"A COMPARATIVE CLINICAL STUDY OF CHURNA PINDA SWEDA AND SWD (SHORT WAVE DIATHERMY) IN THE MANAGEMENT OF KATIGRAHA"



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ABSTRACT

INTRODUCTION:

Katigraha is one of the most common problems in this era in which pain and restricted movement are present in *Katipradesha*. It can be compared with Low back pain in Modern literature. In other hand low back pain is a chronic condition characterized by persistent dull or sharp pain on the lower back.

Swedana Karma play a very important role in relieving the pain and stiffness in the joints. Swedana is mainly of two types. They are: Rooksha and Snigdha Sweda. Rooksha Sweda are mainly selected for the treatment in the disorders which is mainly caused by Vatakapha Dosha.

SWD (Shortwave Diathermy) is a deep heating modality of physical treatment. It has significant effect on relief of pain and increased temperature in the tissues due to heat causes increased arteriole and capillary dilatation followed by increased blood flow to the area.

MATERIALS AND METHOD:

In this clinical study, 30 cases of *Katigraha* was selected and it was divided into 2 groups. In one group 15 patients were treated with *Churna Pinda Sweda* and in another group which also contained 15 patients was treated with SWD (Shortwave Diathermy).

RESULTS:

Effect of *Churna Pinda Sweda*: In *Churna Pinda Sweda* Group, significant relief was observed in cardinal symptoms like *Katishoola* (71 %, P<0.001), *Katigraha* (76%, P<0.001), tenderness (83%, P<0.001), rotation (38%, P<0.001), flexion (22%, P<0.001), extension (32%, P<0.001), left lateral flexion (45 %, P<0.001), and right lateral flexion (46%, P<0.001).

Effect of SWD (Shortwave Diathermy): In SWD (Shortwave Diathermy) Group, significant relief was observed in cardinal symptoms like *Katishoola* (44%, P<0.001), *Katigraha* (18%, P<0.001), tenderness (20%, P<0.001), rotation (23%, P<0.001), flexion (4.20%, P<0.001), extension (6 %, P<0.001), left lateral flexion (21%, P<0.001), and right lateral flexion (11%, P<0.001),

CONCLUSION:

Based on the above results we can conclude that *Churna Pinda Sweda* which is done by dipping in *Dhanyamla* and SWD (Shortwave Diathermy) was found significant relief in sign and symptoms of *Katigraha* and increased the ROM (range of movement). But it was found that *Churna Pinda Sweda* is more effective as compared to SWD (Shortwave Diathermy) in the management of Katigraha.

Churna Pinda Sweda which contained both procedural effect as well as medicinal effect helps to relief the *Katigraha Lakshana* and as well increase the range of movement of the involved joints.

Key Words: *Swedana Karma*, Physiotherapy, *Katigraha*, *Churna Pinda Sweda* and SWD (Shortwave Diathermy).