

REVIEW ON PATRA PINDA SWEDA

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ABSTRACT

Pinda Sweda is one of the most important and special form of treatment in Kerala¹. *Panchakarma* is mainly done for purifying the body and to expel out the impurities out from the body which can be achieved mainly through *Vaman*, *Virechana*, *Vasti*, *Nasya* And *Rakta Mokshana*. But before performing such *Karma Snehan* and *Swedan Karma* is done to liquefy the *Dosa* and help them move out of the body. There are many types of *Swedan Karma*. There are many *Pinda Sweda* explained like *Jambir Pind Sweda*, *Shastik Shali Pind Sweda*, *Baluka Pind Sweda*, *Dhanya Pottali Sweda*, etc. *Swedana Karma* which is given by using a bolus which is prepared by using the different combination of medicinal leaves which is heated with medicinal oil is called as *Patra Pinda Sweda*. Thus, it constitutes both *Snehan* and *Swedan*. It is a process by which whole body or a part is made to perspire by the application of certain medicinal leaves, in the form of bolus tied up in a cloth bag². Some of the great healing consequences covering various diseases include anti-ageing and rejuvenating properties for overall organic functions, tissue strength and blood circulation, skin beautification and rejuvenation, promotion of vitality, removing disorders of nervous tension. The drugs used for *Patra Pottali* not only relieve pain and swelling, but also gives strength and nourishment to the affected part.

Keyword: *Patra Panda Sweda*, *Swedana Karma*

INTRODUCTION

Patra Pottali Sweda is a type of *Sweda* wherein the fomentation is done by headed bolus containing leaves of medicinal plants. *Patra* means leaves of medicinal plants. *Pinda* means a bolus. *Sweda* means Fomentation or sudation. The *Swedana Karma* or sudation therapy which is given by using a bolus which is prepared by using the different combination of medicinal leaves which is heated with medicinal oil is called as *Patra Pinda Sweda*. Thus, it constitutes both *Snehana* and *Swedana*.



Though the primary health benefit of this treatment lies with its toxin removal function by clearing the micro channels (*Shrotosodhana*) throughout the body carrying sweat, as a result of its great massage benefit on the body it can provide numerous health benefits outside of the bigger goal of detoxification through *Panchakarma*. Some of the great healing consequences covering various diseases include anti ageing and rejuvenating properties for overall organic functions, tissue strength and blood circulation, skin beautifica-

tion and rejuvenation, promotion of vitality, removing disorders of nervous tension.

स्वेदसाधयाः प्रशाम्यंती गदा वाताकफत्मकाः ॥ च.सू. १४/३

Acharyas Charaka mentioned *Sweda* for *Vata* and *Kapha* predominant disorders⁴.

It is a type of *Shankar Sweda*. And it can be used as *Snigdha Sweda* or *Alpa Snigdha Sweda*, *Ruksha Sweda*.

Materials & Methods: *Patra Pinda Sweda* is a simple and effective therapy in the management of severe pain. Leaves (*Patra*) are chopped into pieces and fried with oils useful in relieving *Vata Kapha Dosha* and associated conditions.

Material Required (*Sambhara Sangrah*)

1. Medicated leaves	Q.S
2. Medicated oil	200-300 ml
3. Pan	1
4. Table spoon	1
5. <i>Saindhav Lavan</i>	Q.S
6. Lemon	4
7. Garlic	1 bulb
8. Mustard seeds	50gm
9. Grated coconut	50 gm
10. Markin cloth	12×12 inch
11. Thread	1 meter
12. <i>Khalva Yantra</i>	1
13. <i>Swedan</i> table	1
14. Stove or gas	1

Properties of *Patra* Used³

Medicinal Drug	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>
<i>Eranda Patra</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Nirgundi Patra</i>	<i>Madhura</i>	<i>Snigdha, Tikshna, Sukshma</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Ark Patra</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>
<i>Dhatu Patra</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Vyavayi, Vikasi</i>	<i>Ushna</i>	<i>Katu</i>
<i>Karpura Patra</i>	<i>Katu Tikta, Madhura</i>	<i>Laghu, Tikshna</i>	<i>Sheeta</i>	<i>Katu</i>
<i>Sigru Patra</i>	<i>Katu</i>	<i>Vatahara, Swedjanan, Sothahara</i>	<i>Ushna</i>	<i>Katu</i>
<i>Chincha Patra</i>	<i>Amla</i>	<i>Vatanashak</i>	<i>Ushna</i>	<i>Katu</i>

Leaves *Nirgundi*, *Shigru*, *Shireesha*, *Arka*, *Eranda*, *Dhatu Patra*, *Karpura*, *Chincha*, *Meethika*, etc are used for this procedure. If nothing is available only *Nirgundi Patra* can be used as it is told by *Sushruta* in *Sursadi Gana* & *Nirgundi Patra* alone pacify *Vata* and *Kapha* and reduces *Sotha* and *Shoola*.

Procedure

1. Purvakarma

Preparation of Pottali

1. Fresh leaves of medicinal plants are cleaned with cotton cloth and then they are crushed in *Khalva Yantra* or cut into pieces.



2. Then 20-30 ml medicated oil is poured in a pan as the oil gets heated, chopped pieces of *Patra*, grated coconut, pieces of lemon, *Sarshapa Beej* (mustard seeds), *Saindhava Lavana* added to it and mixed thoroughly. It is fried till the mixture assumes reddish color.



3. This mixture is then divided into 2 parts, put into 2 pieces of white cotton cloth (markin cloth) measuring 18×18 inch and bolus is made by tying it with a cotton thread (*Dorri*).



Medicated oils like *Mahanarayan Taila*, *Mahavishgarbha*, *Vishgarbha Taila*, *Dhanwantari Taila*, *Mooriveenam Taila*, *Shacharadi Taila*, *Pippalyadi Tail*, *Murchit Til Taila*, *Nirgundi Taila*, *Errand Tail*, *Brihat Saindhavdi Taila* etc as per the disease condition.

Preparation of patient: Patient is allowed to eat light food before therapy. Patient should wash her/his foot and lay down on the bed

2. **Pradhan Karma** The affected part of the patient is exposed and the therapist should stand on the affected side of the patient and a gentle massage with medicated oil is done with hands, then the *Pottali* is dipped in 100-200ml lukewarm medicated oil which is kept on a indirect heat on low flame in the pan and then it is slightly squeezed to avoid excess oil. Then the temperature of the *Pottali* is checked by patting it over the dorsal side of the hand of the

therapist, than *Pottali* is used on patient's affected part & a circular massage or massage in direction of hairs is done according to the area, with a slight pressure. This procedure is repeated again after changing the *Pottali* to maintain a constant temperature.



Durations- 7-21 days. It is generally done for 30-45 minutes for whole body and 15-20 min for any affected part. If done with *Kati Vasti* or any other therapy, it is done for 10- 15 min. It can be done twice in a day according to the *Roga Bala*. It can be done on whole body too.

3. *Paschyat Karma*: Patient is asked to take rest for 10-15 min and cover the part with thick cloth to avoid direct contact with the air.

Precautions

1. Should prevent excess hot bolus application because it may cause burn and may lead to dehydration. One should always check the hot bolus every time by patting it over the back side of the hand of the therapist (dorsal side) before applying it to the patient's body.
2. Don't let the temperature of the affected area change due to cooling down of the bolus.
3. One *Pottali* can be used for 3-4 days. After 4 days new *Pottali* has to be made
4. Keep changing the bolus to maintain the particular temperature & to get maximum result.

Benefits

- It helps in strengthening the muscles, bones, nerves and tissues.
- It improves the circulation of the blood.
- Helps in reducing the pain, stiffness and inflammation. It pacifies the *Vata Dosha*.
- It induces good sleep and relieves stress.
- It improves the glow and complexion of the skin.

- It is used for both *Sarvanga* and *Ekanga Sweda*.
Mostly as *Ekanga Sweda*

Indications⁵

Mamsaasthii Sandigat Sotha; Mamsaasthii Sandigat School; Mamsagata Vata; Sandhivata; Aamvata; Sandhigraha; Katishoola; Prishtha Vamsa Gat Roga; Cervical and lumbar spondylitis; Anti-ageing; Paralysis; Visavachi; Avbahuka; Snayugat Sotha; Aaghat Janya Katishool; Vatarakta; Gridhrasi

Contraindications⁵

- *Taruna Jawara; Twak Vikara; Raktapitta; Atisara*

DISCUSSION

There are many *Pinda Sweda* explained like *Jambir Pind Sweda, Shastik Shali Pind Sweda, Baluka Pind Sweda, Dhanya Pottali Sweda*, etc. *Swedana Karma* which is given by using a bolus which is prepared by using the different combination of medicinal leaves which is heated with medicinal oil is called as *Patra Pinda Sweda*. *Patra Pinda Sweda* is a traditional method adopted to reduce inflammation, stiffness, pain and to increase the flexibility. It is mainly recommended for arthritis, chronic back ache, neck pain and neck stiffness and muscle spasm & stiffness. The *Patra* used for *Patra Pottali* not only relieve pain and swelling, but also gives strength and nourishment to the affected part. The process of sudation which is induced using a bolus filled with medicated herbs helps to increase the blood circulation which helps in speedy recovery of the disease.

CONCLUSION

Patra Pinda Swedan is a type of *Swedan* which is often recommended in chronic back ache, stiffness of joints, muscular stiffness, neck pain or neck stiffness. It helps to detoxify the morbid *Dosha* by expelling them out along with the sweating. It also increases the blood circulation and reduces inflammation of the affected part. This therapy is widely used all over the world as a relaxation therapy. It gives strength to the body and makes it regain its flexibility and tone by its action.

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