



Case Study

SHASTISHALI PIND SVEDA TREATMENT IN A PATIENT WITH MUSCULAR DYSTROPHY : A CASE STUDY

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ABSTRACT:

Muscular dystrophy is a X- lined hereditary disease which has no specific treatment in modern science to stop or reverse the muscular dystrophy include only physical exercise. This disease comes under *Beeja dosha & Mamsavaha Srotodushti* which leads to *Mamsavaha Kshaya & impairment of Mamsagni* (muscle enzyme like CPKMM) & can be treated as *Mamsagat vata* which is explained in *Cha. Chi. 28(Vatavyadhi)*. In this single case study shows us ayurvedic treatment i.e. *Shastishali Pind Sweda* for regular 7 days plays a good role to improve patient's muscle tone, power & decreased value of CPK-MM which indicates slows down progression of muscle degeneration. With the help of such a treatment, we can minimize the severity of disease, helping in muscle growth & improving quality of life of patient & gives hopes in *Asadhya vyadhi*.

KEY WORDS: Muscular Dystrophy, *Mamsavaha Srotodushti*, *Mamsagni*, CPK-MM.

INTRODUCTION:

Muscular dystrophy is hereditary disease in which gradual degeneration of muscle fibers in early age, more of proximal muscle involvement with pseudo hypertrophy of muscles.

As per Modern Science it's of 4 types:

1. Duchenne
2. Becker
- 3) Fascio – Scapulohumeral
4. Limb girdle

This Study comes under Duchenne type which is sex-linked recessive disorder which have onset at age 3 yrs & muscle involved are proximal > distal; pelvic > shoulder and its cardiac involvement is common. Progress of disease is rapid & prognosis is wheel chair at 8-14 yrs and cause death at 10-30 yrs.

By checking muscle enzyme [CPK-MM] in this types, we get the idea of muscle damage.

By decreasing this enzyme level & clinical symptoms with the help of Ayurvedic treatment, we can definitely improve quality of life of patient.

Aim

1. To study the result of *Shalishashti pind sved* in Muscular dystrophy patient.

Objectives:

1. To check effect of *Shalishashti pind sved* on muscle tone.
2. To check effect of *Shalishashti pind sved* on CPK-MM value.

Observations:

8 yrs male child brought by parents with c/o-

Unable to walk, stand & sit on his own – 6 yrs

Muscle Weakness in lower limbs – 6 yrs

Calf muscle pain – 4 yrs

No H/o- Fever, birth trauma, headache.

P/H - Not significant.

B/H - FTND with cry immediately after birth

ANC/H/O – Registered at hospital, inj. TT given, FSFA was taken properly.

J/H – Completed as per age.

Milestones – Personal & social development was normal.

G/E –

WT : 20kg, Ht : 110cm

Built : fair, Pulse : 96/min

Bp : 90\70 mm of Hg

S/E –

CVS – S1S2 N, No Murmur

Rs – Clear, no added sounds

P/A – soft, NTNP

CNS – Upper limbs – Normal

Lower limbs – Motor system impaired.

Mamsavaha srotas parikshan:

1. Nutrition – Hypertrophied Muscles ;
B/L – Gluteus Muscles – Weak. Calf Muscles – feels hard, inelastic.
2. Tone- Hypotonic III grade
3. Power – 2nd grade
4. Co- ordination – Tandem walking.
5. Gower's sign + ve

Sensory system:

1. Upper limb – Sup & deep reflexes are normal.
2. Lower limb – sup & deep reflexes are normal.
3. Deep reflexes – knee & ankle jerk – depressed.
4. Abdominal Reflexes are normal.

Lab Investigation:

CPK – MM value before T/T = 42922 U/L

This Clinical condition comes under *beej Dasha mamsuaha srotodustiti* leads to *vata prakop* leads to *mamsagata vata vyadhi*.

MATERIALS AND METHODS:

Single case study is done for daily 7 days with Ayurvedic treatment of *Shalishashti pind sveda* with oral dipan- pachan and anulomak medicines.

Materials:

- 1) *Shalishashti* Rice = 250 gm
- 2) Water-6 lit
- 3) Cow's Milk- 1.5 lit
- 4) Cotton Cloth- 4 pieces (45cm X 45cm)
- 5) Threads (75 cm) – 8
- 6) *Bala* Root – 300gm
- 7) Vessels for preparing decoction, for cooking rice
- 8) Stove-1
- 9) *Bala* tail for *snehan* – 100ml
- 10) Long cloth – 1
- 11) Towel – tissue paper – 2
- 12) Attendant – 1

Methods:**Treatment:****Purvakarma:-**

1. Preparation of *Potli* is by traditional method as explained (A.S.Su 26/6)
2. Preparation of the patient.

Pradhankarma:-

After *bala taila bahya snehan*, *shalishashti pind sved* is done by proper procedure as per A.S.Su.26/6

This procedure is done for regular 7 days.

Pachatkarma:-

Avoid cold water for drinking ,only 5 min bath with hot water.

Advised patient to continue medicines for 1 month.

Benefits of Shalishashti pind sveda:

Shalishashti pind sved is one of most important and special form of treatment in *Ayurveda* comes under *Snigdha Sankar Sved*.

It removes stiffness of joints, cleanses the *Mamsvaha srotas* of body and improves blood circulation.

It also removes sluggishness and excessive sleep.

It maintains the metabolism in a healthy condition from every point of view.

It relieves *sthambha*[stiffness] heaviness in the body by elimination of *kleda*.

Svedana stimulates muscle, nerves and so lightness it produced.

It's *svedkarak* and removes toxins.

Srotaha Su Abhivilyate:-It helps to dissolve *kapha* which is a dense stage [*grathita*] stuck to channels firmly further it liquefies *kapha* allowing it to move freely[ch.chi.17/71-76]

Oral Medicines:-

Anulomak-Triphala churn 1gm with warm water at bed time.

Aampachak -Shunti churn 0.5 gm two times before meal.

Rechak-25 ml *Triphala siddha* castor oil at every 3rd *panchakarma* in the morning

Pathya:- Laghu supachya aahar.

Apathya:-Bakery products, cold drinks, ice-cream.

Vihar/Exercise:-

Daily exercise taken at clinic 7 days then advised to continue at home, exercises are as follows,

1. Practicing to stand on his own.
2. Straight line walking.
3. Hip flexion and extension with increasing loaded weight to legs.
4. Practice for sitting and standing.

Significantly improved in symptoms and decreased value of CPK-MM shows that *Shalishashti pind sveda* is helpful in such a type of Muscular dystrophy.

OBSERVATION AND RESULTS

On daily treatment of *Shalishashti pind sveda* improved muscle tone was observed in a single case study.

Sr. No.	Observation	Before treatment	7 th day of treatment	After 1 month follow up
1	Muscle tone	Hypotonic grade III	Hypotonic grade II	Hypotonic grade II
2	CPK-MM	42922 U/L	12560 U/L	8000 U/L

DISCUSSION:

Daily 7 days treatment as *Shalishashti pind sveda* and regular exercise improves muscle tone gets improved patient's condition.

1. CPK-MM value which was 42922 U/L before treatment, it decreased and comes 12560 U/L after one month of treatment it was 8000 U/L.
2. He can sit and stand on his own.
3. Easily walk in straight line for 20 min.
4. Can do recumbent position without support.

CONCLUSION:

This case study showed me with the help of *Ayurvedic* treatment *Shalishashti pind sveda* act on muscle which improve muscle tone and power with marked decreasing level of CPK-MM also indicate slow down progression of muscle degeneration.

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