



Case Study

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EFFICACY OF SHASTIKA SHALI PINDA SWEDA IN MUSCULAR DYSTROPHY: A CASE STUDY

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ABSTRACT

Muscular dystrophy is a group of diseases that make muscles weaker and less flexible over time. This disease comes under Beeja dosha and Mamsavaha Srotodushti which leads to Mamsavaha Kshaya and impairment of Mamsagni and can be treated as Mamsagat vata which is explained in Ayurvedic text. This is a single case study was conducted to evaluate the efficacy of Shastika Shali Pinda Sweda in muscular dystrophy. The case report is A female patient aged 14 years was admitted in IPD of Kayachikitsa and Panchakarma with complains of both lower limb weakness, loss of muscle strength. It was a diagnosed case of muscular dystrophy. The patient was unable to walk, sit and stand properly due to the weakness in lower limbs and other associated symptoms loss of appetite, weakness. Diagnosis done by the examination of muscle power and tone. During the examination, Muscle tone and power diminished in the lower limbs of the patient. Materials and methods are Shastika Shali, Bala mool (decoction), Milk, Ksheer bala tail (for Abhyanga). Triphala churna 1 gram at bedtime and Shunthi churna 0.5 gram two times before meal given to enhancing the appetite. Shastika Shali Pinda Sweda was done for 14 days regularly and then follow-up after 1 month. The patient showed significant improvement in muscle weakness, and she can be able to do her work without any support. This single case study shows the efficacy of Panchakarma procedure and minimize the severity of disease and improving quality of life of patients.

Keywords: Muscular dystrophy, Mamsavaha Srotodushti, Mamsagni, Shastika Shali Pinda Sweda

INTRODUCTION

Muscular dystrophy is inherited disorder with progressive muscle destruction, weakness is usually proximal. According to Modern Science many types of muscular dystrophy are present, Myotonic dystrophy (DM1), Proximal myotonic myopathy (DM2), Duchenne, Becker, Limb girdle, Fascio-scapulo-humeral. This Study comes under Becker types which is sex-linked recessive disorder, Age of onset is Childhood/early adult and proximal and limb girdle muscles are mostly affected, other features i.e., cardiomyopathy, Respiratory failure is uncommon¹. With the help of Ayurvedic Panchakarma therapy, we can improve quality of life of patients. According to Acharya Charak the Mamsaja disorder should be treated with purification therapy². By application of Snehan and Swedan, even a deformed stiffened limb can be slowly brought back to normality, just as it's possible to bend as desired even a dried piece of wood by such measures. Swelling, stiffness and spasticity can be cured, and the softness of the part restored by means of Swedan.³

Aims and Objectives

- To study the result of Shastika Shali Pinda Sweda in Muscular dystrophy patient.
- To check the efficacy of Shastika Shali Pinda Sweda on muscle tone.

Case study

A 14-year female patient reported to the Kayachikitsa and Panchakarma OPD in Govt. P.G Ayurveda College and hospital Varanasi and she was unable to walk, stand and sit properly for 4

years, so she was not able to do her routine work, Muscle weakness in both lower limbs-4 years.

- On General examination, BP, Pulse, Height, Wt. is Normal,
- On Respiratory examination B/L Chest is clear, No added sound,
- On CVS Examination S1, S2 Normal, Murmur absent,
- On CNS examination- Upper limb is normal- Motor system (Nutrition, Tone, Power, Incoordination, Reflex), and sensory system.
- Lower limb- Motor system is impaired, Nutrition- muscles weakness (B/L gluteal muscle), calf muscle becomes hard and inelastic, and dystrophy occur, Tone- hypotonic, Power- Grade 2, Incoordination- Tandem walking is absent, Reflex of Knee jerk and ankle jerk is diminished, and Sensory system is normal⁴.

MATERIALS AND METHODS

A Single case study is done for daily 14 days with Ayurvedic treatment of Shastika Shali Pinda Sweda with oral Dipan-Pachan and Anulomak medicines. Study is carried out as per international conference of Harmonization-Good Clinical Practices Guidelines (ICH-GCP) or as per Declaration of Helsinki guidelines.

Scaling of Muscle Tone and Power - MAS (Modified Ashworth scale) of Muscle tone⁵ and MRC Grading of Power⁶.

Materials

- Shastika Shali Rice - 350 gram
- Bala Root – 500 gram

- Water - 8 liters
- Cow's Milk - 1.5 liters
- Cotton Cloth - 8 pieces (45 cm X 45 cm)
- Threads (45 cm) – 8
- Vessels for preparing decoction, and for cooking rice
- Stove - 1
- Ksheer Bala tail for Snehan – 200 ml
- Long cloth – 1
- Towel/tissue paper – 2
- Attendant – 5

Method of Preparation

Balamula Kashaya is prepared by boiling bala mool and water. Divide the Kashaya into two equal parts. In one part of Kashaya, milk is added in same quantity along with Shastika Shali rice and cooked properly. The rice is tied in 8 pottalies. The other part of Kashaya is mixed with milk and used as drava dravya during the procedure.

Poorvakarma (Preparation of patient)

Tal dharana formed by Amalaki Kalka is kept on the patient's vertex region followed by Ksheer Bala tail abhyanga for about 15 to 35 minutes in all the 7 positions-Sitting, lying on the back side of the body, Rt lateral, lying on the front side of the body, Lt lateral, lying on the back side of the body, Sitting.

Pradhan Karma

The prepared Pottali's are taken and dipped in the mixture of Balamula Kashaya and milk which is simultaneously boiled. The Pottali is rubbed and squeezed mildly on the body of the patient. Before applying the Pottali on the body of patient should ensure that the heat of the Pottali is bearable to the patient by touching them to their own dorsum of the hand. The procedure is done in 7 postures (5 min in each posture). After the procedure is completed the Shastika Shali is applied over the body with mild massage.

Pashchat Karma

Scrapping of rice paste from the body by using the cloth/coconut leaf. The Patient should be advised to take Lukewarm water bath and avoid cold water⁷.

Benefits of Shastika Shali Pinda Sweda: Shastika Shali Pinda Sweda comes under Snigdha Sankar Swed⁸.

- It decreases stiffness due to massage and heat applied over the area.
- Nutrients of Shastika Shali get absorbed and give strength to the muscles.
- Sweat pores open and flow out various metabolic wastes.
- Increased blood flow promotes relaxation process and increasing range of movement.
- Toxins remove from the body by inducing sweat. If oleation and sudation could soften dried timber, then definitely helpful in muscle spasm condition in a patient.⁹

Oral Medicines - For better result of Shastika Shali Pinda Sweda, advised Triphala churna 1 gram with lukewarm water at bedtime and Shunthi churna 0.5-gram BD before meal.

Pathya - Laghu Supachya Ahara, Laghu Vyayama

Apathya - Bakery products, cold drinks, ice-cream.

Vihar/Exercise - Daily exercise started at hospital then advice to continue at home, exercises are as follows,

- Practicing standing without any help.
- Practice for Straight line walking.
- Hip flexion and extension exercises with increasing loaded weight to the legs.
- Practice for sitting and standing.

Shastika Shali Pinda Sweda is very helpful in such a type of Muscular dystrophy. Markedly improved in symptoms of patient.

RESULTS

On daily treatment of Shastika Shali Pinda Sweda improved muscle tone and power was observed in a single case study. The signs & symptoms have assessed at regular interval at before treatment, at 14th day and after one month. Muscle tone is assessed on MAS (Modified Ashworth scale) and muscle power is assessed on MRC Grading of Power. (Table 1)

Table 1: Observations at different Follow ups

S. No.	Observation	Before treatment	14th day of treatment	After 1 month follow up
1	Muscle tone	Hypotonic grade 1	Hypotonic grade 2	Hypotonic grade 2
2	Power	Grade 2	Grade 2	Grade 3

DISCUSSION

Daily 14 days treatment as Shastika Shali Pinda Sweda worked due to ushna guna to stimulate the sympathetic nervous system and perform vasodilation. Due to Sara and Sukshma guna of Swedan dravya, Lina dosh are liquefied and came out through micropores of the skin. And regular exercise improves muscle tone, power and gets improved patient's condition¹⁰. Patient can sit and stand without any support. The Patient can walk easily in straight lines. The Patient can improve her lying down position without support.

Panchakarma therapy is very beneficial in chronic diseases esp. from the Musculo-skeletal system. Vaman, Virechana, Basti, and Nasya are major therapeutic procedures in management of these

chronic diseases. These Vaman and virechan¹¹ karma mainly aims to eliminate kapha and Pitta doshas. Virechana is the procedure which expelled out the doshas through anus. Basti¹² is the process like enema, and it is best for Vata vyadhis.

The word 'Pinda' is a Sanskrit word, means bolus. Pinda Sweda refers to the sudation achieved with the aid of using bolus of drugs. Shastika Pinda Sweda is carried out in Ekanga or Sarvanga with the bolus of boiled Shastika Shali with Balamula Kwatha and Ksheer. The most important quality of Shastika is snigdha, guru, sthira, sheeta and tridoshaghna. Though a Sweda karma, it has brimhana guna. The properties of drugs used in abhyanga and Shastika Shali Pinda Sweda, such as Brimhana, Snigdha, and Vata Shamaka, are antagonistic to vitiated Vata. The location of Vata is thought to be the skin (i.e.,

Sparshanendriya). When these therapy measures are immediately applied to the skin, they rectify Vata's disturbed functions, which in turn corrects the impaired functions¹³. There are some similar panchakarma procedures like Swedan and Snehan. Greeva basti is used in cervical spondylosis¹⁴, Kati basti is used in lumbar spondylosis and Janu basti is used in patients of knee osteoarthritis. All these therapies are mainly work on vata and they pacify aggravated vata dosha.

Shastika Shali Pinda Sweda is a Brimhaniya Snehika (tonic) sudation performed by bolus of boiled Shastika Shali with Vata hara Kwatha (decoction of vata hara herbs) and milk. Shastika Pinda Sweda is performed as Ekanga or Sarvanga. Snigdha, guru, sthira, sheeta properties are present in Shastika Shali. Though a Sweda karma, it has brimhana guna. In this procedure moist heat used and Moist heat is more effective than dry heat because it deeply penetrates the skin, so increases the effect on muscles, joints, and soft tissue. By using the Shastika Shali Pinda Sweda skin blood flow increases. If Shastika Shali Pinda Sweda applied over the effected part, muscle temperature remains elevated for a longer period. This procedure also increases the flexibility of effected part. Swedana makes the skin more permeable by opening the skin appendage through sweating, dilating blood vessel, all these things help in absorption of medicine. Most of the things are not permeable through the skin but amphipathic nature of the milk helps in absorption of other medicine. Bala mula Kwatha also helpful to muscular tissues nourishment and prevents the muscle weakness. This procedure provides nutrition to muscular tissue thereby preventing from atrophy and harmful changes. So, Shastika Shali Pinda Sweda is one of the most preferred method of Swedana for muscular dystrophy patients where muscle wasting and weakness present.

CONCLUSION

During this Procedure heat massage and pressure applied on the body, so it provides nourishment and strength to the body tissues, including the muscles, bones & soft tissues of muscles and stimulate nerve ending.

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