A review on efficacy of Kayaseka in Pakshaghata

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ABSTRACT

Man has always feared two things death and disease. Stroke is a disease which appears suddenly with strong pathophysiology. It is responsible for more dependency than any other disease since it hampers the functional ability of person sometimes it may even lead to death. As birds need both wings to maintain posture, co-ordination of movements, execution of different movements similarly humans need both halves. If a bird loses its one wing it is unable to fly and even live due to depraved morbidity. In the same way when person suffers from stroke he is a like bird with clipped wings. Pakshaghata is a Vatavyadhi. Acharyas have established it under Astamahagada. In all types of Vatavyadhi, Snehana and Swedana are mentioned as a line of treatment. Acharya Charaka advocates the use of Ushnaveerya Parisheka in the mitigation of Vata Dosha. Induction of Swedana by unique procedure of pouring liquid by warm medicated oil on body is known as Parisheka Sweda. When it is performed on whole body along with the Abhyanga, is known as Kayaseka.

Key words: Pakshaghata, Swedana, Parisheka, Kayaseka, Stroke.

INTRODUCTION

Pakshaghata is one among the Vatavyadhi, considered under Astamahagada, which is Swabhavatah Duschikitsya. In Classics it is classified as Dhatukshayajanya and Margavaranjanya based on the Samprapti. When the aggravated Vata invades the Urdwa, Adah and Thiryakgata Dhamanis,[¹] it hampers any half of the body which is called as Pakshaghata. This leads to partial or complete loss of functioning of the affected side of the body and at times may even cause death.[²]

According to statistical data, 7,00,000 Indians are suffering with stroke every year,[³] out of which 10% recover completely, 25% live with minor impairment, 40% moderate to severe impairment, 10% require care in hospital and 15% die shortly after the stroke.[⁴] According to the causes, 85% strokes are due to ischemic conditions. In South India every 56.9 persons out of 100,000 are suffering from Stroke or Hemiplegia.[⁵]

Aacharya Charaka advocates the use of Ushnaveerya Parisheka in the mitigation of Vata Dosha. Induction of Swedana by unique procedure of pouring liquid by warm medicated oil on body is known as Parisheka Sweda. When it is performed on whole body along with the Abhyanga, is known as Kayaseka or Pizichil.[⁶]

As per Bhava Prakash Nighantu, Tila Taila should be used for Abhyanga and Parisheka. Tila Taila has properties like Vikashi, Sukhsma which help in easy absorption through the skin and Madhura and Katu Rasa help in the mitigation of Vata and Kapha Dosha.[⁷]

By synchronisation of Tila Taila with Kayaseka antagonistic effect on Vata and Kapha is expected. Hence, keeping the alarming increase in the incidence and the morbidities associated with Pakshaghata in mind this study has been taken to evaluate the role
and efficacy of Tila Tail Kayaseka in the management of Pakshaghata.

Table 1: Comparison between hemiplegia and Pakshaghata

<table>
<thead>
<tr>
<th>SN</th>
<th>Factors</th>
<th>Pakshaghata</th>
<th>Hemiplegia</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Etiology</td>
<td>Vayah, Margavarana, Dhatukshaya, Marmabighata, Asruksrava, Rukshalpa ahara</td>
<td>Age, Atherosclerosis, Haemorrhage, Injury to head, Nutritional imbalance, Habits (Alcohol, Tobacco)</td>
</tr>
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In Ayurveda there are specific treatments for Pakshaghata. Among one of them is Swedana. Parisheka is one among 13 types of Saagniswedana. Both Acharya Vagbhatta and Sushruta clubbed Parisheka under Dravasweda.

Parishek: Pari + Sekah, here the word Seka is derived from root word sich - ghan, sekah is a (pu) word where Pari is a Upasarga which referes from all sides Seka means sprinkling. So overall it means sprinkling from all sides, there are different types of meaning of Seka which are as follows: pouring out, emission, sprinkling, moistening, shower bath, liberation, offering, plural name of a people Kayaseka is another form of Parisheka, when Seka is associated with Kaya then it means sprinkling from all sides over body. Shuddhavatari or Vata Samsrusta Sahitrogi should be subjected for Parisheka Sweda. Drugs should be made into Qwatha then it is taken in vessel with many small openings. After Abhyanga when Sinchana of these Sukhosnadravya is done it is known as Parisheka.

MATERIALS AND METHODS

In procedure drugs are used they are Mahanarayan Taila and Moorchita Tila Taila. Mahanarayan Taila is used for Abhyanga where Moorchita Tila Taila is used for Seka purpose.

Mahanarayan Taila: this drugs contains Bilwa, Ashwagandha, Brihatimoola, Gokshura, Shyonaka etc. Mahanarayan Taila is indicated for Paana, Abhyanga and Vasti in all Vatavyadhis.

It is also useful in gynecological disorders, it also bestow to progeny imbued with longevity, courage and vitality. This Taila has properties like Tridoshahara, Balya, Vrushya, Rasayan, Brimhana which helps in alleviation of Vyadhi. Moorchita Tila Taila it contains drugs like Haridra, Lodhra, Musta, Amalaki, Tila, Vata which possess qualities like Tridoshahara, Vatahara, Balya, Vishaghna, Anulomaka.

DISCUSSION

Mode of action of Swedana Karma

Swedana karma has 4 major actions over the body,

1. Sthambhaghnata
2. Gouravaghnata
3. Sheetaghnata
4. Swedakarakata

- **Sthambhaghnata**: Swedana has the opposite qualities to that of Vata and Kapha, thereby producing a palliative effect on them and thus clears the Srotosanga. In other words, application of heat increases the local circulation which effects on contracted lumen of the body to
become smoother and wider. Thus relieves variety of obstruction.\[{10}\]

**Gouravaghnata**: Heaviness of the body is being relieved by Swedana. By means of Swedana, the fluids in the body are being excreted through the Sweda (sweat) and hence there is a feeling of lightness in the body. Swedana stimulates the nerve endings and promotes strength to muscle.\[{11}\]

**Sheetaghnata**: Sheetaghnata has to be assessed by patient is relieved from the coldness existing prior, by efficacy of Swedana karma.\[{12}\]

**Swedakarakata**: Swedana produces perspiration. This is a Mala (excretory product) where the wastes of all the layers of skin, muscle, nerves, Rasa, Rakta, Meda etc. are mixed. Therefore, it is a mechanism of excreting the metabolic waste from the body tissue.\[{13}\]

**Snehayukta Swedana**

- If Swedana is administered after Snehana, then it brings Vata under control and thereby facilitates the elimination of Mala.\[{11}\]
- Before the administration of Swedana in the form of Kayaseka patient should be given Abhyanga.
- If Swedana is given after Snehana, then it alleviates Vatadosha and also helps in easy evacuation of Purisha, Retas, Mutra. Even a dry piece of wood can be bent by means of Snehana and Swedana.\[{12}\]
- Patient should be given Snehana Swedana regularly as a result of which the Koshta becomes Mridu and keeps Vatadosha under control.\[{13}\]

**Physiological effects of heat**

Heating the tissues results in increased metabolic activity, increased blood flow and stimulation of neural receptors in the skin or tissues.

1. Increased metabolism - increased heat leads to increased metabolism leads to increased metabolites

2. Increased blood supply - Increase metabolism leads to dilatation of walls of capillaries which facilitate vasodilatation their by causing more blood supply and oxygen to target specific and it also removes waste.

3. Effect of heat on nerves - Proper channelized heat appears to produce soothing effects. The effect of heat on nerve conduction has still to be properly investigated.

4. Increased activity of sweat glands - As the heated blood circulates throughout the body, it affects the centers concerned with regulation of temperature, and there is increased activity of sweat glands through the body.

5. Effect on muscle tissue - Rise in temperature induces muscle relaxation due to increased blood supply

**Transdermal Drug Delivery**

This occurs through

- Trans cellular
- Para cellular
- Hair follicles and sweat glands

**Mechanism of transdermal drug delivery system**

- Drug molecules can penetrate skin by three potential pathways: sweat ducts, hair follicles and sebaceous glands. (Shunts)
- Many scientists advocated permeability of drug across stratum corneum versus shunt.
- However it is generally accepted that shunt facilitates permeation of 0.1% which clearly states drug flux is minimal.
- This assumption has resulted in more focus on increasing permeability across stratum corneum rather than shunt.
- Parisheka increases flow of O₂ and nutrient to muscles healing.
- Parisheka stimulates sensory receptors
- Relieves discomfort
It stretches connective tissue and adhesions hence decreasing stiffness and injury as well as increasing flexibility.

REFERENCES


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