



EFFECT OF DHANYAMLA DHARA IN SARVANGAVATA WSR TO VARIOUS TYPES OF PAIN.

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ABSTRACT Sarvangavata is a common phenomenon, which is a condition in which the vitiated Vata takes abode in almost all parts of the body and produces certain symptoms which are nothing but a variety of pains. This morbidity named is not easily accessible to common medicaments used for the treatment of Vata rogas (neurological disorders). This is because of the fact that it diminishes almost all the motor activities, besides causing mutility in a later stage. As a general rule, this disease is Krichra sadhya (difficult to manage), if much complications are not associated. This study was undertaken to evaluate the "Effect of Dhanyamla seka in Sarvanga Vata". The study was conducted pre and post without control group in Govt. Ayurveda College, Thiruvanthapuram, as per criteria. Protocol was done as 7 days Abhyanga, followed by 7 days Dhanyamla seka, ending in Virechana on the 15th day. Follow up was conducted twice and there was considerable relief of symptoms noted.

KEYWORDS : Sarvangavata, Pain, Dhanyamla Seka

INTRODUCTION

The sensation of pain is defined as the physical adjunct of an imperative protective reflex. The 'International Association for the Study of Pains' explains Pain as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. Physiologically speaking, the pain can be classified as fast pain and slow pain. Fast pain denoted by the activity of myelinated A delta fibres as sharp, bright and localized and the slow pain can be described as slow burning, aching, throbbing, nauseous and chronic pain. Since pain is an intensively subjective experience it is difficult to describe.

Sarvangavata is a common phenomenon, which is a condition in which the vitiated Vata takes abode in almost all parts of the body and produces certain symptoms which are nothing but a variety of pains. "Shoolam narthe anilath"- it is said that there is no pain without the involvement of Vata dosha.

MATERIALS AND METHODS

Study design: Pre and post interventional study without control group

Study setting:

Selected from Out patient unit of Dept of Kayachikitsa, Govt. Ayurveda college, Thiruvanthapuram

Inclusion criteria:

Subjective and Objective symptoms of Sarvangavata were taken as the main factors. Signs and symptoms were graded into three groups: cardinal, possible and probable.

1. Patients indicated for sneha and sweda are only selected.
2. Patients with severe types of pain and numbness of body.
3. Patient whose mental condition is in balanced state to implement the instructions of the physician are selected.

Exclusion criteria:

Cases with systemic diseases and with severe complications of Vata roga are not selected.

Age, Sex and Duration: Patients between 35 and 66 years of age both male and female and below 1 year duration of pain.

Sample Size: 15 patients satisfying the inclusion criteria.

PROCEDURE

15 cases were selected for clinical trial at random basis both male and female were subjected to detailed clinical examination and laboratory investigations done before and after treatment. The total duration of the treatment was fifteen days, ie, 7 days Abhyanga (oil massage), and 7 days Seka with Dhanyamla and Virechana (purgation) on 15th day. The trial started with abhyanga all over the body with Ksheerabala taila for 7 days. The entire process of abhyanga took 45 minutes to complete. After that the patient was advised to take complete rest for 1 and half hours. From the 8th day onwards Dhanyamla seka was started for a period of 45 minutes, for all the 7 days. Before the process of Dhanyamla seka, vitals were taken. 5 litres of Dhanyamla were taken

for one day procedure and for each day new dhanyamla were taken. After completion of the procedure vitals were gain noted. So the total duration of the treatment now is 7 days Abhyanga and 7 days Dhanyamla seka. On the 15th day, the patients were given Virechana therapy with Gandharva eranda 30 ml early in the morning by 6 am. Excellent signs and symptoms of virechana were obtained in all patients.

Routine examination of blood, motion, urine etc were done before and after treatment. External and internal medications were fully avoided during the follow up period. Assessments were done after the completion of treatment during first follow up (one month after treatment) and second follow up period (2 months after treatment).

DRUG REVIEW

Ksheerabala taila, Dhanyamla and Gandharvaeranda were the drugs taken for the study.

CONCEPT OF DHANYAMLA

The term dhanyamla is a conjugate of two words, Dhanya and Amla which in conjugation means 'Fermented Cereal' in broad sense. Dhanyamala is a unique medical preparation indicated in all the eighty vata rogas (neurological disorders). From the properties of the ingredients itself, pharmacological properties can be inferred. It incorporates ushna, vyavayi and snigdha properties, apart from its concomitant amla rasa. As a general rule seethe guna not only results in the exaggeration of Vata; but also creates blockage to srotases. Dhanyamla being Ushna alleviates vata and also helps to open the srotases which are closed by the accumulation of doshas. Vata dosha is the most potent among the dosha triad. Dhanyamla is said to be vyavayi which helps in rapid spreading all over the body. Increase of Vata means nothing but an exaggeration of its properties which are manifested throughout the body. Among them ruksha guna needs special attention because this quality dries away the compact and oleous elements in the body. Dhanyamala possess the exact antagonistic property to ruksha ie, snigdha by which the degenerative changes can be arrested completely by bringing down the extreme rukshatva of vata to a bare minimum.

MATERIALS REQUIRED FOR DHANYAMLA PREPARATION

1. Tandula - 10 prastha
2. Prudhuka - 10 prastha
3. Kulatha - 10 prastha
4. Laja - 40 prastha
5. Kangu beeja - 4 prastha
6. Kodrava - 4 prastha
7. Nagara choorna - 2 prastha
8. Jambheera - 4 prastha
9. Deepyaka - 2 prastha
10. Earthen pot with lid-capacity -200 prastha-1
11. Boiled water - 200 prastha
12. Husk - sufficient quantity

MODE OF PREPARATION

On an auspicious day at a time when the Astral combinations are favourable, the necessary drugs and paraphernalia for the preparation of dhanyamla are collected. Place a large deep earthenware pot on an oven and pour 200 prasthas of boiled water and put the drugs 1-9 separately made into loose bundles in clean cloth bags. After putting these drugs into the vessel along with water it has to be loosely covered with a lid and heated gently and continuously in moderate fire, preferably of paddy husks, for a period of seven days. The paddy husks are to be put underneath and around the vessel and fired, taking every precaution that the temperature of the water does not rise above the boiling point. On the 8th day, the required quantity of the liquid is taken out and add some quantity of hot water and allowed to ferment by keeping it in a suitable vessel, in a proper place for atleast 3 days. The important factors to be remembered during the preparation of dhanyamla is that:

1. Absolute cleanliness should be maintained
2. Moderate fire should be kept throughout the preparation.

GUNASⁱⁱⁱ

Rasa (taste)- amla (sour)

Guna (qualities)-

laghu (light), snighdha (unctuous), teekshna (sharp in action)

Vipaka- amla (sour)

Veerya – ushna (hot)

Other karmas (properties) –

deepana (carminative), pachana (digestive), rochana (appetizer), bhedi (purgative), Sramaklamahara (relieves tiredness and exhaustion)

Specific action-

Vatakaphanasa, dahajwarahara, hridrogahara (cardiotonic), panduhara (relieves anemia), krimighna (kills worms), arsohara (cures haemorrhoids)

RESULTS

1. INTERPRETATION OF DATA RELATED TO DEMOGRAPHY
Age: while considering the age group, majority of patients belonged to the age group 51-60. Sex: 80 % of the patients were males and 20 % were females. The cause may be due to the hardwork in extreme climates and other inevitable factors. Religion: majority of the patients 66.66 % were Hindus, 20 % were Christians and 13.33 % were muslims. Domicile: Majority of the patients from rural areas of Thiruvananthapuram. Socioeconomic status: majority of the patients were in middle class family (60%), followed by poor class family (30%).
2. INTERPRETATION OF DATA RELATED TO GENERAL CONDITION OF THE PATIENT Diet: Majority of the patients were taken 94.2% were taking mixed diet. Sleep: Only 40 % of the patients had sound sleep and 60 % had disturbed sleep. Prakriti: 53.3 % of the patients possess Vata Prakriti, 33.3 % possess vatakapra prakriti and 13.3 % possess Vatapritha prakriti.
3. INTERPRETATION OF DATA RELATED TO CARDINAL, POSSIBLE AND PROBABLE SIGNS OF SARVANGAVATA

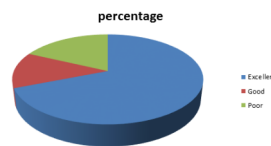
Sl.no	Cardinal signs and symptoms	No. of patients having the symptom before treatment BT	No. of patients having the symptom after treatment AT	No. of patients having the symptom after follow up –one month AFU-I	No. of patients having the symptom after follow –two month AFU-II
1.	Toda (Pricking pain)	15	7	5	3
2	Bheda (splitting pain)	12	6	3	2
3	Sphurana (throbbing pain)	10	4	2	1
4	Bhanjana (cutting pain)	7	2	1	0
5	Sthambha (stiffness)	9	5	3	3
6	Akshepaka (convulsions)	3	2	1	1
7	Swapa (loss of tactile sensation)	13	8	6	4

8	Akunjana of sandhi (contractures of Joints)	6	3	2	2
9	Kampana (tremors)	4	4	4	4

Sl.no	Possible signs and symptoms	No. of patients having the symptom before treatment BT	No. of patients having the symptom after treatment AT	No. of patients having the symptom after follow up –one month AFU-I	No. of patients having the symptom after follow –two month AFU-II
1.	Rukshata (roughness)	11	5	2	0
2	Deenatha (great misery)	8	3	2	1
3	Sada (fatigue)	9	4	3	2
4	Balabhramsa (loss of strength)	15	7	3	1
5	Sosha (emaciation)	-	-	-	-
6	Sakritgraham (constipation)	10	7	3	1
7	Nidrabhramsam (Sleeplessness)	7	5	3	2

Sl.no	Probable signs and symptoms	No. of patients having the symptom before treatment BT	No. of patients having the symptom after treatment AT	No. of patients having the symptom after follow up –one month AFU-I	No. of patients having the symptom after follow –two month AFU-II
1.	Karshnya (black discolouration)	9	6	2	-
2	Ushnakamitva (desire for heat)	12	9	7	4
3	Anaha (abdominal distension)	4	2	1	-
4	Vyasa (dilatation)	5	3	1	1
5	Vartha (localized ache)	-	-	-	-
6	Harshana (tingling)	8	4	2	1
7	Tharshanam (thirst)	6	3	2	2
8	Vyadha (piercing pain)	3	2	1	1
9	Parushya (roughness)	12	7	3	1
10	Soushirya (porosity)	-	-	-	-
11	Veshtana (binding/compressing Pain)	-	-	-	-
12	Kashaya rasata (Feel of Astringent Taste)	13	6	3	1
13	Syava varna (smoky Black)	10	5	4	4
14	Aruna varna (reddish brown colour)	-	-	-	-

Assessment of the results were done as per criteria mentioned above. They are classified into three, viz: excellent, good and poor. Analysis was done after two months, ie at the end of the study. 69% of the study population showed excellent results, 13 % showed good and 18 % showed poor results. This obviously reveals that the study established marked positive response in the sample taken for the study.



DISCUSSION

Vata rogas (neurological disorders) are usually debilitating. Now a days the disease- Sarvanga vata is seen more in number and the way of living, food habits and seasonal variations play a major role in the manifestation of this disease. Sarvangavata is characterized by various types of pain all over the body.

Vata is mainly composed of Vayu and Akash mahabhutas. It is also predominant in rajoguna which is solitary behind all creations in the world. The rajo guna of the vayu helps in the rapid spreading process by virtue of its own quality. Vata is seethe also. Here the importance of amla rasa in dhanyamla comes into action. Evolution of amla rasa is mainly from Agni and Prithvi mahabhutas. Agni is invariably ushna while prithvi mahabhuta is rigid and stationary. So, these qualities can arrest the process of Vata which inturn helps amla rasa to overcome the strongest one among doshas.

The morbidity named Sarvanga vata is not easily accessible to common medicaments used for the treatment of Vata rogas. This is because of the fact that it diminishes almost all the motor activities, besides causing mutility in a later stage. As a general rule, this disease is krichra sadhya if much complications are not associated.

Seka with Dhanyamla showed promising results and can be used as a more effective measure in the management of Sarvangavata. The Ayurveda strictly advocates Sodhana therapy after Snehana and Swedana. So, in this study Virechana was done after Seka. As such matters stood, the textual statement

“Vatasya upakrama sneha sweda samsodhanam Mrdu” is the vital one in the annuals of Vata roga Chikitsa. The present study proved the efficacy of Dhanyamla in the management of Vatarogas beyond doubt particularly in Sarvangavata, where various types of pain and mutiity are met with.

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