

Efficacy of Patra Pottali Swedan & Kshar Basti in the Management of Ankylosing Spondylitis

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Abstract: Ankylosis spondylitis is a chronic, inflammatory disease of the axial spine that can manifest with various sign & symptoms. Chronic back pain and progressive spinal stiffness are the most common features of the disease. There is no specific medication in conventional system of medicine in the management of Ankylosis Spondylitis. Ayurveda has a great potential to treat such auto immune disorder. In Ayurveda we can treat this disease in the similar line of treatment as of Amavata. A 47 years old female patient came to Panchakarma outpatient department of IPGAE&R at SVSP Hospital with complaints of lower back ache, progressive spinal stiffness, buttock pain, postural abnormality dactylitis & criteria for assessment in the study work were Schober's Test, Straight Leg Raising Test (SLRT), swelling measurement.

Keyword: Ankylosis, Spondylitis, Lekhan Basti, Patrapottali Swedan

1. Introduction

Amavata is a condition where Mandagni is the fundamental factor for production of Ama into the body which circulates in the entire body due to the propulsive (yogavahi) effects of vruddha vata and spread into the various site of kapha dosa like joints, head, heart, stomach etc. and produce symptoms like multiple joint pain, stiffness and swelling. The most specific findings are Trikasula and Sandhisula. That's why we correlate this disease with Ankylosis spondylosis. Another symptoms are loss of spinal mobility, limitation of anterior & lateral flexion and extension of lumbar spine, involvement of sacroiliac spine, enthesitis and dactylitis. The most extraarticular manifestation of AS include inflammatory bowel disease (upto 50%), acute anterior Uveitis (35%) and psoriasis (approximately 10%). There is also a risk of cardiovascular disease. The cause of AS is idiopathic. Among the people who are HLA-B27 positive, the prevalence of AS is approximately 5% to 6%. The Epidemiology says that the Ankylosis spondylosis is typically diagnosed in people younger than 40 years and about 80% patient develop symptoms when they are younger than 30 years. Male to Female prevalence is between 3%. Nonsteroidal anti-inflammatory drugs are the 1st line drug of Ankylosing Spondylitis.

According to Ayurveda, Ankylosing Spondylitis can be correlated with Amavata. According to Chakradutta, the line of treatment of Amavata is Langhan, Swedan, Kshar Basti, Snehan, Virechan, Anuvasan Basti with Saindhavadya tailam. In swedan karma we can select patra pottali swedan which is a type of Ekanga, Tapa swedan and gomutra kshar Basti for the management of Ankylosing spondylitis.

2. Material and Methods

Case Report - A 47 years old female patient came to our panchakarma department with complaints of pain at hip joints, buttock pain, stiffness all over the spine, postural

abnormality, pain at peripheral joints, digits, entheses, fever and loss of appetite. The pain was consistent throughout the day. She had a history of disturbed sleep due to insidious onset of pain. The primary pathology of spondyloarthropathy is enthesitis with chronic inflammation & hyperkyphosis.

SLRT test was positive at 60°. The patient was HLAB₂₇ positive with increased level of CD₄ & CD₈ T lymphocytes and macrophages. CRP level, ESR level, all acute phase reactants were high, cytokines particularly Tumor necrosis factor - α and transforming growth factor - β (TGF - β) were also increased.

Diagnosis:

Clinical features, Blood Reports, MRI, X-Ray findings were suggestive of Ankylosis Spondylitis.

Treatment:

There are some specific Panchakarma therapy which is described below:-

Details of intervention -

Basti Ingredients and their quantity.

- (1) Makshik - 200 ml.
- (2) Saindhav lavana - 12 gms.
- (3) Triphala kwath - 400 ml.
- (4) Go mutra - 150 ml.
- (5) Kshara - 6 gms.
- (6) Katu taila - 200 ml.

Patra Pottali Swedan

Ingredients of Patra Pottali Swedan:

- Coconut - 150 gm.
- Lemon - 4 pieces
- Cotton cloth - 2 pieces
- Tags - 2 pieces
- Oil - 1 litre
- Saindhav, Rasna, Satapuspa - each 10 gms.
- Leaves:

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- Nirgundi - 100 gm
- Eranda - 100 gm
- Chinchu - 100 gm
- Dhatura - 100 gm
- Arka - 25 gm

Time duration and Procedure of Kshar Basti:

Kshar Basti of 968 milliliter quantity was introduced through anal canal in left lateral position in early morning before taking any food for 15 days.

Patra Pottali Swedan:

The term Patra Pottali is derived from two words patra meaning leaves and pottali means bolus and swedan means sweating. That means sudation performed by specially prepared bolus.



In Poorvakarma:

- (1) **Preparation of Patients** - Abhyanga should be done properly at the localised effected region of the patient.
- (2) **Preparation of Patra Pottali** - For this first of all leaves are washed properly and chopped into small pieces. Then in pan prescribed oil is heated. To this grated coconut & sliced lemon are added and stirred thoroughly until the coconut scraping attains a brown colour. Then the chopped leaves are added. At last, powdered materials are added and fried. Now this is to be divided into 2 equal parts and pottali are prepared. The pottali should be heated with prescribed oil up to 42 - 46°C. The treatment procedure was carried out for 5 - 10 min. in each posture and patra pottali swedan carried out in all the 7 postures as Abhyanga. Care should be taken for maintaining the temperature throughout the procedure in each posture. At the end of the swedan procedure, Rasnadi Churna should be applied over the anterior fontanelle.

Duration: The duration of treatment is 30 - 45 minutes.

3. Discussion

Patra pottali is a kind of snigdha Swedan and is unparalleled treatment for vata dosha usually in degenerative diseases. Moreover, it can be used in vata kaphaja condition. Leaves which can pacify Vata & Kapha dosha are used in the bolus for tackling inflammatory diseases of joints and soft tissues. Patra pottali is used mainly to reduce pain, inflammation and stiffness. Patra pottali contains Nirgundi which is analgesic and anti-inflammatory in nature, containing sesquiterpenes, volatile oil, triterpenes, diterpenes. Patra pottali also acts as muscle relaxant as Dhatura leaves have anti-inflammatory property. Dhatura contains scopoletin, daturadiol which is anti-inflammatory in nature. Eranda leaves are used to pacify vata dosha which contain ricinine, ricinolein, which is analgesic in nature. Ankylosis spondylitis that can also be considered as Kati Pristhatrika graha in Ayurvedic parlance is an inflammatory arthritis that involve vitiation of vata and kapha producing pain and stiffness in the spine. Snigdha & Ushna guna of Nirgundiadi dravya of patra pottali Sweden have the capability to subside the inflammation, pacifies the morbid vata & kapha doshas, thus reducing pain & stiffness.

At the time of patra pottali Sweden application of heat with adequate pressure activates the gate control theory to reduce and inhibit pain, with activation of large diameter A - β nerve fibre. The non - noxious A - β fibres are activated and inhibit the A - δ and/or C fibres causing the pain. Patra pottali Sweden promotes vasodilation & relieves muscular spasm.

The properties of Kshar Basti are Lekhan Karak, Kaphasosak, Vatasamannak, Deepak. Kshar and gomutra have ushna virya, acts as kaphasoshak, sulahara & Rechak in nature and helps in deepan and pachan. Katu taila has vata samak property. Triphala kwath is anti-inflammatory in nature. It also acts as deepaniya and srotosodhak.

Table 1: Investigation

Investigation	Report
HLAB ₂₇	Positive
MRI	Disc space are diminished between L ₄ /L ₅ , L ₅ /S-1
C Reactive Protein	30 mg/L
ESR	50 mm/hr.
WBC	11000/mm ³
Haemoglobin	10 gm/dL
Sr. Uric acid	3.5 mg/dL
Sr. Creatinine	0.6 mg/dL

Table 2: Panchakarma Intervention

S. No.	Panchakarma Therapy	Treatment duration
1.	Patra Pottali Swedan	15 days
2.	Kshar Bhasti	15 days

Table 3: Observation

S. No.	Before Treatment	After Treatment
1. SLRT		
- Right Leg	20°	60°
- Left Leg	45°	75°
2. Stiffness (visual analogue scale)	12	6
3. Pain at Sacroiliac joint	20°	10°
4. Flexion of Lumber Spine	6°	12°
5. Extension of Lumber Spine	4°	12°
6. Schobers test	16 centimeter	25 centimeter

4. Conclusion

Panchakarma treatment is basically a bio cleansing regimen intended to eliminate the toxic elements from the body. It is a Vyapak Chikitsa and is a great measure to attain all types of Phalashrutis (benefits). On the basis of single case study, it can be concluded that Panchakarma therapy like Patra Pottali Swedan and Kshar Basti shows a significant effect in the management of ankylosis spondylitis.

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