



Review Article

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ROLE OF PATRA PINDA SWEDA IN THE MANAGEMENT OF GRIDHRASI: A LITERARY REVIEW

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ABSTRACT

Gridhrasi, correlated with sciatica, is a Vata-dominant disorder characterized by radiating pain from the sphik pradesh (hip) to the pada (foot). Patra Pinda Sweda is a form of Sankara Sweda, traditionally used to alleviate Vata-related symptoms. This review assesses its role in managing Gridhrasi. Classical Ayurvedic texts (Brihatrayi), standard textbooks, and published research articles were reviewed to analyze the procedure, herbs used, and therapeutic actions of Patra Pinda Sweda. Literature indicates that Vatahara, Shothaghna and Vedanasthapana properties of the medicinal leaves used in Patra Pinda Sweda helps to reduce pain, stiffness, and inflammation in Gridhrasi. Patra Pinda Sweda appears to be an effective supportive therapy for Gridhrasi. Further controlled clinical studies are required to validate its efficacy and establish standardized treatment protocols.

Keywords: Patrapinda sweda, Gridhrasi, Sciatica, Panchakarma, Swedana

INTRODUCTION

Ayurveda is the science of the life. Panchakarma is one of the basic root of ayurveda which involves the purification and detoxification of the body. In Panchakarma Snehana (oleation therapy) and Swedana (sudation therapy) are considered as Poorvakarma (pre-procedure) as well as Pradhankarma (procedure). Swedana is considered as the first line of treatment in all Vaatvyadhis. Swedana is done for the management of vata and kapha dosha pradhan vyadhi. Swedana means which makes the 'body to perspire'¹. Acharya Charaka explains two types of Swedana viz Saagni sweda and Niraagni sweda². Sankara sweda comes under saagni sweda. Sankar sweda is a method in which the materials are tied in a cloth and used for swedana and commonly known as pinda sweda³. It is categorised into two types ruksha pinda sweda and snigdha pinda sweda.

According to Acharya Charaka, Gridhrasi is one of the Vata nanatmaja vyadhi⁴. It is also considered as shool pradhan nanatmaja vyadhi⁵. Gridhrasi is caused due to the vitiation of Vata dosha. In Gridhrasi, the aggravated Vata produces stambha (stiffness), ruja (pain), toda (pricking pain), and spandana (frequent twitching) in the sphik (hip) initially and gradually radiates downwards to kati (waist), prustha (back), uru (thigh), janu (knee), jangha (calf region) and pada (foot)⁶. On the basis of symptoms, it is correlated to sciatica. It occurs due to spinal nerve irritation and is characterised by pain in the distribution of sciatica nerve⁷.

Samanya Nidana

Nidana of Gridhrasi is same as the vata prakopaka hetus. ^{8,9}

Aharaja Nidana: Ruksha anna (dry food), sheeta anna (cold food), laghu anna (light diet).

Viharaja Nidana: Ativyayama (excessive exercise), ativyavaya (excessive sexual activity), abhighata (trauma/ injury).

Samprapti

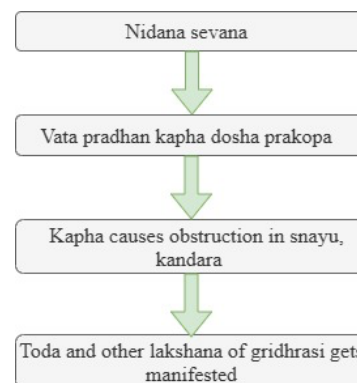


Figure 1: Samprapti of Gridhrasi ¹⁰

Poorvaroopo

Acharya Charaka, in Vaatvyadhi chikitsaadyaya gives the reference

"Avyaktamlakshanamtesham purvarupamitismritam".

Avyakta lakshanas of Vaatvyadhi can be considered as Poorvaroopo of Gridhrasi. ¹¹

Roopa

The common symptoms seen in Gridhrasi are sphik stambha (stiffness of hip), ruja (pain), toda (pricking pain) initially gradually radiates downwards to kati (waist), prustha (back), uru (thigh), pada (foot).

In Gridhrasi, tandra (drowsiness), gaurava (heaviness), and aruchi (anorexia) may be present if kapha is associated with vata¹².

Table 1: Samprapti Ghataka

Dosha	Vata pradhana tridosha
Dushya	Rasa, rakta, asthi, majja, sira, snayu, kandara
Agni	Jatharagni, Dhatvagni
Agnidushti	Mandagni
Srotas	Rasavaha, raktavaha, mamsavaha, medavaha, majjavaha
Srotodushti	Sanga, Vimarga gamana
Udhhava sthana	Pakwashaya
Rogamarga	Madhyam rogamarga

Patra Pinda Sweda

This is a type of sweda wherein the fomentation is done by heated bolus bags containing leaves of medicinal plants.¹³

Procedure**Table 3: Procedure of Patra Pinda Sweda¹⁴**

Poorva karma (Pre Procedure)	Preparation of pottali: The fresh leaves should be washed in water and chopped into small pieces. The leaves, grated coconut, and sliced lemon should be mixed thoroughly and fried together in 100ml of appropriate oil till coconut scrapings attain brown tinge and divided into four equal parts and made into pottali. Preparation of patient: After consideration of desha, ritu, rogabala, rogibala, age, jeerna lakshna etc. one should go for the selection of an appropriate variety of swedana. Abhyanga should be done before swedana procedure for 10 minutes
Pradhan karma (Procedure)	The prepared pottali should be heated with the suitable oil in hot iron pan and applied to affected part after checking the temperature over dorsal aspect of palm. Care should be taken to maintain the temperature throughout the procedure by reheating the pottali
Paschat karma (Post Procedure)	Wipe off the oil from body using clean dry towel. Patient is advised to take rest. Advice to take hot water bath after half an hour depending on disease

Precautions

Following precautions to be taken during the procedure.

1. Every time the therapist should ensure the temperature of the pottali by placing it over their dorsum of hand.
2. If patient feels any discomfort during any time of treatment the therapy should be stopped.
3. The ideal time to perform procedure is between 7-11 am and 3-6 pm.

Duration of procedure: 30-45 minutes for 7-21 days.

Indications

Vataja conditions, Sandhigata vata (Osteoarthritis), Gridhrasi (Sciatica), Cervical and Lumbar spondylolysis, Avabahuka (Frozen shoulder), Pakshavadh (Hemiplegia).¹⁵

Contraindications

Paittika conditions, Vrana (Open wound), Ajeerna (Indigestion), Taruna jwara (fever with recent origin), Raktpitta (Hemorrhagic disorders), kamala (Jaundice), Garbhini (Pregnant women) etc.¹⁶

Complications

The complications such as burn, fainting, and allergic reactions may be seen during the procedure, which are to be managed accordingly. In case of burn application of Aloe vera immediately on the burn site, in fainting immediate termination of the procedure and sprinkling of cold water over the face and in allergic reactions one must stop the procedure and manage accordingly.

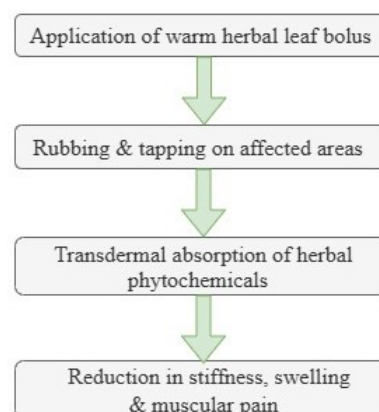
Mode of Action of Patra Pinda Sweda in Gridhrasi**Drug effect**

Acharya charaka described swedopaga gana, which are used for the patra pinda sweda. These drugs are having vatahara property and all drugs are ushna virya, snigdha guna Thus the drugs directly act on the vata.

Table 2: Materials required for Patra Pinda Sweda

Materials	Quantity
Leaves (chopped into pieces)	1kg
Scraped coconut	100 gm
Sliced lemon	02
Cotton cloth (45cm×45cm)	4 pieces
Tags	04
Vessel (for frying leaves and heating pottali)	02
Oil for frying leaves	120ml
Rasnadi choorna	8 gm

Drugs required: Eranda, Arka, Dhatura, Shigru, etc Swedopaga dravyas

Thermal effect**Figure 2: Thermal effect¹⁷****DISCUSSION**

Patra pinda sweda is a specialized ayurvedic therapeutic procedure which manages the musculoskeletal and joint disorders particularly caused due to the vitiated vata and kapha doshas. The bolus containing the medicinal leaves having the anti-inflammatory, analgesics properties, which helps to alleviate the symptoms such as pain, stiffness, and provide the overall joint and muscle health. The ushna guna of swedana karma leads to stimulate sympathetic nervous system and produces vasodilation, also increases the circulation of Rasa and Rakta in the body. Which helps in pacification of vata - kapha dosha as well as removal of toxins. Patra Pinda Pottali Sweda treatment technique combines Snehana (oleation) and Swedana (fomentation), resulting in a comprehensive and successful approach. Snehana lubricates and softens tissues, while Swedana opens channels to helps in expulsion of toxins. This strong combination relieves pain and stiffness while also promoting detoxification and renewal of the body. The effectiveness of this treatment varies

depending on the patient's constitution, the severity of the ailment, and the practitioner's experience. Personalizing Ayurvedic remedies to the individual requires consideration of their Prakriti (natural constitution), Vikriti (present health status), and any potential contraindications. Although the traditional knowledge of Patra Pinda Pottali Sweda is substantial, further clinical study is needed to prove its therapeutic advantages in modern times. Controlled studies and evidence-based evaluations can bridge the gap between traditional Ayurvedic techniques and modern healthcare, increasing the legitimacy and acceptance of this treatment.

CONCLUSION

Gridhrasi is Shoolpradhana Nanatmaja Vata Vyadhi which shows the onset on Ruk, toda, snehana and swedana are first line of treatment of Vatavyadhi. Swedana are done to relives stambha, gaurava, sheetata, ruk. Sankara sweda is one among thirteen types of saagni sweda mentioned by Acharya Charaka. It is an ideal treatment for application of heat to specific part of body. Due to direct contact of heat, the penetration is deeper and hence it effectively reduces pain, stiffness, swelling. This is effective and best method of managing severe pain in Gridhrasi.

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