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An Ayurvedic Perspective on the Effects of *Shashtikashali-Pinda Sweda* in the Management of Muscular Dystrophies: A Conceptual Study

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ABSTRACT

The Muscular Dystrophies (MD) are X-linked disorder that causes progressive degeneration of the muscles. At present, there is no treatment known in any system of medicine which has any evident impact upon Muscular Dystrophies. A variety of treatment like corticosteroids can help to manage the symptoms of the disease, to improve a standard of living and to increase life expectancy but long term use of corticosteroid is associated with significant side effects. The intention of this study is to improve the standard of living and ultimately find ways to treat it. In *Ayurveda*, MD is parallel to *Vata Vyadhi*. Muscular Dystrophies can be clearly understood by the concept of *Adibala pravritta janya Vyadhi* due to the *Bheejabhagavayava Dushti*. MD can be associated with *kshayaja vata vyadhi* with particular condition of *Manshagat vata*. Hence, *Shashtikashali-pinda Sweda* is expedient in conditions afflicted by *Vata*, further it is advocated that *Shashtikashali-pinda Sweda* work as *Brimhana* and *Balya*. It provides *Dhatu poshana* and pacifies the *Vata Dosha*. Hereby, the purpose of the study is to probable effects of *Shashtikashali-pinda Sweda* helps in slowing the rate of deterioration.

KEYWORDS

Muscular Dystrophies, Kshayaja vata vyadhi, Manshagat Vata, Shashtika shali-pinda Sweda



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INTRODUCTION

Muscular Dystrophies are developing gradually predominantly affecting skeletal muscles resulting in wasting and weakness¹. A study has been done on the total combined prevalence for all Muscular Dystrophies. The data was found in this study between 19.8 and 25.1 per 100,000 person-years. The most commonly found disorders are Myotonic Dystrophy (0.5-18.1 per 100,000), Duchenne Muscular Dystrophy (1.7-4.2 per 100,000) and Fascio-scapulohumeral Muscular Dystrophy (3.2-4.6 per 100,000) were recorded in this study². Disruption of the Dystrophin glycoprotein complexes weakens the Sarcolemma, causing membrane tears and a cascade of events leading to muscle fibre necrosis³. These inherited disorders are identified by gradually degradation of muscle groups, sometimes with Cardiac or Respiratory involvement⁴. The prognosis of Muscular Dystrophies depend on the types and progression of the disease. Some cases survive normal life over the years while others experience severe disability and early mortality. Corticosteroids are widely used to improve strength, prolong ambulation and in slowing the rate of deterioration. Some patients cannot tolerate Glucocorticoid therapy as it leads to

increase risk of Infections, Cataract, Hypertension, Osteoporosis, Weight gain and Irritability. Scoliosis is one of the symptom of this disease which is treated by surgery but after surgery regular monitoring has to be done for Cardio-respiratory depression⁵. Many research works have been done for the management of the Muscular Dystrophies but still there is no everlasting cure. Currently, there are contemporary management to treat symptoms, slow progression and prevent complications.

Shashtikashali-pinda

Sweda:

Shashtikashali means *Shashtika* rice grow in 60 days, hence it is presented as *Shashtikashali-pinda sweda*. It is widely known as Navarakizhi⁶.

Ingredients: Properly cleaned rice that grows in 60 days, 500 grams coarse powder of roots of *Bala*, 1 liter of milk.

Method of preparing Pottali: A square cotton cloth are taken about 18 inches size. The prepared pudding is divided into eight equal parts and each part is put into a piece of cloth. The edges of the cloth are gathered in the fist, and the four ends are tucked inside in such a way that the content forms shape of ball retained in the cloth with a handle above. This is tied tight at the mouth of the bag, now the pottali is ready to use⁷.



Preparation of Shashtika pinda: 500 grams of coarsely powdered roots of *Bala* is taken in a vessel. To this 8 liters of water is added. This mixture is boiled till it is reduced to 2 liters. This is then strained and the roots of *Bala* are separated to get the clear decoction. Out of 2 liters 1 liter of decoction is taken in another vessel and mixed with one liter of cow's milk. To this mixture of decoction and milk 400 grams of properly cleaned rice is added and boiled. Semisolid paste are prepared after boiled properly⁸.

Perform Shashtikashali-pinda sweda: Heated pottali is applied on patient in the sitting, supine, left and right lateral, supine and sitting postures respectively. It should be done for a period of one muhurta (48 minutes)⁹.

DISCUSSION

Muscular Dystrophies are represented by *Mansha-kshaya* with manifestation of vitiated *Vata* and its disorder. They are caused by genetic mutations that intervene in the production of muscle proteins which are generally distinguished by diseased condition of continuing muscle degradation and regeneration. In *Ayurveda*, Muscular dystrophies indicate there is a diminution of *Dhatu (Mansha)*. The increase or decrease of a particular *Dhatu*s implies the increase

or decrease of their concerned *Dhatvagnis*. It is genetic predisposition (*Bheeja dosha*) that physiological *Vata* component turns into pathological morbidity¹⁰. This phase as *Adibala pravrita mansha kshaya* due to *Srotodushti*. *Mansha kshaya* leads to *Vata Vaishamy* due to *Bheeja Dosha*. Vitiating *Vata* leads to Inadequate formation of *Mansha Dhatu* by diminished *Mansha Dhatvagni*. Continuous degradation of growing muscle tissues and deficient nutrition due to depletion of *Manshagni*. According to *Acharya Charak*, *Mansha kshaya* may be present when there is prolonged *Majjagata kupita vata*¹¹. The vitiated *Vata* proceed to specific *Dhatu kshaya* vice versa *Dhatu kshaya* even leads to *Vata prakopa*. Vitiating *Vata* leads to *Srotorodha* which makes excessive growth at distinct region of the body. The combined pathogenesis is accountable for progressive deterioration of affected muscle fibers. The *Shashtikashali-pinda sweda* pacifies various kinds of pain and discomforts caused by *Vata*, improve the digestive capacity, nurtures body, impart strength and soften the whole body. It resolves drowsiness, lethargy and sets in good digestive power. It clarifies the channels, imparts lustre to the skin, pacifies malaise, imparts softness to the body, mobilizes the stiff joints, regulates the bowel movements, it nurtures, satiates



and imparts strength to the body¹². Consequently, *Shashtikashali pinda sweda* works as *Brimhana*, pacify *Vata Dosha* and provides *Dhatu poshana*. It acts as *Balya* for *Mansha* and *Asthi Dhatu*. It improves the strength of fibrous tissue, relieves the pain, flexibility of the joints, restore motor as well as sensory functions. *Shashtikashali pinda sweda* is a type of *Snigdha Sweda* in which *Snehana* & *Swedana* are applied simultaneously. By *Swedana*, heat is produced over the skin which is controlled by the degree of vasoconstriction of the arterioles that supply to the venous plexus of the skin by the blood circulation. The sympathetic nervous system is stimulated in response to the changes in body temperature which is controlled by hypothalamus¹³. Preoptic area of the anterior portion of the hypothalamus contain large no. of heat sensitive neurons. When the preoptic area is heated, the skin immediately breaks out in a profuse sweat and the blood vessels become dilated over the entire body. The activity of heat sensitive neurons increases by the increasing temperature of the blood flowing¹⁴. When the warm temperature applied over the skin, the blood vessels become dilated by the sympathetic nervous system and the skin receptors are also activated which conduct the local cord reflexes to the spinal cord. Increased blood

circulation improves the delivery of nutrients to the tissues. Thus, the present approach can improve the standard living condition over Muscular Dystrophies.

CONCLUSION

The conceptual study showed better management of Muscular Dystrophies by the effects of *Shashtikashali-pinda sweda*. Although it has poor prognosis but in *Ayurveda*, there is a hope for superior control to slow down the progression of disease and approach an appropriate outcome. *Shashtikashali-pinda sweda* helps in reducing the spasticity, increase the efficiency of muscle action by enhancing blood supply, increase muscle tone and muscle strength and proper nourishment of *Dhatu*s.



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