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“LITERATURE REVIEW OF STUDY OF PINDA SWEDA AND ITS MODIFICATIONS”

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ABSTRACT:-

In *PanchakarmaChikitsa*; *Swedana* is explained after *Snehana*'s *PoorvaKarma*. *PindaSweda* is a traditional Ayurvedic therapy with profound healing and renewal potential. In this therapy, warm cloth boluses, prepared with herbs, milk, and rice, are massaged onto the entire body. The warmth of the boluses opens the channels and allows the herbalized medicines to penetrate deeply into underlying tissues. *PindaSweda* enhances circulation, improves muscle tone, strengthens the nervous system, and restores vitality to the entire body.

According to the condition of patient one can obtain different types of *PindaSweda* as mentioned in *Samhitas* and one can make new combinations as per the need and availability and properties of drugs. The present review describes the literature survey on *PindaSweda*, which is used as treatment modality in Ayurvedic system of medicine and possible modifications one can make according to the availability, demand, and condition.

Keywords- *Swedana, PindaSweda, Panchakarma Chikitsa, Samhitas*

INTRODUCTION-

The *Swedana Karma* is basically a part of *Purva Karma* of any *Panchakarma* procedure. *Swedana* is the therapy which makes the body to perspire¹. It can be performed by various methods. Basically there are two types of *Sweda* which are classified as *SagniSweda* (direct contact with fire) and *Niragni Sweda*²(without direct contact of fire). Among these 13 *SagniSweda*, *SankarSweda* is one among them. In classics, it is mentioned as the *SankaradiSweda* is one of the most ancient treatments in Ayurveda³. *Pinda Sweda* is based on the principles of *SankaraSweda*. It comes under *Tapa Sweda* of four types of *Sweda*. This *SankaraSweda* is further classified as *RookshaSankara Sweda* and *SnigdhaSankara Sweda* based on the Dravya used. In *Rooksha (dry) SankarSweda*, hot solid substances such as stool of different animals like cow, horse, camel, sand, brick, stone are used and this type of *Sweda* can be adopted in *Kapha* vitiated patients⁴.

SnigdhaSankarSweda the thick gruel is prepared from the substances like *Tila* (sesame), *Masha* (black gram), *Kulatha* (horse gram), *Amladravya* (citrus fruits), *Ghrita* (ghee), *Tail* (oil), *Payasa* (milk and rice pudding). This type of *Sweda* is useful in conditions of *KevalaVata*⁵. *ShashtikShaliPindaSweda* and *Nirgundi Patra Pinda Swedais* its varieties.

Based on the Guna (properties) of the Dravya used for the *Swedana Karma*, *Swedana* is of three types. *Snigdha-Ruksha*, *Snigdha*, *Ruksha* for *Vata-Kapha*, *Vata* and *Kapha* respectively⁶. So one can classify *PindaSweda* according to the Guna of Dravya used.

AIMS AND OBJECTIVES:

1. To study the literature of *PindaSweda*.
2. To review the literature regarding possible modifications in the *Pinda Sweda*

Table 1.1:**POSSIBLE CLASSIFICATION OF PINDA SWEDA ACCORDING TO THE GUNA OF DRAVYA USED**

<i>Snigdha</i>	<i>Snigdha-Ruksha</i>	<i>Ruksha</i>
<i>Mamsapinda Sweda</i>	<i>Patra pinda Sweda</i>	<i>Valukapinda Sweda</i>
<i>Masha pinda Sweda</i>	<i>Jambeerpinda Sweda</i>	<i>Tusha/ bushapinda Sweda</i>
<i>Shashtiksha lipinda Sweda</i>	<i>Choornapinda Sweda</i>	<i>Karishapinda Sweda</i>
<i>Godhumpinda Sweda</i>	<i>Chinchalava napinda Sweda</i>	<i>Karpasabeej apinda Sweda</i>

For the practical applicability of *PindaSweda* it is mentioned as when *Vata* is localized in *Amashaya*, first *Rooksha Sweda* should be administered and when *Kapha* is localized in *Pakwashaya*(intestines) first *Snigdha Sweda* should be administered⁷.

VALUKA SWEDA:-

ValukaSweda is one of the *RukshaKriya*. It can be done over the whole body or locally on a specific part. It relieves pain and inflammation. Commonly used as *EkangaSweda* in *Sandhigatavata* (Osteoarthritis), *Amavata* (Rheumatoid arthritis) etc.

Materials Required:**Table 1.2: Materials Required for ValukaSweda**

Sr. no.	Ingredients	Amount/weight
1	Sand	1kg
2	cotton cloth	2
3	Tag	2
4	Vessel	1
5	Rasanadichoorna	5gm

Amavata, Urustambha, MedoRoga, Granthi, KaphaMedavrittavata.

Possible Modifications:-

Pranipurisha (Stool of animals), *Lavana*(rock salt), *Ishtikachoorna* (brick powder), *Vataharapatras*, *Nirgundi* (*Vitexnegundo*), *Arka* (*Calotropisprocera*), *Agnimantha* (*Clerodendrumplomidis*), *Dhatu* (*Datura metel*) *Vataharachoorna*, *Rasna* (*Pluchelanceolata*), *Devdaru* (*Cedrusdeodara*) etc. can be done before applying *Taila*(*NimbaTaila*, *BrhatSaindhavadiTaila*. The *Valuka* heated and tied into *Pottalis* can be applied directly or by dipping into *Kanji*⁸. This is very useful in alleviating *Vata* and *Kapha* disease and pain all over body etc.

PATRA PINDA SWEDA:-

The word “*Patra Pinda*” is made of two words, *Patra* means leaves and *Pinda* means bundle. *Patra pindaSweda* refers to the *Swedana* performed using a bundle of *VataKaphaharaPatra* and it is a form of *UshmaSweda*.

Materials Required:-

Table 1.3: Materials Required For Patra PindaSweda.

Drugs / Ingredients	Weight/Amount
<i>Nirgundi</i> (<i>vitexnegundo</i>)	100gm
<i>Eranda</i> (<i>Ricinuscommunis</i>)	100gm
<i>Chincha</i> (<i>Tamarindusindica</i>)	100gm
<i>Dhatu</i> (<i>Dhaturametel</i>)	25gm
<i>Shigru</i> (<i>Morning oleifera</i>)	25gm
<i>Arka</i> (<i>Calotropisprocera</i>)	25gm
Grated coconut	150gm
Lemon	4
Cotton cloth	2 pieces
Tag	2

Possible Modifications

Instead of different *Patras* only one *Patrapottali* can be used. eg.- (*Nirgundipatrapindasweda*,

Arkapatrapindasweda). Different *Choorna* combinations can be done. Egg yolk can also be used.

JAMBEERA PINDA SWEDA:-

The *JambeeraPindaSweda* is performed with the bolus of *Jambeera* (lemon) pieces. This is mainly applied in *Vata-Kapha* predominant conditions. It is usually done in frozen shoulder, plantar fasciitis, and traumatic conditions. It is *Shophahara*, *Rooksha* and *Teekshna*.

Materials Required:-

Table 1.4: Materials Required for JambeeraPindaSweda

Ingredients	Weight/ Amount
<i>Jambeera</i> (Lemon)	750gm
<i>Saindhava</i> (Rock Salt)	30gm
<i>Lasuna</i> (Garlic)	200gm
Turmeric powder	60gm
Cotton cloth	4
Tag	2
Vessel	2
Oil to fry	10ml
<i>Rasanachoorna</i>	5gm
Oil for <i>Abhyanga</i>	100ml
Oil for reheating the <i>Pottalis</i>	Q.S.

Possible modifications *Madiphala* (*Citrus medica*) can be used instead of lemon. For frying *Vasa* (fat) and *Majja* (bone marrow) of different animals can be used.

SHASHTIKA SHALI PINDA SWEDA

ShashtikaShali (rice harvested in 60 days) *PindaSweda* is performed as *Ekanga* or *Sarvanga* with the bolus of boiled *Shashtikashali* with *Balamoolakwatha* and *Ksheera*. The main properties of *Shashtika* are *Snigdha*, *Guru*, *Sthira*, *Sheeta* and *Tridoshaghna*. Though a *Swedakarma*, it has *Brimhana Guna*.

Materials Required:-

Table 1.5: Materials Required For SashtikaShaliPindaSweda

Ingredients	Weight / amount
<i>Shashtikshali</i>	250gm
<i>Balamoola</i>	250gm

Water	4 lit
Cow`s milk	1 lit
Cloth	4
Tag	4
Vessel	For preparing kwath .rice and for heating pottalis
Oil to fry	10 ml
<i>Rasanachoorna</i>	5 gm
Oil for abhyanga	100ml

Possible Modifications

Masha, Grated Coconut, *Tila*, Egg, Soyabean, *Godhuma* (wheat flour) can be added to get more benefits of *ShashtikaShaliPindaSweda*.

CHOORNA PINDA SWEDA

Choorna Pinda sweda comes under *Ushmasweda*. This procedure is to be carried out with the mixture of various *choorna* combinations like *Methika* (Fenugreek), *Sarshapa* (Mustard), *Shatapushpa* (Anethumgraveolens), *Jatamansi* (Nardostachysjatamansi), *Atasi* (flax seeds). There are two methods of performing this *pindasweda*; *Snigdha* and *Rooksha*.

In *Snigdha pinda sweda*, first oil is massaged over the body and the *Pottalis* are also heated in oil. The *Pottali* can also be heated with the steam of different *Drava* (liquid) *Dravyas* like *Dhanyamla* in some specific conditions.

Materials Required

Table 1.6: Materials Required For *ChoornaPindaSweda*.

Ingredients	Weight / amount
Suitable <i>Choorna</i>	1kg
cotton cloth	2
Tags	2
<i>Rasanachoorna</i>	5gm

RECENT ADVANCEMENTS

Choorna Pinda Sweda with Dhanyamla dipping

Table 1.7: Materials Required for *ChoornaPindaSweda with Dhanyamla Dipping*

Drugs	Sthani k	Sarvang a
<i>Kolakulathhadichurna a</i>	50gm	200gm
<i>Kulathachurna</i>	50gm	200gm
<i>Dhanyamla</i>	1 lit	2 lit
Cotton cloth	1	4
Tags	1	4

Dhanyamla Dipping

Above drugs are mixed with 500 ml of *Dhanyamla* properly and cooked. The heated *Pottali* is dipped in *Dhanyamla* and *swedana* was done over *Kati Pradesha* (low back region) up to the attainment of proper symptoms of sudation. In between the procedure, the *Dhanyamla* should be reheated to maintain the same temperature throughout the procedure. One *Pottali* should be used only once.

Possible Modifications

Different *Choornas* can be used like- *Jadamyadichoorna*, *Kottamchukadichurna* or a combination of different single Drug *Choorna*. Instead of *Dhanyamla*, *Chincha Rasa*, *Gomutra*, *Takra* or *Kashaya* can be used.

CHINCHA LAVANA PINDA SWEDA

Materials required

Table 1.8: Materials Required For *ChinchaLavanaPindaSweda*

Ingredients	Weight
Chincha (<i>Tamaridusindica</i>)	500gm
<i>SaindhavLavana</i>	40gm
<i>Kottamchukaditaila</i>	50 ml
<i>Dhanyamala</i>	1.5 lit
Cotton cloth	1
Tag	1

Method of preparation

Chincha is made devoid of seeds and heated in *Dhanyamala* (300 ml) to get the thick paste along with *Saindhava* and 50ml of *Taila* (*Kottamchukaditaila*). The paste is made into *Pottali* then *Pottali* is dipped

into *Dhanyamla* and procedure is to be carried out.

Other possible *Dravyas* for *pindasweda*

Laja (Puffed grain), *Navdhanya* (Nine grains), *Sarshapa* (Mustard seeds), *Maize*.

DISCUSSION-

In this article various types of *PindaSweda* and their modifications are shown. These are applicable for treatment of various diseases such as Neuromuscular disorders- Hemiplegia, Paraplegia, Muscular wasting, diseases of joints like Osteoarthritis, and other degenerative disorders. Some of the procedures like *Patra PindaSweda* are used in *UpsthambhitaVatavyadhi*; and procedure like *ShashtikaShaliPindaSweda* is used in *NirupasthambhitaVatavyadhi*. *PatraPindaSweda* reduces *Shula* (pain) and *Sthambha* (Stiffness) while *ShashtikaShaliPindaSweda* works as *Brihana* and provide *DhatuPoshana* (Nourishment). Here all the procedures worked due to *UshnaGuna* to Stimulate the Sympathetic Nervous System and perform Vasodilation. Due to effect of *Sara* and *SukshamaGuna* of *SwedanaDravya*, the *Leena Doshas* are liquified in our body and they came out through Micropores which are present over the skin as pores Sweat Gland results in more excretion of liquified Vitiated *Doshas* from body.

CONCLUSION

1. *Swedana* is one of the important treatment modality which is useful in the treatment of diseases in the form of *Poorvakarma*, *Pradhanakarma*.
2. The *Dravyas* (substances) mentioned for *Swedana* each of them has different properties and actions, it should be used depending on condition.
3. There are many *Dravya* mentioned by *Acharya* one should select them

depending upon *Desha*, *Roga*, and availability of *Dravya*.

4. *PindaSweda* is a widely practiced *Swedana* procedure where the treatment principle is based on combined effect of heat and medicament.

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