

Panchakarma in the management of Abhigataja Sarvanga Kupita Vata

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DOI:10.21760/jaims.10.2.42


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Vata vitiation leads to a disease known as "Vatavyadhi." According to Charaka, Vatavyadhi can be divided into two varieties, Dhatukshayajanya and Margavrodhajanya, based on the causes. In Dhatukshayajanya, Vata Dosha fills the Rikta Sthanas in the body. whereas in Margavarodhajanya, the disease is caused by an obstruction in the Srotas. Abhigataja is also one of the Nidana that leads to Vatavyadhi. In the present case 60 years female complains of pain all over the body and reduced strength in both upper and lower limb after a history of road traffic accident. Systematic Panchakarma approach was done. There were remarkable changes observed in patient with respect to VAS score and Muscle power.

Keywords: Vata Dosha, Vata Vyadhi, Nanatmaja Vyadhi, Sarvanga Kupita Vata, Panchakarma, Ayurveda

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Manuscript Received 2025-01-11	Review Round 1 2025-01-21	Review Round 2 2025-01-31	Review Round 3 2025-02-11	Accepted 2025-02-26
Conflict of Interest None	Funding Nill	Ethical Approval Not required	Plagiarism X-checker 12.96	Note

Introduction

The *Vyanavata*[1] is present in the body and circulates throughout it. It always performs as *Gati*, *Prasarana*, *Akshepaka*, *Nimeshadi Kriya*. [2] All of the body's central nervous system functions are under the supervision of the *Vata dosha*. All of the bodily movements are controlled by it. [3]

There are more than 80 *Nanatmaja Vyadhi* in *Vatavyadhi*. [4] "*Vatadrute Naasti Ruja*" makes it very clear that how important *Vata* is for causing pain. [5] Vitiating of *Vata dosha* cause disorders like *Pakshaghata*, *Ardita*, *Gridhrasi*, *Avabahuka*, *Viswachi*, *Ekangavata* and *Sarvangavata*, etc.

In case of *Ekanga*[6] the effects limited to the particular parts of body and in case of *Sarvanga* the effects of *Vata* vitiating resides to whole body. Here an attempt is made to evaluate the effect of *Panchakarma* procedure in managing *Sarvanga Kupita Vata*.

Materials and Methods

Case Report: A 60y female patient approached *Panchakarma* outpatient department of SDM Ayurveda Hospital, Hassan with complaints of

Table 1: Chief complaints and duration of present illness

Chief complaints	Duration
Pain all over the body	9 d
Unable to sit stand and walk	9 d
Reduced strength in both upper and lower limb	9 d

History of Road traffic accident 9days before.

Associated complaints:

- Abrasions over face and around mouth because of RTA.
- Disturbed sleep due to pain.

Past history: Not K/C/O - Hypertension and Diabetes mellitus

Surgical history: nothing specific

Personal history:

Occupation - Home maker
 Appetite - good
 Bowel - constipated
 Micturition - incontinence was present (catheterized)

Sleep - disturbed due to pain.

Ashta Sthana Pareeksha:

Nadi - *Vata* predominance
Mala - *Vikrita*
Mutra - *Vikrita* (catheterized)
Jighwa - *Lipta*
Shabda - *Prakruta*
Sparsha - increased temperature over the painful areas
Dhrik - *Prakruta*
Akriti - *Sthula*

Nidana Panchaka:

Nidana - *Abhighata* (Road traffic accident)
Poorva Roopa - Nothing specific
Roopa - *Gatra Spurana*, *Bhanjana*, and *Sandhi Spurana*, Unable to sit stand and walk, Reduced strength in both upper and lower limb, disturbed sleep due to pain
Upashaya - On medications

Samprapti Ghataka:

Dosha - *Vata*
Dooshya - *Rasa*, *Rakta*, *Mamsa*, *Asthi*, *Sira*, *Snayu*
Srotas - *Rasavaha*, *Raktavaha*, *Mamsavaha*, *Asthivaha*
Srotodusti - *Vimargagamana*
Agni - *Jataragni* and *Dhatwagni*

Clinical findings:

Nourishment - moderately nourished
 HR - 76/min
 RR - 20/min
 BP - 130/90MMHG
 BMI - 27kg/m²
 Pallor - absent
 Icterus - absent
 Cyanosis - absent
 Oedema - absent
 Clubbing - absent
 Lymphadenopathy - absent

Musculoskeletal system examination: Patient was bedridden.

Table 2: Muscle power of upper and lower limb

Right	Upper limb	1/5
	Lower limb	1/5
Left	Upper limb	1/5
	Lower limb	1/5

Table 3: Muscle tone of upper and lower limb

Right	Upper limb	Normotonic
	Lower limb	Normotonic
Left	Upper limb	Normotonic
	Lower limb	Normotonic

Muscle bulk - No changes noticed

Laboratory parameters:

Hb: 9.6 gm%,
E.S.R: 80 mm/h

Therapeutic intervention

Table 3: intervention and improvements observed

Date	Panchakarma	Shamanaushadhi	Improvements Observed
22/05/23 to 24/05/23	Sarvanga Parishekha with Dashamoola Kwatha + Dhanyamla. Vestana with Muruvenna Taila. Matra Basti with Panchatikta Guggulu Ghrita 80ml.	-	10% Reduction in Pain. Muscle power was 1/5.
25/05/23 to 30/05/23	Sarvanga Mridu Abhyanga with Nirgundi Taila + Patrapinda Sweda. Prista Pichu with Nirgundi Taila. Vestana with Muruvenna Taila.	-	25% Reduction in Pain. Sleep was improved. Constipation was relieved. Muscle power was 1/5.
31/05/23 to 05/06/23	Sarvanga Mridu Abhyanga with Nirgundi Taila + Jambheerapinda Sweda. Prista Pichu with Nirgundi Taila. Vestana with Muruvenna Taila. Matra Basti with Panchatikta Guggulu Ghrita 80ml.	Nuro XT 2-0-2 a/f Flexofen MR 1-0-1 a/f	50% Reduction in Pain. Muscle power was 2/5.
06/06/23 to 20/06/23	Sarvanga Mridu Abhyanga with Nirgundi Taila + Shashtikashaalipinda Sweda. Prista Pichu with Nirgundi Taila. Vestana with Muruvenna Taila. Matra Basti with Panchatikta Guggulu Ghrita 80ml.	Nuro XT 2-0-2 a/f Flexofen MR 1-0-1 a/f	70% Reduction in Pain. Muscle power was 3/5. Able to sit with support.
21/06/23 to 26/06/23	Sarvanga Mridu Abhyanga with Nirgundi Taila + Shashtikashaalipinda Sweda. Prista Pichu with Nirgundi Taila. Vestana with Muruvenna Taila. Matra Basti with Brihatchagalyadi Ghrita 80ml.	-	80% Reduction in Pain. Muscle power was 4/5. Able to sit, stand and walk with the support

MRI findings:

Suggestive of bone contusion

C3-4 and C4-5 : Posterior disc bulge and antero-lateral osteophytes Present

L2-3 , L3-4 and L4-5 : Disc desiccation

L2-3 : Disc herniation

L3-4 and L4-5 : Mid posterior disc bulge

Diagnosis:

Lakshanas of Sarvanga Kupita Vata - Gatra Spurana, Bhanjana, and Sandhi Spurana

Results

Improvements were observed in the *Lakshanas*, Muscle power after *Panchakarma* treatment.

Table 4: Observation

Parameters	Before Treatment	After Treatment
Vas Score	5	2
Muscle Power	1/5	4/5
Sitting Standing and Walking	Unable to Sit, Stand and Walk	Able to Sit, Stand and Walk with the support

Discussion

In this present case suitable *Vata Upakramas* are followed.[7] Preferably *Brumhana* line of treatments like *Snehana, Swedana, Abhyanga, Vestana, Anuvasana Basti*. These procedures are having *Gunas* opposite to *Vata Dosha* there by pacifying the vitiated *Vata Dosha*. The patient in the current study received *Vestana, Mridu Abhyanga* and *Parisheka, Patrapinda Sweda, Jambheerapinda Sweda, Shashtikashalipinda Sweda* and *Matra Basti* according to the *Avastha* of patient. Following are the discussions made on the interventions.

Mode of action of Intervention

Parisheka Sweda[8]: Initially *Parisheka* was done with *Dashamoola Kashaya + Dhanyamla*. *Parisheka* is *Vatahara*, and *Rujapaha* and can be performed in *Kshata* (injury). *Dashamoola Kashaya* is *Vatakphahara*[9] and *Dhanyamla* is having *Ushna Guna* clears *Sroto Avarodha*[10] by which both pacifies vitiated *Vata Dosha*. There by resulting in reduction of heaviness and minimum amount of reduction in pain.

Vestana: *Vestana* is one among *Vatasya Upakrama* which is done with *Muruvenna Taila*[11] that helps in relieving from pain because of *Vata Dosha*. Here patient was tied with *Vestana* whole night resulted in *Snehana* for long duration.

Matra Basti: *Anuvasana Basti's* classification *Matrabasti* was planned. First phase *Panchatikta Guggulu Ghrita* was given. It alleviates even the *Sandi-Asthi-Majjagata Vata*[12] and provides strength. Later *Matra Basti* was given with *Bruhat Chagalyadi Ghrita*, which is told in the context of *Bhaishajya Ratnavali's Vatavyadhi Prakarana*. [13] It increases Muscle Strength and lowers *Shoola*.

Pinda Sweda: Initially *Snigdha Ruksha Sweda* was planned in the form of *Patrapinda Sweda* (3 days) and *Jambeera Pinda Sweda* (3 days) as it is *Vata-Kaphahara* it relieves pain, *Stamba* and *Shotha*.

Followed by *Snigdha Sweda* was planned in the form of *Shashtikashalipinda Sweda*[14] it is *Vatahara* and promotes *Dhatu Poshana* and *Sthirata* to the *Angas*.

Conclusion

Abhigata is characterized by an instant *Prakopa* of *Vata Dosha*, which leads to extreme pain throughout the body and decreased strength in the upper and lower limbs. Consequently, in this instance, and various *Panchakarma* procedures were carried out, which assisted in reducing the pain and have excellent effects on reconstruction of nerves, nourishment of muscle tissues and rejuvenation of the body.

Acknowledgement

The authors would like to thank the Department of Panchakarma, Sri Dharmasthala College of Ayurveda and Hospital, Hassan, Karnataka for their assistance in data collection and other aspects of this research.

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