

NADISVEDA: A REVIEW

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INTRODUCTION

Nadisveda is an unique form of Svedana treatment, where perspiration is induced by passing steam over the body with help of a special instrument, known as 'Nadisvedayantra'. Herbs added with water are boiled in this instrument to generate steam, which is allowed to escape through a tube fitted to the instrument. This steam is made to fall over the body and subjected for Sudation. In this way, heat is applied and perspiration is induced to get the beneficial effect of Svedana treatment. Also, this is one among the easy methods of applying heat to a localized part of the body. It is more beneficial if the patient undergoes Snehana before Nadisveda procedure.



NADISVEDA IN PATIENT SUFFERING FROM OSTEOARTHRITIS

INDICATIONS

Nadisveda is indicated in all the conditions where Svedana (Fomentation) is indicated.

Following is the list of diseases in which Nadisveda can give remarkable benefits:

- Osteoarthritis
- Gout
- Hemiplegia
- Painful shoulder
- Brachial neuritis
- Sciatica
- Cervical spondylosis
- Lumbar spondylosis
- Musculoskeletal disorders
- Neuromuscular disorders

PRESCRIPTION

- Rasnadi Kashaya (Kwath, decoction)
- Eradamuladi Kashaya (Kwath, decoction)
- Dashamuladi Kashaya (Kwath, decoction)
- Baladi Kashaya (Kwath, decoction)

REQUIREMENTS

- Nadisveda yantra
- Herbs for preparing the decoction
- Medicated oils for Snehana (Oleation) like Sesame oil, Narayana oil, Vishagarbha oil, Chandanadi oil etc.

NADISVEDA YANTRA (INSTRUMENT) WITH MECHANISM

The instrument used for Nadisveda consists of a vessel, rubber tube and a nozzle. It is a five liter capacity vessel (usually Pressure cooker) with a wide mouth. The vessel may have an in-built electrical heating coil. The mouth is fitted with an air-tight lid, which has a nozzle with a lumen of approximately 2mm. The 5 feet long rubber tube tightly fits into this nozzle. Also, this tube is fitted with a nozzle of corresponding size, which has facility to increase or decrease the lumen of its mouth. Vessel containing kashaya (decoction) is heated to generate steam, which reaches the lid, tube and then flows through the nozzle. The steam is then made

to touch the required body part to induce perspiration. The flow of steam may be adjusted by narrowing or widening the mouth of the nozzle.

AFTER PROCEDURE

Patient is allowed to take rest for few minutes and then to take lukewarm water bath. For cleaning the oil instead of the toilet soap, Bengal gram flour should be used.

PRACTICAL WORK

50 patients suffering from Osteoarthritis and 50 from Hemiplegia had undergone physical examination and then Nadisveda treatment in indoor patient department of M.A. Podar (Govt.) Hospital, Worli from Mumbai of Maharashtra state. Nadisveda consists of Dashamuladi Kashaya and it was performed for 15 days. After the completion of treatment, 80% cases showed remarkable results in Pain, Tenderness and Stiffness of joints.

CONCLUSION

Nadisveda is an Ayurvedic treatment, which can give benefits in different diseases. It can be done at home also according to Ayurvedic expert advice.

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