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## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/16858  
DOI URL: <http://dx.doi.org/10.21474/IJAR01/16858>



### RESEARCH ARTICLE

#### ROLE OF PATRAPOTALLIPINDA SWEDA IN THE MANAGEMENT OF KATISHOOLA W.S.R LOWER BACK PAIN

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#### Manuscript Info

##### Manuscript History

Received: 05 March 2023  
Final Accepted: 09 April 2023  
Published: May 2023

##### Key words:-

Panchkarma, PatrapindaSweda,  
Katishoola. Low Back Pain

#### Abstract

A comprehensive study is reported of Patra PottaliSwedabased on Ayurvedic treatment in this paper. In this type of Sweda, different medicinal leaves have used for preparation of pinda. This gives relaxation from stiffness, heaviness and coldness in the body. This treatment eliminates the toxic elements through sweating after the swedana procedure. This procedure is the special type of Panchkarma treatment that helps to gain health and recovery from illness by different diseases. A detailed study is presented about the application process to its benefits.

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#### Introduction:-

Kati Shoola (LBP) is a disease which is mainly caused by vitiation of VataDosh. Some ancient texts also describe Kati Shoola as a symptom of some disorders such as KatiGraha, TrikaGraha, PrushtaGraha, KatiVayu, TrikaShoola, PrushtaShoola, VatajaShoola, TrikaVedana, and GrudrasiVata. And it is mainly caused due to VataProkopaahara (diets), Vihara (regimen) and Abhighata (infliction of trauma)<sup>1</sup>

It can be correlate with Low back pain. According to ICD 10, classification of low back pain comes under 2021 ICD-10-CM Diagnosis Code M54.5 criteria. Clinically it is defined as Acute or chronic pain in the lumbar or sacral regions, which may be associated with musculo-ligamentous sprains and strains; intervertebral disc displacement; and other conditions.<sup>2</sup> Low back ache may be a pre-monitory symptom in fistula in ano, sciatica, gouty arthritis, hernia etc. Pain is confined to the lower part of the spine especially lumbar region or lumbo-sacral area. LBA is also found in mild form in cases of anemia, sciatica, RA, hemorrhoids etc.

Many treatment regimens are described classically to treat patients suffering from Katishoola. like snehana, swedana, Basti etc. Acharya Charaka has explained, 13 types of swedana in Swedadhya. PatrapindaSweda is a form of swedana which is included under the category of Pindasweda. In this type of Sweda, different medicinal leaves have used for preparation of pinda. This gives relaxation from stiffness, heaviness and coldness in the body. This treatment eliminates the toxic elements through sweating after the swedana procedure. This procedure is the special type of Panchkarma treatment that helps to gain health and recovery from illness by different diseases.

In this paper, a pilot study has conducted for Patra Pottali Pinda Sweda in which the medicinal drugs are tied in a cloth and used for Swedana and it is also known as PindaSweda. These therapies refer to application of heat by using the heated packs. Here, packs/pinds are prepared by Medicinal leaves or boiled grains or sand tied on a piece of

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cloth packs is heated in a boiling Kwatha or Taila. Inducing perspiration by using heated pack of specific herbal leaves is known as PatraPottaliSweda which uses on UpastambhitaVyadhiavastha.

### Aims and Objectives:-

To assess the effect of Patra Potli Pinda Sweda in Katishool.

### Materials and Method:-

1. Random selection of patients irrespective of their sex, education etc. from O.P.D and I.P.D of Govt. Ayurvedic Medical College, Akhnoor, Jammu.
2. Sample size = 10
3. Study duration 7 days
4. single group study.

Snehanaand swedana are the main line of treatment in vatavyadhi, and in katishoolavatais the prime factor for pain. So, treatment planned was Snehana (oleation)in the form of Abhayangha(massage) externally. And Patrapottalisweda as swedana was planned for the cases. Assessment of condition of the patient before and after treatment was done based on Subjective parameters (pain, stiffness, swelling) and Objective parameter for pain and physical activity grading, to evaluate efficacy of the treatment.

### Inclusion Criteria

1. Patient having the signs and symptoms of LBA i.e. Pain, Stiffness, Swelling.
2. Patients between the age group of 30-60 years.
3. All patients are from the GAMC&H, AKhnoor.

### Exclusion Criteria

1. Patients of age below 30 years and above 60 years.
2. Patients having hernia, splenomegaly and hepatomegaly, having SLR test positive.

### General Examination of Patients

1.	Pain	Low back Ache, Discontinuous, Increases on heavy lifting	6 patients
		Low Back Ache, Continous	4 patients
2.	Stiffness	Movement restricted due to stiffness	4 patients
		Mild restriction of movement due to stiffness	1 patient
		Movement not restricted due to stiffness	3 patients
		Absent	2
3.	SLR test	Negative	All Patients
4.	Exacerbating Factor	Lifting Heavy things, Prolonged sitting	5 patients
		Lifting Heavy things	3 patients
		Prolonged sitting	2 patient
5.	Sensory Loss	Negative	All patients

### SampraptiGhataka Of Katishoola:

Dosha	Vata, Vyana, apanavridhi
Dushya	Dhatu – Asthi, Mamsa, majja Updhatu – Snayu
Udbhavasthana	Pakwashaya
Vyaktasthana	Kati
Sancharasthana	Sharira
Srotas	Asthivaha

### Patra Pottali Pinda Sweda

This therapy inducing perspiration by using a heated pack of specific herbal leaves is known as Patra PottaliSwedawhich uses on UpastambhitaVyadhiavastha. The word Patra Pottaliis derived from two words: Patra = Leaves and Pottali = Bundle. In Kerala, Patrapotli is performed under the name ELAKIZHI.

### A. Preparation of Pottali

In this therapy, various medicinal Vata-hara leaves in grated form like as Eranda, Arka, Nirgundi, Dhatura, Nimba and Garlic, Earthen pan, VataharaTaila, two cloth pieces and thread are used for preparation of pottali.

**Step I:** Collection of prescribed material.

**Step II:** The herbal leaves are cut into small pieces and then taken in a vessel or Earthen pan of round bottom. Prepare a mixture of grated leaves.

**Step III:** About approximate 200ml of VataharaTaila (viz. MahanaryanaTaila etc.) is added to mixture of grated leaves.

**Step IV:** Mixture of grated leaves is fry/cook with continuous stirring in the pan.

**Step V:** Preparation of Packs using cloth and fry/cooked leaves.



### B. Method:-

The Process of treatment or method of application should be performed in all the seven positions advised by Abhyanga<sup>3</sup>. The treatment process is carried out for 5-10 minutes in each position as advised by Abhyanga and completed all the procedure in 35- 45 minutes. The patient should be seated with leg extended over the Droni facing to the East. Abhyanga should be performed with prescribed medicatedTaila all over the body. After the Abhyanga, Patient is asked to sit on the Droni with legs extended. Earthen pan is kept in mild flamed & prescribed Vatahara Tail is poured (10-15 ml) on each time of dipping a pottali for maintain the uniform temperature. A warm bolus is gently applied in a synchronized manner by two therapists positioned in each side of the patient.

### Interventional Schedule

Days	Treatment	Duration
1 <sup>st</sup> Day	Patra Pottli	25 min
	MahanarayanaTaila Abhyanga	10 min
		10 min
	DashmulaKwathNadiSweda	
2 <sup>nd</sup> Day	MahanarayanTailaL/A	5 min
	Patra Pottli	30 min
	MahanarayanaTaila Abhyanga	10 min
	DashmulaKwathNadiSweda	10 min
3 <sup>rd</sup> Day	MahanarayanTailaL/A	5 min
	Patra Pottli	30 min
	MahanarayanaTaila Abhyanga	10 min
	DashmulaKwathNadiSweda	10 min
4 <sup>th</sup> Day	MahanarayanTailaL/A	5 min

	Patra Pottli	30 min
	MahanarayanaTailaAbhyanga	10 min
	DashmulaKwathNadiSweda	10 min
5 <sup>th</sup> Day	MahanarayanTailaL/A	5 min
	Patra Pottli	30 min
	MahanarayanaTaila Abhyanga	10 min 10 min
	DashmulaKwathNadiSweda	
6 <sup>th</sup> day	MahanarayanTailaL/A	5 min
	Patra Pottli	30 min
	MahanarayanaTaila Abhyanga	10 min
	DashmulaKwathNadiSweda	10 min
7 <sup>th</sup> day	MahanarayanTailaL/A	5 min 30 min
	Patra Pottli	
	MahanarayanaTaila Abhyanga	10 min
	DashmulaKwathNadiSweda	10 min

**Observation:-**

Patients	Lakshan	Before Treatment	After Treatment
Patient 1	Ruka 1. Severity	Gr. 3	Gr.1
	2.Duration	2months	
	Toda	Pricking	Absent
	1.Duration	2months	
	Stambha 1. Severity	Gr.2	Gr.3
	2. Duration	1.5 months	
	Suptata	Absent	Absent
	Dehavakrata	Absent	Absent
	Gowrava	Present	Absent
	1. Duration	1-1.5 months	
Aruchi	Present	Absent	
1. Duration	15-20 days		
Tandra	Present	Absent	
1. Duration	15-20days		

Patient 2	Ruka 1. Severity	Gr. 4	Gr.1
	2. Duration	5 months	
	Toda	Pricking	Mild Present
	1. Duration	3 months	
	Stambha 1. Severity	Gr.3	Gr.0
	2. Duration	5 months	
	Suptata	Present	Absent
	Dehavakrata	Bending of body	Mild bending
	1. Duration	1 month	
	Gowrav 1. Duration	Present 1 month	Absent
Aruchi 1. Duration	Present 3 months	Absent	
Tandra	Absent	Absent	
Patient 3	Ruka 1. Severity	Gr.2	Gr.0
	2. Duration	15 days	
	Toda	Burning	Absent
	1. Duration	15 days	
	Stambha 1. Severity	Gr.1	Gr.0
	2. Duration	15 days	
	Suptata	Absent	Absent
	Dehavakrata	Absent	Absent
	Gowrav	Absent	Absent
	Archi	Absent	Absent
Tandra	Absent	Absent	
Patient 4	Ruka 1. Severity	Gr.4	Gr.2
	2. Duration	7 months	
	Toda	Burning and Pricking	Slight Pricking
	1. Duration	6-7 months	
	Stambha 1. Severity	Gr.4	Gr.2
	2. Duration	6-7 months	
	Suptata	Present	Absent
	Dehvakrata	Severe Bending	Mild Bending
	1. Duration	4-5 months	
	Gowrava 1. Duration	Present 3-4 months	Absent

	Aruchi	Present	Absent
	1. Duration	1 month	
	Tandra	Present	Present
	1. Duration	1-2months	
Patient 5	Ruka		
	1. Severity	Gr.3	Gr.0
	2. Duration	2 month	
	Toda	Tingling	Absent
	1. Duration	2 month	
	Stambha		
	1. Severity	Gr.1	Gr.0
	2. Duration	1-2 months	
	Suptata	Present	Absent
	Dehavakrata	Absent	Absent
Patient 6	Gowrava	Present	Absent
	1. Duration	1-2 months	
	Aruchi	Absent	Absent
	Tandra	Absent	Absent
	Ruka		
	1. Severity	Gr.2	Gr.0
	2. Duration	20 days	
	Toda	Pricking	Absent
	1. Duration	15-20 days	
	Stambha		
1. Severity	Gr.1	Gr.0	
2. Duration	15 days		
Suptata	Absent	Absent	
Dehavakrata	Absent	Absent	
Gowrava	Absent	Absent	
Aruchi	Absent	Absent	
Tandra	Absent	Absent	
Patient 7	Ruka		
	1. Severity	Gr. 4	Gr.2
	2. Duration	1 year	
	Toda	Burning	Mild burning
	1. Duration	1 year	
	Stambha		
	1. Severity	Gr.3	Gr.1
2. Duration	1 year		
Suptata	Absent	Absent	
Dehavakrata	Severe bending	Mild bending	
1. Duration	8-9 months		

	Gowrav 1. Duration	Present 6-7 month	Absent	
	Aruchi 1. Duration	Present 6-7 months	Present	
	Tandra 1. Duration	Present 5-6 months	Present	
Patient 8	Ruka 1. Severity	Gr.1	Gr.0	
	2. Duration	7 Days		
	Toda 1. Duration	Burning 7 days	Absent	
	Stambha 1. Severity	Gr.0	Gr.0	
	Suptata	Absent	Absent	
	Dehavakrata	Absent	Absent	
	Gowrava 1. Duration	Present 7 days	Absent	
	Aruchi	Absent	Absent	
	Tandra	Absent	Absent	
	Patient 9	Ruka 1. Severity	Gr. 3	Gr.1
2. Duration		2months		
Toda 1. Duration		Pricking 2 months	Absent	
Stambha 1. Severity		Gr.2	Gr.0	
2. Duration		2 months		
Supata		Absent	Absent	
Dehavakrata 1. Duration		Mild bending 15 days	Absent	
Gowrav 1. Duration		Present 20-25days	Absent	
Aruchi 1. Duration		Present 1 month	Relief in complain	
Tandra		Absent	Absent	
Patient 10		Ruka 1. Severity	Gr.1	Gr.0
		2. Duration	5-6 days	
	Toda 1. Duration	Tingling 5-6days	Absent	
	Stambha 1. Severity	Gr.0	Gr.0	

	Suptata	Absent	Absent
	Dehavakrata	Absent	Absent
	Gowrava	Absent	Absent
	Aruchi	Absent	Absent
	Tandra	Absent	Absent

### Discussion:-

In this case, the Vatavridhitook place in the patient because of his age, psychological factors and diet regimen. Vriddavastha usually had Vata predominance. Along with this, the Chinta and ShokadiManasikaHetuare also elevated the Vata in this case. The patient also had a habit of taking more VatalaAharas. The patient even had a Mandagni.AsVata is the most important factor causing Katishoola(Low back pain) and Snehana-Swedana is the first line of treatment of Vatadosha.And as in this case degenerative changes were observed.TheAbhyanga carried out before the swedana are likely to correct the imbalances of Vatadosha.<sup>4</sup>

ThePatrapottalisweda is very much efficacious in such clinical conditions.<sup>5</sup> So these procedures were very effective and markedly improved the signs and symptoms of katishoola (lower Back ache)

### Conclusion:-

Here, a comprehensive study is presented of a special Panchkarma procedure-Patra PottaliSweda. In literature, several different medication materials are used asper the need in both the procedure, few of them discussed above with their benefits. Patra PottaliSweda is usually prescribed by the panchakarma/Ayurveda practitioners for healing of bodies.

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