

EFFECT OF SHASTIK SHALI PINDA SWEDA IN VATA VYADHI**¹*Dr. Chintamani D. Patil and ²Dr. Sachin R. Patil**

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ABSTRACT

Body is assembled by Vata Pitta and Kapha Dosha each assigned to do its Kshaya, Poshana and Dharana Karma. Vata dominates both because of its Yogavahi Guna. Pakshaghata is one of the grievous Vata Vyadhi in Ayurveda. Sansarga of other Dosha and Dhatu leads to involvement of Shodhana and Shaman Chikitsa. Snehana therapy, Bahya and Abhyantar are well known for its treatment in Vata Vyadhi. Inclination towards modernization and deviation from basic healthy life make the body vulnerable for disease especially Vata Vyadhi. We know Vata Vyadhi are fulminate in nature but early diagnosis with the help of investigation tools like CT scan, MRI etc; we can prevent from further damage caused by stopping previous pathology with various measure which are having opposite guna. The main properties of Shashtika are snigdha, guru, sthira, sheeta and tridoshaghna. Though a sweda karma, it has brimhana guna and vata is having opposite guna's.^[1]

KEYWORDS: *Shasik shail, vata vyadhi, guna, brihana.*

INTRODUCTION

The illnesses brought on by a disruption of the Vata dosha are treated by the Vatavyadhi Chikitsa. Disorders such as Pakshaghata, Ardita, Gridhrasi, Avabahuka, Viswachi, Ekangavata, and Sarvangavata, among others, are brought on by vata imbalances. For the treatment of such illnesses, Ayurveda described a variety of formulations, such as medicinal oils, herbs, massage therapies, etc. To control the harmful effects of Vatavyadhi, internal medications and Snehana, Swedana, and Samshodhana therapy may be suggested. These

Vata treatments eliminate inflamed Dosha and offer prompt alleviation of excruciating illness symptoms. Bala taila, Maha narayana taila, Sahacharadi taila and Shastikashali Anna Lepa, etc. are indicated for such types of pathological conditions.

MATERIALS TO BE REQUIRED

1. Shashtika shali - 500g
2. Balamoola - 750g
3. Water - Q. S.
4. Cow's milk - 3litres
5. Cotton cloth (45cm X 45cm) - 4 pieces
6. Threads (75cm) - 8
7. Vessels: a. For preparing kwatha b. For cooking rice c. To heat the boluses in mixture of kwatha and milk during the procedure (5 litres capacity with wide mouth made of bronze)
d. A plate for carrying heated pottali
8. Stove -1
9. Oil for talam - 10ml
10. Rasnadi choorna - 5g
11. Suitable oil for abhyanga - 100ml
12. Coconut leaves/tongue cleaner - 2
13. Tissue paper/towel - 2
14. Masseurs – 2
15. Attendant – 1

PREPARATION OF THE MEDICINE

Balamoola kwatha - 750g of Balamoola is cleaned, crushed and boiled in 12 litres of water and reduced to 3 litres. Shashtika rice cooking: In 1.5 litres of Balamoola kashaya and 1.5 litres of milk, 500 g of Shashtika rice should be added and boiled till it becomes thick and semisolid. Sufficient quantity of hot water can be used for proper cooking of the rice. Another method is that the Shashtika rice can be semi cooked in pure water; gradually added milk and kwatha; cooked again.^[2-3]

PREPARATION OF THE BOLUSES

The cooked rice should be divided into 4 equal parts and put into 4pieces of cotton cloths. The three corners should be folded neatly together so as to come under the fourth corner and the fourth fold is used to cover the other three corner folds underneath. One end of the thread

is held tight with left hand and the other end is wound around the folds. In short, the boluses should be tied in such a way that the mouth of the sac leaves a tuft at the top of the bundle, for holding it with ease. Conventionally, the size of a bundle is half kernel of a moderate coconut.

Hetus of Vatavyadhi: Aharaja: Atiruksha, Atialpa, Atisheeta, Abhojana and Atilaghu, etc.

Viharaja: Diwaswapna, Ativyavaya, Atiprajagaran, Atichinta, Atishoka, Atikrodha] and Vegasandharana, etc.

PATHOLOGICAL COMPONENTS OF VATAVYADHI

Nidana: Vata Prakopaka

Dosha: Vata

Srotas: Asthivaha, Majjavaha Medovaha

Dushya: Asthi, Majja, Meda

Vyaktisthana: Asthi –Sandhi

The Dhatukshaya and Avarana cause aggravation of Vata Dosha that further vitiates Strotas and affects physiological movement of biological elements. Ruksha, Khara, Parusha and Laghu Guna causes lodging of vitiated Dosha. The Strota's lost their properties like smoothness, stickiness and unctuousness, etc. Vitiated Vata affects Strotas and produces Ekanga or Sarvanga Vyadhi.

Shoola Pradhana Vata Roga: Gridharasi and Vishvaci

Shotha Pradhana Vata Roga: Vatarakta and Amavata

Shosha Pradhana Vata Roga: Amsashosha

Sankoca Pradhana Vata Roga: Dhanurvata Graha Pradhana Vata Roga: Hanustambha and Urustambha.

The goal of treating Avarana should be to cleanse the Srotas with various drugs that have Anabhishtyandi and Snigdha characteristics that are not antagonistic to Kapha pitta but that cause Vatanulomana. The administration of the Yapan basti sramsana chikitsa and Rasayana dravya may be taken into consideration.^[4]

PROCEDURE OF SHASTIKA SHALI PINDA SWEDA

The cooked Shastikashali rice is equally divided into 4 parts and taken into 4 pieces of cotton clothes. It should be tied to make Pottali (bolus) for easy holding. Purva karma (Pre-operative

Procedure) The patient is seated on Droni (massage table) by extending both legs. Talam (special powder mixed with medicated oil applying on the top of the head) should be applied. Abhyanga (massage) should be done by specific oil near around 20 minutes. Among 4 Pottalis 2 are kept in the mixture of milk and Balamoola kwath in a pan and put on mild fire. Pradhana karma (Main procedure) Remove two Pottali from the crockpot and touch their backs to make sure the patient can withstand the Pottali's heat. Massage should be performed simultaneously by two therapists on either side of the drone (massage table). Pottali's temperature must be maintained throughout by immersing it in a mixture of milk and Balamoolakwath (boiling). The procedure should be done until the patient gets Samyak Snigdha Lakshana (good sign of sweating).

Paschat karma (Post- operative procedure)- At the end of procedure, the medicine remained over the body should be scraped off and body is wiped with soft towel. Rasnadichurnam is applied on the head after removing Talam. The patient is allowed to take rest for at least 30 minutes, and then take bath with lukewarm water.^[5]

DISCUSSION

AYURVEDA MANAGEMENT OF ARDITA

Nasya is indicated as entrance to the cranial vault for the management of Ardita.

Snaihika nasya, Abhyanga, Seka, Pichu and Shirobasti.

Tarpana, Akshitarpana, Shrotratarpana and Nadisweda also indicated for Ardita. Ksheeradhooma and Vamana also used for Ardita. Swedana and Virechana therapy indicated with unctuous material. Ayurveda Management of Pakshaghata: Snehana with Mahanarayana taila, Sahacharadi taila, Dhanvantara taila, Karpasasthyadi taila, Prabhanjana vimardana taila and Kshirabala taila, etc.

SVEDANA: Shashtika shali panda sveda, Bala mula and Patra pind sweda for few days. Virechana with decoctions of Draksha, Aragvadha Phala Majja, Haritaki and Eranda taila. Matra Basti with Narayana taila. Kashaya Basti with Eranda mula kvatha and Saindhava lavana. Kshira Basti for a week. Brinhana nasya with Purana ghrita, Narayana taila Shirodhara with Ksheera bala taila or Chandana bala lakshadi taila.

AYURVEDA MANAGEMENT OF EKANGAVATA

Santarpana Chikitsa is considered as choice of treatment which offers nourishing effects. Santarpana Bahyopakramas such as Ashwagandhabalalakshadi Taila Abhyanga and

Shastikashali Anna Lepa recommended along with modern physiotherapy and herbal medications. Panchakarma therapy is used in the treatment of Ekangavata along with oral medication. Nasyam, Swedam, Abhyanga, Basti and Virechanam advise for symptomatic relief. Pichu, Navarakizhi and Snehapanam, etc. are recommended for relieving early symptoms. Ayurveda Management of Sarvangavata: Koshta shodhana, Sarvanga abhyanga, Ksheera parisheka, Shastika shali pinda sweda, Sarvanga Annalepa and Shirotala dharana, etc. are considered as line of treatment for the management of Sarvangavata. Abhyanga, Swedana, Matrabasti and Nasya along with herbo-mineral formulations may be advised for treating Sarvangavata.

Vata Vyadhi mainly involves pathological events of Gati Vriddhi, Akarmanyata or change in Gati of Vata. The symptoms of Vata Vyadhi are mainly associated with increase in Parushata, Kharata, Rukshata and Shitata characteristics. Shoola, Stamba and Graha of organ observed in Vata Vyadhi due to the increase in Shita Guna of Vata Dosha. The vitiation of Vata is affect musculo-skeletal, neuromuscular, and circulatory; neurohormonal system of body.^[6-8]

CONCLUSION

Shashtika Shali is Snigdha, Balavardhana and Dehadardhyakrita. Bala and Godugdha is Snigdha, Balya, Rasayana and Vatahara. The warmth supplied by Pottali of Shashtikshali dipped in Balamoola kwath with Godugdha may enhance the blood circulation, decrease muscular stiffness, increase tendon extensibility, and give relief from pain. Bala prevents from emaciation through local absorption into muscular tissue. Thus affect of Shashtik shali pinda sweda help in pacifying vata vyadhi. Agnimandya, Amavastha and Kaphavastha should be considered when planning the treatment. Hence it should be adopted by practitioner.

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