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## EFFECTIVE MANAGEMENT OF KATIGRAHA WITH UPANAHA SWEDA

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### ABSTRACT

*Katigraha* is considered as the most common complaint in the present era due to changed lifestyle. It is a condition of low back region with pain and stiffness. Even though *Swedana* is one of the *Poorva Karma* of *Panchakarma* it is being used as *Pradhana Karma* for the management of different ailments because of its effectiveness. *Upanaha* is one type of *Ekanga Sweda* where hot poultice prepared from different drugs is tied to the site of pain and stiffness. *Upanaha Sweda* because of its effectiveness better opted in the management of *Katigraha*.

### INTRODUCTION

*Vamana* (emesis), *Virechana* (purgation), *Vasti* (enema), *Nasya* (nasal medication) and *Rakta Mokshana* (bloodletting) are the *Panchakarma* therapies. *Snehana*, *Swedana* are the *Poorva Karma*.<sup>1</sup> For *Vata* vitiation *Snehana* (oleation), *Swedana* (sudation), *Vasti* (enema) are administered.<sup>2</sup>

*Snehana* and *Swedana* are useful in bring the vitiated *Dosha* to a suitable state.<sup>3</sup> *Upanaha Sweda* is one among the *Chaturvidha Sweda*.<sup>4</sup> *Upanaha Sweda* is done by tying on the body, the paste of roots of *Vata* mitigating drugs macerated with a sour liquid and added with more salt and fats, made unctuous and tied on the body comfortably warm.<sup>5</sup>

*Katigraha* is a *Vata Pradhanya Vyadhi* characterized by pain and restricted movements in *Katipradesha*.<sup>6</sup>

This paper aims at understanding the action of *Upanaha Sweda* in the effective management of *Katigraha*.

#### AIM AND OBJECTIVE

To study about the effective management of *Katigraha* through *Upanaha Sweda*.

#### MATERIAL AND METHOD

The *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya* were referred and reviewed for the proper understanding of concept of *Swedana*, *Upanaha Sweda*. *Katigraha* is studied as a disease referring *Gadanigraha*.<sup>7</sup> Contemporary concepts like Basal Metabolic Rate (BMR), Analgesia, Factors regulating circulation of blood etc., are studied from online and offline sources for the appropriate interpretation of effect of *Upanaha* in relieving pain and stiffness.

#### LITERARY REVIEW

##### *Katigraha*

*Katigraha* (Low Back Pain) is more common among people aged 40-80 years. Globally, about 40% of people have low back pain at some point of time in their life; almost half of the working adults have backache every year.<sup>8</sup> *Katigraha* indicate a diseased condition of the back associated with pain and stiffness. The pain produced in the joints of *Sphikasthi* and *Prishtavamshasthi* by vitiated *Vayu*. According to "*Gadanigraha*" when *Vayu* affected by *Ama* gets localized in *Kati Pradesha* (Lower Back) exhibit the symptoms of *Katigraha*.<sup>9</sup>

##### *Upanaha Sweda*

*Upanaha* is a type of *Ekanga Sweda*. The word *Upanaha* means "to tie".<sup>10</sup> *Upanaha* done during the day time is to be removed at night and vice versa.<sup>11</sup> It is usually done in *Sandhigata Vata*, *Pakshaghata* etc. *Upanaha* is done application of warm paste of *Vata* mitigating drugs (*Kolakulatthadi Choorna*) macerated with sour liquid (*Dhanyaamla*) and added with *Saindhava Lavana* and *Tila Taila* tied to *Katipradesha*.<sup>12</sup>

*Upanaha* is the application of poultice prepared from *Vaca*, *Kinva*, *Satahva*, *Devadaru* etc., any kind of grains,

all substances having pleasant smell, roots of *Rasna* and *Eranda*; each one added with salt, fats (oil, ghee etc.), *Cukra* (vinegar), *Takra* (buttermilk) and *Paya* (milk) in the increased condition of *Vata*.<sup>13</sup> *Upanaha Dravya* prepared with the drugs of *Surasadi Gana*<sup>14</sup> in increase of *Vata* associated with *Kapha*. Drugs of *Padmakadi Gana* in increase of *Vata* associated with *Pitta*.<sup>15</sup> These poultices are known as *Salvana Upanaha*<sup>16</sup> and should be applied often. After applying the poultice, the part of the body should be bandaged with soft piece of leather which has no bad smell, which has been oiled. It should be slightly warmed and tied, if leather is not available, leaves of plants which mitigate *Vata*, silk cloth or woolen cloth may be used.<sup>17, 18</sup>

#### Period for Upanaha Sweda

- The bandage applied during night should be removed in the morning and vice versa.<sup>19, 20</sup>

#### Materials required:<sup>21</sup>

- Medicine powders– 50-100gm (like *Nagaradi Choorna*, *Jatamayaadi Choorna*, *Kottamchukkadi Choorna* etc., according to the *Dosha Praadhaanyata*)
- Bandage cloth (15cmx2cm )-1
- Leaves of *Eranda*, *Arka* etc., ( to cover the area )- Quantity sufficient

- Aamla Dravya (Dhanyaamla)*-50-100ml
- Oil for *Upanaha* -50ml
- Oil for *Abhyanga* -30ml
- Saindhava Lavana* -20-30gm

#### Man power<sup>22</sup>

- Ayurvedic physician: 1
- Attendant: 1

#### Pre operative procedure:<sup>23</sup>

- Medicine for *Upanaha* can be made with or without heating according to the disease. *Kolakulathadi Choorna*, *Saindhava Lavana*, *Tila Taila*, *Dhanyaamla (Aamla Dravya)* are added in the order to make it into a paste.
- Then it must be heated in case of *Saagni Upanaha* up to 39°C to 41°C or may be applied as such in case of *Niragni Upanaha*.

Note: Skin sensitivity is to be tested before starting the actual procedure.

#### Operative Procedure

- The patient is allowed to be in a comfortable position, exposing the *Katipradesha* to be tied with *Upanaha Dravya*.
- The *Katipradesha* is cleaned and *Abhyanga* is to be done locally with lukewarm *Tila Taila*.

- 3) The prepared *Upanaha Dravya* combination then is to be pasted on the *Katipradesha*.
- 4) A thick paste prepared from *Kolakulathadi Choorna* applied uniformly in thickness of about 1-2cm and is to be covered with *Vatahara Patra* after warming them slightly.<sup>24</sup>
- 5) Then it is to be covered and tied with a bandage cloth.
- 6) According to the area, suitable bandaging techniques are to be adopted.
- 7) It is usually done in the evening so that it can remain there for about 12 hours.
- 8) *Bandhana* is mandatory.
- 9) The suitable bandage is to be applied in a position which is comfortable to the patient
- 10) *Samyak Swinna Lakshana* is to be observed.<sup>25</sup>

#### *Features of Samyak Swinna Lakshana*<sup>26</sup>

- *Sheeta Uparama* (relieves coldness)
- *Shoola Uparama* (relieves pain)
- *Stambha Nigraha* (relieves stiffness)
- *Gaurava Nigraha* (relieves heaviness)
- *Mardava* (softness of the body)
- *Sweda* (adequate sweating)
- *Vyadhihani* (remission of disease)

- *Sheetarthitvam* (desire of cold)

#### *Post-therapy procedure*<sup>27</sup>

- a) After removing the *Upanaha Dravya* from the *Katipradesha*, it is to be washed well with lukewarm water.
- b) The process is to be repeated for seven days.
- c) If itching is present then apply *Pinda* or *Brihat Pinda Taila*.

#### *Precautions*<sup>28</sup>

- i. Bandage is to be neither too tight nor loose.
- ii. *Upanaha Dravya* must be of suitable consistency, so that it wouldn't fall off from its position.
- iii. *Upanaha* shouldn't be applied over wounds.
- iv. Sensitivity of the skin is to be checked before the procedure.

#### *Complications*<sup>29</sup>

- Itching, erythema and burning sensation with local application. In such condition, treatment can be resumed after the suitable subsidence of the complaints.

#### *Indication*<sup>30</sup>

- *Vatavyadi* with predominance of *Shoola*, *Sankocha* and *Stambha*.

#### *Diet*<sup>31</sup>

- Normal diet.

#### **DISCUSSION**

*Katigraha* is considering as *Vata Nanatmaja Vikara*, but as per the symptoms it can be grouped under *Vataja* and *Vata-Kaphaja*.<sup>32</sup> Although *Katigraha* is not described elaborately in *Ayurveda* texts, but in present era, due to mechanical lifestyle the prevalence of *Katigraha* is very high. As per classics, it may be caused both by *Sama* or *Nirama Vata*, therefore its presentation may vary.<sup>33</sup> According to presentation treatment principles can be modified to treat the patient efficiently.

*Swedana* alleviates stiffness, heaviness and coldness by bringing out sweat from the body.<sup>34</sup> It increases the metabolic rate in the body. *Swedana* drugs possessing properties like *Ushna* and *Teekshna* are capable of penetrating the microcirculatory channels (*Srotas*) where they activate the sweat glands to produce more heat.<sup>35</sup> *Swedana Karma* hastens this process by increasing the permeability of capillary and bringing the morbidities into an extracellular fluid by dilating and clearing the channels of the body. Increased circulation leads to more elimination of waste products and more absorption of *Sneha* or drugs through the skin.<sup>36</sup>

It also stimulates muscles and nerves which promote its renovation.<sup>37</sup> Heat administration by *Swedana* may produce

hypoanalgesia effect by diverted stimuli. *Swedana Karma* maintains the thermoregulation system of the body by maintaining equilibrium between core temperature (temperature inside the body) and shell temperature (skin temperature).<sup>38</sup>

## CONCLUSION

*Katigraha* can be effectively managed with *Upanaha Swedana* as per classical references. Management of *Katigraha* diseases with *Upanaha* kind of simple and easy to administer procedure can guide future research works for the invention of better and efficient management therapies.

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