

## **A Systemic Review on Swedan w.s.r to Panchakarma**

**Vd Nikit P .Rathod    Vd Shruti Athelkar    Vd Sneha Tiwari**

**1)Assistant Professor Panchakarma Department Shalakya Tantra Sai Ayurved Medical College & Research Institute Sambhajinagar**

**2) Assistant Professor Agad Tantra smt Shalinitai Meghe Ayurved College bhilewada Bhandara**

**3) Associate Professor Kayachikitsa Department Shri K.R.Pandav Ayurved College Nagpur**

### **INTRODUCTION**

Sweating treatment (Swedana) is usually given after oleation- Snehana therapy. Swedana is the procedure that relieves Stambha, Gaurava, Sheeta which induces Swedana (Sweating). It plays a dual role in Purvakarma as well as Pradhanakarma. Swedana has relaxing and detoxifying effects on the human body. Sweda is classified into different varieties according to the different Acharyas. According to Charaka, two main types are Sagnisweda (thermal) and Niragnisweda. (nonthermal). Niragnisweda is further classified into ten types viz. Vyayama (exercise), Ushnasadana (warm rooms), Guru pravarana (heavy blankets), Kshudha (hunger), Bahupana (excessive drinking), Bhaya (fear), Krodha (anger), Upanaha (plasters), Ahava (war) and Atapa (sunbath). whereas Sagnisweda is classified into 13 types viz. Sankara (mixed), Prastara (hotbed), Nadi (steam kettle), Parisheka (affusion), Avagaha (bath), Jentaka (sudatorium), Asmaghana (stone bed), Karshu (trench), Kuti (cabin), Bhu (ground bed), Kumbhi (pitcher bed), Kupa (pit sudation) and Holaka (under the bed). Whereas Acharya Sushruta classified Swedana into main 4 types Tapa sweda (Direct heat), Ushmasweda (Steam), Upanah Asweda (poultice), Dravasweda (warm liquid).

### **Advantages of Swedana Dravya :**

1. Agni Dipti (better metabolism and digestion)
2. Mardavam (which results in flexibility and smoothness)
3. Twak prasada, or skin that is smooth and shiny.
4. Bhakta shraddha, or the hunger for food
5. "Clean channels," or Nirmala Srotas
6. Jadyahara (strength alleviation)
7. Tandrahara (a remedy for fatigue)
8. Sandhi stambhahara, which facilitates the activation of stiff joints

9. Nidrahara (reduce oversleeping) Swedana uses the Agni element of Panchamahabhoota as a functional component, and all Swedana dravyas should possess the following attributes: Heat, or ushnata Tikshnata (severe) Sarata (Transportable) Snigdha, the impure Rukshata (rough) Sukshmata (One Minute) Guruta (Heavy)

## **CATEGORIES OF SWEDANA**

### **A. Sort based on their Characteristics**

1. Mridu or swalpa sweda (mild): In situations where a very mild form of sweda is appropriate and a slight form of Swedana karma may result in harm. The following areas should receive this kind of Swedana, or these portions should be covered with cold materials throughout the application process: Netra (eyes), Hridya (cardiac area), and Andakosha (scrotum)

2. Madhyam or alpha sweda (moderate) – the joints and the Vankshana region (inguinal area) are appropriate for moderate sudation: 3. Maha Sweda (intense): The entire body is thought to be suited for maha sweda, except the places listed under Mridu and Madhyam Sweda.

### **B. Various classification schemes based on the patient's ball (strength):**

1. Maha Sweda (intense): Suitable for those with strong bones and for use in the winter or chilly climates.

2. Madhyama sweda (moderate): Ideal for individuals with medium strength and throughout sadharana kala (the regular season).

3. minor Durbala Sweda: Suitable for individuals with reduced strength and in cases of minor disease or acute illness, this remedy is best taken in mildly chilly environments.

### **C. Types of Sweda based on Sweda/Dravya methods or Swedana nature equipment.**

1. Taapa sweda: Sweden by hard materials such as stone, iron plates, etc. They have a hard surface; to apply them, you must first touch them to the target region and then make contact with fire.

2. Ushna Sweda: Allow steam to cause perspiration.

3. Upnaah Sweda: Poultices made of semi-solid materials are applied.

4. Drava Sweda: Liquid materials, water, or drug infusion are utilized.

### **D. Sorts according to sweda quality**

1. Snigdha sweda: advised for Vata dosha and Pakvashaya issues

2. Ruksha sweda: Suggested for Amashaya issues and Kaphaja diseases.

### **E. Types according to Sweda's properties**

1. Rukshasweda

2. Sweda Snigdha

**F. Special classifications:**

As explained by Acharya Kashyapa, these should be used in appropriate kala (period), roga (diseases), and deha (body) types, particularly for children. Hold on tight (by palm)! Pradeha (package medication) Pipe fomentation, or nadi sweda Prastara, by a heated rock Mixed fomentation, or Samkar Upnah (poultice) Avgahana (soaking in a tub) Parisheka (steam shower)

**G. Swedana Types according to Applied Area**

1. Ekanga gata: locally, on a specific organ, or the intended area.
2. Sarvanga gata: administered universally throughout the body.
3. The Snigdha Ruksh

**Contra indication**

Contraindicated in people who regularly consume astringents and alcohol, pregnant women, people with bleeding disorders, people with Pitta predominance, people who have diarrhoea and sicca, people who have diabetes mellitus, inflamed colon, prolapsed rectum, people who are tired, unconscious, obese, people who have thirst, hunger, anger, depression, jaundice, ascites, people who are injured, rheumatoid diseases

**DISCUSSION**

Swedana should only be used after a thorough snehana (unless indicated otherwise). Sweda generates an intervening viscous barrier between the skin and the immediate surroundings prior to transdermal medication absorption when unctuous substances like oil (taila) are applied to various body areas. As a result, the heat lost by sudation, as well as huge volumes of fluid and a little amount of Na<sup>+</sup> and Cl<sup>-</sup> ions lost through radiation, conduction, convection, and evaporation (which could compromise thermoregulation or cause hypothermia), does not happen too quickly.<sup>18</sup> Swedana also enhances sneha transdermal absorption by causing peripheral vasodilation. However, environmental humidity and the duration of the swedana technique must be closely controlled, as a minor increase in temperature over time might have a higher impact (more evaporation) than a high temperature for a short period of time in a humid atmosphere, Swedana (abhyanthara and bahya) and snehana (abhyanthara and bahya) are used to improve gastrointestinal motility. A study examines the immediate and long-term effects of ongoing swedana, determining that regular swedana use enhances one's heat tolerance capacity and physical endurance, as well as observing enhanced autonomic functions among individuals subjected to intermittent deliberate heat stress. Numerous studies assert that gastrointestinal motility disorders are caused by low autonomic activity, and that increasing it therapeutically helps to cure motility disorders and improve bowel-bladder function. The sarvanga abhyanga (whole body) fomentation technique should be used for 8-10 minutes in ideal humid conditions, or until the patient sweats excessively. When given for 5-20 minutes, ekanga sweda aids in the alleviation of individuals suffering from joint stiffness, restricted motions, and acute discomfort.

## CONCLUSION

Ayurveda's Sarvang Abhyang and Swedan treatments are a wonderful gift for holistic, psychosomatic healing. The treatment's beauty is that it can be used by people of all ages, including those who are healthy and those who are sick. It is not only a tried-and-true treatment for a variety of physical problems, but it is also the finest for reducing mental tension. The mind and the body are two synonymous terms. If one is healthy, the other is as well, but if one is disturbed, the other suffers as well. Both must work in unison in order to contribute to our psychosomatic well-being. Ayurveda and the system's therapeutic procedures have traditionally advocated for a holistic approach to the body-mind component, giving equal weight to both.

**Acknowledgements:- Nil**

**Conflict of Interest – None**

**Source of Finance & Support - Nil**

.

## REFERENCES

1. Agnivesha, Charaka Samhita Sutrasthana22/11, Acharya Yadavji Trikamji, Chaukambha publication, 2001, Varanasi, pg. No. 120.
2. Agnivesha, Charaka Samhita Sutrasthana 14/64. 4th ed. Varanasi: Chaukhambha Sanskrit Sansthan; 1994, pg. No. 92.
3. Agnivesha, Charaka Samhita Sutrasthana14/39-40. 4th ed. Varanasi: Chaukhambha Sanskrit Sansthan; 1994,pg. No. 90. 4. Sushruta, Sushruta Samhita, editor Ambikadatta Shastri, Chikitsasthana 32/3. Chaukhambha Sanskrit Sansthan;2002,pg. no. 139
5. Agnivesha, Charaka Samhitaedited by Vidyadhar Shukla, Sutrasthana 22/16. 2ed edition. Varanasi: Chaukhambha Sanskrit Sansthan; 2002, pg. No. 310.
6. Agnivesha, Charaka Samhita edited by Vidyadhar Shukla, Sutrasthana22/11. 2nd edition. Varanasi: Chaukhambha Sanskrit Sansthan; 2002, pg. No. 310.
7. Vagbhata, Ashtanga Hrudaya, Editor Harishastri. P, Sutrasthana, Doshadivijnaneeyam Adhyayam, 11/5, 10th edition, Chaukhambha Orientalia, Varanasi, 2011;182
8. Buono, M. J., and N. T. Sjolholm. Effect of physical training on peripheral sweat production. Journal of Applied Physiology 65.2 (1988): 811-814.
9. Whitehouse, A. G. R. The dissolved constituents of human sweat. Proceedings of the Royal Society of London. Series B, Biological Sciences 117.803 (1935): 139-154.
10. Costill, D. L. Sweating: its composition and effects on body fluids. Annals of the New York Academy of Sciences 301.1 (1977): 160-174.