



Research Article

“ VARIOUS METHODS OF PAIN MANAGEMENT IN AYURVEDA. ”

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ABSTRACT

The whole world is fighting with pain. Pain is protective body mechanism, which alerts the person about the harmful condition or experience that occurs in the body. In Ayurveda Vata dosha is the root cause of all types of pain (Shoola). ‘Vatadrute Nasti Ruja’. As mentioned by Acharya Sushruta The concept of pain in Ayurveda is based on the fundamental theories of Tridoshas, Triguna, Srotas and Ojas¹. Associated Doshas with the Vata can alter the type and intensity of the pain as dull aching and from sharp neuralgic pain to burning pain in Kapha and Pitta associated Vata doshas respectively. Many people have a false belief that Ayurveda is not good in curing acute pain and Ayurvedic medicines should only be consumed in chronic pain and it always give very slow result but the thing is they are unaware of the wonderful management of Ayurveda.

Keywords: Pain, Shoola, Dosha

INTRODUCTION

Pain is a major symptom in many medical conditions and is the most common reason for physical consultation. It interferes with quality of life and general functioning. The pain not only interferes with physical functioning but also causes impairment in attention control, working memory, mental flexibility, problem solving capacity and information processing speed. The chronic pain may also associate with increased depression or anxiety. To relieve the pain everyone seeks a treatment which have minimum side effect and maximum benefit. On this parameter Ayurvedic procedures and medicines seem to be more effective.

Management of Pain

- 1) Snehan and Swedan – The procedure includes application of medicated oil which is selected according to type of pain followed by sudation therapy (steam, dry heat, Patra pottali , pinda sweda etc.)

Usually done in cases of sprain, back ache, muscular injury as in sports injury.

- 2) Agnikarma – Agnikarma is basically performed in two ways.^{6,7}

- a) Direct heat

- b) Indirect heat

A small rod of metal (Gold, Silver, Copper, Iron or mixed alloy as per need) with a blunt end, specially designed for this purpose, is placed on the affected area and the heat is transferred through the other end by a candle till the patient can bear the heat. It works effectively and gives immediate relief.

It is usually done in conditions like joint pain, pain due to cervical or lumbar spondylosis, spasmodic pain

due to calculi, sciatica the procedure is done along the path of the nerve of frozen shoulder.

The other way (direct heat) is useful in pain at heels which is done by Mruthika shalaka (earthen rods).

3) Blood-letting – Blood-letting again performed in various ways.

a) Jalaukavcharan (leech therapy)- The characteristic feature of leech is it only sucks the impure blood from the body. In conditions like painful cracked heels or soles and palms due to excessive dryness, headache due to vitiated pitta, some skin diseases. Swelling in various tissues or joints, a pain due to contused wound where blood capillaries get ruptured and the blood gets accumulated under the skin resulting in pain. Leeches are used where the cause of pain lies in blood tissue. The moment the impure blood is sucked out the pain disappears.

b) Blood-letting by syringe or scalp vein where in blood is removed by puncturing the vein. In patients where blood pressure constantly remains high without any definite symptoms blood-letting plays an efficient role.

c) Viddha Karma – This is miniature of blood-letting, a very small puncture is done with the help of an insulin needle. The Knowledge of vital points and symptoms related points is essential, this procedure serves many purposes but usually in headache, eyeache, tonsillitis, nasal blockage, renal care, pain related to nerve defects, joint pain radiated pain and much more.

The treatment gives its miraculous results in fractions of a second.

4) Lepa – Lepa literally means application of paste of herbs on the affected area and leave it to dry usually applied in case of swelling injury, sprain, muscle spasm etc.

5) Bastikarma – In which the drugs are administered in to rectum of the patient sensation of pain is attributed to vitiated vata Dosha and in order to correct this doshic imbalances Basti is chief treatment of choice of origin of vata dosha in Charak samhita.^{4,5}

6) Miscellaneous Upakramas for pain management-

According to the location or site of pain the specific upakramas are helpful in pain management for pain in Urdhwajatrug – Upakramas like shirodhara, Pichu, Anjan, Netratarn ,Karnapuram, Karnadhupan, kawal, Gandush done as per the pain scale of the patient.⁹

In Urasthan Bahya snehan-svedan, sthanik basti like hridbasti and prushtabasti are done. In shwas roga pain management is done by applying oil mixed with saindhav lavan on urasthan.

1. Ekal dravyas –

- Godanti bhasma
- Guguulu
- Aswagandha
- Rasna
- Nirgundi
- Langali
- Kuchala
- Guduchi
- Eranda
- Bala
- Atibala

2. Ausadh yoga-

- Vatavidhwansa Rasa
- Ekangveer Rasa
- Sameerpanag Rasa
- Rassindoor

3) Churna –

- Trikatu Churna
- Panchakol

- Ajamodadi churna
- 4) Guggulu –
- Yograj Guggulu
 - Mahayograj Guggulu
 - Trayodashang Guggulu
 - Kaishor Guggulu
 - Shinghanada Guggulu
 - Amrita Guggulu
 - Rasnadi Guggulu
 - Abha Guggulu
- 5) Kwath –
- Rasnasaptak Kwath
 - Rasnastak Kwath
 - Dashmool Kwath
 - Gokshuradi Guggulu
- 6) Asav – arista
- Dashmoolarishta
 - Aswagandharishta
 - Balarishta

Conclusion:

Agnikarma is a procedure frequently indicated in many vata and kapha conditions. It is very effective procedure for pain management by inhibiting the pain pathways. Blood-letting also relieves the pain by removing the vitiated doshas. Many chemicals present in leech saliva relieves the pain by blocking the receptors responsible for producing the pain. Snehan & Swedana pacifies vata, the main culprit in causing pain. Many single drugs and formulations have been told in Ayurveda to manage different kind of acute and chronic pain. All above procedures give instant results.

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