

**PAIN MANAGEMENT IN AYURVEDA W.S.R. TO SNEHAN (ABHYANGA) SWEDAN
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Article Received on 11/08/2022

Article Revised on 01/09/2022

Article Accepted on 21/09/2022

ABSTRACT

Pain is a sensation where other inputs such as emotional distress or spiritual distress may induce the same overall feeling as a physical injury.^[1] In textual references of Ayurveda, the symptom pain is closely related to *Shula* or *Vedna*. In this condition, the vitiated humor *Vata* is localized in different regions of body like *Asthi*, *Sandhi*, *Kati*, *Prushtha* and produces pain. When *Vata* gets vitiated, it dries up the ligaments of the joints and constricts the *Snayu* present there and causes pain at that joint. *Snehan Swedan* are Ayurvedic therapies, *Snehan (Abhyanga)* means oleation therapy which produces *Snigdhatta* or oiliness in the body. It involves massaging the entire body or parts of body with a specific *Doshahar* warm herb-infused oil. *Swedan* is usually performed after *Snehan*. *Swedan* is an inert body heat therapy by which sweat or perspiration is produced in the body, making individual feel lighter, smoother and more energized.

KEYWORDS -: Pain, *Vata Dosha*, *Snehan (Abhyanga)*, *Swedan Karma*.**INTRODUCTION**

In *Ayurveda*, there are various procedures used for managing different types of pain like knee joint pain, shoulder pain etc. These *Ayurvedic* procedures are effective, simple, safe, and economically least cost for the patient e.g. *Siravedha*, *Agnikarma*, *Basti*, *Snehana (Abhyanga)*, *Swedana*, and oral medication. It is very essential to reduce pain associated with various disorders while treating the patient by *Ayurvedic* line of treatment. Patient having pain is always restless, that causes obstruction to his daily normal routine activities. Patient always expect a permanent relief to his pain. So, it becomes mandatory to find out some effective methods of treatment to relief pain.

In the modern science, there are various preparations of medicines in the form of drugs or injections for relieving pain. These remedies are induced generally NSAIDs and Steroids.^[2] All these medications adversely affect Liver and Kidneys i.e. *Raktavaha* and *Mutravaha srotas*. They provide only temporary relief from pain and need to be taken whenever required. They produce disorders like hyperacidity and peptic ulcer also, by irritating gastric mucosa.

Snehan and *Swedan* are a specialized Ayurvedic treatment that provides supreme relief from pain and

stiffness associated with many systemic disease, particularly Rheumatological conditions such as *Sandhigata Vata* (Osteoarthritis), *Aamavata* (rheumatoid arthritis), *Kati Shula* (low back ache) etc. *Snehan* means massage of whole body or some part of body with oil. *Swedan* is a sweat inducing procedure by application of heat and warmth in the form of steam or by bringing the body or parts of body in contact with heated pharmaceuticals like powders, leaves, sand, processed rice etc, which are tied in boluses.

AIMS AND OBJECTIVES**Aim**

1. To assess the effect of *Snehan (Abhyanga)*, *Swedan Karma* in the management of Pain.
2. Effect of *Snehan (Abhyanga) Swedan* in joint pain.

Objectives

1. To evaluate the efficacy of *Snehan (Abhyanga) Swedan* in joint pain.
2. To achieve relief of pain.
3. To evaluate the improvements in the movements of joint.
4. To avoid the adverse effects of modern medicine e.g. steroids and NSAIDs.

Review of literature

Snehan (Abhyanga)

External application of oil is called as *Abhyanga*. It is a procedure of massaging the body with oil, ghee etc. It produces *Snigdhatata* (oiliness), *Vishyandata* (liquefaction), *Mardavata* (softness) and *Kledana* (moistness) in the body.^[3]

Properties of *Snehan Dravya* are; *Drava* (liquid), *Sukshma* (subtle), *Sara* (Fluid), *Snigdha* (Unctuous), *Picchila* (slimy), *Guru* (Heavy), *Sheeta* (cold), *Manda* (sluggish) & *Mrudu* (Soft).^{[4][5]}

Swedana

Swedana is the procedure which relieves stiffness, heaviness & coldness of the body and produces sweating.^[6] Proper sudation administered after *Abhyanga* pacifies the *Vata Dosha* and by this faeces, urine and semen will not stagnate in the body.^[7] By application of oil and then sudation therapy, the dry stick becomes soft and elastic. Then what will be its effect in alive human being.^[8] The properties by which *Swedana* produces its effect are *Ushan*, *Tikshna*, *Sara*, *Snigdha*, *Ruksha*, *Sukshma*, *Drava*, *Sthira* and *Guru*.^[9]

MATERIALS AND METHODS

Materials

Literary source

1. Classical text books
2. Articles from internet, journals and other published works.
3. Related source of data from internet

Clinical source

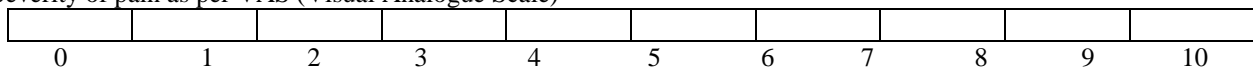
Different patients having different joint pain (like shoulder pain, knee joint pain etc.) back pain, neck pain with tenderness were selected by random sampling method from OPD of our Hospital.

Instruments

1. *Nadi sweda yantra*- It is used for the *Swedana*.

Pain

Severity of pain as per VAS (Visual Analogue Scale)



Grading of pain according to VAS

Pain score	Grade
0	No pain
1-3	Mild pain
4-6	Moderate pain
7-10	Severe pain

Investigations

Hb%, BSL-R, BT, CT, HIV, HBsAg

Duration of treatment- 3 days

Frequency- 3 times, once per day

Follow up- 0 and 3rd day

2. Bowl

Methods

Study design- Clinical trial study in the comparative manner containing following two groups;

Group A- [Experimental group]- *Aushadhi Chikitsa* with *Snehana (Abhyanga)* and *Swedana Karma*.

Group B-[Control group]- Only *Aushadhi Chikitsa*.

Sample size- Total 10 patients, 5 patients for each group mentioned above

Sampling method- 10 patients having different joint pain were selected by random sampling procedure.

Inclusive criteria

1. Patients of either sex.
2. Between Age group 20-60 years.
3. Patients irrespective of caste, religion, economical status.
4. IPD and OPD patients of our Hospital.
5. All patients having pain and restricted movements at joint region or musculoskeletal pain.

Exclusive criteria

1. Patients of Age below 20 years and above 60 years are excluded.
2. Patients suffering from major trauma having dislocation or fracture.
3. Patients suffering from any major systemic disorders like HTN, IHD.
4. HIV, HBsAg reactive patients are also excluded.

Criteria for assessment

Subjective criteria

Parameters were the clinical grading on signs and symptoms.

Mobility gradation chart

Grade 1- Normal movements with no pain

Grade 2- Restriction of movements with mild pain

Grade 3- Restriction of movements with moderate pain

Grade 4- Restriction of movements with severe pain

The findings were recorded according to the follow-up chart.

Data recorded, maintained and analyzed.

OBSERVATIONS AND RESULT

The study was conducted on 10 patients of either sex belonging to age between 20 and 60 years. The patients were randomly divided in two groups as follows;

Table: Procedure and Number of patients in each group.

Group	No. of patients	Procedure
A (Experimental)	5	<i>Aushadhi Chikitsa with Snehana (Abhyanga) and Swedana Karma.</i>
B (Control)	5	<i>Aushadhi Chikitsa</i>

The experimental group was treated by giving *Aushadhi Chikitsa* and *Snehan (Abhyanga) Swedan* and the control group was treated by *Aushadhi Chikitsa* only. Both the groups were treated for 3 days. The follow up was taken on 0 and 3rd day. Pre procedural and post procedural data

was well maintained. The study was analyzed systematically.

The following observations and results are obtained during the study.

Mobility gradation

Table 1: Changes in Mobility Group A.

OPD No.	Age	Sex	Mobility grade Before treatment	Mobility grade After treatment
8431	42	Female	Grade 4	Grade 2
10848	30	Female	Grade 3	Grade 1
14500	48	Male	Grade 4	Grade 1
15688	47	Female	Grade 4	Grade 1
17536	28	Male	Grade 4	Grade 1

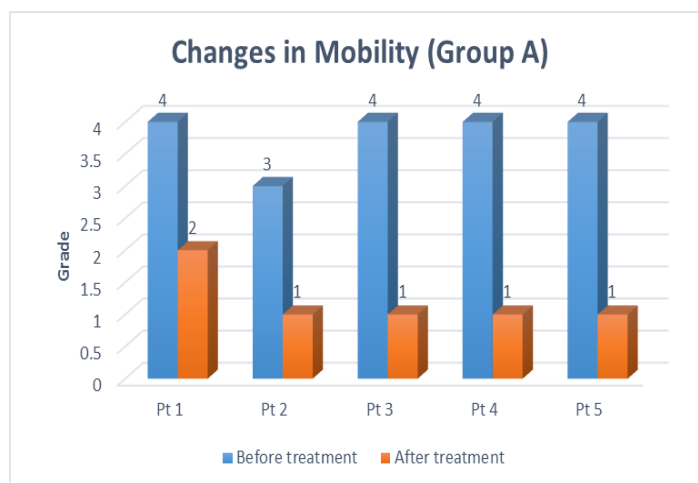


Figure 1: Changes in mobility Group A.

Table 2: Changes in mobility Group B.

OPD No.	Age	Sex	Before treatment	After treatment
9354	45	Male	Grade 4	Grade 4
9832	48	Male	Grade 4	Grade 4
11045	32	Female	Grade 4	Grade 4
11876	29	Female	Grade 4	Grade 4
16245	38	Male	Grade 4	Grade 4

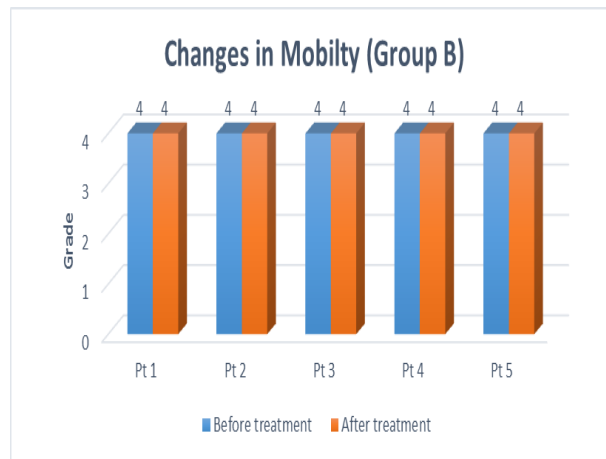


Figure 2: Changes in mobility Group B.

Pain

Table 3: Changes in Pain Group A.

OPD No.	Age	Sex	Pain score Before treatment acc. To VAS	Pain score After treatment acc. To VAS
8431	42	Female	8	2
10848	30	Female	6	1
14500	48	Male	9	3
15688	47	Female	8	2
17536	28	Male	9	2

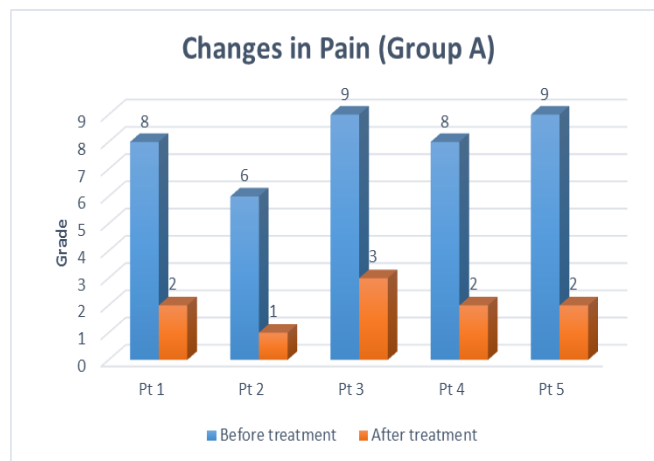


Figure 3: Changes in Pain Group A.

Table 4: Changes in Pain Group B.

OPD No.	Age	Sex	Before treatment	After treatment
9354	45	Male	9	9
9832	48	Male	8	8
11045	32	Female	8	8
11876	29	Female	8	8
16245	38	Male	9	8

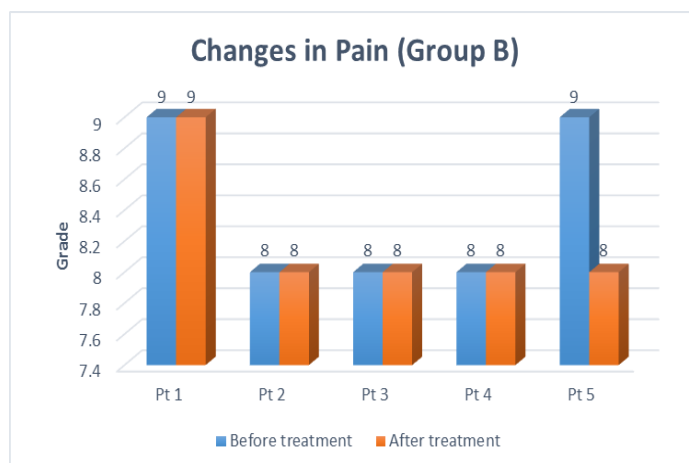


Figure 4: Changes in Pain Group B.

Statistical Analysis (Mann-Whitney's U Test)

1. Mobility

Table: Mann-Whitney's U Test: Comparison Group A & B.

Group	N	Mean Diff	Mean Rank	U	P
A	5	2.600	8	0.000	0.0079
B	5	0.000	3		

As value of P is less than 0.05, significant difference was found between mean differences of Group A and Group B. Mean difference of Group A is more than that of

Group B, hence it is concluded that Mobility is improved significantly in Group A than in Group B.

2. Pain

Table: Mann-Whitney's U Test: Comparison Group A & B.

Group	N	Mean Diff	Mean Rank	U	P
A	5	6.000	8	0.000	0.0079
B	5	0.200	3		

As value of P is less than 0.05, significant difference was found between mean differences of Group A and Group B. Mean difference of Group A is more than that of Group B, hence it is concluded that Pain is decreased significantly in Group A than in Group B.

DISCUSSION

The present study entitled 'PAIN MANAGEMENT IN AYURVEDA W.S.R. TO SNEHAN (ABHYANGA) SWEDAN KARMA' was done on total 10 patients in two groups, each group having 5 patients. Group A (experimental group) was treated with *Aushadhi Chikitsa* with *Abhyanga* and *Swedana Karma*, whereas Group B (control group) was treated with only *Aushadhi Chikitsa*.

Pain- The visual analogue scale for pain was significantly improved in experimental group at the end of the treatment, and it is not significantly improved in control group after only *Aushadhi Chikitsa*.

After *Abhyanga Swedana* with *Aushadhi Chikitsa* there was a significant improvement in pain measured by visual analogue scale. The *Snehan Swedan* corrects and prevents disorders caused by affliction of *Vata*. *Abhyanga* helps in promotion and regulation of proper functioning of *Vata*.

In *Ayurveda*, pain (*Vedna*) is due to *Vataprakopa*. *Acharya Charaka* has explained causes of *Vataprakopa* as *Dhatukshya* and *Margaavrodha*.^[10] *Snehan* (*Abhyanga*) reduces the *Dhatukshya* by nourishing the body and nourishes all *Dhatu*s of the body. *Snehan* increases the capability to tolerate the stress and strain which helps in reducing the pain. Out of *Tridosha*, *Vata* is dominating and controller of the other two *Doshas* i.e. *Pitta* and *Kapha*.^[11]

The control group was given only *Aushadhi Chikitsa* for 3 days consequently. Here the classical treatment of *Vata Vyadhi* is utilized for the management of the pain condition. In all *Samhitas*, it has been well described and proved for many such types of pain conditions. It surely gives soothing effect at least immediately. The analgesics and physiotherapy being the foundation of the modern treatment, *Abhyanga Swedana* was considered best for the control group.

CONCLUSION

The short project entitled- "PAIN MANAGEMENT IN AYURVEDA W.S.R. TO SNEHAN (ABHYANGA)

SWEDAN KARMA” was undertaken for study. Following conclusions are drawn-

- ✓ *Aushadhi Chikitsa* alone is not much enough in pain and restricted movements of joints, as patients reported no significant relief after 3 days of the treatment. Whereas *Abhyanga Swedan Karma* gives significant relief from pain.
- ✓ In *Ayurveda*, pain (*Vedna*) is due to *Vataprakopa*. *Snehan* is the first line of treatment for *Nirupastambhita Vatavyadhi*^[12]. In the management of *Vata Roga*, there is no other drug equivalent to *Taila*. *Snehan* reduces pain by the properties of *Snehan Dravya* like *Guru*, *Snigdha*, *Mrudu*, *Manda* which are opposite of *Vata Dosha Guna*.
- ✓ *Swedana* acts by its qualities like *Ushna*, *Tikshna* which are opposite to *Vata Dosha* and reduces vitiated *Vata*.
- ✓ The relief from pain was significant by *Snehan Swedan Karma* even after two to three days of the treatment. It proves that *Ayurveda* also has fast acting procedures.
- ✓ Side effects of prolonged use of NSAIDs and steroids can be avoided by using *Snehan Swedan Karma*.
- ✓ Hence it has been proved that *Snehan (Abhyanga) Swedan* has significant effect in pain management. But it is also necessary to have further research works on large sample size and with more follow-ups.

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