



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**PAIN MANAGEMENT WITH AYURVEDA**

**KEY WORDS:** Shoola, Vata-dosha, Tridosha, Ayurveda

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**ABSTRACT**

The Aim Of Ayurveda is to maintain condition of health i.e. "Swasthasya Swathya Rakshanam". According to who- health is a state of complete physical, mental, and social well being and not nearly the absence of disease or infirmity. In Ayurveda it is known as Shoola Roga .The word shoola refers to any type of pain like karna shool, sira shoola, netra shool etc. Further it has been elaborated that mainly of tridosha, vitiated vata, is the main causative factors responsible for all painful condition. Ayurvedic formulation such as angamarda ,shool prashaman and vednasthapak mahakashya are mentioned in charak samhita. In modern medicine, pain is the most common symptoms of inflammatory process. Ayurved can be a ray of hope to understand its actual concept of pain and protect from NSAIDs hazards. Ayurvedic pain management therapies are safe and natural ways that help in the management of different kinds of pain. In this article we will discussed about the review of the classical text with special references to pain, and its management through Ayurvedic procedures.

**INTRODUCTION-**

Pain is common complaint of many diseases. It can ranges from a mild to severe. In ayurveda, it is known as shool roga. This shool or vedana is described as symptoms of many disease or as complication of some diseases. In Ayurveda all types of pain are considered under vata aggravation. Vata is the main dosha involed in pain. It is the main factor for generating and spreding the pain. This vitilation of vata occurs in two ways, like wise dhatukshya janya vata prakop and margavarodh janya vata prakop. In the brihatrayee of ayurveda no special chapter for pain but it is discrete in several chapters during the description of disease. Likewise in the charak samhita sutra stana 4<sup>th</sup> chapter there are two mahakashaya directly mentioned for the management of pain i.e.shoola prashamana and the vedanastapana ,also there is another one which directly related to pain management as angamarda prashamana. As per sushrut smhita shool is classified into 11 types viz. vataja, pittaja, kaphaja, sannipataja, parsva shoola, kukshi shoola, Hrit shoola, vasti shoola, mootra shoola, vit shoola, avipaka/annna dosaja shoola. This articles elaborates various treatment modalities mentioned in Ayurveda in context to pain management such as vedna sthapan mahakshya, shoola prasaman mahakshya , angamarda prashaman, snehan, swedan, vaman ,virechan, agnikarma, Bastikarma is discussed.

**Modalities For Managemet Of Pain**

**SNEHANA IN PAIN-**

Snehana pacifies vata, nourishes body, reduces stress and provide calming effects thus helps to relieve. In Ayurvedic classics have been mentioned is two type of Snehana, first is the external massage of oil, second is internal use of medicated oil or ghrita.

As per the modern perspective , the neurohormonal effects of bahya snehan has been established, stating that massage increases levels of dopamine, increases availability of serotonin, may elevete epinephrine(adrenaline) and release of endorphins. All these neuro-hormones alter brain chemistry which in turn reduces response to pain sensation.

**Swedan In Pain-**

The main object of Swedana is to be softens the muscles, relaxes tissues and dilates vessels for circulation thus help to relieve pain. Swedana opens pores, strengthens spine,

reduces swelling & stiffness and relieve general symptoms of inflammation or pain. In vatika shoola swedana should be done after the snehan procedure. It should be done by liniment payasa and panda swedana made up of vata reliving durgs.

The role of swedan can be explained with transient receptor potential channels which are mainly found in nociceptive neurons of peripheral nervous system. Role of swedan in management of pain can be explained through TRPV1 channels which are responsible for perception of heat and pain.

**Vamana In Pain-**

Vamana procedure is especially indicated in kaphaja shoola. But it is also suggested in the management of vatika and performed by the use of different drugs and liquids according to doshas involved i.e. katu ras drugs are used for kapha dosha and madhur rasa drugs for pitta dosha removal. But it is contraindicated in parshwa shoola. In paittika shoola ayurvedist has indicated that in the beginning vaman procedure should be done followed by cold sponging and cold bath. In kaphaja shoola, chakradatta has indicated that vaman procedure should be adopted first , later on langhana and shiro virechana should be done. Vamana man be performed by use of warm solution of water and pippali powder in excess amount.

**Virechana In Pain-**

Virechana means use of purgatives that primarily help in vatarakta and other vata dosha , it cleans body from toxins. It liquefies morbid doshas and expelled them out through anal route. It control srotorodha, normalizes pratiloma gati of vata and enhances circulatory process thus helps in diseases related to aggravated vata.

**Basti In Pain-**

Basti is the main treatment modality amongst the panchakarma therapies. As vitiated vata is an accepted principle causative factors for all type of shoola roga by all the Ayurvedic authorities no other procedure is better than basti therapy for the treatment of vitiate vata.

It is hypothesized that basti karma has a feature to regulate sympathetic activity, thereby, balancing the autonomic nervous system. Hypothalamus pituitary adrenal axis (HPA)

gets activated with the visceral afferent stimulation, involving the release of neurotransmitters from adrenal gland called cortisol, a neuro endocrine hormone, acts as a potent anti-inflammatory systemically.

#### **Agnikarma In Pain-**

Agni karma help in relieving pain in painful conditions specially musculoskeletal pain such as heel pain, frozen shoulder, osteoarthritis etc. agnikarma leads to pacification of vata & kapha dosha, thereby reducing pain.

#### **Vedna Sthapana Mahakshaya –**

The name derived from the words vedana, translating to pain or sthapana, translating to maintaining or preserving. The drugs included under the vedanasthapana dashemani are- shala, katphala, kadamba, padmaka, tumb, mocharasa, shireesh, vanjula, elavaluka ad ashoka.

#### **Shoola Prasaman Mahakshaya-**

The drug included under the shoola prasaman dashemani are- pippali, pippalimoola, chavya, chitrka, shotha, maricha, azmoda, azganda, azazzi, gandira.

#### **Anagmard Prasaman Mahakshaya-**

The drug included under the anagmarda dashemani are- vidarigandha, pithivan, badi kateri, choti kateri, arand, kakolli, chandan, khas, chotti llayachi, mulathi.

#### **DISCUSSION-**

In modern medical science, there is one type of medicine for every type of pain like- Analgesic, Anesthetics but in our Ayurved there is a different category for pain and there are different type of medicines for each pain like- different medicine for Vataja Shool, different medicine for Pittaj shool, different medicine for kaphaj shool etc. there is a wide category of pain in Ayurved but modern science does not describe this way.

#### **CONCLUSION-**

Pain may occur independently or as a complication in many diseases which should be kept in mind while doing examination. Pain can be effectively managed by use of shaman chikitsa, sodhana chikitsa, and diet and lifestyle. The main objective of shaman chikitsa is to correct the vitiated vata dosha. Further to resolve this vata imbalance and pain, madhur, amla & lavan rasa herbs are prescribed. Ayurvedic formulation such as angamarda, shoola prasahman and vedanastapak mahakashaya are mention in charak samhita. The angamarda mahakashaya can be prescribed for angamarda (body ache) in both dathukshaya and margavrodhajayna vataprakop. Shoolprashamiya mahakashaya has ushan property, hence ufeul abdominal colic; where as vednasthapak mahakashaya has kashaya rasa and sheeta virya can be used effectively in pain management due to traumatic condition. Shodhana process balances vitiated dosha, facilitate evacuation of toxins, improves circulation, relaxes muscles, boosts nutritional supply and imparts calming effects therefore help to reduce pain, swelling, tenderness, stiffness and joint inflammation. Main aim of the treatment is to pacify vitiated vata dosha. Ayurvedic pain management therapies are safe and natural ways that help in the management of different kind of pain.

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