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Review Article

### Role of *Panchakarma* in Various Disorders Associated with Pain; W.S.R. to Sciatica, Spondylitis and Osteoarthritis

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#### ABSTRACT

Ayurveda is a system of medicines practicing in India anciently. The concepts and belief of ayurveda based on logical reasoning and experimental observations. Ayurveda not only mentioned approaches of disease prevention but also described preventive measure to maintain good health status. The therapeutic measures of ayurveda not only involves use of medicine but also utilizes other approaches such as; *Panchakarma*. *Panchakarma* is a *Shodhana Chikitsa* and approved as vital therapy for the management of various disorders. *Panchakarma* offer various therapeutic benefits such as; detoxification, improved circulation, relief spasm and pain. The efficacy of *Panchakarma* also well proven in pain related diseases. This article presented role of *Panchakarma* in pain W.S.R. to Sciatica, Spondylitis and Osteoarthritis.

**Keywords:** Ayurveda, *Panchakarma*, *Shodhana Chikitsa*, *Shoola roga*, Sciatica.

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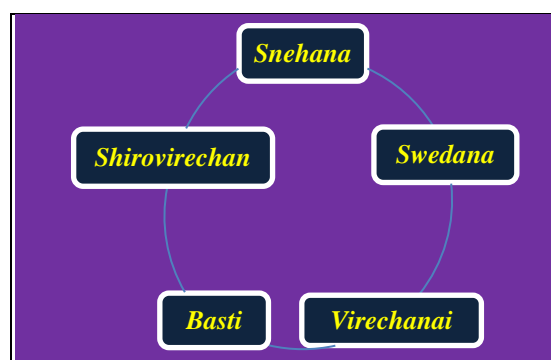
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#### INTRODUCTION

*Panchakarma* is one of the purification method described by ayurveda which help to detoxify body. *Panchakarma* involve utilization of five sub-therapies which help to maintain normal health status. *Panchakarma* maintain *Tridoshic* balances, maintain circulatory process, impart calmness, improve tonicity, boost internal strength and purify whole body therefore offer relief in various diseases. The *Shaman & Shodhan Chikitsa* of *Panchakarma* pacify vitiated *Doshas* and normalizes functioning of *Dhatu*. *Snehana* and *Swedana* are preparatory steps of *Panchakarma* (*Poorva Karma*) which initiate body for main procedure; *Pradhan Karma*<sup>1-3</sup>.

Diseases which are associated with pain mainly involve localized symptoms and vitiated *Vata dosha*. *Panchakarma* therapy help to relief localized symptoms associated with pain such as; inflammation, swelling and

strain. *Panchakarma* also pacifies *Vata dosha* therefore help in diseases such as; Sciatica, Spondylitis and Osteoarthritis. *Panchakarma* therapies such as; *snehana*, *swedana*, *vamana*, *virechanai*, *basti* and *shirovirechan* help to manage painful diseases as mentioned above.



**Figure 1:** *Panchakarma* approaches for various *Shoola roga*.

### Panchakarma for Sciatica

Sciatica is associated with disturbance of sciatic nerves of leg. In *Ayurveda* it is termed as *gridhrasi* and mainly involves vitiation of *Vata Dosha*. Pain around hip, thigh, back and lower leg, muscles strain and pricking sensation are the symptoms of disease. *Panchakarma* recommended for *gridhrasi* along with other medication and exercise. Sedated oils used in *Panchakarma* help to calm sciatic nerve. *Panchakarma* in *gridhrasi* may perform as follows:

- ❖ **Snehana:** Application and sprinkling of oil over the most affected area.
- ❖ **Swedana:** Pizichil, sudation with oil and *upanaha sweda* in *gridhrasi*.
- ❖ **Mridu samshodhana:** *Mridu Virechana* in controlled manner.
- ❖ **Shiravyadha/Rakta-mokshana:** Recommended to perform 4 *angula* above knee joint.

**Kati Basti** is also recommended for lower back pain and therefore may be utilized in sciatica. The well of flour mixture loaded with warm oil applied over lower back, warm oil help to expands vessels, relax muscles, offer calming effect, enhance recovery process and alter rigidity.

**Matra Basti** possessing *Snigdha, Laghu, Ushna* and *Tikshna guna* therefore offer *Vata-Kapha Shamaka* activity. Pacify *Kapha* and *Vata*, *Snigdha Guna* of *Taila* antagonizes *Ruksha* of *Vata* while *Tikshna Guna* pacifies *Srotodushiti*, therefore *Matra Basti* control *Apan Vayu* thus relief pain in sciatica. *Vasti* purify *Purishadhara Kala* and *Asthi Vaha Srotas* while *Sneha Basti* possesses *Vata Shamaka* property. *Vasti* removing *Mala* and *Avarana* thus help to clears *Srotas*. The *Snigdha Guna* of oils normalizes *Apan Vayu* which and relief pain of sciatica.

- ❖ *Panchakarma* procedure such as; *Snehana* and *Svedana* boost muscle tone.
- ❖ *Vasti* with *Tikta* and *Madhura Rasa* drugs offer anti-edematous and anti-inflammatory properties.
- ❖ *Shalishastika Pinda Svedana* offer nourishment to muscles and bones thus reduces inflammation and pain.

### Panchakarma for Osteoarthritis

Osteoarthritis is a degenerative joint disease causing pain, swelling and restricted joint motion. Osteoarthritis involve loss of cartilage mainly affects joint of hands, knees and hips. Tenderness, stiffness, loss of flexibility and grating sensation are the others symptoms of

disease. The persons of middle or higher age affecting more than younger one while female are more susceptible to disease than male. *Ayurveda* recommended use of *Panchakarma* therapy for the symptomatic relief of disease. *Snehana* and *Swedana* with *Dashamoola taila* and *Dashamoola kwatha* offer *vatashamaka, balya* and *anulomaka* properties thus help in *Sandhigata vata*. The *Panchakarma* therapy increases joint space temporarily and improves movement & flexibility of joints. The *Snehana* and *Swedana* help to maintain body tonicity therefore strengthening muscle, ligament and tendon flexibility.

- **Abhyanga:** *Abhyanga* pacifies *vata*, reduces pain, strengthens muscles and improves joints flexibility.
- **Janu basti:** *Janu basti* lubricate fluid in joint and maintain integrity of the bony frame, boost blood circulation, nourishes knee joints and enhance mobility of knee joints.
- **Sveda:** *Sveda* helps to keep joint warm, reduces stiffness and pain, relaxes muscle and provide symptomatic relief in osteoarthritis.
- **Virechana:** *Virechana* eliminate vitiated *doshas* and possess *vata anulomana*. Thus relief pain and stiffness of osteoarthritis.

### Panchakarma for Spondylitis

- **Snehan** involving massage with external oil followed by massage with medicated oil which pacifies *vata* and soften body. Sesame oil and *draksha* decoction may be used internally.
- **Swedana** soften the *srotas*, liquefy the *doshas* and remove aggravated *vata*. *Swedana* impart calming effect, relax and prepare body for further main procedure of *Panchakarma*.
- **Basti** is very useful in painful disorders predominant of *vata, anuvasana* and *niruhana basti* advised for the management of *shoola*. *Snehan* and *swedana* followed by *asthapana basti* with decoction of *pippali, bilwa, devadaru* and *madanphala* remove vitiated *vata* thus relief pain.
- **Shirovirechana** not directly affect clinical manifestation of spondylitis but it help to manage pain and irritability up to some extent. It offers calming, relaxing and pain curbing properties. *Jyotishmati kshavaka, vidanga, shigru, apamarga, sarshapa, tandula* and *sweta* recommended for *shirovirchana*. *Shirovirchana* also relief burning sensation around neck area associated with spondylitis.
- **Nasya** with *Anu Taila* also help in spondylitis.

**Table 1: Panchakarma and related approaches for the management of pain related disorders:**

Therapy	Procedure	Effect	Indication
<i>Pizhichil</i>	Medicated oil is poured onto the body in continuous streams while being gently massaged	A soothing and relaxing	Vata dominant ailments
<i>Abhyangam</i>	Whole body massage with specific herbal oils	Reduces stress and induces sleep	To relief muscles spasm and pain
<i>Kativasthi</i>	Warm oil kept over the lower back using natural edge of natural material.	Relieves pain.	Indicated in low back pain and Spondylitis
<i>Kizhi</i>	Herbal leaves / powders applied to the whole body with hot medicated oils	Relieves pain and oedema	Indicated in arthritis and spondylosis.
<i>Nasyam</i>	Herbal juices and medicated oils applied through the nostrils.	Improve circulation, open channels and clean passages.	Relieve headaches, sinusitis and spondylosis.
<i>Sirovasthi</i>	Medicated oils kept on the head for a particular period of time.	Reduces stress, relax body, and diminishes pain sensation and offer calming effect.	Used for headache and disorders.

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