



Case Study

DUAL POTTALI SWEDA WITH NASYA KARMA: A COMPREHENSIVE AYURVEDIC APPROACH FOR MANAGING VISHWACHI

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ABSTRACT

Vishwachi is a condition in which aggravated *Vata dosha* enters the tendons of palm, fingers, arms and shoulder. This leads to *Karmakshaya* and *Cheshtaharana* of *Bahu*. *Dalhana* opines that disease resembles to *Gridhrasi*. *Gridhrasi* affects lower limbs whereas *Vishwachi* affects upper limb. It can be correlated to cervical spondylosis in modern science. Cervical spondylosis is characterised by degeneration of the intervertebral discs and osteophyte formation. It is the result of osteoarthritis in the cervical spine. This may produce neck pain radiating to back of the head, shoulders or arms. In the present case study, a 60-year-old female patient had complaints of neck pain radiating to left upper limb along with neck stiffness and tingling sensation from left elbow to fingers for 3 years associated with ringing sound in both ears which occurs with frequency of 10 to 15 times/day which lasts for 5 minutes from 2 years. Patient was treated with *Valuka Sweda*, *Patra Pinda Sweda* and *Nasya Karma* with *Ksheerabala* 101 for 12 days. Patient complaints were remarkably reduced and significant changes were observed in subjective parameters after the treatment. Observation from the study suggests that management not only gives symptomatic relief but also helps in the resuming daily routine activities by providing long lasting effects.

INTRODUCTION

The entire body is dwelling of *Tridosha* i.e., *Vata*, *Pitta* and *Kapha*, but prime importance has been given to *Vata dosha* due to its capacity to move in the entire body without the help of another *Dosha*. *Vata Dosha* is considered as *Vishwakarma*, *Vishwatma*, *Vishwaroopa*, *Prajapati*, *Vibhu*, the destroyer, *Mrityu* and *Antaka*^[1]. when *Vata Dosha* is in *Prakruta Avastha* it is cause for all normal functions of body. If vitiated, it becomes the cause for all disorders. *Vishwachi* is a condition in which aggravated *Vata Dosha* enters the tendons of palm, fingers, arms and shoulder. This leads to *Karmakshaya*^[2] and *Cheshtaharana* of *Bahu*^[3]. *Dalhana* opines that disease resembles to *Gridhrasi*. *Gridhrasi* affects lower limbs whereas *Vishwachi* affects upper limb. *Vishwachi* is also two types - *Vataja* and *Vatakaphaja*^[4].

In modern science it can be correlated to cervical spondylosis. Cervical spondylosis is characterised by degeneration of the intervertebral discs and osteophyte formation. It is the result of osteoarthritis in the cervical spine. This may produce neck pain radiating to back of the head, shoulders or arms^[5]. The prevalence rate of cervical spondylosis is frequently found in many asymptomatic adults with 25% of adults under the age of 40, 50% of adults over the age of 40, and 85% of adults over the age of 60 showing some evidence of disc degeneration^[6]. In modern science conservative treatment with analgesics, NSAIDs, corticosteroids, physiotherapy, lifestyle modification, and in severe cases requires surgery in the form of discectomy or radicular decompression^[7].

In our classics *Snehana*, *Swedana*, *Basti*, *Nasya*^[8], *Snehayukta Mridu Virechana*^[9], *Siravyadha*^[10] are the *Samanya Vatavyadhi Chikitsa*. *Valuka Sweda* and *Patra Pinda Sweda* are type of *Sankara Sweda*. It is a process by which the whole body or specific part of body is made to perspire by application of certain heated medicinal puddings applied externally in the

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form of *Pinda* tied up in the cloth^[11]. *Valuka Sweda* is kind of *Ruksha Sweda* as *Samshamaneeya Sweda*^[12] in *Sama Dosha* conditions and pacifies *Vata* and *Kapha Dosha* whereas *Patra Pinda Sweda* is a form of *Snigdha Sweda* and is an effective treatment in painful conditions caused mainly by *Vata Dosha*, usually in degenerative diseases. Moreover, it can be used in *Vata- Kaphaja* conditions also, by altering the drugs. *Vishwachi* is one among the *Urdhwajatrugata Vikara*. *Nasya karma* is considered as a prime line of treatment in *Urdhwajatru Vikara*. *Acharya Vagbhata* has quoted “*Nasa hi Shirasodwaram*”^[13], meaning nose is the gateway to the *Shiras* (head). Here is the single case study of managing *Vishwachi* (cervical spondylosis) through *Valuka* and *Patra Pinda Sweda* along with *Nasya Karma*.

MATERIALS and METHODS

This is a single case study. Informed consent was obtained from patient in her language.

Case report

Chief complaints

A 60 years old female patient from Hubballi, Karnataka, came with complaints of neck pain radiating to left upper limb along with neck stiffness and tingling sensation from left elbow to fingers since 3 years.

Associated Complaints

Ringling sound in both ear which occurs with frequency of 10 to 15 times/day which lasts for 5 minutes since 2 years. Giddiness from 1 month.

History of present illness

Patient was said to be apparently healthy 3 years ago, gradually she developed neck pain radiating to left upper limb along with neck stiffness and tingling sensation from left elbow to fingers since 3 years. Her complaints worsened day by day and gradually developed ringing sound in both ear for the past 2 years which affected her day-to-day activities. she consulted nearby allopathic hospital and treated with NSAIDs and muscle relaxants, from which she found relief for time being. On stopping medications, the condition got aggravated. Recently she developed giddiness from 1 month. For further management got admitted in Ayurveda Mahavidyalaya and Hospital, Hubballi.

History of past illness

The history of past illness of the patient revealed, she is a known case of hypertension since 8-9 years and Ischemic heart disease and is on regular medication.

Family History: Nothing significant

Surgical History: Underwent surgery for carpel tunnel syndrome of the right wrist.

Occupational History: House wife

Menstrual History: Attained menopause

Obstetric History: G₃P₃L₃

Personal History

Diet: Veg

Appetite: C/O acidity and sour belching

Bowel: 2 times/day, clear

Sleep: Disturbed due to pain

Micturition: 7-8 times/day

Table 1: Asthavidha and Dashavidha Pariksha

<i>Ashtavidha Pariksha</i>	<i>Dashavidha pariksha</i>
<i>Nadi - Kapha Vata</i>	<i>Prakruti - Kapha Pitta</i>
<i>Mala - Prakruta</i>	<i>Vikruti - Vyana Vata</i>
<i>Mutra - Prakruta</i>	<i>Sara - Madhyama</i>
<i>Jivha - Lipta</i>	<i>Samhana - Madhyama</i>
<i>Shabdha - Ringing sound in ears</i>	<i>Pramana - Madhyama</i>
<i>Sparsha- Anushna Sheeta</i>	<i>Satmya - Shadrasa</i>
<i>Drik - Prakruta</i>	<i>Satva - Pravara</i>
<i>Akriti - Madhyama</i>	<i>Ahara Shakti - Abhyavarana shakti- Avara Jarana shakti - Madhyama</i>
	<i>Vaya - Madhyama</i>

General Examination

Pulse: 75bpm

Temperature: 97.1°F

Respiratory rate:18c/min

BP: 130/80mmhg

Spo2: 99% @ air

Systemic Examination

Central nervous system: Conscious, well oriented.

Cardiovascular system: S1, S2 heard, no added sounds.

Respiratory system: Normal vesicular breath sounds heard.

Gastro-Intestinal system: P/A: Soft and non-tender, no organomegaly

Musculoskeletal Examination

Table 1: Cervical Spine Examination Before Treatment

Inspection	
Deformity	Reversal of cervical lordosis
Swelling	Absent

Palpation	
Warmth	Absent
Tenderness	Present@ C5-C6, C6-C7, Supraspinatus region (++++)

Range of Motion	
Flexion	Restricted and painful (+++)
Extension	Restricted and painful (++++) patient feels giddiness during extension.
Lateral bending	Right - possible without pain. Left- Restricted and Painful (+++)

Special Tests	
Compression test	Positive
Decompression Test	Positive
Spurling test	Positive
VAS	09
Neck Disability Index	35 (70%)



Table 2: Ear Examination

Tuning fork test	
Rinne test	Rt ear- AC>BC, Lt ear- AC>BC
Weber's test	Lateralisation to right ear
Otoscopic Examination	Normal, no congestion of external auditory canal and tympanic membrane.

Roga Pariksha

Nidana:

Aharaja: Vishamashana, Adhyashana, Abhishyandi Ahara Paryushita ahara

Vihara: Utakatasana, Atibhara, Divaswapna, Atishrama, Ratrijagarana

Manasika: Chinta

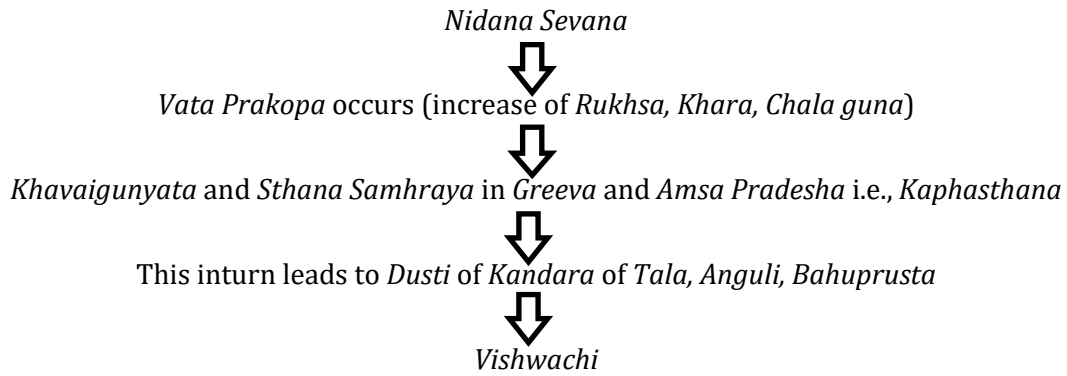
Poorvaroopa: Not elicited

Roopa: Ruk, Stambha in Bahu, Prusta Pradesha, Karmakshaya of Bahu

Upashaya: Relieves after Rest

Anupashaya: Aggravates during work

Samprapti



Samprapti Ghataka

1. Doshā – Vyana Vata, Shleshaka Kapha
2. Dushya – Rasa, Rakta, Mamsa, Asthi
Upadhatu: Kandara
3. Agni – Jatharagni
4. Ama – Jatharagni Mandya Janita Ama
5. Srotas – Rasavaha, Raktavaha, Mamsavaha, Asthivaha, Majjavaha
6. Sroto Dushti – Sanga
7. Udbhava Sthana – Pakwashaya
8. Sanchara Sthana – Kandara of Tala, Bahu, Pratyanguli

9. Adhistana – Greeva
10. Vyakta Sthana – Talapratyanguli, Bahuprusta
11. Swabhava – Chirakari
12. Roga Marga – Madhyama

Investigations

Hb – 12.0gm%

MRI – Dated - 10/07/2023

- Cervical Spondylosis
- Posterior disc osteophyte complexes at C4-5 and C5-6 levels.

Differential diagnosis: Avabahuka, Manyasthambha, Khalli, Vishwachi

Table 3: Differential diagnosis

Condition	Region Affected	Symptoms
Avabahuka	Amsa Pradesha (shoulder joint)	Aggravated Vata dries up binding elements and constricts the Sira's of shoulder region leads to Amsashosha.
Manyasthambha	(Manya Pradesha) nape of the neck	Pain and stiffness at nape of neck
Khalli	Upper and lower limb	Twisting pain of foot, calf, thigh, and shoulders.
Vishwachi	Cervical spine	Affects tendons of Tala, Pratyanguli, Bahuprusta and Karmakshaya of Bahu.

Diagnosis: Vishwachi

Table 4: Intervention

Date	Treatment given	No. of days	Observations
27/10/2025 to 31/10/2025	1.Sarvanga Valuka Sweda 2.Bashpa Swedana 3.Mukha Abhyanga with Ksheerabala Taila 4.Nasya with Ksheerabala 101- In Arohana Krama	05	a. Neck stiffness reduced by 80% b. Neck pain radiating to left upper limb reduced by 40%. c. Mild improvement of giddiness. d. 50% reduction in ringing sound in ears.
01/11/2025 to 07/11/2025	1.Sarvanga Abhyanga with Rasa Taila 2.Sarvanga Patra Pinda Sweda 3.Mukha Abhyanga with Ksheerabala taila 4.Nasya with Ksheerabala 101- In Arohana Krama	07	a. Neck pain radiating to left upper limb reduced by 70% b. Tingling sensation reduced by 70% c. Occasionally ringing sound in both ear for 2-3 times/day which lasts for 2 seconds. d. Giddiness reduced by 90% (only occurs after getting up from bed)

Table 5: Shamana Oushadhi

Shamana Oushadhi during treatment	Dose	Time of Administration	Anupana
Tab. Ulsant	1-0-1	Before food	Jala
Tab. Rasarajeshwara Rasa	1-0-1	After food	Jala
Cap. Ksheerabala 101	1-0-1	After food	Jala
Chitrakadi Vati	1-0-1	Before food	Lukewarm water
Shamana Oushadhi after discharge			
Cap. Palsineuron	1-0-1	After food	Jala
Tab. Ulsant	1-0-1	Before food	Jala
Follow up			
Cap. Neuro-XT	1-0-1	After food	Jala
Rid oil		E/A	
Cap. Palsineuron	1-0-1	After food	Jala

OBSERVATIONS and RESULTS**Table 6: Showing Observations and Results**

Subjective Parameters	Before Treatment	After Treatment
Palpation		
Warmth	Absent	Absent
Tenderness	Present@C5-C6, C6-C7, Supraspinatus region (+++)	+
Range of Motion		
Flexion	Restricted and Painful (+++)	Possible without pain
Extension	Restricted and Painful (++++) patient feels giddiness during extension	Possible with Mild pain (++)
Lateral Bending	Right - possible without pain Left- Painful (+++)	Right - possible without pain Left- Possible with Mild pain (+)
Special Tests		
Compression test	Positive	Negative
Decompression Test	Positive	Negative
Spurling test	Positive	Negative
VAS	9	4
Neck Disability Index	35(70 %)	12 (24%)

- Tingling sensation reduced by 70%.
- Radiating pain reduced up to 75%.
- Occasionally ringing sound in both ear for 2/3 times/day which lasts for 2 seconds.
- Giddiness reduced by 90% only occurs after getting up from bed.

DISCUSSION

Due to aggravation of *Vata Dosha* mainly *Vyana Vata*, gets localised in *Rikta Srotas* i.e., *Manya pradesha* (cervical spine) because of its *Ruksha, Ushna, Laghu guna* it causes dryness of the intervertebral disc and dehydrates the nucleus pulposus leading to reduction in disc height. It produces pain, due to pain the individual avoids to perform activities it results into aggravation of *Kapha dosha* and it manifests symptoms like stiffness, pain, muscle spasm. To tackle *Kapha*

dosha, Apatarpana chikitsa has to be adopted later *Santarpana chikitsa* to pacify aggravated *Vata Dosha*. In this case *Valuka sweda, Patra pinda sweda* and *Nasya Karma* with *Ksheerabala 101* is planned. Significant clinical improvement was observed after the treatment.

Valuka Sweda

Valuka Sweda a kind of *Rooksha Sweda* with qualities of *Ruksha, Khara, Laghu, Ushna* does *Srothoshodhana* there by subsides the vitiated *Kapha* and *Vata Dosha* may help to release *Kaphavarana*. In the present case study, patient had complaints of stiffness of neck, paraspinal muscle spasm along with restricted movements this *Rooksha (Valuka) Sweda* helps in relieving pain and muscle stiffness^[14]. It has capacity to retain and conduct heat effectively, allowing for sustained and deep penetration of heat into tissues. This conduction of heat improves blood supply, activates the local metabolic processes and helps in relaxation of muscles and tendons. *Valuka* (sand) contains Silica (SiO₂ silicon dioxide) as a major component that usually occurs in the form of quartz, is an important trace element for formation of collagen, bones and connective tissues. Transdermal absorption of silica during the treatment may potentially provide benefits to the structures^[15].

Sarvanga Swedana

Swedana with *Dashamoola Kwatha*^[16] which is *Ushna Virya, Guru* and *Snigdha guna* helps in relieving pain and stiffness.

Abhyanga with Rasa taila

Rasa taila, mentioned in *Arogya Raksha Kalpadruma*, effective in pacifying aggravated *Vata dosha* and with its rejuvenating and analgesic properties helps to restore proper functioning of nerves and muscles. The ingredients like *Aja Mamsa, Bala, Ksheera, Murchita tila taila* also helps in preventing degeneration of intervertebral disc and bone. *Abhyanga* increases the circulation of blood, it stimulates and strengthen the lymphatic system and remove internal waste products. It relieves pain by reducing tone in muscles, by stretching of tight fascia and restoration of mobility of soft tissues which are in a state of excess tension. *Abhyanga* procedure helps to reach every *Dhatu* when applied for sufficient time duration. Mainly *Asthi* and *Majja Dhatu* get hampered in *Vishwachi*. Thus, *Abhyanga* should be performed for at least 800 to 900 *Matra*, the *Dravya* used in *Abhyanga* get absorbed through skin and it reaches to the *Asthi Majja* thereby strengthens *Srotas*^[17].

Patra Pinda Sweda

It is type of *Sankara Sweda*. *Patra Pinda Swedana* is mainly prepared by adding *Nirgundi Patra, Shigru Patra, Eranda Patra, Chinch Patra* etc. The *Ushna Virya* of leaves pacifies *Vata* and *Kapha dosha* and does *Srotoshodhana*. All these *Patra* possesses analgesic, anti-bacterial anti-inflammatory, anti-oxidant, immunomodulatory and muscle relaxant properties^[18]. *Swedana*, by its heating effect increases circulation of the area, provides dilation of arterioles and offers more oxygen, nutrients, polymorphs and endorphins to the affected area which is beneficial for

reducing inflammation, healing of the local pathology as well as nourishes the body. Heat has a direct effect on blood vessels causing vasodilation of arterioles by the stimulation of superficial nerve endings^[19].

Nasya with Ksheerabala 101

Nasya Karma is explained as the best treatment for *Urdhwajatrugata Vikara*. *Acharya Vagbhata* described *Nasa* as a doorway of *Shira*. The drug administered through nostrils reaches *Shringataka Marma* and spreads into the *Murdha, Netra, Shrotha, Kantha, Siramukhas* etc. *Dosha* from *Uttamanga* is pulled through these connections and drained outside the body cavity^[20]. The *Poorva Karma* like *Mukha Abhyanga, Swedana*, lowering of head, elevation of lower extremities has role on enhancement of blood circulation in head, local drug absorption and facilitates reaching of drug to desired action. Olfactory nerve cells are in direct contact with both environment and CNS anatomically. The internasal route can deliver therapeutic agents to the brain by passing the blood brain barrier and enter the brain directly. The absorption is through systemic circulation and by direct pooling into the intracranial region. This transportation is through two pathways-

1. Vascular pathway - The nasal venous blood and inferior ophthalmic veins drain into facial vein; both veins have no valves so the blood from facial vein can enter paranasal sinus and cavernous venous sinus of the brain in reverse direction due to postural effect. This enables the absorption of drug material into meninges and intracranial organs.
2. Lymphatic pathway- The arachnoid matter sleeve is extended to the submucosal area of nose along with olfactory nerve. The drug transportation by lymphatic path reaches directly into CSF.
3. Olfactory pathway- The absorbed drugs from nasal cavity must pass through mucus layer, it is transported along the olfactory nerves to the olfactory bulb and further to higher brain centres such as limbic system and hypothalamus. The olfactory nerves and trigeminal nerves are closely connected with limbic system of brain including hypothalamus. Stimulation of olfactory nerve causes stimulation of cells of hypothalamus and amygdaloidal complex thus inducing production of neuropeptides like neuropeptide Y which plays a primarily inhibitory role in pain modulation, reducing pain sensitivity in spinal cord and brain by acting on its receptors.

Ksheerabala 101^[21] contains *Bala, Ksheera* and *Tila taila* possesses *Madhura Rasa* and *Vipaka*. Its *Snigdha* and *Brimhana* properties provides strength to tissues, nourishes the body, plays major role in promoting life. Phytochemicals from *Ksheerabala 101* such as ephedrine, ferulic acid, beta sitosterol, sesame,

lupeol have showed strong interactions with targets related to inflammation, neurodegeneration and oxidative stress^[22]. It is among the *Avartita taila*. *Avartana* concept aims at minimising the dose, helps in faster drug delivery and biotransformation^[23]. Hence it is the drug of choice in the present case study. The radiating pain and *Karma Kshaya* of *Bahu* is the presenting feature of *Vishwachi* is due to *Prakupita Vata* dosha afflicting the *Khandara*. *Brimhana Nasya* which reduces aggravated *Vata Dosha* and imparts *Snehana* to deeper tissues, prevents degeneration of disc and bone by enhancing hydration to the intervertebral disc.

Nasya in Karnanada

Karnanada is a *Vata Dosha Pradhana Vyadhi*^[24]. The vitiated *Vayu* gets lodged in the *Shabdhavaha Srotas*, thereby causing different types of sounds in ear is known as *Karnanada* or *Karna Pranada*^[25]. In classics the treatment modality is similar to *Karnashula* and *Karnabadhira Karna Rogas*. It mainly includes *Vatahara Chikitsa*, administration of *Snigdha Aushadha*, *Snigdha Virechana*, *Nadisweda*, *Pinda Sweda*^[26], *Sharangadhara*^[28] and *Bhavaprakasha*^[29] mentioned *Snehana Nasya* in *Karnanada*. *Ksheerabala 101* used for *Nasya* considered as the best *Vatashamaka* and effective in treating *Karnanada*.

Shamana Oushadi

1. Tab. Ulsant

A patent product from Ayurchem products. The ingredients like *Yashtimadhu*, *Amalaki*, *Shati*, *Nimba*, *Avipattikara Churna*, *Laghusuta Shekara Rasa*, *Shukti Bhasma*, *Kaparda Bhasma* works by enhancing mucosal bicarbonate secretion, which aids in protecting the stomach lining also promotes tissue regeneration and reduces inflammation. It provides relief from gastric pain and burning sensation. It mainly acts on balancing *Pitta Dosha*.

2. Tab. Rasa Rajeshwara Rasa

A patent product from Dhootpapeshwar Pharmacy. It mainly contains *Suvarnayukta Rasaraja Rasa*, *Shodhita Vishamushti*, *Ashwagandha*, *Rasasindoora*, *Shodhita Guggulu*, *Arjuna*, *Bala* and *Kakamachi* as *Bhavana Dravya*. It has ability to pacify vitiated *Vata Dosha*, as the ingredients are *Tikta*, *Madhura*, *Kashaya Rasa* with *Kinchit Katu Rasa*, *Sheeta Virya*, *Madhura Vipaka*, *Laghu*, *Snigdha*, *Vyavayi Guna* helps to reduce pain swelling, stiffness, numbness, twitching and inflammation of joints and muscles.

3. Chitrakadi Vati^[30]

The ingredients are *Chitraka*, *Pippalimoola*, two types of *Kshara*, *Panchalavana*, *Vyosha*, *Hingu*, *Ajamoda*, *Chavya*, *Swarasa* of *Matulunga* which have *Deepana* and *Pachana* properties helps in proper functioning of digestive system and in promoting power of digestion.

4. Cap. Palsinuron

It contains *Mahavata Vidhwamsa Rasa*, *Sameera Pannaga Rasa*, *Ekgangaveera Rasa*, *Sootashekara Rasa*, *Lajjalu*, *Khurasani ova* majority of the ingredients have *Ushna Virya* pacifies vitiated *Vyana Vata*. Helps in maintaining the health and proper functioning of nerves. Improves metabolic processes, tissue oxidation and regulates blood supply in affected areas, provides nutritional support to nerves.

5. Cap. Neuro- XT

It is proprietary Ayurvedic formulation contains *Ekgangaveera Rasa*, *Maha Vata Vidhwamsana Rasa*, *Vata Kulantak Rasa*, *Vata Gajankusha Rasa*, *Bala*, *Shuddha Shilajatu* aids in managing inflammation, muscle spasm, pain and Strengthen nerves. It Protects the nerve cells from damage caused by free radicals. *Shuddha Shilajatu* helps in rejuvenation of tissues and supports nerve health.

6. Cap. Ksheerabala 101

Each capsule is equivalent to 10 drops i.e. 300mg of *KBT 101 Tailam*. It helps to relive joint pain, stiffness, and inflammation. It acts as an immunity booster. It is a very good nervine tonic and helps to tackle various neurological conditions and alleviate age-related joint issues. Its neuroprotective properties help to strengthen nerve tissue. Anti-inflammatory properties of *Bala* and *Tila Taila* help to reduce swelling and stiffness in joints, making movement easier.

CONCLUSION

Vishwachi is mainly *Shoola Pradhana Vata Vyadhi* which is commonly associated with the *Karmakshaya* of *Bahu* and in present case associated with stiffness. *Valuka sweda* with its *Ruksha* and *Ushna* properties helps in alleviating *Ama*, reducing stiffness and relieving pain by improving local circulation and muscle relaxation. *Patra pinda sweda* owing to its *Snigdha*, *Ushna* and *Vatahara* properties effectively reduces inflammation, muscle spasm and improves range of motion. *Nasya* with *Ksheerabala 101* being *Brihmana*, *Balya* and *Vata Shamaka* in nature acts at the level of central and peripheral nervous system. It nourishes nerve tissues, reduces degeneration and restores neuromuscular function. The synergistic action of these therapies not only provided symptomatic relief but also addressed the underlying pathology thereby improving quality of life of patient. Thus, combined application of *Valuka sweda*, *Patra pinda sweda* and *Nasya* with *Ksheerabala 101* can be considered an effective and safe treatment for *Vishwachi*.

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