

PATRA POTTALI PINDA SWEDA IN THE MANAGEMENT OF AVABAHUKA: A CASE STUDY

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ABSTRACT

Panchakarma is the branch of *Ayurveda* which deals with the purification of the vitiated *doshas* of the body through *Shodhana therapy*. Less improvements are observed in the diseases treated by *Shamana therapy* in comparison to *Shodhana therapy*. Our *Acharyas* have described the *Vatavyadhi* under the heading of *Ashta maha gada*, which hampers day-to-day life of the individuals. *Avabahuka* is considered to be a disease which usually affects the shoulder joint (*Ansa Sandhi*) due to *kupita vata dosha* leading to the *shoshana of amsa sandhi*, thereby leading to *akunchana of sira* at that site and giving rise to loss of movement. *Patra Pottali Pinda Sweda* is a type *Shankara sweda* in which *swedana* is done by *pottali (Bolus)* made up of leaves of medicinal plants. *Swedan* usually relieves *Stambha, Gourava* and *Sheetata* of the body. A 52 years old male patient presented with pain, stiffness and restricted movement of left shoulder joint, treated with *Patra Pottali Pinda Sweda* for 15 days. After completion of the treatment there was marked improvement of pain, stiffness along with improvement of shoulder movement.

KEYWORDS: *Avabahuka*, Case Report, *Patra pottali pinda sweda*, *Panchakarma*.

INTRODUCTION

Avabahuka is a common disease which badly affects the routine activities of the human beings. It is considered to be a disease which usually affects the shoulder joint (*Ansa Sandhi*) due to *kupita vata dosha* leading to the *shoshana of amsa sandhi*, thereby leading to *akunchana of sira* at that site and giving rise to loss of movement.^[1] According to our *Acharyas* *Vatavyadhi* is described under *Ashta maha gada*.^[2] Even though the term *Avabahuka* is not described in *Nanatmaja vata vyadhi*, but *Acharya Sushruta* and others have considered *Avabahuka* as *Vatavyadhi*. In *Madhukosha teeka* of *Madhava Nidan*, it is described as *vata kapha pradhan vyadhi*.^[3] *Snehan, swedan* and *mridu samshodhana* are described as the treatment principle of the *vata vyadhi* by *Acharya Vagbhatta*.^[4]

In the pathogenesis of *Avabahuka* there is first manifestation of *Ansa shosha* (Wasting of the shoulder muscles) due aggravation of *vata dosha* at the shoulder joint. After that there is loss of *sleshaka kapha* and symptoms like *shoola* during movement, restricted movement, and so on are manifested. *Acharya Vagbhatta* has described *Nasya* and *uttarbhaktika snehan* as the treatment principle of *Avabahuka*.^[5] *Acharya Charaka*

has described *Avabahuka* as *Bahugata Vata. Nasya & uttarabhaktika pana* are described for treatment of *Bahugata Vata*.^[6] *Swedan* (hot fomentation) is a process in which perspiration is induced in the body. *Swedan* is said to be the best form of treatment in expelling morbid *vata* and *kapha* and also destroying the disease manifested due to morbid *vata* and *kapha*. *Acharya Charak* very clearly states that the *Swedana karma* is the procedure which relieves *Stambha* (stiffness), *Gourava* (heaviness) and *Sheetata* (cold).^[7] There are 13 types of *Saagni sweda* and 10 types of *Niraagni sweda* described in *Ayurveda*. *Shankar sweda* is classified under *saagni sweda*. It is a type of *Pinda sweda* in which fomentation is performed using bolus (*Pinda*) with prescribed drugs with or without wrapped cloth.^[8]

Patra pottali pinda sweda (Ela Kizhi) refers to induction of perspiration by using heated *pottali* (bolus) of specific herbal leaves. It falls into the category of *snigdha sweda*. The medicinal leaves of the plant are chopped and roasted in a pan with little oil and *Pottali* (bolus) is prepared by tying the cloth. *Swedan* is done by rubbing the heated bolus over the affected shoulder joint. The ingredients taken in *patra pottali pinda sweda* are *Nirgundi (Vitex negundo)*, *Eranda (Ricinus communis)*, *Chincha (Tamarindus indica)*, *Dhatura (Datura metel)*,

Shigru (Moringa oleifera), *Arka (Calotropis procera)*, lemon (4-7 pieces), *Saindhav lavan*, til oil. The leaves taken in this *sweda* having properties of *vata-kapha hara* which used mainly in relief from pain, inflammation, swelling, stiffness of the affected shoulder joint.

CASE REPORT

A 52 years aged male patient visited OPD of *Panchakarma*, Government Ayurveda College and Hospital, Varanasi with complaints of pain, stiffness and restricted movement at left shoulder joint since 3 months. The severity of pain initially was very dull, but gradually increased and it hampered the daily routine activities of the individual. Pain was aggravating with movement of the shoulder and relieved by intake of analgesics.

Detailed history of the patient was taken. Patient had regular bowel habit. Appetite was good, micturition was normal, sleep was reduced due to pain during movement of the left shoulder joint. Patient was a known case of diabetes, hypertensive and coronary artery disease. Patient was on antihypertensive drugs (Telmisarton 40mg and Amlodipine 5 mg) and anti- hypoglycemic drugs (Metformin 500mg and Glimperide 1 mg).

The detailed examination of *Ashta vidha* and *Dasha vidha pareeksha* was done. Blood pressure (136/88 mmHg), pulse (84/min) and respiratory rate (20/min) were recorded and within physiological limits. Respiratory system was examined having normal air ways and bilateral no added sounds. Cardiovascular

system was examined having audible normal S1 and S2. Abdomen was soft, no tenderness having no organomegaly found. Locomotor system was examined having normal in both motor and sensory system. Muscle power was grade 1. Tendon reflex of biceps, triceps, supinator were slightly diminished. The shoulder joint was examined, there was no deformity, swelling, but slight muscle wasting was found at left shoulder joint. Active and passive movements of the left shoulder joint was merely affected.

Investigations

Routine investigations like CBC, Urine (Routine & Microscopic), Stool (Routine & Microscopic), Serum uric acid and Random blood sugar were carried out to exclude other pathology which were within normal limits. X Ray of Left shoulder joint was carried out having normal pathology.

Treatment Protocol

After assessing the *Dosha (Vata- kapha)*, *Prakruti (Vata-pitta)*, *Kala (Sheeta)*, *Satva (Madhyama)*, *Satmya (Madhyam)*, *Agni (Manda)*, *Vaya (Madhyam)* and *Bala (Madhyam)*, the patient was subjected to *Patra Pottali Pinda Sweda* for 30 minutes for a period of 15 days. Patient was advised to take luke warm water throughout the treatment. No oral drugs were administered during the treatment, while antihypertensive and anti-hypoglycemic drugs which previously taking were continued.

Table 1: Ingredients of Patra Pottali Pinda Sweda.^[9]

Sl. No.	Sanskrit name	Botanical name	Proportion
1	<i>Shigru</i>	<i>Moringa oleifera</i>	Each 50 gm
2	<i>Chincha</i>	<i>Tamarindus indica</i>	
3	<i>Arka</i>	<i>Calotropis procera</i>	
4	<i>Nirgundi</i>	<i>Vitex negundo</i>	
5	<i>Eranda</i>	<i>Ricinus communis</i>	
6	<i>Dhatura</i>	<i>Datura metel</i>	
7	<i>Nimbu</i>	<i>Citrus medica</i>	4 numbers
8	Til taila	<i>Sesamum indicum</i>	100ml
9	<i>Saindav Lavan</i>	Rock salt	10 grams

ASSESSMENT CRITERIA

The subjective and objective parametric readings are recorded on the first day and last day of the treatment.

Table 2: Grading of Stiffness.

Stiffness	
0	No stiffness
1	Mild stiffness and difficulty in moving the joints without support
2	Moderate stiffness and difficulty in moving the joints with support
3	Severe stiffness and unable to move the joints

Table 3: Grading of Pain.

Pain	
0	No pain at all
1	Mild pain, can do strenuous work without support
2	Moderate pain, can do normal work with support
3	Severe pain, unable to do any work at all

Table 4: Grading of wasting of muscle.

Wasting of Muscles	
0	No wasting
1	Mild wasting, can do work
2	Moderate wasting, works with difficulty
3	Severe wasting, cannot move

Table 5: Grading of Restricted movement of shoulder.

Restricted movement of shoulder	
0	Can do work unaffectedly
1	Can do strenuous work with difficulty
2	Can do daily routine work with great difficulty
3	Cannot do any work

Table 6: Restricted movement of shoulder using goniometry study.

Flexion 160 – 180 degree - 0 120 – 160 degree - 1 80 – 120 degree - 2 40 – 80 degree - 3 0 – 40 degree - 4	Adduction 40 – 50 degree - 0 30 – 40 degree - 1 20 – 30 degree - 2 10 – 20 degree - 3 0 – 10 degree - 4	Abduction 160 – 180 degree - 0 120 – 160 degree - 1 80 – 120 degree - 2 40 – 80 degree - 3 0 – 40 degree - 4
Extension 40 – 50 degree - 0 30 – 40 degree - 1 20 – 30 degree - 2 10 – 20 degree - 3 0 – 10 degree - 4	External rotation 70 – 90 degree - 0 50 – 70 degree - 1 30 – 50 degree - 2 0 – 30 degree - 3	Internal rotation 70 – 90 degree - 0 50 – 70 degree - 1 30 – 50 degree - 2 0 – 30 degree - 3

Table 7: Grading of Swelling.

Swelling	
0	No swelling
1	Slight
2	Moderate
3	Bulging beyond joint margins

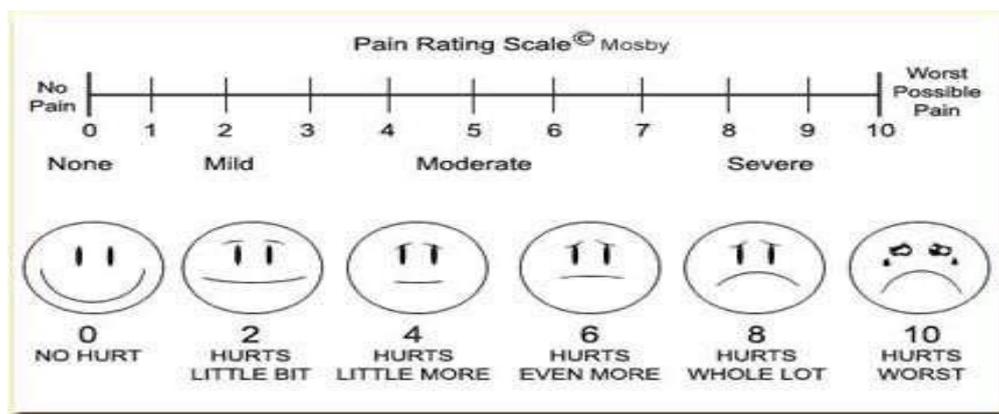


Figure 1: Visual Analogue Scale.

OBSERVATIONS AND RESULTS

Satisfactory improvement was observed in all functional status after 15 days of treatment. Patient got relief from the pain, stiffness and swelling completely and having improvement in restricted movement of shoulder. No any

analgesic needed during the course of the treatment. There also no aggravation of pain and stiffness during follow up period of the study. The blood sugar level remains in normal physiological limits after the treatment.

Table 8: Effect of therapy.

	Before treatment	After treatment (On 15 th day)	After Follow up (On 22 nd day)
VAS	7	1	3
Pain	3	0	1
Stiffness	3	1	1
Restricted movement	3	1	1
Wasting of Muscles	2	1	1
Swelling	2	0	0
Flexion	3	2	2
Extension	3	2	2
Abduction	4	4	4
External rotation	3	3	3
Internal rotation	0	0	0

DISCUSSION

Table 9: Rasa, Guna, Virya, Vipaka of Leaves used in Patra Pottali Pinda Sweda.

Sl.No.	Plants	Rasa	Guna	Virya
1	Shigru	Katu, Tikta	Laghu, Ruksha, Tikshana	Ushna
2	Chincha	Amla, Madhura, kakshaya	Guru, Ruksha	Ushna
3	Arka	Katu, Tikta	Laghu, Ruksha, Tikshana	Ushna
4	Nirgundi	Katu, Tikta	Laghu, Ruksha	Ushna
5	Eranda	Madhura, Kashaya	Snigdha, Tikshana, Sukshma	Ushna
6	Dhatura	Tikta, Katu	Laghu, Ruksha, Vyavayi, Vikashi	Ushna

Avabahuka is mainly due to aggravation of *vata dosha* (Acharaya Sushruta). In *Madhukosha teeka*, it is mentioned that *Amsa shosha* is produced by *dhatukshaya* i.e. due to *shuddha vata janya* and *Avabahuka* is *vata kapha janya*. *Swedan* is a procedure which is indicated only in *Vata-Kaphaja Vyadhi*. *Patra pottali pinda sweda* is a type of *snigdha sweda* which mainly effect in alleviation of *vata dosha*. The medicinal leaves taken in *patra pottali pinda sweda* mainly having *ushna virya* properties, so pacify the vitiated *vata* and *kapha doshas*.

In *Ayurveda Avabahuka* may be co-related with frozen shoulder or adhesive capsulitis of shoulder joint^[10]. In the pathogenesis of frozen shoulder, there is degeneration and focal necrosis of the supraspinatus tendon. The tendon pathology may resolve with revascularization. With inadequate vascular response, the tendons may continue to degenerate, developing tears of various size or tendinitis may be developed. In sudation therapy, due to *ushna guna* of *swedana* drugs there is stimulation of sympathetic nervous system which leads to vasodilation (*Srotavispharana*). The vitiated *Dosha* are liquefied in our body and comes out through the sweat gland. Due to vasodilation, circulation of *Rasa*, *Rakta* increases in the body, which leads to

revascularization of the tendons around the shoulder joint.

CONCLUSION

Swedan is a procedure which reduces *sthambha*, *gourava* and *sheetata*. Here in this study patient with signs & symptoms of *Avabahuka* treated with *Patra pottali pinda sweda* for a period of 15 days and there is satisfactory improvement in the symptoms. *Patra pottali pinda sweda* is a type of *snigdha sweda* and the leaves used in it having *ushna virya*, lemon having *amla*, *ushna* properties, which helps in reducing the pain, inflammation and stiffness of joint. It also pacify the *Vata-Kapha doshas* which are mainly causes of *Avabahuka*.

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