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Ayurveda

AN OPEN LABEL CLINICAL STUDY OF HARIDRADI PINDA SVEDA IN THE MANAGEMENT OF KATIGRAHA

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ABSTRACT **Background:** Svedana karma plays a major role in alleviating the pain. relieving stiffness, heaviness and coldness of the body and it induces the body sweat. In Pinda Sveda, Svedana is done in the form of Pinda which induces perspiration and improves peripheral blood circulation. In Katigraha the Shula and restricted movement are present in whole of Kati Pradesha. In other hand Low back pain is a chronic condition characterized by a persistent dull or sharp pain on the lower back. The most important symptoms of non-specific low back pain are pain and disability. Haridradi pinda Sveda is a type of Svedana which is being practiced since years by traditional Vaidyas as prime remedy for musculoskeletal ailments. Haridradi pinda Sveda contain drugs which are Vata – kaphahara in nature. **Methodology:** The current study was an open labelled, single arm study where a total of 30 subjects of Katigraha were recruited from Ayurveda Hospital attached to S.D.M.College of Ayurveda, Hassan, Karnataka fulfilling the desired inclusion, exclusion and diagnostic criteria. Subjects were given treatment with Haridradi pinda Sveda for a period of 7 consecutive days. **Results:** In the present study the progress was noted on the basis of assessment parameters (both subjective and objective) before treatment, after treatment and follow up. Results was found statistically significant in relieving subjective parameter- Oswestry low back pain score and objective parameters Schober's test, flexion and tenderness.

KEYWORDS : Haridradi Pinda sveda; Katigraha, low back ache.

INTRODUCTION

In Ayurveda, Snehana and Svedana are the two treatment modalities, used as Poorvakarma as well as Pradhanakarma for treating the different diseases and are including under Shadupakramas and mentioned as the principle method of treatment.[1]There are different types of Svedana Karma explained in Ayurvedic classics; Pinda Svedana is one among them which is based on the principles of Sankara Sveda which is one of the 13 Saagni Sveda procedures described in classics.[2]

In Ayurveda, Katigraha is the condition in which patients have complaints of Katishoola with Katigraha (catching type of low back pain). In contemporary science, broadly this condition can be compared as low back pain. Low back pain is the common medical condition, which is felt in everyone's life at one or other time. Due to fast and mechanical life style, the incidence of low back pain is rising day by day. The recent surveys revealed that 4 out of 5 people across the world are affected by severe low backache, which disturbs the daily routine work of an individual.

Haridradi pinda Sveda is a type of Svedana which is being practiced since years by traditional Vaidyas as prime remedy for musculoskeletal ailments. Haridradi pinda Sveda contain drugs which are vata – kaphahara in nature which will be helpful in the treatment of Katigraha. The results of this study clearly showed that Haridradi pinda Sveda provides significant reduction in the signs and symptoms of Katigraha. Hence it can be said that Haridradi pinda Sveda has its own effect also in relieving Katigraha which is one of the Vatavayadhi.

Objective

To evaluate the effect of Haridradi Pinda Sveda in the management of Katigraha

MATERIALS AND METHODS

Source of Data- Patients were selected from the outpatient department and in patient department S.D.M. College of Ayurveda and Hospital, Hassan.

Method of Collection of Data- collected using specially prepared case report.

Diagnostic Criteria-

- Low back pain (kati shoola) Tenderness over lumbar region (sparshasahatva), Stiffness (Stambha of kati pradesha), Restricted movements of spine (kriyahani)
- Low back pain and tenderness over lumbar region is necessary diagnostic criteria that subjects must fulfil.

Inclusion Criteria

1. Subjects between age group of 20-60years of age
2. Subjects fit for svedana karma
3. Subjects ready to give informed written consent form

Exclusion Criteria

1. Subjects having low back pain due to infection, cancer, congenital causes.
2. Diagnosed cases of HIV, HBsAG, Tuberculosis
3. Pregnant and lactating mother
4. Fracture of hip joint

Sampling Technique- convenient sampling
Sample Size-30

Method Of Administration Of Haridradi Pinda Sveda Requirements

Table No 1 : Materials Required For Haridradi Pinda Sveda

Haridra churna	25grams
Shatapuspha churna	25grams
Sarjarasa churna	25grams
Laja	100grams
Eranda thaila	75ml
Kora cloth	40cm× 40 cm – 2 pieces
Threads	70cm long-2 nos
Vessels	For making the bolus
	For heating the bolus
Stove	1
Gas cylinder	1
Towel	1

Preparation of potali- In a hot pan initially Laja was heated till it attained a brown tinge. Then the churna of Shatapuspha followed by powdered Sarjarasa were added and mixed well. Finally, Haridra churna was added, mixed together and heated at mild flame for a period of 2 minutes. This is used for the preparation of potalis. The cotton cloth is spread over a table. The ingredients are placed on the cloth. The free corners of cloth are folded in middle and tied with a thread to make the potali.

Heating of the potalis- in a round bottomed vessel 75ml of Eranda thaila is taken and heated. The prepared potali are placed on the thaila. When the potalis are properly heated are taken out of the vessel and the potalis after monitoring the temperature is ready for svedana.

Preparation of the patient -made to lie in prone position exposing the kati pradesha, local application of Eranda thaila followed by application of Haridradi Pinda Sveda.

Duration- 20minutes or until the attainment of Samyak swinna lakshna. The treatment was done once in a day for seven consecutive days.

Assessment Criteria

The assessment was done before the intervention and thereafter on 7th and 15th day.

Objective Parameter

1. Sthambha
2. Kriyahani
3. Tenderness

Table no-2 Scoring Criteria For Sthambha By Schober's Test

SCORE	PARAMETER
0	Flexion up to 5 cm and more Distance
1	Flexion up to 3 cm distance
2	Flexion up to 2 cm distance
3	Flexion up to 1 cm distance

Table no -3 Scoring Criteria For Kriyahani- Flexion

SCORE	PARAMETER
0	Can do flexion easily
1	Can flex with difficulty
2	Cannot perform flexion

Table no -4 Scoring Criteria For Sparshasahatva- Tenderness

SCORE	PARMETER
0	No pain
1	Patient says its paining
2	Patient winces
3	Patient winces and withdraws the part
4	Patient does not allow to touch the part

Observations

Table no-5 Demographic Profile Of 32 Subjects Of Katigraha

Observation	Predominance	Percentage
Age	31-40 years and 41-50 years	34.37 % each
Gender	Male	62.5%
Occupation	Farming	37.5%

Table no -6- Baseline Distribution Of Lakshanas Of 32 Subjects Of Katigraha

Lakshana (present)	Percentage
Katishoola	100
Sparshasahatva	100
Sthambha	90.6
Kriyahani	100

RESULTS

Table no - 7 Friedman Test For Tenderness

Parameter	N	Mean rank	X2	P value	Remarks
Tenderness D1	30	2.98	55.122	<0.05	S
Tenderness D7	30	1.67			
Tenderness D15	30	1.35			

Table no – 8 Wilcoxon Signed Rank Test For Tenderness

Parameter	Negative ranks			Positive ranks			Ties	Z value	P value	Remarks
	N	MR	SR	N	MR	SR				
Tenderness D1-D7	29	15.00	435	0	0	0	1	-5.014	<0.016	S
Tenderness D7-D15	9	5.00	45	0	0	0	21	-3.000	<0.016	S
Tenderness D1-D15	30	15.50	465	0	0	0	0	-4.932	<0.016	S

Table no-9: Friedman Test In Schober's Test

Parameter	N	Mean rank	X2	P value	Remarks
D1	30	2.85	48.321	<0.05	S
D7	30	1.62			
D15	30	1.53			

Table no-10 Wilcoxon Signed Rank Test For Schober's Test

Parameter	Negative ranks			Positive ranks			Ties	Z value	P alue	Remarks
	N	MR	SR	N	MR	SR				
D1-D7	25	13.00	325	0	0	0	5	-4.540	<0.016	S
D7-D15	3	2.50	7.50	1	2.50	2.50	26	-1.000	>0.016	NS
D1-D15	26	13.50	351	0	13.50	0	4	-4.617	<0.016	S

Table no -11 Friedman Test For Flexion

Parameter	N	Mean rank	X2	P value	Remarks
Flexion D1	30	2.83	47.494	<0.05	S
Flexion D7	30	1.60			
Flexion D15	30	1.57			

Table no -12 Wilcoxon Signed Rank Test For Flexion

Parameter	Negative ranks			Positive ranks			Ties	Z value	P value	Remarks
	N	MR	SR	N	MR	SR				
Flexion D1-D7	25	13.00	325	0	0	0	5	-4.716	<0.016	S
Flexion D7-D15	2	2	4	1	2	2	27	-.577	>0.016	NS
Flexion D1-D15	25	13	325	0	0	0	5	-4.667	<0.016	S

DISCUSSION

Effect on tenderness- Tenderness was statistically significant as assessed by Wilcoxon signed rank test (p value <0.016) with Bonferroni correction showed improvements in mean ranks at all three intervals. Tenderness is mainly caused by Vata vridhi. Drugs used in this study pacifies Vata dosha and are Ushna veerya in nature. Drugs such as Shatapuspha and Sarjarasa is Vedanasthapana also. These properties may show synergetic action to inhibit the pain, hence there is significant reduction in pain.

Effect on flexion- Flexion is statistically significant as assessed by the Wilcoxon signed rank test with Bonferroni correction (during before treatment and after treatment interval with p value 0.000) and (during before treatment and follow up interval with p value 0.000). Flexion is statistically not significant during after treatment and follow up interval with p value 0.564. Shleshaka kapha is cohesive factor of body, which reside in bony joints which helps in lubrication, integrity and easy movements of joints. When Prakupitha vata gets lodged in Kati pradesha, Shoshana of Shleshaka kapha occurs which hampers the function of Sandhi resulting in Vedana during movements causing Kriyahani. Snigdha guna of Sarjarasa and Laja imports the Shleshaka kapha in joints, Svedana leads to Stambha nigraha.

Effect on Schober's test- Schober's test is statistically significant as assessed by the Wilcoxon signed rank test with Bonferroni correction (during before treatment and after treatment interval with p value 0.000) and (during before treatment and follow up interval with p value 0.000). Schober's test is statistically not significant during after treatment and follow up interval with p value 0.317. Vasodilation occurs particularly in superficial tissues where the heating is greatest. Stimulation of superficial nerve endings can also cause a reflex dilatation of arterioles. As the blood circulation improves the anabolism increases as tissues receives the nutrients and oxygen promptly. Because of these muscles supporting the lumbar spine gets strengthen. So, pressure gradient on lumbar spine gets reduced. Svedana procedure itself is Stambhagna. Guggulu and Triphala has Rasayana and Srotoshudhikara properties, anti-inflammatory and peripheral analgesic activity helps in reducing the stiffness.

CONCLUSION

Haridradi Pinda Sveda for 7 consecutive days was effective in the management of Katigraha. It showed significant improvement in the symptoms.

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