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### Effects Of *Dashmula Tail Abhyanga* And *Dashmula Kwath Nadi Sweda* In *Sandhigata Vata* :A Review Article

Uttam kumar Chaturvedi<sup>1</sup>, Lata Rai<sup>2</sup>

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1. PG Scholar P.G Department of Panchkarma NIA, Jaipur
2. PG Scholar P.G Department of Prasuti evum Stri Roga , NIA, Jaipur

**Corresponding Author :-** Dr Uttam kumar Chaturvedi, PG Scholar P.G Department of Panchkarma NIA, Jaipur email: [uttarchaturvedi57@gmail.com](mailto:uttarchaturvedi57@gmail.com)

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#### ABSTRACT: -

In the current situation, *Vatavikara* is the most serious health problem. *Sandhigata Vikara*, in particular, is found in large numbers in parts of India. Because of degenerative changes in joints, people over the age of 40 in our country face a serious problem with osteoarthritis. The degenerative changes are often caused by certain specific behaviours. Ayurveda is a holistic life science that focuses on an individual's physical, social, and spiritual well-being. This science has well-explained the modalities of preventive and curative healthcare and can provide systematic solutions to humanity's multifactorial diseases. Osteoarthritis (OA) is one such disorder that is on the rise as a result of poor diet and lifestyle choices. In medical science, there is no alternative to taking painkillers or having a knee replacement, but in Ayurveda, a variety of treatments are used to relieve pain and repair bones. Reduced stiffness and pain were observed after *abhyanga* (massage) with *Dashmool Taila* and application of *Nadi Sweda*, as it relaxes muscles and provides symptomatic relief in osteoarthritis. The aim of this paper is to highlight Ayurvedic steps in OA, specifically *Abhyanga* and *Nadi Sweda*.

**Key words:** Ayurveda drugs, *Jaanusandhigata vata*, Osteoarthritis, *Vatavyadhi*



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## INTRODUCTION

In today's culture, osteoarthritis is a common health concern. The prevalence of this disease increases with age, and females (25 percent) have a higher prevalence than males (16 percent). By the age of 40, almost everybody has a pathologic change in a weight-bearing joint. A research in rural India found that 5.78 percent of people had osteoarthritis.<sup>[1]</sup> Obesity, occupational knee bending, physical labour, and others are some of the disease's predisposing factors. It's been one of the most common reasons for knee replacement surgery. The majority of patients suffer from degenerative changes in the knee joint, which are the most common cause of pain. *Vata Dosha* is to blame for these degenerative changes.

Certain diseases develop in the body as a result of *Vata Dosha*. Many *Vata vyadhi* are shaped as a result of age, excessive exertion, and a healthy lifestyle. This aggravated *Vata Dosha* disrupts the functioning of *Sandhi* and *Shleshak Kapha*, resulting in *Shula*, *Shotha*, and other manifestations. *Snehan and Swedana* are very significant in the treatment of *Vata vikara*.<sup>[2]</sup> *Sandhi* becomes *Shithil* in *Vatavikara* due to *Ruksha*, *Khara*, *Chala* and other *Gunas*, as *Vata* and *Asthi* have *Ashrayashrayi Bhava*, which leads to *Asthi kshaya* in such situations.<sup>[3]</sup>

In addition, discomfort and swelling at the joint site, as well as limited moments, are clinical characteristics of osteoarthritis.

## OBJECTIVES

To investigate the *Sandhigata Vata's Panchalakshana Nidana* and the role of *abhyanga and nadi swedan with dashmool tail and kwath* in disease management.

## MATERIALS AND METHODS

Since this is a review study, all applicable material from the available literature, such as the *Samhitas* and other books, is considered and analysed in order to obtain a systematic definition in the management of osteoarthritis.

### *Nidana* (Clinical features):

*Poorvaroopa* may not be present in the disease. However, clinical signs and symptoms include:<sup>[4]</sup>

1. Joint pain (*Sandhi vedana, Sandhi Shotha*),
2. *Vatapoorna druti sparsha*,
3. Pain and tenderness during joint movements (*Prasarana akunchana pravruithi savedana*),
4. Crackling noises (*Atopa*)
5. Joint degeneration (*Hanti sandhi*).

The symptoms of OA are linked to *Sandhigata Vata*, which is explained in *Vatavyadhi*. *Sandhivata* was first identified by Acharya Charaka as *Sandhigata Anila*, a condition characterized by symptoms of *Shotha* (swelling) that feels like a bag filled with air when palpated, and *Shula* (pain) on *Prasarana and Akunchana* (pain on flexion and extension of the joints).<sup>[5]</sup> *Shula and Shotha* were also reported by Acharya Sushruta in this disease, which resulted in the diminution (*Hanti*) of movement at the affected joint. Madhava kara adds *Atopa* (crepitus in the joint) to the list of features.<sup>[6]</sup>

The pathologic underpinnings of this disease are due to *Vata* and *Kapha Dosha* imbalances, which affect the *Asthi* (bone), *Sandhi* (joint), *Mamsa* (muscle), and *Snayu* (ligament).<sup>[7]</sup>

### *Samprapti Ghatakas*:

1. *Nidana* : *Vata Prakopaka Nidana*
2. *Dosha* : *Vata esp. Vyanavayu, Shleshaka Kapha*

3. *Dushya : Asthi, Majja, Meda*
4. *Srotas : Asthivaha, Majjavaha and / or Medovaha*
5. *Srotodusti : Sanga*
6. *Agni : Mandagni*
7. *Dosha Marga : Marmasthi Sandhi*
8. *Roga Marga : Madhyam*
9. *Udbhavasthana : Pakvashaya*
10. *Vyaktasthana : Asthi – Sandhi*

**Prognosis:** *Sandhigatavata* is a *Vatavyadhi*, and it is classified as *Kasth asadhya* because it affects the elderly and is located in *Marma sthana*. It's *Madhyama roga marga, Asthi, and Majja Dhatu Ashrita*, and it's *Madhyama roga marga, Asthi, and Majja Dhatu Ashrita*.<sup>[8]</sup>

**Treatment:-**In Ayurveda, this disorder is treated with a careful combination of external therapies (*Bahya Chikitsa*) and internal medicine (*Abhyantara Chikitsa*). *Janu Basti, Abhyanga* (massage), *Jalaukavacharana* (leech application), *Agnikarma* (cautery), *Basti* (medicated enema), and other *Bahya Chikitsa* procedures are included. Internal medicines in the form of *Churna* (powder of a single herb/combination of herbs), *Kashaya* (decoction), *Vati* (pills), and other forms are included in *Abhyantara Chikitsa*.<sup>[9]</sup>

In addition to conservative treatments such as physiotherapy or the use of medications such as various types of pain relievers, *abhyanga* and *Swedana* are the strongest alternatives. There are many forms of *Swedana*, one of which is *Nadisweda*, which helps to enhance joint function while also reducing pain. Because of the many negative effects of modern medicine and

the lack of a full cure, Ayurveda will help with diseases like *Sandhi Vikara* (Osteoarthritis).<sup>[10]</sup> *Sweda* refers to perspiration, and *Nadi* refers to small tubes in Sanskrit. Basically, in this Ayurvedic therapy, the patient is made to sweat profusely by applying steam to the entire body. The procedure has two important clinical implications. The channels, or *Srotas* in traditional Ayurvedic terminology, that carry the sweat out of the body are washed and cleaned primarily by excessive perspiration all over the body. Second, local application of hot steam can result in a variety of therapeutic benefits, such as pain relief from joints, muscles, or critical skeletal parts of the body. As a result, *Nadi Sweda* may be used as part of a broader therapeutic target for the whole body, as well as locally for the treatment of specific diseases or reliefs. *Nadisweda* is a simple, cost-effective, time-saving, and effective treatment that has no negative effects on the patient's health. If taught properly, patients will perform this procedure at home on a regular basis. As a result, *Abhyanga* and *Nadi swedan* will play a significant role in improving the quality of life of *Sandhi Vikara* patients.

There is reduction in pain, improvement in muscle strength, and improvement in joint flexibility in these cases due to local *Abhyanga* (oleation) with *dashmool tail*. *Nadi Sweda* with *Dashmool Kwath* is a massage therapy that belongs to the *Shodhana* or purification treatment group. In Ayurveda, the entire spectrum of *Shodhana* or purification procedures is classified as *Panchakarma*, a detoxification procedure, and *Purvakarma*, a pre-detoxification treatment.

### How does *Nadi Sweda* operate?

*Nadi Sweda* is a therapy that is performed based

on the therapeutic purpose and the psychological condition of the patient, as determined by the patient's expectations and the Ayurvedic therapist's diagnosis. If you're undergoing a long and steady course of *Purvakarma* and then *Panchakarma*, this massage treatment is just a stop along the way to achieving wellness through Ayurvedic medicine. However, if you have a more complex condition in your muscular or skeletal system that requires immediate relief by Ayurvedic healing techniques, *Nadi Sweda* may be extremely helpful as a quick remedy for swelling or pains. As previously said, it all depends on the clinical situation, therapeutic objective, and the Ayurvedic therapist's decision.

Hot steam is applied in *Nadi Sweda*, either locally or throughout the body, by a special instrument called the *Nadi Swedan Yantra*,<sup>[11]</sup> whose function is to bring the hot steam and spray it on different parts of the body according to the therapist's instructions. Before applying the hot steam, the sections of the body or the whole body that will be exposed to it are anointed with an Ayurvedic oil formulation.

### Ingredients (Composition) Of *Dashmool Tail* and *Kwath*

*Dashmool* is made up of 10 equal parts of the roots of the following plants. *Brihat Panchamoola* and *Laghu Panchamoola* have been combined.

**Table 1 showing ingredients of *Dashmool Tail***

<i>Ingredient</i>	<i>Latin name</i>
<b><u><i>Brihat Panchamoola</i></u></b>	
<i>Bilva (Indian Bael)</i>	<i>Aegle Marmelos</i>
<i>Agnimantha (Arani)</i>	<i>Premna Serratifolia</i>
<i>Shyonaka</i>	<i>Oroxylum Indicum</i>
<i>Patala</i>	<i>Stereospermum Suaveolens</i>
<i>Gambhari (Beech wood/Kasmari)</i>	<i>Gmelina Arborea</i>
<b><u><i>Laghu Panchamoola</i></u></b>	
<i>Brihati</i>	<i>Solanum Indicum</i>
<i>Kantakari</i>	<i>Solanum Xanthocarpum</i>
<i>Shalaparni</i>	<i>Desmodium Gangeticum</i>
<i>Prishnaparni</i>	<i>Uraria Picta</i>
<i>Gokshura</i>	<i>Tribulus Terrestris</i>

### Pharmacological Actions

*Dashmool* contains ingredients that relieve *Vata* aggravation and act as an anti-inflammatory, analgesic, and anti-rheumatic agent. Furthermore, it strengthens the body and enhances the functions of organs in *Vata* locations. It relaxes muscles and calms nerves.<sup>[12]</sup>

### Medicinal Properties<sup>[13]</sup>

1. Anti-inflammatory

### Ayurvedic Properties<sup>[14]</sup>

<b>DOSHA KARMA</b>	<i>Normalizes Kapha Dosha functions as well as pacifies VATA DOSHA.</i>
<b>Dhatu Effect</b>	<i>RASA, MAMSA, ASTHI</i>
<b>Organs Effect</b>	<i>Nerves, Muscles, Bones &amp; Joints</i>
<b>Main Indication</b>	<i>Vata Disorders</i>

2. Anti-rheumatic or Anti-arthritis

3. Analgesic

4. Antispasmodic

5. Adaptogenic

6. Antioxidant

7. Neuroprotective

8. Anti-paralytic

### Therapeutic Indications

*Dashmool* is used to treat the following ailments: It can be used in a variety of *tridosha prakopa* diseases, primarily *Vata prakopa* diseases such as *Shwasa* (dyspnoea), *Jvara* (hyperpyrexia), *Sirahshula* (headache), *Tandra* (malaise), *Anaha*, and *Parshva shula* (flank pain). It is also indicated in *shotha*, i.e. inflammatory conditions<sup>[20-21]</sup>

### Current Studies On *Dasamoola's* Or Its Ingredients

- Carrageenan-induced paw oedema and Cotton pellet-induced granuloma models were used to test the anti-inflammatory efficacy of an aqueous extract of *A. marmelos* root bark. Ethanol extract of *A. marmelos* roots has been shown to have anti-oxidant efficacy in vitro and in vivo.<sup>[15]</sup>
- Methanol extract of *P. integrifolia* roots was tested for anti-inflammatory and antioxidant activity in carrageenan-induced rat hind paw oedema, histamine-induced wheal development, and acetic acid-induced mouse vascular

permeation models.<sup>[16]</sup> Whole methanol extract as well as defatted and fractionated methanolic extract of *G. arborea* Roxb. are reported to hold free radical scavenging activity. Flavonoids present in *G. arborea* are also reported to have antioxidant potential.<sup>[17]</sup>

- Carrageenan-induced paw oedema and cotton pellet granuloma model were used to investigate water decoction of *D. gangeticum* roots.<sup>[18]</sup>

## DISCUSSION

*Vata*, which is ultimately responsible for the degeneration of Dhatus and the manifestation of *Sandhigata vata*, is calmed by *Abhyanga*. It causes vasodilation, allows the drug to be absorbed, and boosts the effect of *Snehana* (oleation).<sup>[19]</sup> Due to its analgesic and anti-inflammatory properties, *Dashmool Taila* treats *Vatadosha* or *Asthigata* and *Sandhigata Vyadhi* (bone and joint diseases). *Nadi Sweda*. Since it relaxes muscles and offers symptomatic relief in osteoarthritis, *Nadi Sweda* has been shown to reduce stiffness and pain.<sup>[20]</sup>

The properties of *Dashmool Taila* (oil) used in *Abhyanga* are *Snigdha* (unctuous), *Guru* (heavy), and *Mridu* (soft), which are the polar opposites of *Vata's* properties. *Abhyanga* relieves the provoked *Vata*, which is responsible for *Dhatus* decay and the appearance of symptoms such as pain, stiffness, and cracks. Massage, according to recent research, improves the removal of waste in the body by stimulating blood circulation and assisting the lymphatic system. Through suspending the drug in an oily vehicle and rubbing it on the skin, the drug's absorption through the skin can be improved. As a result, the massaged medications are absorbed by the skin.

*Nadisweda* with *dashmool* also relieves stiffness and discomfort, as well as heaviness and cold.

Due to, it also helps to improve body firmness. *Shula* is caused by the *Vata Dosha* being vitiated. *Vata Dosha* has qualities such as *Shita*, *Chala*, *Ruksha*, and *Khara*, while *Sweda* has qualities that are diametrically opposed to *Vata Dosha*. As a result, *Swedana* aids in the reduction of *Shula*. Osteoarthritis of the knee joint is a common health condition that mostly affects people over the age of 50. After a long period of rest, discomfort, swelling, and restricted movements are present, as well as stiffness. The pain starts suddenly and is mild. The joint is swollen, there is effusion in the joint, and the synovium is thickened and tender. On occasion, crepitation can be heard as a result of movement. It is a polyherbal formulation made up of the roots of ten medicinal plants used to treat pain and inflammation in Ayurvedic texts, including *mahat panchamula* (*bilva*, *agnimantha*, *shyonaka*, *patala*, and *gambhari*) and *laghu panchamula* (*shalparni*, *prshniparni*, *brihati*, *kantakari*, and *gokshura*). It is an age-old herbal preparation that is widely used by *Vaidyas* (Ayurvedic practitioners) to relieve pain and swelling in their practise.

*Dashamoola* has properties that can slow down the progression of degenerative changes, as well as analgesic and anti-inflammatory properties that can alleviate the clinical symptoms of OA.

## CONCLUSION

*Dushchikitsya* is considered *Vatvyadhies*. Many *Vatvyadhies* are formed as a result of age, excessive exertion, and a healthy lifestyle. *Vata*, in ancient times, was responsible for a variety of diseases. The aim of this presentation is to show how *Vatavyadhi* can be cured. The *Ruksha*, *Shitavta* of *Vata* is subdued by *Ushna's Nadisweda*, *Snigdha Guna*, which eventually leads to the relief of *Vatavyadhi's* painful

conditions. Using *Vataghna Dravya* in the *Abhyanga* and *Swedana* procedure will help boost *Janu Sandhi's* work.

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