

**AMRITA SCHOOL OF AYURVEDA  
DEPARTMENT OF POST GRADUATE STUDIES  
LIST OF SYNOPSIS, GUIDE & CO-GUIDE**

**Department of PANCHAKARMA**

<b>Roll no</b>	<b>Scholar</b>	<b>Topic of Synopsis</b>	<b>Guide</b>	<b>Co-Guide</b>
9.	Dr. Aswathy.G	<a href="#"><u>"Efficacy Of Sadyo Vamana In Urdhwaga Amlapitha – An Observational Study"</u></a>	Dr. Anandaraman.P.V.	Dr.Prathibha .C.K
10.	Dr. Preeja Preman	<a href="#"><u>"Standardization Of The Mukha Abhyanga Procedure With Manjishtadya Taila And Evaluation Of Outcomes In Vyanga"</u></a>	Dr. Anandaraman. P. V.	Dr.K.Parameswaran Namboothiri
11.	Dr. Soumya Jacob	<a href="#"><u>Open Label Clinical Study To Compare The Effect Of Choorna Pinda Sweda With Nadi Sweda In Manyastambha</u></a>	Dr. Prathibha C.K	Dr.Parameswaran Namboothiri
12.	Dr. Subina.S	<a href="#"><u>"Open Label Clinical Study To Assess The Vastipratyagamana Kala Of Vaitharanavasti And Its Outcomes In Gridhrasi."</u></a>	Dr. Prathibha.C.K.	Dr Anandaraman.P.V

# **AMRITA SCHOOL OF AYURVEDA**

**AMRITA VISWAVIDYAPEETHAM**

**(University under sec.3 UGC Act 1956)**

**PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION FOR**

**AYURVEDA VACHASPATI [M.D] IN PANCHAKARMA**

**“EFFICACY OF SADYO VAMANA IN URDHWAGA AMLAPITHA –  
AN OBSERVATIONAL STUDY”**

**BY**

**ASWATHY.G**

**1ST YEAR P.G SCHOLAR**

**DEPARTMENT OF P.G STUDIES IN PANCHAKARMA**

**AMRITA SCHOOL OF AYURVEDA, VALLIKAVU, CLAPPANA P.O. KOLLAM**

**GUIDE**

**Dr.ANANDARAMAN.P.V M.D(Panchakarma)**

**ASSOCIATE PROFESSOR**

**DEPT.OF PANCHAKARMA**

**CO-GUIDE**

**Dr. PRATHIBHA.C.K M.D(Panchakarma)**

**ASSOCIATE PROFESSOR**

**DEPT.OF PANCHAKARMA**

**SESSION – 2013 – 14**

**From,**

Aswathy.G  
Preliminary M.D.(Ayu) Scholar in Panchakarma,  
Department of Post graduate studies in Panchakarma,  
Amrita school of Ayurveda,Kollam.

**To,**

The Registrar,  
Amrita VishwaVidyapeetam,  
Ettimadai, Coimbatore.

**Through,**

The Head of the department,  
Department of Post graduate studies in Panchakarma,  
Amrita school of Ayurveda,Kollam.

**Sub:** Submission of completed proforma for registration of subject for dissertation-reg

Respected Sir,

I request you to kindly register the below mentioned subject against my name,for dissertation in Amrita vishwavidyapeetam, Ettimadai, Coimbatore for partial fulfillment of M.D (Ayurveda) in Panchakarma.

TITLE OF THE DISSERTATION

**EFFICACY OF SADYO VAMANA IN URDHWAGA AMLAPITHA –  
AN OBSERVATIONAL STUDY**

Hereby I am enclosing completed proforma for registration of subject for dissertation.

Thanking you,

Yours faithfully

Place: Vallickavu  
Date: -05-2014

(Aswathy.G)

## **I. BRIEF RESUME OF THE INTENDED WORK:**

### **Introduction**

Amlapitha is an Amasayagata, AnnavahaSrotodustivikara described in Ayurveda literatures. Dyspepsia, heart burn, sour or bitter eructations are the common clinical presentations. It closely resembles gastritis. Gastritis is more common among the adolescents, but it can affect anyone at any age. A variety of mild to severe stomach symptoms may indicate gastritis. Upper gastrointestinal inflammatory process is exceedingly common and has a wide spectrum of causes and manifestations. Gastric disorders are common; unless treated promptly and completely, they can continue to cause problems throughout the person's life.

### **Need for the study**

The incidence of gastritis in India is approximately 3 in 869, that is about 12, 25,614 people suffer from gastritis out of the total 1,06,50,70,607 population<sup>1</sup>. In recent years there has been an unprecedented increase of incidences related to gastro intestinal system due to changing life style like diet pattern, behavioral pattern mental stress and strain, and indiscriminate use of NSAID. The line of treatment in modern medicine is life style changes, use of h<sub>2</sub> receptor blocking agents and proton pump inhibitors<sup>2</sup>. Prolong use of antacids produce nausea, diarrhea, headache, constipation and skin rashes. Patients with GERD will seek alternate therapy due to inadequate control of symptom, with over 40% not responding to medical treatment.<sup>3</sup>

SadyoVamana is the procedure in which UtkleshitaDoshas are evacuated through oral route without or with minimal Poorva karma. UrdhwagaAmlapitha is a clinical condition with UtkleshitaDoshas especially Pitha which manifest as Avipaka with Amla/tiktaudgara, and Hrit/KantaDaha. In such situations Vamana can be adopted as AvastikaChikitsa for SampraptiVighatana. Such interventions with minimum preparatory procedures, hospitalization and expenses are to be scientifically validated and popularised among Panchakarma practitioners.

## Review of literature

There are no direct references for Amlapithain Brihatrayisbut a few scattered references about the word Amlapitha are available at different context.Madhavakara and Kasyapa described this disease as a separate entity and the later authors followed the same opinion. Latter suggest all three Doshas with Pitha predominance in Amlapitha<sup>3</sup> and the former opines the dominance of Pitha<sup>4</sup>.Pitha when attains Vidagdha it becomes Amla.Already deranged Pitha when associates with uncongenial diet becomes Vidagdhaand attains Amlatha in Amasaya.This results in vitiation of Agni and indigestion .Such a condition is called Amlapitha<sup>5</sup> .In Amlapithadoshas are in utklesavastha<sup>6</sup>.So Sodhana(Vamana) is the first line management of Amlapitha<sup>6</sup>.

Sadyo meansimmediately or at that moment<sup>8</sup>.Sadyovamana means the process in which the vamana karma is carried out immediately without any poorvakarmas or minimal poorvakarmas .The concept of sadyovamana is mentioned by Chakrapanidatha in his commentary of caraka samhita in Jwara chikitsa<sup>9</sup>.In Jwara,Sadyovamana is indicated in utkleshitaavasta of kaphapradhanadosha manifesting with hrillasa,Praseka and Annadweshha.Urdhwagaamlapitha is characterized with utkleshitapitha in amasaya.

- ❖ Madhavakaramentioned nidana, lakshana, bheda, sadhya-sadhyata and doshasamsarga of amlapitha in 51<sup>st</sup> chapterMadhavaNidana.
- ❖ In Kashyapa samhita khilasthana, detailed description about amlapithais available. He deals with the nidana, lakshana, upadravaand, sadhya-sadhyata, chikitsaof amlapitha<sup>19</sup>.
- ❖ Bhavaprakashasamhita of Bhavamishra deals in detail about the nidana, lakshana, bheda, sadhya-sadhyata of Amlapitta along with its chikitsa, in 10<sup>th</sup> chapter.
- ❖ In BhaishajyaRatnavali description of Amlapitha is found in Amlapithachikitsaadhyaya.
- ❖ Chakrapanidatha gives, detailed description about chikitsa and pathya-apathya of Amlapitta in 52<sup>nd</sup> chapter of Chakradatham.
- ❖ In Yogaratnakara description of nidana, samprapti, rupa, prakara, sadhya-sadhyata, chikitsa and pathya-apathya of Amlapitha is available in Amlapithanidana&chikitsa chapter.
- ❖ Vangasena explained nidana, lakshana, bheda, sadhya-sadhyata, chikitsa of amlapitha in his Chikitsasarasangraha.

## **Previous research works**

- Ravishanker A.G et al, Abhyantaraksharaprayoga in UrdhwagaAmlapitha ,International journal of research in Ayurveda and pharmacy, 4(6),2013
- Shivakumar.B, A comparative clinical study on the effect of vamana karma and Eladichurna in Amlapitta, RGUHS, Ayurvedic medical college and pgcentreBidar, 2005.
- Vastrad Prasad, A Clinical study to assess the effect of vamana karma in the management of urdhwagaAmlapitta, RGUHS, Dr.B.N.M.RAyurvedic medical college and hospital, Bijapur, 2005.
- Hitha K Shetty, An observational study on the Triphaladivirechana yoga inAmlapitha,RGUHS, Moodbidre, 2007.
- Tale santosh, To study the effect of vamana karma in Amlapitha, Dept. Of Panchakarma, Ayurveda,Mahavidyalaya, Nasik, Pune University,2004
- Hemantpatel,a clinical comparative study of Dashanga yoga with and without shodhana in the management of Amlapitha, Dept. of Kayachikitsa , I.P.G.T&R Jamnagar, Gujarat, 2006
- Pragati.A.K,Role of Yasthimadhuksheerbasti and shatavarigudamshamanachikitsa in the management of Amlapitta w.s.r.t. hyperchlorhydria, Dept. ofKayachikitsa, D.G.M.A.M.C&H.,Gadag, Karnataka 2012

## **AIM AND OBJECTIVE OF THE STUDY**

To evaluate the efficacy of SadyoVamanain the management of UrdhwagaAmlapitha.

## **MATERIALS AND METHODS**

### **Source of data**

30 patients from OPD and IPD of Amrita school of Ayurveda withUrdhwagaAmlapitha satisfying the inclusion and exclusion criteria.

### **Diagnostic criteria**

- Avipakam
- Thikta/ amlaudgara
- Aruchi
- Hriddaham

- Gauravam
- Kantadaham
- Klamam
- Siroruja
- Thrishna

### **Inclusion criteria**

Amlapitha patients according to the above diagnostic criteria of age group 18 to 50 years who are

VamanaArha.

### **Exclusion criteria**

- Contraindications of Vamana (Vamanaarha)
- Known cases of cardiovascular diseases
- History of hernia.
- Recent history(1year) of surgery
- Known case of Oesophageal varices

### **Materials required**

- Informed consent.
- Case proforma.
- Medicine for Vamana.
- Vamana theatre with equipments.

### **Design of the study.**

Prospective clinical study with pre and posttest design.

### **Grouping and treatment / procedure.**

- Single group observational study
- All the 30 Patients will be subjected to abhyanga with sukhoshnatilatailam and Nadiswedamto chest, back and abdomen in the morning. After bath patients will be given yavagu, then yoosham until the stomach fills (Akantapanam).After that vamanaoushadhi will be administered. Classicalvamana procedure will be adopted

until Samyaksudhi is attained. Samsarjanakrama (restricted specific diet regimen) will be prescribed according to the sudhi. Patients will be assessed after vamana in the next day morning and after samsarjanakrama.

- Vamana Yoga<sup>7</sup>–
  - Kashayaof patola and arista - 384 mL
  - Madanaphalapippalichoornam- 12gms
  - madhu - 20gms
  - saindhava. -6gms

### **Assessment criteria**

Assessment will be based on clinical symptoms before and after Vamana.

P<sup>H</sup> of vomitus will be assessed in the first and last vega.

Aanthiki, Maniki, Vaigiki and Laingiki Sudhi of Vamana will be assessed. Sulphur dusting test will be done for Anthiki Sudhi.

### **Statistical methods**

Test for significance will be done using appropriate statistical method.

### **Ethical consideration**

**Does the study require any investigations or interventions to be conducted on patients, healthy volunteers, cadaver or animals? If so, please describe briefly:**

**Has ethical clearance been obtained from your institution in case of human / animal?**

**Yes**

### **List of references:**

1. <http://saspublisher.com/wp-content/uploads/2013/04/sjams12101-110.pdf>
2. Harrison's Principles of Internal Medicine, volume 2, 17<sup>th</sup> edition, The McGraw-Hill companies, USA, p-1862, 1863
3. <http://www.ncbi.nlm.nih.gov/pubmed/24562599#>



4. VridhaJeevaka, Kasyapasamhita, edited by Prof.P.V.Tewari, Chaukhambhavisvabharati oriental publishers and distributors, Varanasi, reprint 2002, khilasthana, p-630, 16/7, 9.
5. Madhavakara,Madhavanidana,Madhukosha commentary by Vijayarakshita and Srikantadatta,edited by Dr.Ananathramsharma, Chaukhambha Sanskrit pratisthan,Delhi,2007,vol2,p-199,51/1,2
6. Vridha Jeevaka,Kasyapa samhita,edited by Prof.P.V.Tewari,Chaukhambha visvabharati oriental publishers and distributors,Varanasi,reprint 2002, khilasthana 16/1-9
7. VridhaJeevaka,Kasyapasamhita,edited by Prof.P.V.Tewari,Chaukhambhavisvabharati oriental publishers and distributors,Varanasi,reprint 2002, khilasthana 16/22
8. Yogaratnakara,Aart2,edited by Ashakumari and P.V.Tewari,chaukhambha,visvabharati, Varanasi, 2010, p-941,57/13
9. RajaRadhaKantaDeva,Sabdakalpadrumam,vol5,Chaukhambha Sanskrit series,Varanasi.
10. Chakrapanidathan, Ayurveda deepika commentary of,Caraka samhita, edited by VaidyaYadavjiTrikamji,Chaukhambhasurbharatiprakashan,Varanasi,2011,chikitsasthanam,p-410,3/146

Name of the Scholar : Aswathy.G

Signatures :

Name and designation of the guide : Dr. ANANDARAMAN.P.V M.D(Panchakarma)  
ASSOCIATE PROFESSOR  
DEPT.OF PANCHAKARMA

Remarks of the Guide :

Signatures with official seal :

Name and designation of  
the Co-guide : Dr. PRATHIBHA.C.K M.D(Panchakarma)  
ASSOCIATE PROFESSOR  
DEPT.OF PANCHAKARMA

Signatures with official seal :

Name and designation of  
Head of Department : DR.M.R.VASUDEVAN NAMBOOTHIRI  
PROFESSOR& HOD  
DEPT OF PANCHAKARMA

Signatures with official seal :

Name and designation  
of Head of Institution : DR.M.R.VASUDEVAN NAMBOOTHIRI  
PROFESSOR& HOD  
DEPT OF PANCHAKARMA  
AMRITA SCHOOL OF AYURVEDA.

Signatures with official seal :

**AMRITA SCHOOL OF AYURVEDA**

**AMRITA VISWAVIDYAPEETHAM**

(University Under Sec.3UGC Act 1956)

PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION FOR

AYURVEDA VACHASPATI (MD) IN PANCHAKARMA

**“STANDARDIZATION OF THE MUKHA ABHYANGA PROCEDURE  
WITH MANJISHTADYA TAILA AND EVALUATION OF OUTCOMES  
IN VYANGA”**

**BY**

PREEJA PREMAN

1<sup>st</sup> YEAR P.G SCHOLAR

DEPARTMENT OF P.G STUDIES IN PANCHAKARMA

AMRITA SCHOOL OF AYURVEDA, VALLIKAVU, CLAPPANA P.O, KOLLAM

GUIDE:

Dr. ANANDARAMAN. P. V. MD (Panchakarma)

Reader

Department Of P.G studies in Panchakarma

CO-GUIDE:

Dr.K.PARAMESWARAN NAMBOOTHIRI. MD (Panchakarma)

Lecturer

Department Of P.G Studies in Panchakarma

SESSION 2013-2014

## **1. BRIEF RESUME OF THE INTENDED WORK:**

### **I. NEED FOR STUDY:**

Concept of beauty and cosmetics is as ancient as mankind and civilization. 'Cosmetology', the science of alteration of appearance has been practiced since primordial times. It is the most profitable business today. Glowing skin, not only enhances our self confidence, but is also an indicator of our health.

Consumers worldwide are going green and this especially true in cosmetics market. The market share of natural based beauty products has been increasing gradually. Consumers are being conscious of the ingredients that go into the products that they use and are averse to chemicals that are known to cause side effects. There comes the role of herbal cosmetics.

There are various Thaila Yogas (oils) mentioned in our classics which are Varnya, Twachya, Twak Prasadakaram, Twak Rogaharam, Rakta Vikaranashakam, Mukha Kanthikaram. Method of application and the duration for application may vary from person to person. Since there is no exact protocol for Mukha Abhyanga patients are misguided and they will be practicing this according to their convenience. So in order to get a standard protocol for Mukha Abhyanga, we have taken this topic for the present study.

According to our Acharyas, Abhyanga is good for strong and healthy skin<sup>1</sup>, gives nourishment to the body<sup>2</sup>, produce softness of skin<sup>3</sup>, body parts become charm and strong<sup>4</sup>, and will be least affected by oldage<sup>5</sup>, sense organ becomes cheerful and face with pleasant glow<sup>6</sup>.

'Vyanga' is one of the Kshudra Roga explained by our Acharyas and occurs in the Urdhva Jatrugata Bhagas which mainly affects the facial skin. Vata and Pitha gets vitiated due to grief and anger by which produce "Shyava Varna" patches over the facial skin<sup>7,8,9,10,11</sup>. Abhyanga with Manjishtadya Taila<sup>12,13</sup> is taken for this study because Chakradatha and Yogaratanakara mention that this Thaila cures Vyanga and also it improves the facial luster by a week use.

## **II. REVIEW OF LITERATURE:**

Due to anger, grief and exertion Vata and Pitha gets vitiated and produces patches over the skin which are painless<sup>14,15,16,17,18</sup>. These patches are called “Vyanga”. Susrutha Acharya says that Twak has 7 layers, in which the second layer ie, ”Lohitha” which measures 16 parts of a Barley grain is the seat of Vyanga<sup>19</sup>. The general line of treatment of Vyanga is Siravyadhana, Lepa and Mukha Abhyanga<sup>20, 21, 22, 23</sup>.

Acharya Charaka says that Vayu dominates in the Sparshanendriya and its site is Twak. Abhyanga is most beneficial for the skin and one should practice this regularly<sup>24</sup>.

According to Acharya Susrutha, Abhyanga should be done after considering the Dosha thereby the Dosha gets pacified and produces softness of the body<sup>25</sup>. The same effect can be assumed in Mugha Abhyanga also. Acharya Vagbhata says that Abhyanga gives nourishment to the body, induces good sleep, makes the skin healthy and strong<sup>26</sup>.

Manjishtadya Taila is explained by Chakradatha and Yogaratnakara for Mugha Abhyanga in Vyanga. It gives charm to face, cure grey hair and wrinkles, it improves the fascial luster by a week’s use and within 7 nights, the face becomes glowing like gold<sup>27</sup>.

## **PREVIOUS WORKS DONE:**

By going through the previous Research works we couldn’t find any works related to Mukha Abhyanga .So we have taken this for our present study.

## **III. AIMS AND OBJECTIVES:**

1. To Standardize the procedure of Mukha Abhyanga with reference to duration of Mukha Abhyanga and quantity of Taila.
2. To evaluate the efficacy of Manjishtadi Taila Mukha Abhyanga in Vyanga.

## **2.SUBJECTS AND METHODS:**

### **i. SOURCE OF DATA:**

40 Patients with "Shyava Varna" patches (Brown to Dark-brown)<sup>28</sup> over the face and who are fit for Mukha Abyanga are randomly selected from Skin OPD of Amrita Ayurveda Hospital, Vallikavu.

### **ii. MATERIALS REQUIRED FOR THE STUDY:**

#### **A. METHOD OF COLLECTION OF DATA:**

##### **a. Inclusion Criteria**

1. Patients with 'Shyava Varna' (Brown to Dark-brown) Patches over the face without any other symptoms.
2. Patients of both sexes irrespective of occupation, religion and socio economic status.
3. Patients between the age group of 20-50 years.
4. Patients Arha for Abhyanga as per classical reference.

##### **b. Exclusion Criteria**

1. Known case of Systemic disorders.
2. Patients who are Anarhas of Abhyanga.

#### **B. STUDY DESIGN**

##### **a. Grouping**

Proposed study is a single group observational study with sample size 40.

##### **b. Intervention**

Mukha Abhyanga will be done with Sukhoshna Manjishtadya Taila at 10 am with pre-oiled hands. Initially 3 ml of Taila will be taken and Mukha Abhyanga will be done till the Taila is completely absorbed by the skin. If the Taila gets absorbed, then 2ml of Taila will be added and Mukha Abhyanga will be done till Samyak Snigdha lakshanas are seen. Samyak Snigdha Lakshana refers to attainment of Mruduta over the skin and further absorption of oil will not occur. Mrudu Sweda will be given after Abhyanga using Electric Vapouriser until Samyak

Sweda Lakshanas are seen<sup>29</sup>. Mukha Abhyanga procedure will be done to each patients for 7 days.

### **TRIAL DRUG:**

Manjishtadya Taila will be prepared in the Pharmacy of Amrita School of Ayurveda as per the classical reference. The raw drugs will be selected from local markets. Manjishtadya Thaila will be cooked with paste of Manjishta, Madhuka, Laksha, Madhulunga and Madhuyashti each taken in same quantity. Aja Ksheera will be taken double its quantity. Taila will be cooked in mild fire till the Taila Paka Lakshanas are attained.

### **c. ASSESSMENT CRITERIA:**

All the assessments will be done at baseline, after treatment and after follow up period.

1. Amount of Taila used for Mukha Abhyanga will be measured.
2. Duration of Mukha Abhyanga will be calculated.
3. Surface Area of face will be calculated using Graph paper.
4. Self graded Scoring will be developed for the assessment of Samyak Snigdha Lakshanas.
5. Area of the patches will be measured.
6. Photographs of the patches will be taken to know the colour change of the patches.
7. Chart containing Skin colour Shades will be prepared to know the change in the discolouration.

### **INVESTIGATIONS:**

Blood Routine (Hb, TC, DC, ESR)

Liver Function Test

### **FOLLOW UP**

Follow up will be done on the 7<sup>th</sup> day after treatment.

#### **d. ANALYSIS OF DATA:**

Collected data will be statistically analyzed.

**3.Does the study require any investigation or interventions to be conducted on Patients , Healthy volunteers, cadaver or animals?If so, please describe briefly**

**4.Has ethical clearance been obtained from your institution in case of (3)?**

**( Human/Animal)**

**Yes**

#### **LIST OF REFERENCES:**

1. Vagbhata, Ashtanga Hridaya, Edited by Pandit Hari Sadasiva Sastri Paradakara with Sarvangasundara Commentary of Arunadatta and Ayurveda Rasayana of Hemadri, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Reprint Edition 2012, Sutrasthana Chapter2, Shloka- 8, p 26.
2. Vagbhata, Ashtanga Hridaya, Edited by Pandit Hari Sadasiva Sastri Paradakara with Sarvangasundara Commentary of Arunadatta and Ayurveda Rasayana of Hemadri, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Reprint Edition 2012, Sutrasthana Chapter2, Shloka-8, p 26.
3. Susrutha, Susrutha Samhitha, Edited by Vaidya Jadavji Trikamji Acharya with Nibandha Sangraha Commentary of Sri Dalhanacharya, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Reprint Edition 2013, Chikitsa Sthana, Chapter 1, Shloka-19, p 399.
4. Agnivesha, Charaka Samhitha, Edited by Vaidya Jadavji Trikamji Acharya with Ayurveda Dipika Commentary of Chakrapani Datta, Published by Chaukhamba Prakashan, Varanasi, Reprint 2013, Sutrasthana Chapter 5, Shloka- 89, p 82.
5. Susrutha, Susrutha Samhitha, Edited by Vaidya jadavji Trikamji Acharya with Nibandha Sangraha Commentary of Sri Dalhanacharya, Published by Chaukhamba



- Sanskrit Sansthan, Varanasi, Reprint Edition 2013, Chikitsa Sthana, Chapter 1, Shloka-19, p 399.
6. Agnivesha, Charaka Samhitha, Edited by Vaidya Jadavji Trikamji Acharya with Ayurveda Dipika Commentary of Chakrapani Datta, Published by Chaukhamba Prakashan, Varanasi, Reprint 2013, Sutrasthana Chapter5, Shloka-83, p 42.
  7. Vagbhata, Ashtanga Hridaya, Edited by Pandit Hari sadasiva Sastri Paradakara with Sarvangasundara Commentary of Arunadatta and Ayurveda Rasayana of Hemadri, Published by Chaukhamba Sanskrit Sansthan Varanasi, Reprint Edition 2012, Chapter 31, Shloka- 28, p 889.
  8. Susrutha, Susrutha Samhitha, Edited by Vaidya Jadavji Trikamji Acharya with Nibandha Sangraha Commentary of Sri Dalhanacharya, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Reprint Edition 2013, Nidana Sthana, Chapter 13, Shloka- 45/46, p 324.
  9. Yoga Ratnakara with Vaidyaprabha Hindi Commentary by Dr.Indradev Tripathi& Dr.Daya Sankar Tripathi Published by Chaukhamba Krishnadas Academy, Shloka- 42,p 695.
  10. Vangasena Samhitha, Hinditeeka, Edited by Kavivar Sri.Shaligraamji Vaishy, Published by KhemrajShrikrishnadas, Shloka- 43, p 682.
  11. Bhava Misra, Bhava Prakasha, Edited by Bhisagratna Pandit Sri Brahma Sankara Misra with Vidyotini Hindi Commentary, Published by Chaukhamba Sanskrit Bhavan, Varanasi, 11 th Edition2010, Chapter 61, Shloka- 37, p 587.
  12. Yoga Ratnakara with Vaidyaprabha Hindi Commentary by Dr.Indradev Tripathi and Dr.DayaSankar Tripathi, Published by Chaukhamba Krishnadas Academy, Varanasi, Shloka- 143, p 704.
  13. Chakrapanidatta, Chakradatha, Edited by Prof.Ramadev Dwiwedy with Vaidyaprabha Hindi Commentary, Published by Chaukhamba Sanskrit Bhawan, Varanasi, Reprint Edition 2011, Shloka- 62, p 316.
  14. Vagbhata, Ashtanga Hridaya,Edited by Pandit Hari Sadasiva Sastri Paradakara with Sarvangasundara Commentary of Arunadatta and Ayurveda Rasayana of Hemadri, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Reprint Edition 2012, Utharasthana, Chapter 31, Shloka-28, p 889.
  15. Susrutha, Susrutha Samhitha, Edited by Vaidya Jadavji Trikamji Acharya with Nibandha Sangraha Commentary of Sri Dalhanacharya, Published by Chaukhamba

- Sanskrit Sansthan, Varanasi, Reprint Edition 2013, Nidana Sthana, Chapter 13, Shloka- 45/46, p 324.
16. Yoga Ratnakara with Vaidyaprabha Hindi Commentary by Dr.Indradev Tripathi and Dr.Jaya Sankar Tripathi, Published by Chaukhamba Krishnadas Academy, Varanasi, Shloka- 42, p 695.
  17. Vangasena Samhitha, Hinditeeka, Edited by Kavivar Shri Shaligraamji Vaishy , Published by Khemraj Sri Krishnadas, Shloka- 40, p 682.
  18. Bhava Misra, Bhava Prakasha, Edited by Bhisagratna Pandit Sri Brahma Sankara Misra with Vidyotini Hindi Commentary, Published by Chaukhamba Sanskrit Bhawan, Varanasi, 11 th Edition2010, Chapter 61, Shloka- 37, p 587.
  19. Susrutha, Susrutha Samhitha, Edited by Vaidya Jadavji Trikamji with Acharya Nibandha Sangraha Commentary of Sri Dalhanacharya, Published by Chaukhamba Sanskrit Sansthan, Varanasi, Reprint Edition 2013, Sareera Sthana, Chapter 4, Shloka-4, p 355.
  20. Susrutha, Susrutha Samhitha,Edited by Vaidya Jadavji Trikamji Acharya with Nibandha Sangraha Commentary of Sri Dalhanacharya ,Published by Chaukhambha Sanskrit Sansthan, Varanasi, Chikitsa Sthana, Chapter 20, Shloka- 33, p 480.
  21. Sri Chakrapanidatta, Chakradatha, Edited by Prof.Ramanath Dwiwedy with Vaidyaprabha Hindi Commentary, Published by Chaukhamba Sanskrit bhawan, Varanasi, Reprint Edition 2011, Shloka- 41, p 314.
  22. Yoga Ratnakara with VaidyaPrabha Hindi Commentary by dr.Indradev Tripaty and Dr.Daya Sankar Tripathi, Published by Chaukhamba Krishnadas Academy, Varanasi, Shloka-121, p 702.
  23. Bhava Misra, Bhava Prakasha, Edited by Bhisagratna Pandit Sri Brahma Sankara Misra with Vidyotini Hindi Commentary, Published by Chaukhamba Sanskrit Bhawan, Varanasi, 11 th Edition 2010, Chapter 61, Shloka- 39, p 588.
  24. Agnivesha, Charaka Samhitha, Edited by Vaidya Jadavji Trikamji Acharya with Ayurveda Dipika Commentary of Chakrapani Datta, Published by Chaukhambha Prakashan, Varanasi, Reprint 2013, Sutrasthana Chapter5, Shloka- 87, p 82.
  25. Susrutha, Susrutha Samhitha,Edited by Vaidya Jadavji Trikamji Acharya with Nibandha Sangraha commentary of Sri Dalhanacharya,Published by Chaukhamba Sanskrit sansthan, Varanasi, Chikitsa Sthana, Chapter 1, Shloka-20, p 399.
  26. Vagbhata, Ashtanga Hridaya, Edited by Pandit Hari Sadasiva Sastri Paradakara with Sarvangasundara Commentary of Arunadatta and Ayurveda Rasayana of Hemadri,

Published by Chaukhambha Sanskrit Sansthan, Varanasi, Reprint Edition 2012, Sutrasthana, Chapter 2, Shloka- 8, p 26.

27. YogaRatnakara with Vaidyaprabha Hindi Commentary by Dr.Indradev Tripathi and Dr.Daya sankar Tripathi, Published by Chaukhamba Krishnadas Academy, Varanasi, Shloka- 143, p 704.
28. A Sanskrit English Dictionary by Sir
29. Monier Williams, Published by Bharatiya Granth Niketan , NewDelhi, Edition 2004, p 1095.
30. Agnivesha, Charaka Samhita, Edited by Vaidya Jadavji Trikamji Acharya with Ayurveda Dipika Commentary of Chakrapanidatta, Published by Chowkambha KrishnaDas Academy Varanasi, Reprint Edition 2011, Sutra Sthana, Chapter 14, Shloka-13, p 88.

NAME OF THE SCHOLAR : PREEJA PREMAN

SIGNATURE :

NAME AND DESIGNATION : DR. ANANDARAMAN.P.V MD (**Panchakarma**)  
OF THE GUIDE Reader

Department of P.G studies in Panchakarma

REMARKS OF THE GUIDE :

SIGNATURES WITH :

OFFICIAL SEAL

NAME AND DESIGNATION : DR K.PARAMESWARAN NAMBOOTHIRI  
OF THE CO-GUIDE MD (**Panchakarma**)

SIGNATURES WITH :

OFFICIAL SEAL

NAME AND DESIGNATION : DR.M.R.VASUDEVAN NAMBOOTHIRI  
OF HEAD OF DEPARTMENT MD (**Panchakarma**)  
Principal,Amrita School of Ayurveda

SIGNATURES WITH :

OFFICIAL SEAL

NAME AND DESIGNATION : DR.M.R.VASUDEVAN NAMBOOTHIRI MD  
OF HEAD OF INSTITUTION (**Panchakarma**)  
Principal,Amrita School of Ayurveda

SIGNATURES WITH :

OFFICIAL SEAL

[TOP](#)

**AMRITA SCHOOL OF AYURVEDA**  
**AMRITA VISWAVIDYAPEETHAM**  
(University under sec.3 UGC Act 1956)

**PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION  
FOR**

**AYURVEDA VACHASPATI [M.D] IN PANCHAKARMA**

**“OPEN LABEL CLINICAL STUDY TO COMPARE THE EFFECT OF  
CHOORNA PINDA SWEDA WITH NADI SWEDA IN  
MANYASTAMBHA”**

By

**SOUMYA JACOB**

**1<sup>st</sup> YEAR P.G SCHOLAR**

**DEPARTMENT OF P.G STUDIES IN PANCHAKARMA**

**AMRITA SCHOOL OF AYURVEDA, VALLIKAVU, CLAPPANA P.O.  
KOLLAM**

**GUIDE:**

**Dr.PRATHIBHA C.K**

Associate Professor,

Dept. of Panchakarma,

Amrita school of Ayurveda.

**CO-GUIDE:**

**Dr.PARAMESWARAN NAMBOOTHIRI**

Lecturer,

Dept. Of Panchakarma,

Amrita school of Ayurveda.

**SESSION 2013-2014**

# 1. BRIEF RESUME OF THE STUDY

## I. NEED FOR THE STUDY

In the current era, people are facing many neck related problems due to stress and nature of work. It includes neck pain, stiffness and other disc problems. 70% of general population is affected with neck pain during their life<sup>1</sup>. The common neck related conditions include cervical spondylosis, cervical spondylitis, spasmodic torticollis, cervical radiculopathy, rheumatoid arthritis, infections, metabolic bone diseases etc.

In contemporary system of medicine, the management for the above are use of steroids, analgesics and anti inflammatory drugs. It is observed that these treatments does not yield long term relief and cannot satisfy the objective of an ideal therapy. So its the need of the hour to find an effective remedy.

Manyastambha is a Vatavyadhi where neck movements are restricted. Manyastambha can occur as Nanathmaja vikara<sup>2,3</sup> as well as Kaphavruthavata.<sup>4,5</sup> The line of treatment for Avaranaja Manyastambha is Nasya, Ruksha Sweda and internal administration of Dashamoola Kashaya.<sup>6,7</sup> Rukshana<sup>8</sup> is an ideal treatment to break the Kaphavarana. Dashamoola is Shulagna<sup>9</sup> and Kaphavatahara<sup>10</sup>.

So here is an attempt made to evaluate the efficacy of Choorna Pinda Sweda and Nadi Sweda with Dashamoola in Manyastambha. As the treatments are done locally, its economic, less time consuming and may be effective. Here the selected drug is also easily available.

## II. REVIEW OF LITERATURE

Manyastambha is explained under the 80 Nanathmaja Vikaras of Vata<sup>2,3</sup> and also as a separate entity in the classics.<sup>4,5</sup> Due to the intake of Nidanas like sleeping at day time, sitting and standing on irregular postures, constantly gazing upwards, Vata being aggravated, gets Avrutha by Kapha.<sup>11,12</sup> This Kaphavrutha Vata takes shelter in the Sira and Snayu of Manya pradesha and produces Laxanas like Sheetata, Shopha, Gaurava, Ruk and Chesthastambha.<sup>13</sup> The chikitsa sutra implies the administration of Vatakaphahara Nasya and Ruksha Sweda.<sup>14</sup> Swedana a type of Apatarpana Upakrama can be administered in Ruksha and Snigdha form. Choorna Pinda Sweda and Nadi Sweda when done without the application of Sneha is considered as Ruksha Sweda. Swedana when done properly relieves Seetata, Soola,

Sthambha, Gaurava; produces Mardava and Sweda<sup>15</sup>. Dashamoola a Swedopaga drug, and has Kaphavatahara property<sup>10</sup>.

### **III. AIM AND OBJECTIVE OF THE STUDY**

1. To evaluate the effect of Choorna Pinda Sweda in Manyastambha.
2. To evaluate the effect of Nadi Sweda in Manyastambha.
3. To compare the effect of Choorna Pinda Sweda with Nadi Sweda in Manyastambha.

## **2. MATERIALS AND METHOD**

### **SOURCE OF DATA**

40 Patients having Manyastambha will be selected from OPD and IPD of Amrita Ayurveda Hospital, Vallickavu and randomly divided into two groups of 20 patients each.

### **PREPARATION OF MEDICINE**

Dashamoola Kwatha- Daily 60 gram of Dashamoola Kwatha Choorna is taken and boiled with 1 litre of water, which is used for Nadi Sweda.

Dashamoola Choorna- 200 gm of fine Dashamoola Choorna is tied into one Pottali, which is used for Choorna Pinda Sweda.

## **3. METHOD OF COLLECTION OF DATA**

### **A) STUDY DESIGN**

Randomized comparative clinical study.

### **B) TREATMENT PROCEDURE**

#### **CPS GROUP.**

Heated Pottali is applied over neck and shoulder region and the procedure is continued till sweat is observed over patient's forehead. Pottali will be changed every third day and whole procedure is done everyday between 9 to 10 am for seven days.

## NS GROUP

Nadi Sweda is given through Nadi Sweda Yantra over neck and shoulder region. The procedure is continued till sweat is observed over patient's forehead and whole procedure is done everyday between 9 to 10 am for seven days.

### C) INCLUSION CRITERIA

1. Patient suffering from Ruk, Sthambha, Shopha, Chestastambha in neck region.
2. Patients of either sex between the age group of 20 to 60.
3. Known cases of Diabetes Mellitus, Hypertension.
4. Patient fit for Sweda Karma.

### D) EXCLUSION CRITERIA

1. Patient with fracture of cervical spine.
2. Known case of systemic diseases like Cervical TB, Cervical Myelopathy, Metabolic bone diseases.

### DIAGNOSTIC CRITERIA

Patient having Ruk (Pain), Stambha (Stiffness), Shopha (Swelling), Chestastambha (Restricted movements) of the neck.

### E) ASSESSMENT CRITERIA

#### SUBJECTIVE PARAMETER

1. Ruk (Pain) in neck
2. Stambha (Stiffness)
3. Shopha (swelling)
4. Cheshtastambha (Restricted Movements)

#### OBJECTIVE PARAMETER

1. Pain assessed with Visual Analogue Scale (Numeric Rating Pain Scale).



2. Range of movement assessed with Goniometer.
3. Swelling in the neck region noted with Measuring Tape.

Patient will be assessed on 0<sup>th</sup> 7<sup>th</sup> 15<sup>th</sup> and 30<sup>th</sup> day of treatment.

## INVESTIGATION

1. Routine Blood Examination
2. X-ray of Cervical spine

## ANALYSIS OF DATA:

Collected data will be analysed statistically.

4. Does the study require any investigation or interventions to be conducted in patients, healthy volunteers, cadaver or animals? If so please describe briefly.
5. Has ethical clearance been obtained from your institution?

Yes

## 6.REFERENCES

- 1) [www.healthcommunities.com](http://www.healthcommunities.com)
- 2) VRIDHA VAGBHATA, Ashtanga Samgraha edited by Dr Ravidutt Tripak, Chaukhamba publication 2003 edition, Sutrasthana 20<sup>th</sup> chapter sloka no 11 page no 399.
- 3) SHARGANDHARA, Shargandhara Samhita with Goodartha Deepika commentary of Bhashagvaraadhamalla edited by Vidhyasagar and Pandit Parasuram Shastri, Chaukhamba Surabharati Prakashan Edition 2006, Pradhama Khanda, chapter 7 sloka no 107 page no 103.

- 4) BHAVA MISHRA, Bhavaprakasha Vidhyothini Teeka edited by Pandit Shri Brahma Mishra,Chaukhamba Sanskrit Sansthan,Varanasi 9<sup>th</sup> edition 2005, Madhyama Khanda 24<sup>th</sup> chapter sloka no 65 page no 239.
- 5) SUSRUTHA, Susruta Samhita with Nibandha samgraha commentary of Dalhana edited by Vaidya Yadavaji Trivikramji,Chaukhamba publication Reprint edition 2009, Nidana Sthana 1<sup>st</sup> chapter sloka no 67 page no 107.
- 6) SHRI GOVIND DAS,Bhaishajya Ratnavali edited by Shri Rajeshwara Dutt Shastri 18<sup>th</sup> edition 26<sup>th</sup> chapter sloka no 25 page no 376.
- 7) CHAKRAPANI DATTA, Chakradatta edited by PV Sharma, Chaukhamba publication Reprinted on 2013,22<sup>nd</sup> chapter sloka no 18 page no 18.
- 8) AGNIVESA, Charaka Samhita with Ayurveda Deepika commentary of Chakrapani Datta revised by Charaka and Dridhabala edited by Vaidya Yadavaji Trivikramji Acharya, Chaukhamba Sansthana Sanskrit Bhavan, Varanasi Reprint edition 2011, Chikitsa Sthana 28<sup>th</sup> chapter sloka no 186 page no 714.
- 9) DR S.D KAMAT, Studies on Medicinal plants and Drugs in Dhanwantari Nighantu Chaukhamba Sanskrit Pratishthan Delhi Edited on 2002, 17<sup>th</sup> chapter sloka no 22 page no 648.
- 10)SUSRUTHA, Susruta samhita with Nibandha samgraha commentary of Dalhana edited by Vaidhya Yadavaji Trivikramji Acharya, Chaukhamba Sansthana Sanskrit Bhavan, Varanasi Reprint edition 2011, Sutrasthana 38th chapter sloka no71 page no 961.
- 11)YOGARATNAKARA, Vidhyotini Hindi Commentary edited by Vaidhya shri Laxmipati shastri, Reprinted Edition on 2013 Purvardha, Chaukhamba publication sloka no 1 page no 510.
- 12)MADHAVAKARA ,Madhava Nidana Madhukosha vyakhyana edited by Brahmanantha Tripathi, Chaukhamba publication Reprinted Edition 2013 22<sup>nd</sup> chapter sloka no 51 page no 481.
- 13)SUSRUTHA ,Susruta Samhita with Nibandha samgraha commentary of Dalhana edited by Vaidhya Yadavaji Trivikramji Acharya, Chaukhamba Sansthana Sanskrit Bhavan Reprint edition 2011, Nidana Sthana1<sup>st</sup> chapter sloka no 39.page no 263.
- 14)SUSRUTHA, Susruta Samhita with Nibandha samgraha commentary of Dalhana edited by Vaidhya Yadavaji Trivikramji Acharya Chaukhamba Sansthana Sanskrit Bhavan, Varanasi Reprint edition 2011, Nidana Sthana 5<sup>th</sup> chapter sloka no 20. Page no 427.

15) AGNIVESA, Charaka Samhita with Ayurveda Deepika commentary of Chakrapani Datta revised by Charaka and Dridabala edited by Vaidya Yadavaji Trivikramji Acharya, Sutra Sthana Chaukhamba Sansthana Sanskrit Bhavan, Varanasi Reprint edition 2011, Sutra Sthana 14<sup>th</sup> chapter sloka no 77 page no 93.

Name of the Scholar

Soumya Jacob

Signature

Name and Designation  
of the Guide

Dr Prathibha C.K MD(Ay)

Associate Professor

Signature and office seal

Remarks of the Guide

Name and Designation  
MD(Ay)  
of the Co Guide:

Dr Parameswaran Namboothiri

Lecturer

Signature and office seal

Name and Designation  
MD(Ay)

Dr M.R Vasudevan Namboothiri

of Head of the Department

Principal

Signature and office seal

Name and Designation  
NamboothiriMD(Ay)

Dr M.R Vasudevan

of the Head of Institution

Principal

Signature and office seal:

[TOP](#)

**AMRITA SCHOOL OF AYURVEDA**

**AMRITA VISWAVIDYAPEETHAM**

(University under sec.3UGC Act 1956)

**PROFORMA FOR REGISTRATION OF SUBJECT FOR DISSERTATION FOR  
AYURVEDA VACHASPATI (M.D) IN PANCHAKARMA**

**“OPEN LABEL CLINICAL STUDY TO ASSESS THE  
VASTIPRATYAGAMANAKALA OF VAITHARANAVASTI AND IT’S OUTCOMES  
IN GRIDHRASI”**

**BY**

**SUBINA.S**

**1<sup>ST</sup> YEAR P.G SCHOLAR**

**DEPARTMENT OF P.G STUDIES IN PANCHAKARMA**

**AMRITA SCHOOL OF AYURVEDA, VALLIKAVU, CLAPPANA P.O, KOLLAM**

**GUIDE:**

**DR PRATHIBHA.C.K. MD (Panchakarma)**

**Associate Professor**

**CO –GUIDE:**

**DR ANANDARAMAN.P.V MD (Panchakarma)**

**Associate Professor**

**SESSION-2013-2014.**

## 1. BRIEF RESUME OF THE INTENDED WORK:

### I. NEED FOR STUDY:

Gridhrasi is one of the common diseases encountered in our day to day clinical practice. It is one among the Vatika Nanatmaja Vyadhi<sup>1,2</sup> and it also has a Vatakahaja<sup>3,4,5</sup> presentation. Vasti is the prime treatment for Gridhrasi.<sup>6,7,8</sup> In the past different studies are carried out at various centers across the country to evaluate the clinical efficacy of various Vasti preparations in Gridhrasi. Acharya Vangasena has mentioned Vaitharana Vasti for Gridhrasi<sup>9</sup>. The drugs mentioned in Vaitharana Vasti possess Vatahara, Sothahara, Amahara, and Soolaghna properties. The disease Gridhrasi is with all the conditions like Ruk, Toda, Sthamba, Muhu Spandana, Gaurava ect. So Vaitharana Vasti is an apt choice for Gridhrasi.

Previously a study was conducted to evaluate “The efficacy of Vaitharana Vasti in Gridhrasi with special reference to sciatica” which mainly concentrated on evaluating the clinical efficacy. In his study, the assessment was on the basis of pain, movement of lumbar spine, SLR, and walking time. In Vataja Gridhrasi, 76.6% showed moderate response. In Vatakaphaja Gridhrasi, 66.7% moderate response. He concluded his study as, Vaitharana Vasti is effective treatment in the management of Gridhrasi and it shows long lasting result. On both Vataja and Vatakaphaja Gridhrasi, Vaitharana Vasti is found effective in managing the chief and associated complaints except Sossa. But the effect of Vasti may vary according to many reasons like drugs selected, condition of disease in which Vasti is done, age of the patient, Matra and quality of Vasti dravya, season and time of administration, skill of the person who is administering the Vasti, **Prathyagamana Kala**, features of Vasti Netra, features of Vasti Putaka etc. So the present study is planned to assess the efficacy of Vaitharana Vasti in Gridhrasi with due consideration to its Pratyagamana Kala.

### II. REVIEW OF LITERATURE:

Gridhrasi is of two types. Vataja, and Vata Kaphaja. Separate Nidana for Gridhrasi is not mentioned. There for common Vata Vyadhi Nidanas can be taken as responsible factors for it. Due to Nidana Sevana the vitiated Vata deranges the function of the Kandara which passes towards the Anguli's (fingers of feet) through Parshni (heel) and causes inability to lift the lower limb is called as Gridhrasi<sup>10,11</sup>. The course of the pain mentioned in Gridhrasi is as

follows, pain starts from Sphik (waist) and extend to leg in the order as Kati (lowback ), Prishta (buttocks), Uru (thigh), Janu (knee), Jangha (calf), and Padam (foot)<sup>12,13,14,15</sup>. In Gridhrasi, Sthambha, Ruk, Todam, Muhur muhu Spandana, are common features. In Vatika Gridhrasi, Todam, Dehasya Athi Vakrata, Sphurana, and Sthabdhatha of Janu, Jangha, Uru, are predominant along with common features. In Vatakaphaja along with common features, Gaurava, Vahnimardava, Tandra, Mukhapraseka, Bhaktadwesa are more predominant<sup>16,17,18,19</sup>

The main treatment principle for Gridhrasi is Vasti. Acharya Vangasena explained VaitharanaVasti for Gridhrasi. The ingredients include Saindhava, Amlika, Guda, Surabhi paya and Taila. It is special type of Vasti can be given even after taking food. The indications are Katisulam, Uru sulam, Prishtasulam, Amavatam, Urustambham, Gridhrasi, Janusamkocham, Vishamajwaram and Klaibyam<sup>20</sup>.

Vaitharana Vasti comes under Niruha Vasti. The maximum time for Pratyagamana of Niruha Vasti is one Muhurtam<sup>21,22</sup>. There is no mention about the minimum time for Pratyagamana Kala. But even though Vasti Dravya is expelled out as itself or mixed with fecal matter soon after it's application, the benefits of Vasti will be achieved<sup>23</sup>.

### III. AIM AND OBJECTIVE OF STUDY:

1. To study the Pratyagamana Kala in relation to Koshta
2. To evaluate the efficacy of Vaitharana Vasti according to it's Pratyagamana Kala.
3. To evaluate the efficacy of Vaitharana Vasti in Gridrasi.

### 2. SUBJECTS AND METHODS

#### i. SOURCE OF DATA:

40 patients suffering from classical signs and symptoms of Gridhrasi will be selected from OPD and IPD of Amrita School of Ayurveda.

ii. MATERIALS REQUIRED FOR THE STUDY:

A) METHOD OF COLLECTION OF DATA:

a) Inclusion criteria:

1. Patients with classically mentioned signs and symptoms of Gridhrasi
2. Between age group of 20-50 irrespective of gender.
3. Vasthi Arha mentioned in the classics

b) Exclusion criteria:

1. Pregnant ladies
2. Known case of neoplasm, bone TB, fracture of spine
3. Vasti Anarhas

B) DESIGN OF STUDY: DESIGN OF STUDY:

a) Grouping and Research Plan:

40 patients suffering from classical signs and symptoms of Gridhrasi are taken from OPD and IPD of Amrita School of Ayurveda. The patients will receive Sthanika Abhyanga on Udara and Prishta regions for 5 minutes with plain Sukhoshna Tilataila, Nadisweda with Ushnajala and VaitharanaVasti at 11.00 am for continuous 8 days. Patients are instructed to eliminate the Vasthi Dravya whenever they get the urge naturally. The time of Administration of Vasti and the time of evacuation of bowel will be recorded in each and every patient daily with digital stop watch. After the Pratyagamana of Vasti Dravya, take Ushna Jala Snana and rice gruel is given.

**Trial drug:** Plain Tila Taila is used for Sthanika Abhyanga.



## **Vaitharanavasti:**

### **Ingredients**

1. Saindhava lavana - 12gm (1 Karsha)
2. Guda - 24gm (1/2 Pala)
3. Amlika - 48gm (1 Pala)
4. Murchita Tailam - 120ml
5. Surabhi Paya (Milk) - 192ml (1Kutava)

### **Mishrana vidhi:**

#### **Method of preparation:**

12 gm of Saindhava is powdered well in a Khalwa. 24 gm of Guda made into a syrup form by adding 50 ml water and boiled till to get the consistency of syrup and is added to the Saindhava and grind continuously. 120 ml of Murchita Tila Taila is added to above mixture slowly while grinding. 48 gm of Amleeka kept in 50ml Ushnajala and is squeezed to get thick Kalka form. This Amleeka Kalka is added into the above mixture and grind thoroughly. 192 ml of warm milk is added slowly while continuing the grinding until it become a homogeneous mixture and administrated as Sukhoshna.

#### **b) ASSESSMENT CRITERIA**

##### **Subjective Parameters:**

1. Stambham (stiffness)
2. Ruk (pain)
3. Todam (pricking pain)
4. Muhurmuhu Spandanam (Intermittent pulsating pain)
5. Tandra (Without any exhaustion, feel sleepy.)
6. Gauravam (heaviness on lower limb)
7. Dehasya Athi Vakraata (change in normal curvature of spine)
8. Bhaktadwesham (aversion to food.)

### Objective Parameters:

1. Pratyagamana Kala of Vasti Drvya will be recorded.
2. Visual analogue scale for pain (numeric rating scale)
3. Range of movement of lumbar spine, hip joint and knee joint and ankle joint with Goniometer
4. Walking time
5. Foot pressure.
6. Questionnaire for Koshta Assessment.

Outcome measures of the disease is assessed according to maximum and minimum range of Prathyagamana Kala and its relation with Trividha Koshta. Assessment will be done on baseline, after treatment and follow up will be done on 25<sup>th</sup> day.

### INVESTIGATIONS:

BLOOD: Routine Examination.

RADIOGRAPHIC EVALUATION: X-ray of Lumbo Sacral spine –AP and Lateral view.

### C) ANALYSIS OF DATA

Collected data will be statistically analyzed.

**3.** Does the study require any investigation or interventions to be conducted in patients, Healthy volunteers, cadaver or animals? If so please describe briefly

**4.** Has ethical clearance been obtained from your institution in case of (3)? (Human or animal)

Yes

## List of References:

1. Agnivesha, CharakaSamhita with Ayurveda Deepika commentary of Chakrapanidatta revised by Charaka and Dridhabala, edited by Vaidya Yadavji TriVikramji Acharya, published by Chaukamba publishers, reprint - 2013, Sutrasthanam, Chapter – 20, Sloka -11, p113.
2. Sharngadhara, Sharngadhara Samhita, Goodartha Deepika commentary of Bhashagvada Adhamalla edited by Vidyasagar and Pandit Parasuram Agnivesha Shastri, Pradhama Khanda, chapter -7, p75.
3. Agnivesha, CharakaSamhita with Ayurveda Deepika commentary of Chakrapanidatta revised by Charaka and Dridhabala, edited by Vaidya Yadavji Tri Vikramji Acharya Chaukamba publishers, edition, reprint-2013, Sutrasthanam, Chapter -19, Sloka -7, p111.
4. Yogaratnakara, Vidyodini Hindi Teeka by Vaidya Sree LakshmiPathee Sastri edition 2005 Vatavyadhi Chikitsitam Adhyaya, Sloka-4, p511
5. Susruta, SusrutaSamhita with NibandhaSamgraha commentary of Dalhana Acharya and Nyayachandrikapanchaka of Sri Jayadasa Acharya and edited by Vaidya Acharya Tri Vikramji Yadavji, Chaukamba orientalia, Varanasi, edition-2013, Nidanasthanam, chapter-1, Dalhana commentary of Sloka-73, p267.
6. Chakrapani Datta, Chakra Datta edited by P.V.Sharma, Chaukamba orientalia Sanskrit Text with English translation edition 2013, chapter-22, Sloka 51-52, p189
7. Vangasena, Vangasena Samhita, Chikitsasarasamgraham edited by Dr Rajeev Kumar Rai and published by Kush Kumar Rai edition-2010, Varanasi, Gridhrasi Chikitsa, Slokam - 574-575, p300.
8. Sreemad Vaidya Shodasa, Gadanigraha, Vidyodini Hindi Vyakhyana by Sri Indra Deva Tripathi, edited by Sri Ganga Sahaya Pandya, edition-2005, Sloka -147-148, p506.
9. Vangasena, Vangasena Samhita, Chikitsasarasamgraham edited by Dr Rajeev Kumar Rai and published by Kush Kumar Rai edition-2010, Varanasi, Vastikarmadhikaram, Slokam-186-190, p 805.
10. Susruta, SusrutaSamhita, with Nibandha Samgraha commentary of Sree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya and edited by

- Vaidya Acharya TriVikramji Yadavji, Chaukamba orientalia, Varanasi, edition-2013, Nidanasthanam, chapter-1, Sloka-73, p267.
11. Acharya Vagbhata, Ashtanga Hridaya elaborated by Vagbhata with joined commentaries of Ayurveda Rasayana by Hemadri and SarvangaSundari by Arunadatta, Haridasasiva Paradakara, edition- 2010, Varanasi, Chaukamba publications, Nidana Sthanam, chapter-15, Sloka -54, p535
  12. Yogaratnakara, Vidyodini Hindi Teeka by Vaidya Sree LakshmiPathee Sastri edited in 2005, Vatavyadhi Chikitsitam Adhyaya, Sloka-4, p511
  13. Acharya Madhavakara, Madhava Nidana, Madhukhosha Vyakhyana, edited by Brahmanantha Tripathi, chapter-22, Sloka -54, p538.
  14. Vangasena, Vangasena Samhita, Chikitsasarasamgraham edited by Dr Rajeev Kumar Rai and published by Kush Kumar Rai, edition-2010, Varanasi, Sloka -113-115, p267.
  15. Agnivesha Charakasamhita with Ayurveda Deepika commentary of Chakrapanidatta revised by Charaka and Dridhabala, edited by Vaidya Yadavji TriVikamji Acharya Chaukamba publishers, edition, reprint-2013, Chikitsa Sthanam, chapter-28, Sloka-56-57, p619.
  16. Agnivesha, Charakasamhita with Ayurveda Deepika commentary of Chakrapanidatta revised by Charaka and Dridhabala, edited by Vaidya Yadavaji TriVikamji Acharya, published by Chaukamba publishers, reprint-2013, Chikitsa Stanam, chapter-28, Sloka-56-57, p619.
  17. Vangasena, Vangasena Samhita, Chikitsasarasamgraham edited by Dr Rajeev Kumar Rai and published by Kush Kumar Rai, edition-2010, Varanasi, Sloka-113-115, p267.
  18. Acharya Madhavakara, Madhava Nidana, Madhukhosha Vyakhyana, edited by Brahmanantha Tripathi, chapter22, Sloka -55-56, p538
  19. Yogaratnakara, Vidyodini Hindi Teeka by Vaidya Sree LakshmiPathee Sastri edited in 2005, Vatavyadhi Chikitsitam Adhyaya, Sloka-4, p511
  20. Vangasena, Vangasena Samhita, Chikitsasarasamgraham edited by Dr Rajeev Kumar Rai and published by Kush Kumar Rai, edition-2010, Varanasi, Vastikarmadhikaram, Sloka -186-190, p805.
  21. Acharya Vagbhata, Ashtanga Hridaya elaborated by Vagbhata with joined commentaries of Ayurveda Rasayana by Hemadri and SarvangaSundari by Arunadatta, Haridasasiva Paradakara, edition- 2010, Varanasi, Chaukamba publications, Sutra Sthana, chapter-19, Sloka -47, p270.

22. Susrutha, SusruthaSamhita, with Nibandha Samgraha commentary of Sree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya and edited by Vaidya Acharya TriVikramji Yadavji, Chaukamba orientalia, Varanasi, edition-2013, Chikitsa Stanam, chapter-38, Sloka-18-19, p541.
23. Susrutha, SusruthaSamhita, with Nibandha Samgraha commentary of Sree Dalhana Acharya and Nyayachandrika Panchaka of Sri Jayadasa Acharya and edited by Vaidya Acharya TriVikramji Yadavji, Chaukamba orientalia, Varanasi, edition-2013, Chikitsa Stanam, chapter-35, Sloka -26, p527

NAME OF THE RESEARCHER : SUBINA.S

SIGNATURE :

NAME AND DESIGNATION OF GUIDE : DR. PRATHIBHA.C.K. MD (Panchakarma)

Associate Professor

Department of P.G Studies in Panchakarma.

REMARKS OF THE GUIDE :

SIGNATURE WITH OFFICE SEAL :

NAME AND DESIGNATION OF THE CO-GUIDE : DR ANANDARAMAN.P.V MD (Panchakarma)

SIGNATURE WITH OFFICE SEAL :

NAME AND DESIGNATION OF HEAD OF THE DEPARTMENT : DR M.R. VASUDEVAN NAMBOOTHIRI  
MD (Panchakarma)

Principal, Amrita School of Ayurveda.

SIGNATURE WITH OFFICE SEAL :

NAME AND DESIGNATION OF HEAD OF INSTITUTION : DR M.R. VASUDEVAN NAMBOOTHIRI  
MD (Panchakarma)

Principal, Amrita School of Ayurveda.

SIGNATURE WITH OFFICE SEAL: :

**TOP**