as one of the major modalities of treatment as per Chakradatta⁷.

In the treatment of Vata-Kaphaja Gridhrasi Anubhanda Dosha Kapha must be controlled initially⁸. Kapha being Sheeta and Snigdha Guna Pradhana can be managed with Ushna and Rooksha Pradhana Upakramas respectively, and Vata being Sheeta and Rooksha Guna Pradhana, can be managed with Ushna and Snigdha Dravya Upakramas respectively. Chinch Patra is Kapha- Vata Doshahara and Shophahara⁹ and Nalikera is Vata-Pittahara¹⁰. Here Pottali is made to heat in Moorchita Tila Taila, where Tila Taila is Kapha – Vatahara.¹¹

II. METHODOLOGY

II. 1. Objectives

II. 1. 1 **Primary objective:** To assess the effect of Pottali Swedana with Chinch Patra and Nalikera in the signs and symptoms of Vata Kaphaja Gridhrasi.

II. 1. 2 **Secondary objective:** To assess Samyak Swinna Lakshanas.

II. 2. Study Drugs:

II. 2. 1 Chinch Patra

II. 2. 2 Nalikera

II. 3. Study settings:

II. 3. 1 Place of Study: MVR Ayurveda medical college, Parassinikkadavu.

II. 3. 2 Study period: 18 months

II. 3. 3 Procedure duration: 7 days

II. 3. 4 Follow up period: 15th day after the treatment

II. 4. Plan of the Study

Table 01: Intervention chart

Particulars	Group
Sample Size	30
Type of Swedana	Chinch Patra Nalikera Pottali Swedana
Study Duration	7 days

II. 5. Selection of Participant:

II. 5. 1 Diagnostic Criteria: Classical Lakshanas of Vata Kaphaja Gridhrasi:

II. 5. 1. 1 Ruk

II. 5. 1. 2 Toda

II. 5. 1. 3 Sthamba

- II. 5. 1. 4 Spandana
- II. 5. 1. 5 Saktiukshapananigrahana
- II. 5. 1. 6 Aruchi
- II. 5. 1. 7 Tandra
- II. 5. 1. 8 Gourava

II. 5. 2 Inclusion Criteria:

- II. 5. 2. 1 Participants diagnosed with Vata Kaphaja Gridhrasi.
- II. 5. 2. 2 Participants who are Sweda Arha.
- II. 5. 2. 3 Participants within the age group of 18-70.

II. 5. 3 Exclusion Criteria:

- II. 5. 3. 1 Participants with Integumentary system sensitive diseases.
- II. 5. 3. 2 Pregnant females.
- II. 5. 3. 3 Participants who are Sweda Anarha.

Method of collection of data: A special case proforma was prepared with all points of history taking, physical examination and assessment as quoted in Ayurvedic as well as modern text book.

Procedure: 800gms of Chinchapatra, separated from the leaflets and cleaned were heated along with 100ml of Moorchita Tila Taila and 400gms of grated Nalikera, in low flame to make a perfect mixture, and it was tied in to four Pottalis. 200ml of Moorchitha taila was used for heating the Pottalis during the procedure.

Hot Pottalis were gently applied over the Adhakaya of the participant, after confirming the temperature (42-45deg Celsius). Pressing of the body was done with the pottalis, maintaining uniform temperature throughout the procedure.



Figure 1: Prepared mixture of Chinchapatra and Nalikera



Figure2: Tying of Pottali



Figure3: Tied Pottalis

Dosing Schedule: Procedure was followed daily for 30 minutes, until Samyak Swinna Lakshanas were attained, for 7 days.

Assessment Criteria: Participants were evaluated thoroughly one day prior to treatment, 8th day and on the 15th day after treatment based on subjective and objective parameters.

III. OBSERVATIONS

A clinical study of Chinchapatra Nalikera Pottali Swedana was studied in participants suffering from Vata Kaphaja Gridhrasi, fulfilling the inclusion criteria. A total number of 30 participants were included in the study.

The processed data on observations of the participants who participated in the study were arranged systematically in the form of tables and graphs for further analysis, which comprises of data related to clinical picture, data related to details of the treatment and data related to response to the treatment.

IV. DATA ANALYSIS

All data were tabulated and statistical analysis was done using the SPSS 27 version software. Test for the effect of therapy was analyzed using Friedman test followed by Wilcoxon Signed rank test.

V. RESULTS

Table 02: Effect of parameters

		BT-AT	BT-FU	AT-FU
Ruk	Z value	-4.879*	-4.916*	-4.583*
	p value	<0.001	<0.001	<0.001
Stambha	Z value	-5.108*	-4.949*	-3.464*
	p value	<0.001	<0.001	0.001
Toda	Z value	-5.231*	-4.849*	-3.606*
	p value	<0.001	<0.001	<0.001
Spandana	Z value	-3.000*	-3.000*	0.000
	p value	0.003	0.003	1.000
Gourava	Z value	-5.324*	-4.983*	-4.243*
	p value	<0.001	<0.001	<0.001
Tandra	Z value	-5.099*	-4.689*	-2.646*
	p value	<0.001	<0.001	0.008
Arochaka	Z value	-3.606*	-3.419*	-1.414
	p value	<0.001	0.001	0.157
Walking Time	Z value	-4.950*	-5.002*	-4.707*
	p value	<0.001	<0.001	<0.001
Sakthyutkshepa Nigrahana	Z value	-4.885*	-4.916*	-4.600*
	p value	<0.001	<0.001	<0.001
Lumbar Flexion	Z value	-4.977	-5.104	-4.359
	p value	<0.001	<0.001	<0.001
Lumbar Extension	Z value	-5.109*	-4.932*	-3.606*
	p value	<0.001	<0.001	<0.001
Right Lateral Movement	Z value	-5.324*	-4.932*	-3.742*
	p value	<0.001	<0.001	<0.001
Left Lateral Movement	Z value	-5.324*	-4.932*	-3.742*
	p value	<0.001	<0.001	<0.001
Overall	Z value	-4.787	-4.788	-4.463
	p value	0.000	0.000	0.000
Wilcoxon Signed Ranks Test, *Significant at 0.05 level				

Table 3: Distribution of Samyak Swinna Lakshana of Chinchapatra Nalikera Pottali Swedana

Lakshanas	Day-1	Day-2	Day-3	Day-4	Day-5	Day-6	Day-7
Seetha Uparama	100.00	100.00	100.00	100.00	100.00	100.00	100.00
Shoola Uparama	0.00	0.00	16.67	56.67	100.00	100.00	100.00
Stambha Nigraha	3.33	36.67	93.33	93.33	100.00	100.00	100.00
Gourava Nigraha	0.00	3.33	13.33	53.33	100.00	100.00	100.00
Mardavata	0.00	0.00	13.33	53.33	100.00	100.00	100.00
Vyaadi haani	0.00	0.00	13.33	43.33	100.00	100.00	100.00
Laghutva	0.00	0.00	13.33	50.00	100.00	100.00	100.00
Sweda srava	96.67	96.67	96.67	96.67	96.67	96.67	100.00

Chart 1: Distribution of Samyak Swinna Lakshana of Chinchapatra Nalikera Pottali Swedana

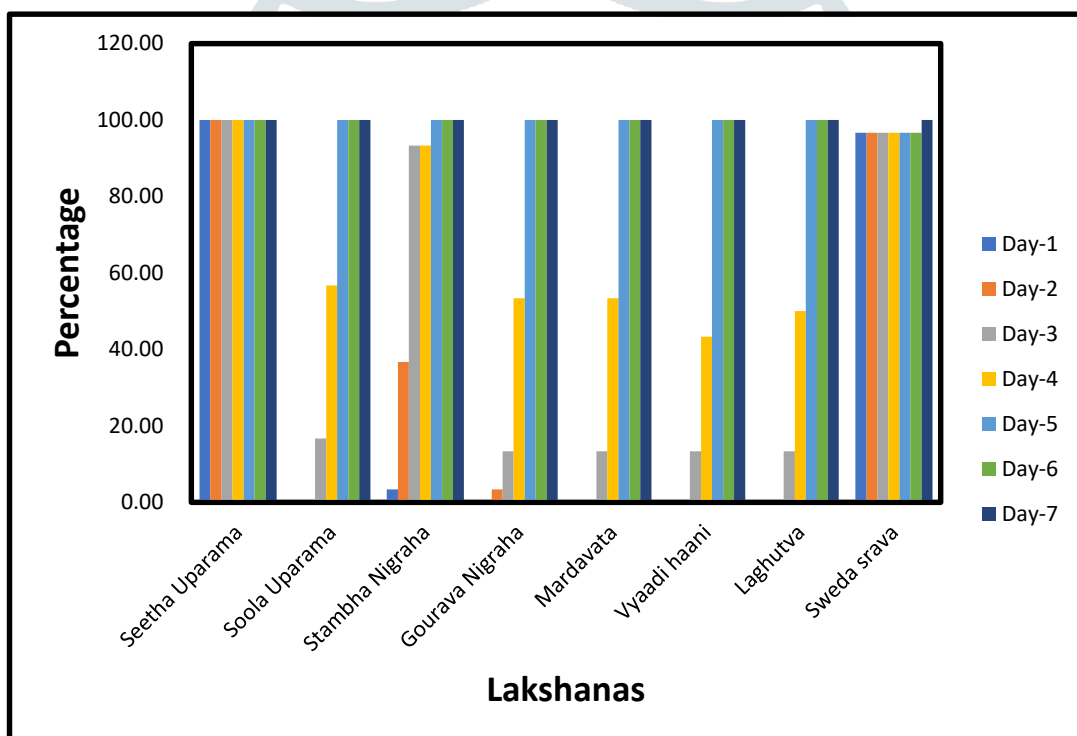


Table 4: Overall assessment

Overall Relief	AT		FU	
	Frequency	Percent	Frequency	Percent
Cured	4	13.3	18	60.0
Marked Improvement	7	23.3	11	36.7
Moderate Improvement	10	33.3	1	3.3
Mild Improvement	9	30.0	0	0.0
Unchanged	0	0.0	0	0.0
Total	30	100.0	30	100.0

VI. DISCUSSION

VI. 1. Discussion on Probable mode of action:

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. In this study Chinchu Patra and Nalikera was taken to assess the effect of Pottali Swedana with Chinchu Patra and Nalikera in Vata Kaphaja Gridhrasi. The Pottalis were heated in Moorchita Tila Taila prior to Swedana. 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.

Ruk: It is the cardinal symptom of Vata Dosha. In this disease, it is observed that Vata is vitiated along with Ama or Kapha Dosha. Sweda by its Ushna Guna and Ushna Veerya of Chinchu Patra acts against the Seeta Guna of both Vata and Kapha. Chinchu Patra is Kapha Vata Doshahara and Nalikera is Vatahara.

Sthambha: Sthambha is the resultant of Kapha or Ama Dosha and Rooksha Sweda is aimed at the same. Rooksha Guna and Ushna Veerya of Chinchu Patra used in the study acts over the Vitiated Kapha Dosha and helps to reduce the same and thereby bringing about reduction in Sthambha.

Lumbar movements: Swedana helps in relieving muscle spasm and contribute in easing the lumbar movements along with Chinchu Patra which is Ushna, Rooksha and Kapha Vataghna in Doshagnata.

The Swedana Karma relieves pain, stiffness, heaviness and brings about softness and smoothness to the body. Facilitates adequate sweating and brings about remission of disease, thereby improving the quality of life.

VI. 2. Discussion on special observation:

During Swedana Karma, it is found that participants with Alpa Nidra attained sound sleep and most of the participants experienced increase in appetite.

VII. CONCLUSION

Conclusion on the clinical picture of Gridhrasi: Majority of the participants were presented with Lakshana of pain radiating to one leg up to Paada with gradual onset. The other Lakshanas present were Ruk, Sthamba, Tandra, Gourava and Toda. Out of these Lakshanas, Gourava, Tandra, Spandana all the participants attained complete relief and 98.9% in Sthamba after the treatment.

Conclusion on effect of treatment: Majority of the participants showcased marked response to the treatment. Clinically Chinchu Patra Nalikera Pottali Swedana had effect on relieving signs and symptoms of Vata Kaphaja Gridhrasi and the marked response showcased was more during the follow up period rather than after treatment.

Based on the above findings, it can be concluded that Chinchapatra Nalikera Pottali Swedana can be adopted in the management of Vata Kaphaja Gridhrasi.

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