

**A CONCEPTUAL STUDY ON EFFICACY OF SHIGRU NADI SWEDA
IN THE MANAGEMENT OF SANDHIGATAVATA (SAMAVASTHA)****W.S.R.TO JANUSANDHI****Dr. Prasad N. Kulkarni^{1*} and Dr. Ankita D. Satone²**

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ABSTRACT

Sandhigatavat a specially Janusandhi is not only found in old age but also its prevalent to the young generation also. It is mostly due to fast & busy life style i.e it is due negligence of pathyahaar & vihar. Today's the one who are unable to follow the Dinacharya, Rutucharya may suffer from various disorders & mostly found disease is Sandhigata Vatavyadhi. Allopathic treatments for Sandhigata vata which is correlated with osteoarthritis. According to Modern Science, provide either conservative or surgical treatment in Osteoarthritis & is highly symptomatic & less side effects. Panchkarma is one of the best line of treatment for managing such type of conditions. Hence, Ayurveda play an important role, not only prevents the disease but also treat the disease

internally as well as externally. Local Snehan with Swedan were selected as it has shown best for Vatavyadhi. Here local Shigru Nadi Sweda selected for management of Disease.

KEYWORDS: Sandhigataavata, Vatavyadhi, Shigru Patra Nadi Sweda.

INTRODUCTION

In today's fast developing era, modernization has led to a fast and stressful life style. Unhealthy and fluctuating pattern of lifestyle of modern human beings has generated numerous turbulences in his living system. Physical and mental stress, improper sitting posture in offices, non-stop work in same position or improper posture and extra physical and mental exertion, with reference to the Dinacharya and Rutucharya the norms of daily routine in existing day

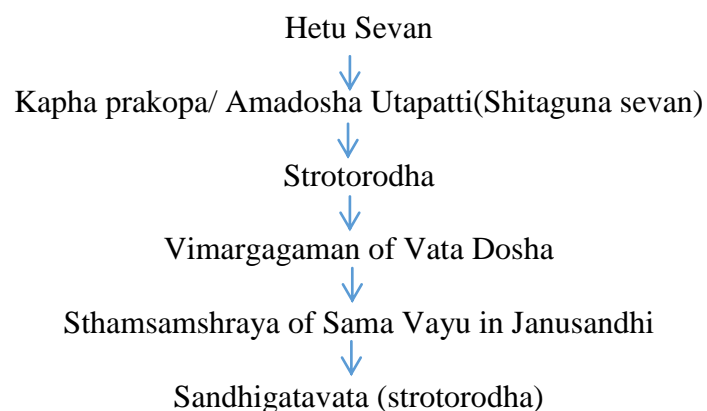
situation are quite contradictory. Excessive use of vehicles, disturbed pattern of eating or nutritional regime, unnecessary excessive traveling, improper schedule of sleep and work all have leads to increase in the Vata dosha.

So, because of above causative factors in today's world, the sandhigata vata have become a major health problem in 40yrs & above age. Based on the sign & symptoms, sandhigata vata may be correlated with osteoarthritis of modern science. The Ayurvedic approach is helpful to improve quality of life in the patient of Sandhigata Vata and have positive results. Features of sandhigat vata are shool, shoth, akunchan prasaran vedana, sandhisphutan etc Hence it is a challenge to each system of medicine to provide the effective treatment to control it. Swedan is effectively act against to reduce stambh, shool, shotha, Gaurav etc.

Disease Review

Hetu of Sandhigat vata -In Bruhatrayees & Laghutrayees the description of sandhigatavata in Vatavyadhi, hence Sandhigatavata is considered as a part of Vata vyadhi. In Sandhigatavata. Acharyas have not mentioned particular Nidana, so samanya Nidan explained in vatavyadhi are applicable to this disease along with Asthi And Majjavaha drushti. At the end of day and night Vata dosha gets vitiated. The individual who has Vataj Prakruti are more susceptible to Vata Vikaras.Among the Shatkriyakal, Vata dosha is accumulated in Greeshma Ritu, Aggravated in Varsha Ritu, Pacify in Sharad Ritu. In Vata Vikaras the persons who are rooksha- kashaya- katu-tikta rasa guna satmya are more susceptible. Excess walking and excessive weight bearing also are the causative factors responsible for Janusandhigatavata. Virudha Ahara, adhyashana, pramitashana, diwaswap etc are the factors which are responsible for Ama dosh utapatti which leads to strotorodha results in pratiloma gati of Vata Dosha.

Samprapti



Drug Review

For this study we have to use shigru, which mention in swedopag dravyas, it is easily found in all over India.

Rasa – katu, tikta

Guna – Laghu, Ruksha, Tikshna

Veerya - Ushna

Vipak - Katu

Materials & Equipments needed for Nadi Sweda

- 1) 500 gm fresh leaves of Shigru
- 2) Kumbhi (closed container or Big vessel)
- 3) Nadi Swedan yantra (tube)
- 4) Water

Procedure of Nadi Sweda**a) Purvakarma**

- 1) The room having day light and devoid of direct atmospheric influence Like Dust was selected.
- 2) Drugs, Instrument, require for Snehan, Swedan was collected.
- 3) Abhyanga with lukewarm Taila was done over Janu sandhi

b) Pradhan karma

After Completion of Poorvakarma Patient was asked to sitting position. The pot was attached with a pipe & through pipe, the steam was directed towards the desired body parts that requires sweating treatments.

Drugs for fomentation leaves of Shigru, as depending upon the nature of the disease. All the clefts in the pipe should be well covered with the leaves that allievate Vata. The pipe should be curved in 2 or 3 places.

The individual well massaged with unctuous substances that allievate Vata should get this vapours through the curved pipe. Curvatures of pipe help to lessen the intensity of vapour so as to avoid burning sensation.

c) Paschat Karma

- 1) After Pradhan karma Patient was advised to covered the body parts which are subjected to

Swedan from direct air.

2) Patients are asked for Sunlight exposure, if necessary.

Swedan

Swedana is the procedure, which relieves stambha, gaurav, shita, and which induces sweating. Swedan is an exclusive treatment in certain Vata-Kapha disorders like Amavata, where Swedan is highly useful. Swedan karma is administered to cause Vilayana of the aggravated doshas which are already transformed in to Snigdha avastha by Pachana and Snehan Purva karma. Generally in all pathological conditions of doshas which are in Sama Avastha sticks hence occurring avarodha or blocking of srotas. According to Pachkarma, Swedan comes under Purvakarma but it also works as Pradhan Karma in various conditions like Amavata etc. It is helpful to washout the waste product also improved bioavailability of the drugs at the site of pathology (joints).

DISCUSSION

The causative factors responsible for vitiation of Kapha dosha, Ama dosha which in turn may lodge in to the Strotas. In this disease the vitiated Kapha & Amadosha lodge in to the knee joint because some of these Nidanas cause Khavaigunya specially in Asthi of knee joint i.e. sthanshamshraya of samvayu in janusandhi pradesh result Pratiloma gati of Vata doshas these are the main events found in the pathogenesis of Srotorodhjanya janu sandhigat vata. So we plan to swedan with swedopag gana dravya.

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