

PINDA SVEDA: A REVIEW

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INTRODUCTION

Inducing perspiration by using heated round packs of rice is referred as 'Shashtika Shali Pindasveda'. The whole body below the neck or a portion of the body is subjected to the Svedana therapy and this belongs to the category of 'Agnisveda' as well as 'Ushmasveda'. Here Shashtika Shali refers to the rice that grows in 60 days. This rice is used in the procedure and hence the name Shashtika Shali Pindasveda. This is also popularly known as '**Navarakizhi**'. This is an easy and effective procedure of Svedana and is ideal in healthy persons, children and also in patients suffering from illness due to morbid vatadosha.



PINDASVEDA IN HEMIPLEGIC PATIENT

PROCEDURE

Rice is boiled in decoction of Bala (*Sida cordifolia*) and milk; which is then tied in pieces of cloth to prepare packs. These rice packs are again heated in decoction of Bala and milk. Warm rice packs then used to apply heat to the patient's body and there by inducing perspiration. This is the procedure of Pindasveda. Details of the same are given in the following paragraphs.

PREPARATION OF THE RICE

500 grams of coarse powdered roots of Bala (*Sida cordifolia*) is taken in a vessel. To which 8 liters of water is added. This mixture is boiled till it is reduced to 2 liters. This is then strained and the roots of Bala are filtered to get the clear decoction. Out of 2 liters, 1 liter of decoction is taken in another vessel and mixed with 1 liter of cow's milk. To this mixture of decoction and milk, 400 grams of properly cleaned rice is added and boiled. When the rice is properly boiled, it is stirred well and mashed with the help of a spatula or churner to make a semisolid paste.

PREPARATION OF THE ROUNDED PACKS

A square cotton cloth of 18 inches is spread on the working table. About 200 gms of boiled rice is placed on this cloth, corners of which are approximated and free ends are folded in it's middle. It is then tied with a cotton thread to cover the rice to make a tight rounded pack. The free end of the folded cloth is also firmly tied with the thread to make a handle for this rounded pack of rice. Eight such packs are prepared.

PRESSURE TOUCH WITH SQUEEZE

The rice pack is moved along the body parts in specific direction and simultaneously it is squeezed to bring out more rice paste. Also, simultaneously rice paste is spread with the other hand.

REMOVAL OF PASTE OF RICE

The paste of rice sticking over patient's body can be easily scraped out with the free border of the coconut leaflet. If it is not available, rice paste may be wiped out with a cloth.

AFTER PROCEDURE

After the Svedana procedure, patient is asked to take rest in a chair for a while i.e. about

15 minutes. After this, he is then asked to take bath and to get refresh. Any tiredness experienced during the Svedana procedure will abolish soon after the hot water bath. For cleaning the oil from the body, use of toilet soap should be discouraged. Bengal gram flour may be comfortably used to make the skin oil-free. After the Sudation procedure, patient is asked to take light liquid food and rest for few minutes. He should avoid immediate exposure to cold breeze, open air and contact with cold water.

DURATION OF SUDATION PROCEDURE

Usually Shashtika Shali Pindasveda is performed in a course. One course may involve 7, 9, 11, 14, 21 or 28 sittings. During this period, Svedana may be carried out regularly or on alternative days depending upon the requirement. 14 days course is ideal in normal individuals for promotion of health. About one to two such courses are advisable in a year. In persons suffering from the illness, patients are subjected to courses of Shashtika Shali Pindasveda quite frequently depending upon the severity of illness and the response to the Svedana treatment.

PRECAUTIONS

Therapist should be very cautious during the procedure as it may cause severe injury or burns in the dermis. It is better to avoid the procedure in patients suffering from Ischemic Heart Disease, Severe Diabetes Mellitus etc.

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