



ROLE OF PARISHEKA SWEDA IN AGHATJANYA SHOOLA – A SINGLE CASE STUDY

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ABSTRACT :-

Aghatjanya Shoola is a musculoskeletal condition characterized by acute or chronic pain following external injury. Ayurveda describes Shoola as a pain condition primarily caused by vitiated Vata, obstruction of srotas and when triggered by trauma (Aaghata), the aggravated Vata leads to localized tissue dysfunction and pain. In present case scenario the female patient an 48 yr old had been complaining of Kati Shoola with history of fall (Traumatic low back pain). She was diagnosed and treated for Aghatjanya Kati Shoola. Treatment was started with external panchakarma therapy by swedana therapy includes patrapottali swda for first 3 days and Dashamoola Kwatha parisheka sweda for 7 days. This treatment effectively shows in reduction of pain, stiffness, and restored daily activities after demonstrating the usefulness of Ayurvedic external therapies in trauma-induced musculoskeletal pain. Significant improvement was observed in pain intensity (VAS score reduced from 8/10 to 2/10) and functional mobility.

KEYWORDS :-

Aghatjanya Shoola, Panchakarma, Parisheka sweda, Patra-Pottali Sweda, Trauma-induced low-back pain.

INTRODUCTION :-

Aghatjanya shoola is a pain condition described in ayurveda that arises due to aghata^[1]. (trauma or injury) to the body, leading to structural or functional disruption of tissues. Aghatajanya shoola of the kati pradesha can be correlated with Traumatic low back pain. From a contemporary medical perspective, it includes conditions such as lumbar muscle strain, ligament sprain, contusion, or minor vertebral and soft-tissue injuries resulting from trauma. Ayurveda provides a holistic understanding of this condition by emphasizing

not only the structural damage but also the functional imbalance of doshas, especially Vata, along with involvement of mamsa, asthi, and snayu.

According to Ayurvedic principles, aghata(trauma) leads to the vitiation of vatadosha, which is the primary factor responsible for pain. Shoola is considered as cardinal symptom of vata imbalance. In Ayurveda, shoola refers to pain characterized by pricking, piercing, or aching sensations. Acharya Charaka describes shoola primarily as a manifestation of aggravated vatadosha, as vata governs all forms of movement and sensory perception, including pain. Shoola may also arise due to involvement of pitta or kapha, but vata predominance is universally acknowledged. Kati Shoola, or low back pain, can arise due to vata vitiation affecting the kati region, often aggravated by trauma (Aghata) or injury^[1] and it produces symptoms such as pain, stiffness, restricted movement, and sometimes swelling. In conditions involving the kati pradesha (lumbar region), this manifests as low back pain, a common and debilitating musculoskeletal disorder.

Classical texts recommend Swedana (sudation therapy) in vata predominant for relieving pain, stiffness and enhancing circulation^[2]. Swedana karma like Patrapottali sweda (herbal leaf bolus fomentation) reduces pain and stiffness, and improves range of motion, analgesic, anti-inflammatory, and vata-pacifying effects. Parisheka (medicated warm pouring) reduces sheeta guna of vata, relaxes muscles, and improves circulation. Dashamoola is well known for its anti-inflammatory, vata-kapha pacifying, and shoolahara properties^[3]

So we have taken patrapottali sweda and dashamoola kwatha dhara at kati region for the management of aghatjanya shoola. Ayurveda is playing greater role in the management of such cases the aim is to bring the vitiated dosha back to the state of equilibrium, alleviating pain, restoring function, and preventing chronicity.

AIM OF THE STUDY :

- To study the efficacy of patra pottali sweda and dashmoola kwatha dhara in the management of aghatjanya kati shoola w.s.r. to low back pain.

OBJECTIVE OF THE STUDY :

- To assess the efficacy of patrapottali sweda and dashmoola kwatha dhara externally, in relieving symptoms of aghatjanya kati shoola w.s.r. to low back pain.
- To establish possible mechanism of action of the sweda therapy.

CASE REPORT:-

A 48-year-old, Female patient presented to the Panchakarma outpatient department with the complaints of acute low back pain due to history of fall on ground 20 days back. Unable to walk properly due to pain since 20 days.

History of present illness :- Patient was apparently normal 20 days back. She develops pain in lower back region due to fall on ground and was not able to walk properly, not able to do her household work due to severe pain. She consulted an doctor who prescribed her with the medications and rest. The treatment gave her temporary relief, but pain recurred which was continuous in nature. 15 days back she came to our Dhanvantari rugnalaya and know about external therapies. She started taking panchakarma for the same which gave her relief.

Past History : No

Family History: No

Table No.1: Demographic details :

Name	X.Y.Z.
Age	48 Yrs
Sex	Female
Religion	Hindu
Address	Ashta
Occupation	Housewife
Mariatal status	Married
Socioeconomic status	Middle class
Weight	62.7kg
Height	143cm

Table No.2: Vital examination

Blood pressure	130/70 mmHg
Pulse	78 bpm
Respiratory Rate	18 bpm

Table No.3: Ashtavidha pariksha

Nadi (pulse)	78 bpm
Mala (stool)	Samyak (Normal)
Mutra (urine)	Samyak (Normal)
Jeevha (tongue)	Ishat saam
Shabda (voice)	Spashta (clear)
Sparsha (skin)	Anushanasheeta (normal temperature)
Drika (vision)	Prakrita (natural)
Akriti (built)	Madhyama (medium)

Personal History :

Diet -Mixed

Appetite -poor

Addiction -No

Nature of sleep- Disturbed

Menstrual history: Menopause (2 yrs ago)

Systemic examination: RS, CVS And CNS : NAD

P\A : Soft, non tender and no sign of organomegaly.

Investigation : Lumbo-sacral X-ray – Normal

TREATMENT PROTOCOL:

- Patrapottali Sweda (Herbal leaf bolus fomentation) (Nirgundi, Eranda, Shigru, Arka + Saindhava) on kati region – For 3 days
- Dashmoola Kwath Parisheka (warm dashmoola decoction poured) over kati region for 15-20 min Daily – 7 days

PATHYAPATHYA :

- Rest & light diet.
- Avoidance of heavy weight lifting , avoidance of strain.

Table No.4 : Outcome measure

Parameter	Day 1	Day 5	Day 10
VAS Pain Score	8\10	4\10	2\10
Stiffness	Severe	Mild	Absent
Walking ability	Difficult	Improved	Normal
Forward bending	Very pain	Partial improved	Almost normal

RESULT :

VAS Pain Score: Reduced from 8/10 to 2/10 over 10 days.

ROM: Forward flexion improved from 40° to 80°; lateral bending nearly normal.

Functional Improvement: Patient able to resume routine activities without discomfort.

Follow-Up: After 2 weeks, patient remained asymptomatic, no recurrence reported.

TABLE NO. 5 : REVIEW OF DRUG OF PATRAPOTTALI SWEDA :

Drug Name	Latin Name	Ras	Virya	Vipak	Guna	Karma
1.Nirgundi ^[4]	Vitex Negundo Linn.	Tikta, katu, kashaya	Ushna	Katu	Laghu, ruksha	Vatakaphashamak Analgesic, Anti-inflammatory, Anti-bacterial
2.Eranda ^[5]	Ricinus communis	Madhur, katu, kashaya	Ushna	Madhur	Guru, snigdha, tikshna, sukshma	Vatakaphashamak Alleviates vata, swelling, pain
3.Arka ^[6]	Calotropis procera	Katu, tikta	Ushna	Katu	Laghu, ruksha, tikshna	Kaphavatashamak Analgesic, Anti-inflammatory, Anti-microbial

4.Shigru ^[7]	Moringa Oleifera	Katu	Ushna	Katu	Laghu, ruksha, tikshna, sara	Kaphavatashamak Anti-inflammatory, Analgesic
5.Saindhav ^[8]	Sodium chloride	Madhur	Sheet	-	Laghu, snigdha	Tridoshashamak Shoolaghna, Deepan
6.Haridra ^[9]	Curcuma longa	Tikta, katu	Ushna	Katu	Ruksha, laghu	Kaphavatashamak Anti-inflammatory, Analgesic
7.Tila Taila ^[10]	Sesamum indica	Madhur, tikta	Ushna	Madhur	Guru, snigdha, sukshma, sara, vyavayi	Vatashamak Brimhana, Lekhana

TABLE NO.6 : REVIEW OF DRUG OF DASHMOOLA KWATHA DHARA SWEDA :

Drug name	Latin name	Ras	Virya	Vipak	Guna	Karma
1.Bilva ^[11]	Aegle marmelos	Kashaya, tikta	Ushna	Katu	Ruksha, laghu	Kaphavatashamak Balya, Deepan, Pachan Roots tranquilises the nerve hence it is used in vatadisorder
2.Agnimantha ^[12]	Premna interifolia	Tikta, katu, kashaya, madhur	Ushna	katu	Ruksha, laghu	Kaphavatashamak Shoolahara, Shothahara, Ushna guna-help in clearing obstruction of the channels
3.Gambhari ^[13]	Gmelina arborea	Madhur, tikta, kashay	Ushna	Madhur	Guru	Tridoshashamak Shoolahara, Shothahara
4.Shyonak ^[14]	Oroxylum indicum	Katu, kashay	Sheeta	Katu	Laghu, ruksha	Tridoshashamak Shoolahara, Shothahara
5.Patala ^[15]	Stereospermum suavelens	Tikta, kashay	Ushna	Katu	Laghu, ruksha	Tridoshashamak Shoolahara, Shothahara
6.Bruhati ^[16]	Solanum indicum	Katu, tikta	Ushna	Katu	Laghu, ruksha, tikshna	Kaphavatashamak Deepan, Pachan, Shoolahara
7.Kantakari ^[17]	Solanum xanthocarpum	Tikta, katu	ushna	Katu	Laghu, ruksha	Kaphavatashamak Shoolahara, Shothahara, Anti-bacterial
8.Shaliparni ^[18]	Desmodium gangeticum	Madhur, tikta	ushna	Madhur	Guru, snigdha	Tridoshashamak Deepan, Pachan, Nervine tonic
9.Prushniparni ^[19]	Ureria picta	Madhur, tikta	ushna	Madhur	Laghu, snigdha	Tridoshashamak Deepan, Pachan, Nervine tonic

10.Gokshur ^[20]	Tribulus terrestris	Madhur	Sheeta	Madhur	Guru, snigdha	Tridoshashamak Shoolahara, Shothahara
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DISCUSSION :-

Aghatjanya kati shoola can be understood as trauma-induced low back pain in which Aghata (Injury) leads to aggravation of vata dosha, resulting in pain, stiffness, restricted movements, and difficulty in performing routine activities. In the present case, the patient developed severe low back pain after a fall, with difficulty in walking and bending forward. As vata is the prime causative factor in shoola, treatment focused on vatashamana, relieving obstruction in strotas, reducing inflammation, and restoring normal mobility.

Mode of action of patrapottali sweda :-

Patrapottali sweda was administered during the initial three days. This therapy provides localized fomentation with medicinal leaves processed in oil, producing heat and penetration into deeper tissues. The ingredients such as Nirgundi, Eranda, Shigru, Arka, Haridra, and Tila Taila possess analgesic, anti-inflammatory, and Vatahara properties.

Application of warm herbal bolus over affected area

Generation of local heat and mild sudation (Ushna guna reduces sheeta guna of Vata and kapha)

Dilates blood vessels and opens microchannels (Srotomukha Vishodhana)

Improves blood circulation and tissue nutrition

Relaxes muscles, ligaments, and soft tissues

Reduces stiffness (Stambha), heaviness (Gaurava), and spasm

Absorption of active principles from herbs like Nirgundi, Eranda, Shigru etc.

Pacifies aggravated Vata Dosha and removes obstruction

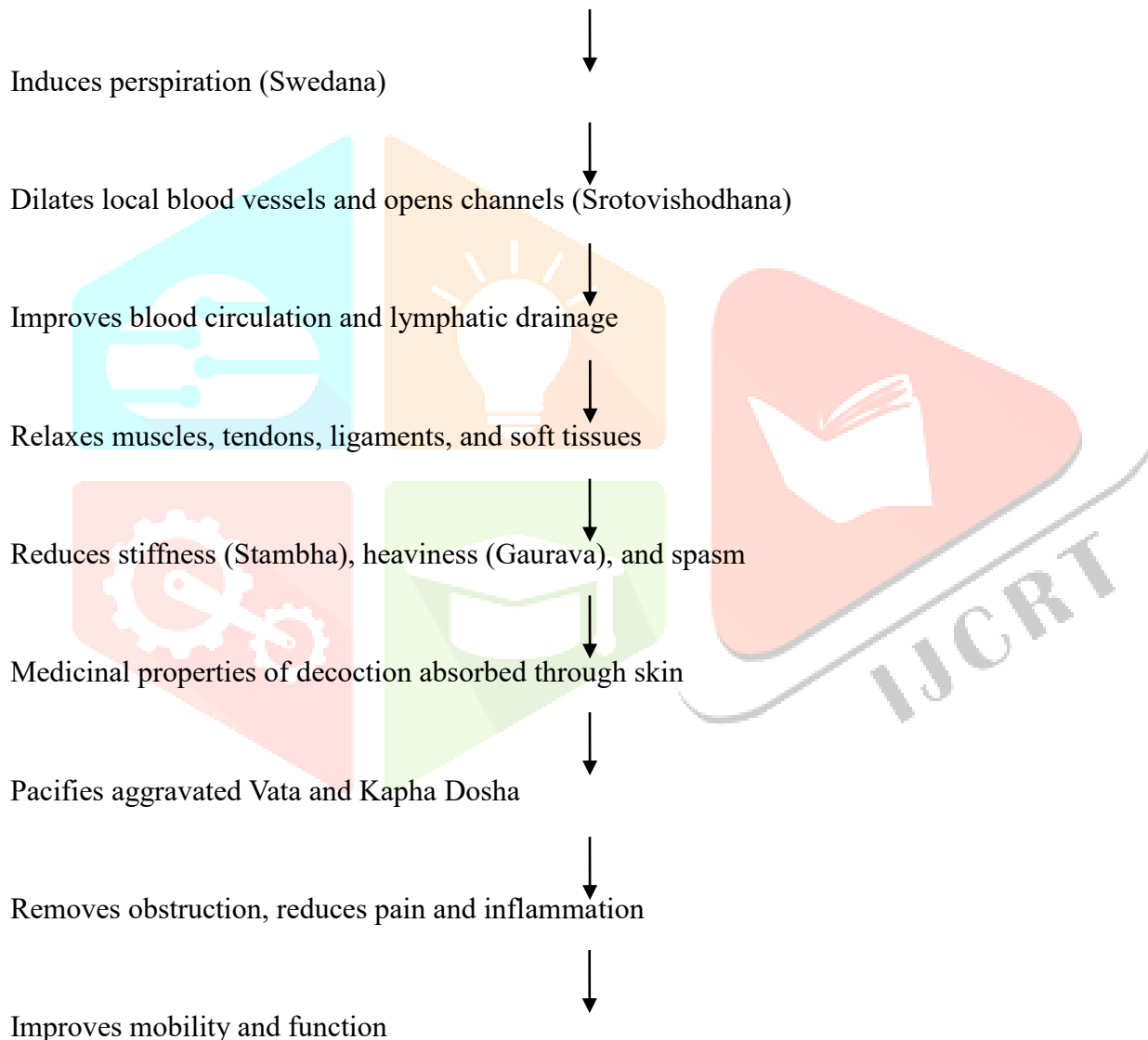
Shothahar [Anti-inflammatory] and Shoolahar [analgesic action]

Relief in pain (Shoola), swelling, and improved joint movement, Improves flexibility and range of motion

Mode of action of dashmoola kwatha parisheka sweda :-

Following this, Dashamoola Kwatha Parisheka Sweda was given for seven days. Continuous pouring of warm Dashamoola decoction over the Kati region provides sustained sudation and soothing effect. Dashamoola is classically indicated in Vata disorders due to its Shoolahara (pain relieving), Shothahara (anti-inflammatory), and Vata-Kapha shamaka actions. Parisheka helps relieve Ruksha and Sheeta qualities of aggravated Vata, relaxes soft tissues, improves blood circulation, and promotes faster healing.

Continuous pouring of warm dashmoola kwatha over affected area



CONCLUSION:

Parisheka Sweda is a highly effective Ayurvedic sudation therapy that works through the combined action of continuous warm medicated liquid, therapeutic heat, and medicinal absorption. It helps pacify aggravated Vata and Kapha Dosha, relieves pain, stiffness, swelling, and muscular spasm, while improving circulation and mobility.

The sustained moist heat provides deep relaxation to soft tissues and promotes faster recovery in musculoskeletal disorders. When performed with suitable medicated decoctions such as Dashamoola Kwatha, it becomes especially beneficial in conditions like low back pain, trauma-induced pain, joint stiffness, and Vata disorders.

Thus, Parisheka Sweda is a safe, non-invasive, economical, and clinically valuable therapy that offers significant symptomatic relief and functional improvement, making it an important treatment modality in Panchakarma practice.

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