

## Comparative Study on Efficacy of *Thapta Sheetha Jala* in the Management of *Sandi Vata*

Nuwansiri L.S.B<sup>1\*</sup>, Abeysooriya S.R<sup>2</sup> and Wickramarachchi W.J.W<sup>3</sup>

<sup>1</sup>Gampaha wickramarachchi Ayurveda Institute, University of Kelanya, SriLanka

<sup>2</sup>Suriya Lanka Ayurveda Resort, Talalla, Matara, SriLanka

<sup>3</sup>Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, SriLanka

### Abstract

One of the main goals of Ayurveda treatment procedure is to transform undigested food called *ama*, into *nirama* state and cleanse the body by expelling it out of the body. Otherwise it may stick inside the channels of circulation and produce ailments. *Sandhi* means joint. *Sandhi Vata* is a joint disorder caused due to aggravated *Vata dosha* in the joints. Osteoarthritis is a degenerative disease of joints characterized by pain that is relieved by rest, morning stiffness that last for a very short time and joint inflammation (Swelling) is minimal. Water represents soma, the nourishing, cooling quality that is associated with lunar energy. It helps with digestion, supports *Kapha dosha*, helps in lubrication and counteracts the dryness of *Vata doshas*. It nurtures and detoxifies when it flows out of the body as urine. Ayurveda texts have mentioned that *pathya Viharana* (positive behaviors) are helpful in treating and prevention of diseases. Pain is one of the important symptoms in joint disorders. *Charakasamhita* mentions *Thaptasheeta jala* (TSJ), means boiled water which is kept until getting naturally cold slightly higher than normal room temperature. Generally patients used to have their body washed in the evening when the *Vata dosha* is normally aggravated. A preliminary study revealed that they have been using two methods of preparing water for their washing purposes viz. normal room temperature water (NRT) and boiled water mixed with water in normal room temperature (BNRT). Sixty (60) previously diagnosed *Sandhivata* patients, in both male and female were selected from the Out Patients Department (OPD) of Gampaha Wickramarachchi Ayurveda Teaching Hospital and divided them into three as A, B and C including 20 patients per each group. Each group was treated with the same Ayurvedic regimen. Group A was advised to use NRT, B was advised to use BNRT and C was advised to use TSJ for their washing purposes. After the treatment procedure of one week the pain was compared with previous data which were taken before treatments by using a structured questionnaire with a scoring system. Data revealed that group B indicated the minimum pain reducing rate (PRR). PRR is lower than group C. Group C indicated the maximum PRR. According to the results it can be concluded that *Thaptasheeta jala* is comparatively effective in the pain management of *Sandhivata*.

## Keywords

*Sandhivata, Thaptasheetajala, Pain management*



**Greentree Group**

Received 03/06/16 Accepted 28/06/16 Published 10/07/16

## INTRODUCTION

Ayurveda texts mentioned *Viharana* (positive behaviors) are help full for treat and prevention of diseases. *Sandhi vata* is one of common joint disorder in modern society. Pain is one of important symptom in joint disorders. *Sandhi vata* commonly involves large weight baring joints.. Normally people use room temperature water(NRT) and boiled water mixed with water in normal room temperature(BNRT). *Charakasamhita* mentions *Thaptasheeta jala* (TSJ), means boiled water which is kept until getting naturally cold slightly higher than normal room temperature.

## METHODS

- Selected sixty of patients suffering with sadhi vata (knee joint involvement patients) in Gampaha Wichramarachchi Ayurveda teaching hospital.
- Broke them into three groups (A, B,C ). Each containing 20 patients.

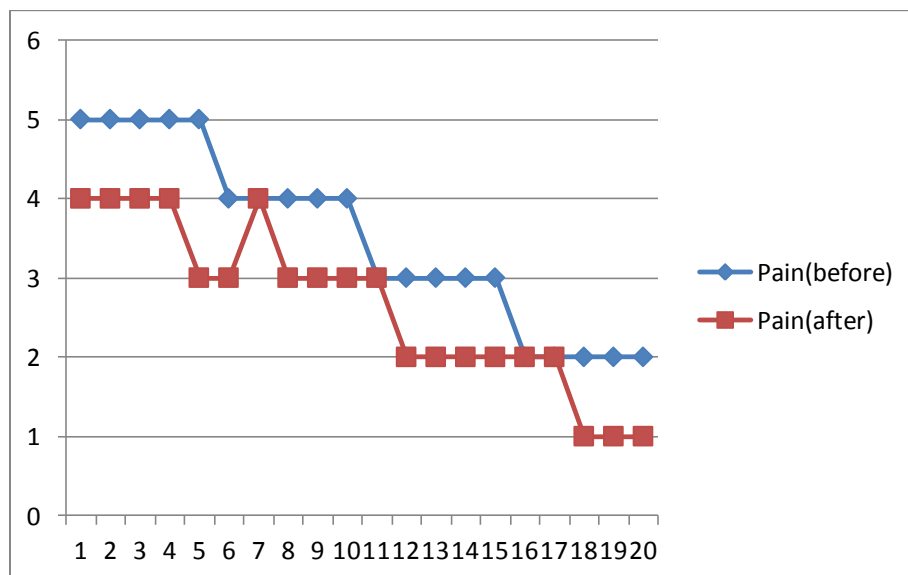
## RESULTS

Patient	Stage	Group -A		Group-B		Group-C	
		Before	After	Before	After	Before	After
1	Severe	5	4	5	5	5	4
2		5	4	5	5	5	3
3		5	4	5	5	5	2
4		5	4	5	4	5	2

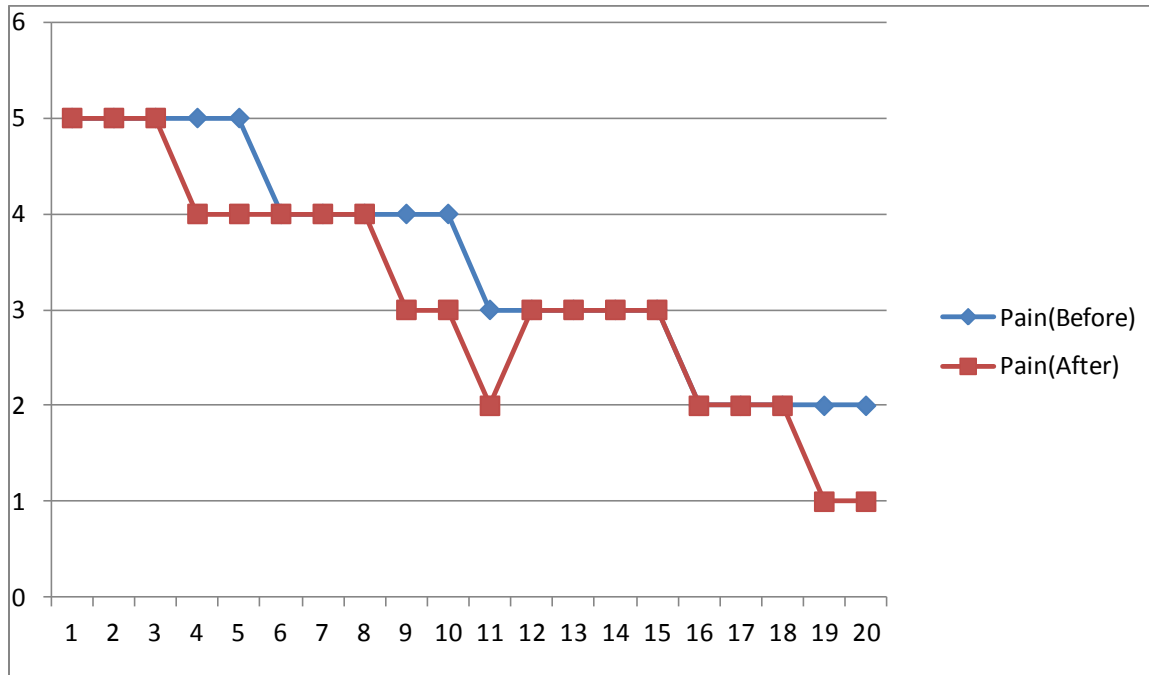
- Used same treatment regiments for all groups. Orally *Eranda saphaka pantaya,Thrayo dasanga guggulu,Apply Sarshapadi thaila*.
- A group – advice to use NRT for washing purpose.  
B group- advised to use BNRT for washing purpose  
C group- advised to use TSJ for washing purpose.
- This advice continue for one week
- Pain categorized with five parts demonized, mild, moderate, converting severe, severe.
- Each group contains Five mild, Five moderate, Five converting severe, Five severe, patients.
- Scoring system contains Demonished-1,Mild-2,Moderate-3,Convvertig to severe-4,Severe-5
- Collect details by questioner with above scoring system before the treatment and after treatment.

5		5	3	5	4	5	2
6	} Converting to Moderate	4	3	4	4	4	4
7		4	4	4	4	4	2
8		4	4	4	4	4	2
9		4	3	4	3	4	2
10		4	3	4	3	4	2
11	} Moderate	3	3	3	2	3	2
12		3	3	3	3	3	2
13		3	2	3	3	3	2
14		3	2	3	3	3	2
15		3	2	3	3	3	2
16	} Mild	2	2	2	2	2	1
17		2	2	2	2	2	1
18		2	1	2	2	2	2
19		2	1	2	2	2	2
20		2	1	2	1	2	1

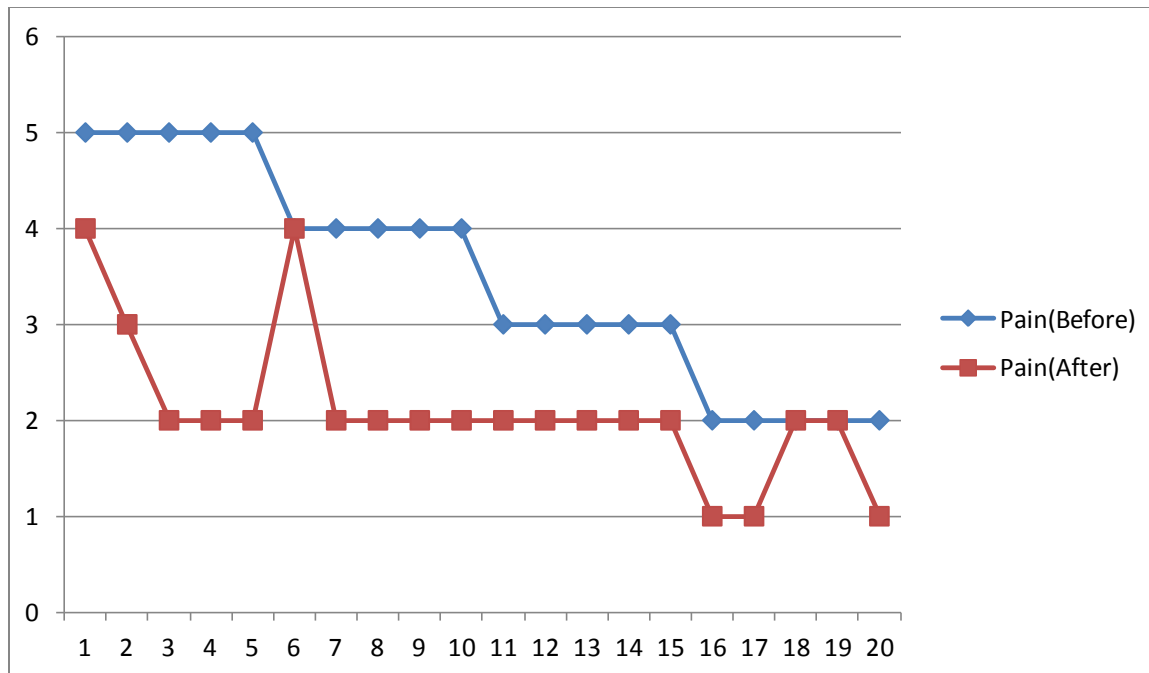
Group- A



Group- B



Group.-C



## CONCLUSION

Data revealed that group B indicated the minimum pain reducing rate (PRR). PRR is lower than group C. Group C indicated the maximum PRR. According to the results it

can be concluded that *Thaptasheetta jala* is comparatively effective in the pain management of *Sandhivata*..

## REFERENCES

1. Buddhadasa R, Shushrutha samhitha (1982) Sinhala translation, Department of Ayurveda.
2. Kumarasinghe A, Charaka samhitha (1994), Sinhala translation, Department of Ayurveda.
3. Kumarasinghe A. Madhawa Nidana, Sinhala translation, Department of Ayurveda.
4. [www.en.wikipedia.org](http://www.en.wikipedia.org)