

Clinical efficacy of indigenous *Patrapottali Sweda (Heenudupiyaliya Tavilla)* in the management of *Sūryavarta*

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Abstract

Sūryavarta is one type of *Śīroroga* out of eleven *Śīrorogas* explained in Ayurveda classics. This pathological condition is characterized by its cardinal feature of headache. Headache is found to be starting at the time of sunrise, with pain in the eyes and eye-brows, gradually increasing in severity with the upward movement of the sun and slowly reducing by the time of sunset. Frontal sinusitis is a special type of headache (*Śīrahsūla*) that changes according to the intensity of the sun rays. Headache is defined as a result of specific changes within the brain. It causes severe pain in the head that is often accompanied by sensitivity to light, sound, or smell. Migraine affects approximately 15% of people. It most often starts at puberty and is worst during middle age. Prevailing treatments of migraine are not successful due to its recurrence. In view of magnitude of problem, it is important to drain the sinuses by removing the pathology with sustained effect and reduced recurrence. The present study was done to evaluate the efficacy of *Patrapottali Sweda (Heenudupitliya Tavilla)* in the management of *Sūryavarta* (Frontal sinusitis). Thirty patients between 15- 60 years were selected from the OPD Gampaha Wickramarachchi Ayurveda Teaching Hospital on the basis of sign and symptoms. The selected patients were divided in to two equal groups through random sampling method. The control group (GA) was treated with *Patyakshadhatri Phanta* (PD) and *Seetarama Vati* (SV). Treatment group (GB) received *Pottali Sweda* for four weeks daily morning and evening regularly with PD and SV. The assessment was carried out on the basis of relief found in the cardinal signs and symptoms of the disease adopting scoring depending upon their severity. Data analysis was done according to independent samples Mann – Whitney U test. Significant reduction in pain was observed at the end of the study with $p < 0.05$. When comparing overall results of both groups, it revealed that group GB was statistically significant with regard to the reduction of complaints and clinical signs compared to group GA. There were no adverse effects reported during the study. Therefore, it can be concluded that the selected treatment of *Patrapottali Sweada* is effective in the management of *Sūryavarta*.

Keywords: *Pottli Sweda*, *Sūryavarta*, frontal sinusitis

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