

PATRAPINDA SVEDA



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“ကြပ်ထုပ် (၃) မျိုး”


- (၁) ဆီ (သို့မဟုတ်) ထောပတ် ခံထိုးသောကြပ်ထုပ်
- (၂) ရေနွေး (သို့မဟုတ်) ဆေးငေခံထိုးသောကြပ်ထုပ်
- (၃) မီးနှင့်တိုက်ရိုက်အပူပေးသောကြပ်ထုပ်

“Three type of *Pinda Sweda* therapy”

- 1) *Patrapinda Sweda* (Leaves of medicinal plants which can relieve pain, stiffness and swelling are used in the bolus)
- 2) *Chunna Pinda Sweda* (Herbal powders prepared by pounding the medicinal drugs which can relieve pain and associated conditions are tied in the bolus)
- 3) *Valuka Sweda* (Heated sand is tied in the bolus)

(Effect of modified Patrapinda Sweda for instant relief. Volume.I, Ayurveda medical Journal, 2015)

PATRAPINDA SVEDA

- Application of the heat and there by inducing perspiration by using heated pack of specific herbal leaves is known as *Patrapinda sveda*
- *Patrapinda sveda karma*  *Leaves pack Fomentation Method*

- The procedure is similar to *Shashtika shali pinda sveda*
- ✓ It is popularly known as *Navarakizhi*

➤ What is Patrainda Sveda?

- ✓ Heated pack of specific herbal leaves
- ✓ *Abhyanga* procedure
- ✓ *Snigdha sveda*

❑ *Shashtikashali pinda sveda*

❑ *Navarakizhi*

❑ *Patra Pottali Pinda Sweda (Ernada, Arka, Nirgundi, Dhatura and Nimba)*

❑ *Jambeera Pinda Sweda (Jambeera, Saindhava/eranda taila)*

❑ *Sankara Sweda*

❑ *Pinda Sweda*

➤ *Swedana* can be done in 2 ways –

1) *Ruksha Sweda* (dry fomentation) and

2) *Snigdha Sweda* (wet fomentation)

✓ *Snigdha Sweda* (wet fomentation)

➤ Sweat inducing treatment done after giving oil massage (or)

➤ Sweat inducing by using the heated oily the heated oily substances like oil or ghee

- In conditions where the pain and related symptoms are due to vitiation of only morbid *Vata dosha*, generally prefer *Snigdha Sweda*

- *Swedana* provides relief from *Stambha* (stiffness), *Gaurava* (heaviness) and *Sheeta* (coldness) in the body or body parts
- *Swedana* is said to be the best form of treatment in expelling morbid *Vata* and *Kapha*

- In conditions where the pain and related symptoms are due to vitiation of only morbid *Vata dosha*, generally prefer *Snigdha Sweda*

- ▶ During sudation therapy, the body temperature rises to more than 2 to 3°C, which results in increased sweating
- ▶ The process of Sudation therapy should be stopped **when sweat appears over the forehead and there is relief from pain, stiffness and heaviness**

- Sudation therapy should be done for a maximum of 30 to 45 mins
- During and after sudation therapy, the **blood pressure**, pulse rate, respiratory rate and temperature are monitored to make sure they are within normal limits

| Category | | Systolic BP (mmHg) | Diastolic BP (mmHg) |
|---------------------------------------|---|--|--|
| BP | <ul style="list-style-type: none"> - Optimal - Normal - High Normal | <p>< 120</p> <p>< 130</p> <p>130 – 139</p> | <p>< 80</p> <p>85</p> <p>85 – 89</p> |
| Hypertension | <ul style="list-style-type: none"> - Grade 1 (Mild) - Grade 2 (Moderate) - Grade 3 (Severe) | <p>140 – 159</p> <p>160 – 179</p> <p>≥ 180</p> | <p>90 – 99</p> <p>100 – 109</p> <p>≥ 110</p> |
| Isolated Systolic Hypertension | <ul style="list-style-type: none"> - Grade 1 - Grade 2 | <p>140 – 159</p> <p>≥ 160</p> | <p>< 90</p> <p>< 90</p> |

- ▶ *Swedana Karma* သွေဒနကမ ပဉ္စကမ္မအတွက်အဓိကကျ ရှေးဦးကုထုံး
ရောဂါအားလုံးအတွက်ဆောင်ရွက်ရန်
- ▶ *Kustha Roga* ၊ ပိတ္တဒေါသလွန်ရောဂါများ (*Pittalwana*) မှာမဆောင်
ရက်ရ
- ▶ ဝါတဒေါသ အဓိကရောဂါ (*Vata Pradhana Roga*) များအတွက်
အဓိကကျသည့်ပဓာနကုထုံးတစ်ရပ်

CONTRAINDICATIONS FOR SWEDAN KARMA

- ▶ Consider heat ,sharp & hot, light nature of Swedan Karma & then we can understand it's contraindications
- ▶ Pitta dominated diseases like Jaundice, Peptic Ulcer
- ▶ Pitta & Rakta are having intimate relation .So avoid swedana in all Bleeding disorders like Retinal haemorrhage, Brain haemorrhage, Peptic ulcer, Haematuria, Heavy menstrual bleeding ect
- ▶ Weakness due to heavy physical or mental work or due to chronic degenerative physical diseases like Cancer, HIV

- Very fat or very thin persons (Because these people are delicate to tolerate any strong treatments)
- Pregnancy (This is altered Physiological but delicate condition ,which will never tolerate heat & hot treatments or behavior)
- Severe Anemia, Ascitis
- Excessive , uncontrolled Hypertension is strong contraindication for *Swedana*
- ▶ Otherwise due to vasodilatation effect of *swedana*, patient may get Brain haemorrhage (Rather ,it will be better to take written consent ,even for *swedana* ,who are Hypertensive or suffering from Heart diseases)

Indications for Swedana karma

- ▶ As a *Purvakarma* for *Vaman*, *Virechana*, *Basti* & *Nasya*
- ▶ As *swedana karma* is properties like heat, hot, sharp ,it is indicated in the problems of *Kapha* predominant person or diseases
- ▶ Also it will be of help in *Stritorodhajanya Vata* disorders (Obstructive pathology) , *Ama* conditions , disorders of Parthivi elements like *Mansa*, *Meda*, *Asthi dhatu*
- ✓ Conditions like Muscular stiffness, Joint sprain & arthritis, Backache, Neck pain, Spasmodic pain in abdomen due to gas
- ▶ Diseases like paralysis, facial paralysis
Respiratory conditions like Sinusitis, Cough, Cold, asthma

CONTRAINDICATIONS

- *Taruna jwara* (Acute fever)
- *Atisara* (Diarrhoea)
- *Raktapitta* (Hemorrhagic disorders)
- *Twak Vikara* (Eczema, Psoriasis etc.)

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- tzsm;&Sdol
- rsufpdemaeol
- a&at;csdK;jyD;pol

Beneficial effects of *Patrapinda Sveda*

- ***Abhyanga*** - imbalances of *Vata dosha* (virtue of its unctuous quality)
- ❖ **Sudation procedure** - morbid *Kapha dosha*
- Very much efficacious - vitiation of *Vata dosha* is the predominant (*Sandhigata vata* or arthritis)

- Alleviates - Pain & swelling
- Remits - Pain & swelling of sinoveitis
- Beneficial - muscle sprain as well as strain
- Cures
 - Arthritis
 - Low back ache
- Effective
 - disorders due to degeneration of bone
 - peripheral neuritis
- Effectively relieves - pain in tendonitis

“Indication of *Patrapinda sveda*”

- Neuromuscular disorders
 - *Pakshavadha* (Hemiplegia),
 - *Gridhrasi* (Sciatica)
- Rheumatological conditions – Arthritis due to various reasons
 - *Sandhighatavata*
 - *Amavata*,
 - *Katishula*,
 - *Avabahuka*

According to 'Ayurvedic Treatment in Common Disease', 1999

- ▶ **“RA”** -Vitiated vata affects the joints and produces this disease. This is known as **‘Sandhigata Vata’**. The small and large affected joints are painful and swollen.
- ▶ In typical vata type, the pain is throbbing, migrating and cutting. It is relieved by fomentation. Deformity is more likely to take place. Other symptoms of Vata aggravation like nervousness, insomnia and constipation are common.
- ▶ Pitta type joints are common inflamed, red, hot to touch accompanied with fever, thirst and irritability. Pain increased by fomentation. (Massage with cooling oils like sandalwood and ice pack of the joint is useful)
- ▶ In Kapha type, there is more swelling and edema around the joints and pain is dull aching type, which is relieved by fomentation (Pain and swelling is too much, dry fomentation by infrared lamp or heated sandbag is beneficial)

Rheumatic Arthritis

- ▶ In Ayurveda this is called as Amavata. A low digestive fire produces Ama or toxins in the digestive tract, which then circulates the entire body from the heart and blood vessels causing a fever, heart disorder and joint problem.
- ▶ The main symptom of this disease is a fleeting type of pain in the big joints. The inflammation and pain shifts from joint to joint very rapidly.
- ▶ To destroy ama, fasting should be carried out in the acute stage. The swollen joints should be fomented by dry heat either by electrical pads or by using hot sand or infrared lamp. Castor oil is very useful because of its power of removing ama. Mixture of garlic, galangal, punarnava, guggulu in dose of 1 gm a day and dashmoolaishta 15 ml. 3times a day, 3 weeks is useful.

“Scientific Explanation for *Patrapinda Sveda*”

- It is a kind of *Swedana* (sudation) where heat, pressure and oil are applied simultaneously with some *Vatahara* drugs
- ❖ So this may stimulate and strengthen neuromuscular system resulting in reduction of pain and inflammation

Requirements

1. 500 grams (gms) of fresh leaves each of *Nirgundi* (*Vitex negundo*) and *dhatuira* (*Datura metel*)
2. 18 inches square cotton cloth, 2 in number
3. Approximately 5 feet long cotton threads, 2 in number
4. **Vessel** having round bottom for frying herbal leaves /heating the packs
5. 400ml of Medicated oil for *Abhyanga* as well as application the procedure

Datura metel



Vitex negundo



The Leaves commonly used in Patrapinda sveda according to Ayurvedic Medicine ;

1. *Eranda* - *Ricinus communis*
2. *Amalika* - *Emblica officinalis*
3. *Karanja* - *Pongamia glabra*
4. *Shigru* - *Moringa oleifera*
5. *Dhatura* - *Datura metel*
6. *Nirgundi* - *Vitex Negundo*

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Preparation of the leaves pack



- Herbal leaves – are cut into small pieces
- About 200 ml of oil – is added
- With continuous stirring the leaves – are fired to make plaint
- The fried leaves – is used for the preparation of the pack

- ✓ Cotton cloth – spreads on the table
- ✓ About 250 grams of fired leaves – are placed
 - the free corners of the cloth – are approximated to cover the leaves *
 - the free ends of the cloths – are folded in the middle
- ✓ Tied with a cotton thread to make a round pack with the handle
- ✓ 2 packs – are prepared

Preparation of the leaves pack



MATERIALS

Frying pan - 1

Vessel for heating - 1

Gas store - 1

INGREDIENTS IN THE LEAVES PACK

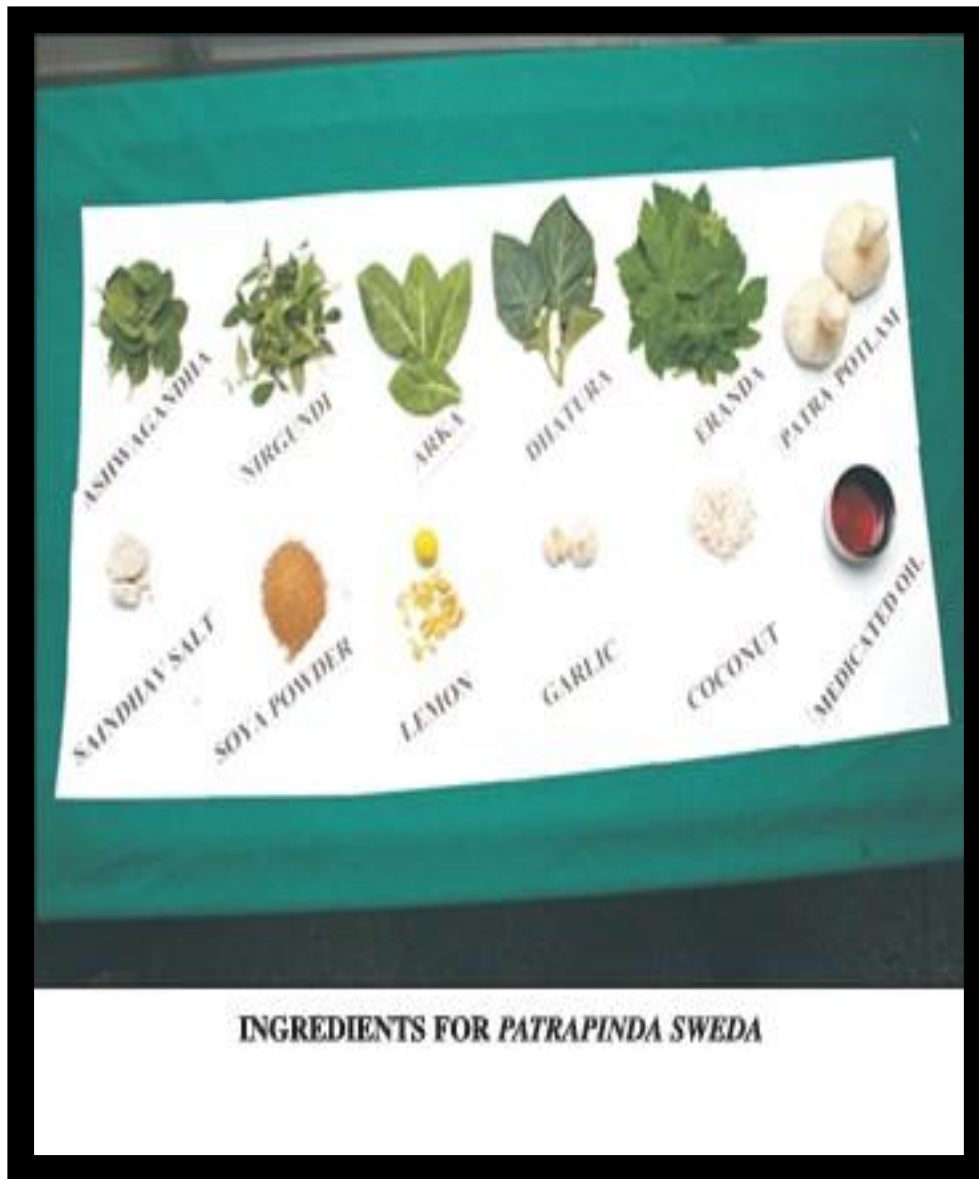
Leaves of various herbs (chopped into pieces) - 1 kg

Grated coconut - 100 gms

Rock salt - 15 gms

Lemon - 2 No.

Medicated oil - 100 ml



Heating the pack

- 200 ml of oil – is taken and heated
- the pack of herbal leaves – is placed on the oil
- the pack – should be continuously moved stirring the oil
- If the pack – is not moved*
 - ✓ The portion of the herbal pack in the touch with heated vessel – gets burnt

- Properly heated pack — is taken out of the vessel
- ✓ Any oil flowing of the pack — is mopped
- Now — the packs are ready



Preparation of the client

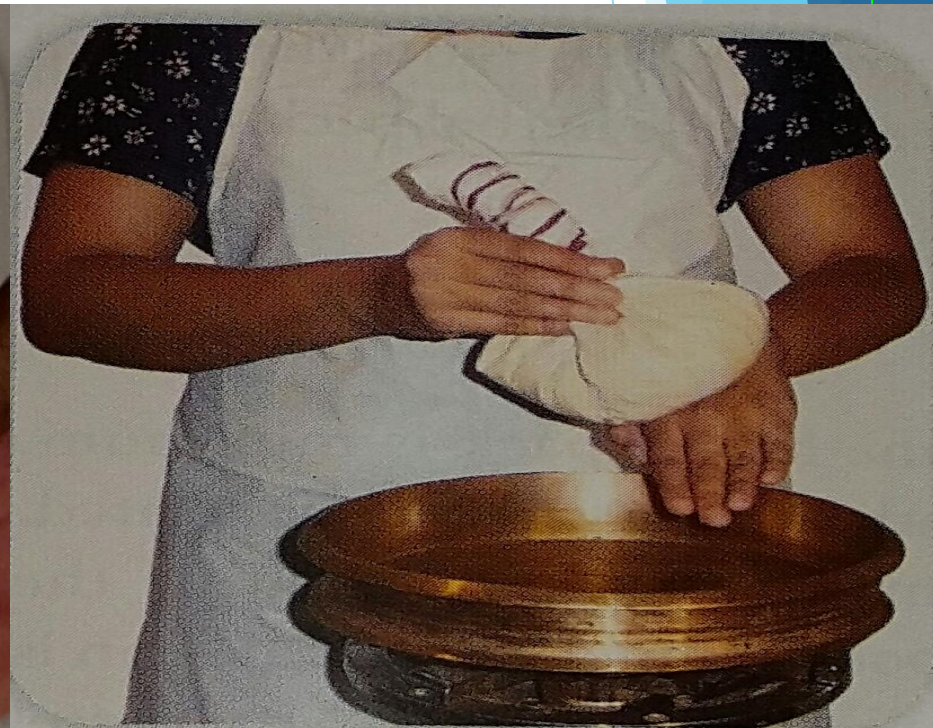
- No specific preparation
- Anytime of the day

Position of the client

- Unique procedure for applying heat to a portion
- Not usually prefer the whole body
- depending upon the comfort of the patient
 - ✓ in sitting position (or) Lying down position
- Positioning of the patient
 - ✓ the patient feel comfortable in this position & the therapist – easily approach the area of svedana Treatment
- Eg: the knee joint is selected, can be the best performed
 - ✓ in the supine position (head rested upon the pillow and the hands placed on the side of the body) & the knee is exposed & therapist standing beside the table

Application of oil and massage

- Medicated oil – is smeared on the knee joint
- therapist – massages (by moving his palms in circular fashion)



Application of the heat to the joint

- ✓ By using this heated herbal pack
- ✓ Should confirm the heat in the pack – by touching
the pack on the dorsum of his hand
- ✓ Then the heat applied to the patient's body for Svedana
- ✓ For this purpose – momentarily touched on the joint
 - moved on the joint
 - placed over or beneath the joint

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Three Application Methods of *Patrapinda Sveda* according to Ayurvedic Medicine*

(1) Momentarily touching the leaves Pack

(2) Moving the leaves Pack

(1) Linear Movement

- the extremities (from upward to downward)

- the back truck (from downward to upward)

(2) Circular Movement – the joints

(3) Placing the leaves Pack over or beneath the joint

(1) Momentarily touching the pack

- ❖ heat in the pack is more – repeatedly but momentarily touches
 - it can't be placed and moved (as it causes burns)
- ❖ Therefore initially the heat – is applied by momentarily touching
- ❖ This method – is continued till the heat in the pack is lost considerably

(2) Moving the leaves pack on the treated body part

- ❖ the heat in the pack – is reduced considerably and is moderate
- ❖ therapist now **gently moves** the herbal pack
- ❖ should move the herbal packs
 - **In Linear fashion** - on the extremities from above downwards &
in the trunk from below upwards
 - **In circular fashion** - on the joints
 - ❑ The herbal pack further cools down

(3) Placing the leaves pack over or beneath the joint

- By the earlier said maneuvers when the heat in the pack is minimum
 - the therapist should place the pack on above and beneath the body part to be treated
- This is placed till the herbal pack loses
 - its temperature completely or
 - the temperature in the pack equalizes with that of the body temperature

- Sudation/svedana – is continued by taking
another pack
- In this way sudation – is continued for **an hours**
- This completes the procedure of *Patrapinda
svedana*

Observation of the client

- Symptoms indicative of proper effect of *Svedana*
- Any symptoms indicative of deficient *Svedana* and excessive *Svedana*

After the procedure

- Rest a few minutes
- The treated part – is washed with warm water
- For removing oil – can use **Bengal gram flour** instead of the toilet soap



Bengal gram

- At the end of the procedure, body should be wiped off with dry soft towel
- The patient should take complete rest for at least an hour
- And then allowed to take bath with warm water

Dietary regiment

Light diet preferably

Precaution

- Risk of causing burns during the procedure
- Every care – should be taken to prevent over heating
- Should confirm – the temperature in the herbal pack by touching the same to his body at every step

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Thank You for Attention



References

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