

THE EFFECT OF SIRAVEDHA ON AGHATAJA SHOTHA: A CASE REPORT

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ABSTRACT

A 28-year-old female patient visited OPD with complaints of pain, stiffness, tingling sensation, and severe tenderness in the movements of her right wrist joint, persisting for the past two months. Clinical examination revealed restricted movements in flexion, extension, abduction, adduction, pronation, and supination, accompanied by severe tingling sensations. This was due to blunt trauma from a self-fall on her right wrist joint two months prior. Radiological examination (AP and lateral view of X-ray) found within normal limits. The condition is understood as *Rakta Dushti* within the context of *Aghata* (blunt trauma). This study was conducted using *Siravedha* treatment at 7-days intervals, noting significant symptomatic improvements after each session. *Siravedha* was chosen for its ease of application, cost-effectiveness, and lack of adverse effects, with no additional medications or painkillers required.

KEYWORDS: *Aghata*, *Rakta Dushti* and *Siravedha*.

INTRODUCTION

Pain is the primary symptom that often leads a patient to seek medical help. In *Ayurveda*, pain is categorized into various types based on the types and subtypes of *Vata*, *Pitta*, *Kapha*, and *Rakta*. The treatment for each subtype is determined by the specific combination of the associated type and the unique characteristics of each *Dosha*. In *Ayurvedic* terminology, this

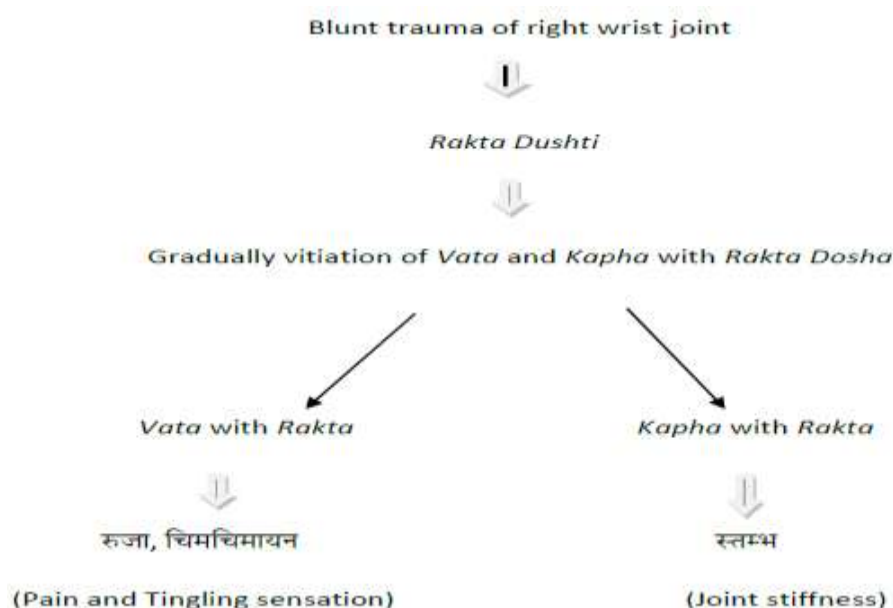
pain is referred to as *Shoola*, which is one of the most common symptoms of any disease. Broadly speaking, *Shoola* can be either *Doshaja* or *Aghataja*. Even only minor blunt injuries surrounding can disrupt daily activities due to pain. Symptoms in such cases commonly include pain, stiffness, tingling, and numbness, especially when nerve involvement is present. "In cases of *Aghata*, primarily the *Dosha* associated is *Rakta* with *Vata*.^[1] In instances of *Rakta Dosha* related to *Aghata*, even minor injuries to surrounding structures can lead to symptoms such as pain, stiffness, and tingling sensations. This case study examines this concept, treating the condition as *Rakta Vyadhi* and utilizing *Siravedha*. *Siravedha* is accepted as half of the therapeutic measure in *Shalya Tantra*, like *Basti* in *Kayachikitsa*.^[2] It is the treatment of choice advice for *Sadhya Raga*, *Ruja shamana* (it relieves pain and redness immediately).^[3] *Siravedha* was selected for this case due to its simplicity, cost-effectiveness, and high efficacy, as well as its lack of adverse effects."

Etiology: "The patient experienced a self-fall two months ago, which led to symptoms of pain, stiffness, and tingling. Although there were no open wounds, the blunt trauma (*Aghataja Shotha*) caused pain, stiffness, and restricted wrist movement and tingling sensation.

Related pathophysiology

"In *Ayurveda*, any *Aghata* initially leads to an imbalance in *Rakta Dosha*, which subsequently affects and disrupts the other *Doshas*—*Vata*, *Pitta*, and *Kapha*—resulting in symptoms that correspond to the specific characteristics of *Vata*, *Pitta*, and *Kapha* involved."

In this case the most probable pathology could be -



Case history

A 28 yr/ F came to hospital having -

C/o: - Tingling sensation of right wrist joint from 2 months

- Pain and stiffness of right wrist joint
- Restricted movements of right wrist joint

Present Illness history: The patient was in good health until two months ago when she experienced a self-fall while doing household chores, resulting in blunt trauma to her right wrist. Following the injury, she developed symptoms including tingling in the right hand, pain, stiffness, and limited movement in the wrist. She did not seek any treatment initially. The pain was severe, particularly when lifting objects, and it hindered her ability to perform daily tasks. With these issues, the patient visited hospital for treatment and management.

History of past illness: N/H/O DM/HTN/Hypo or Hyper Thyroidism N/H/O Pneumonia/ BA/TB N/H/O Malaria/ Typhoid/ Dengue/JaundiceN/H/O BT / LOC /Epilepsy	Surgical history: LSCS 1 st 7yr ago LSCS 2 nd 5yr ago T.L. 3months ago
Drug and Allergy history: No any medication on continuation No any known allergy H/o drug or diet	Self-history: Married - 9 yr ago Spouse –31 Yr - NAD
Personal history: Diet – Mixed Appetite – Good Bowel- 1/time a day Micturition - 4-5 times /day Sleep -Regular Occupation – Housewife Addiction – no any	अवधि परक्षा: नाडी- 70/min शब्द- उपय मल- 1time/day उपश-समृद्धीतोषणा मूत्र- 4-5 time/ day दक्ष - अकृत जल्हा- निराम आकृत-कृत श
Other examination: GC- Fair Temp – Afebrile Bp - 120/70 mm of Hg PR - 70/min	Systemic examination: CVS - S1S2 normal CNS – Conscious and oriented RS – AEBE clear P/A- Soft and Non-Tender
Lab Investigation: CBC- Hb – 12.1 WBC – 7.0 x 10 ³ PLT- 4.28 x 10 ³ RBC- 167 x 10 BT- 1' 15''min CT- 4' 05''min BSL – R - 88 mg/dl HBs AG – Non reactive HIV – Non reactive	Clinical Examination: Inspection- N/E/O Swelling/deformity/abnormal flexed position/skin changes Palpation- Tenderness +++ N/E/O Swelling/DeformityMovements: Flexion - 20 ⁰ Extension - 25 ⁰ Abduction - 5 ⁰ Adduction - 5 ⁰ Painful pronation and supination

Daignosis: On the basis of history, clinical symptoms and local examination patient is diagnosed with *Aghataja Shotha*.

Treatment: As water comes out and the plants die on cutting the borders of a field, vitiated blood comes out and automatically the disease will be cured on performing venepuncture.^[4] The line of treatment followed was *Siravedha* done 2 *Angula* above the *Manibandha Sandhi* (Radial vein). Amount of blood to be let in each session was decided on the basis of properties of *Dosha*. Total 6 sessions were done at interval of 7 days.

Procedure

- Informed consent taken.
- Vitals were observed
- Clean the site of *Siravedha* with spirit swab
- Insert 18 G needle 2 *Angula* above the wrist joint (Radial vein)
- Bloodletting done until it stops on its own
- Procedure repeated after every 7 days
- *Dosha* of blood was observed and noted carefully (With reference to *Sushruta Samhita*)



OBSERVATION

S. No.	Sitting	Date	Symptoms	Dosha	Amount of bloodlet	Relief in symptoms
1.	1 st	25.04.2024	Severe pain and stiffness with restricted movement and tingling sensation	<i>Shighra Skandi Atikrushna Varna (Kapha Pradhan Rakta Dushti)</i>	15 ML	20%
2.	2 nd	02.05.2024	Moderate pain and stiffness Mild tingling sensation	<i>Skandan Atikrushna Varna</i>	25ML	30%
3.	3 rd	08.05.2024	Reduced pain and stiffness Mild tingling sensation	<i>Fena-yukta Rakta Krushna Varna</i>	35ML	50%
4.	4 th	15.05.2024	Reduced pain and stiffness	<i>Fena-yukta</i>	40ML	60%
5.	5 th	22.05.2024	Mild pain and mild stiffness	<i>Krushna Varna</i>	30ML	80%
6.	6 th	28.05.2024	Mild pain while lifting heavy object	<i>Krushna Varna</i>	30 ML	90%

DISCUSSION AND CONCLUSION

As yellowish colour comes out of *Kusumbha Pushpa*, vitiated blood comes out in *Siravedha* and automatically the symptoms are relieved.^[4] As described in pathophysiology of the presented case the *Samprapti* starts from vitiation of *Rakta Dosha* which further vitiates *Vata* and *Kapha* accordingly develops the symptoms. *Siravedha* helps in eliminating *Doshas* out of the body that are associated and vitiated with *Rakta*. Hence in this case *Samprapti Bhanga* occurs at *Rakta Dushti Avastha* and hence patient gets relief in symptoms.

Patient review: "Following the second session, the patient was able to resume her regular daily activities, with noticeable improvement in wrist movement. By the third and fourth *Siravedha* sessions, there was a significant reduction in tingling and pain. After the fifth session, the patient continued with daily tasks, though mild pain remained. By the sixth session, only mild pain was present, particularly when lifting heavy objects."

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