

A REVIEW ARTICLE ON PATRA PINDA SWEDA**Bondge Pooja¹, Gaikwad Pranesh^{2*}, Nakade Mamata³ and Chaudhari Vaishali R.⁴**

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ABSTRACT

Panchakarma, a treasure of our ancient medicinal system, effectively removes toxins from our bodies that are considered a source of many illnesses. Panchakarma is an Ayurvedic way of purifying our bodies through the detoxification process. The toxins are generally eliminated by the five therapies, namely Vamana, Virechana, Basti, Nasya, and Rakthamoksha along with the Panchakarma regime. The Swedana Karma is a part of the Purva Karma of any Panchakarma Procedure. Pinda Sweda is Based on the principles of Sankara Sweda. Sankara Sweda is a method in which the materials are tied in a cloth and used for Swedana it is commonly known as Pinda Sweda. It gives better results, especially in diseases like Osteoarthritis, Rheumatoid Arthritis, Cervical spondylosis, Lumbar spondylosis, and musculoskeletal pain as well as in neuro-muscular diseases. The present review describes the literature survey on Pinda Sweda.

KEYWORDS: Gaurava; Osteoarthritis; Patra Pinda Swedana; Stambha; Swedana.

INTRODUCTION

The term Patra Pinda Swedana is derived from the Words Patra, (Meaning leaves), Pinda which means bolus, And Swedana, which means sweating. So, Patra Pinda Swedana refers to

the sudation performed by a Specially prepared bolus of medicinal leaves (Generally Vatakaphahara). The Swedana Karma is a part of the Purva Karma of any Panchakarma Procedure. Swedana is the therapy that Makes the body perspire.^[1] It can be Performed by various methods. There are two types of Sweda which are Classified as Sagni Sweda (Direct contact with fire) and Niragni Sweda^[2] (Without Direct contact with fire). Among these 13 Sagni Sweda, Sankar Sweda is one of Them. Patra Pinda Sweda is a form of Pinda Sweda, which is nothing but Sankara Sweda of Acharya Charaka.^[3] Various types of Pinda Sweda are Being practiced which are Shastikashali Pinda Sweda (Rice bolus fomentation), Patra Pinda Sweda (Leaves of medicinal plants which can Relieve pain, stiffness and swelling), Jambira Pinda Sweda, Churna Pinda Sweda (Herbal Powders prepared by pounding the medicinal Drugs which can relieve pain), Baluka Sweda (Heated sand is tied in the bolus), Anda Sweda, Bhusa Pinda Sweda, Karish Pinda Sweda, etc.^[4] This study was performed to Study the concept of Swedana and Patra Pinda Swedana and understand the standard procedure of Patra Pinda Swedana.

MATERIALS AND METHODS

References regarding Swedana and Patra Pinda Swedana were collected from various textbooks, published research Papers, previous work done, and compilation. The concept of Patra Pinda Swedana and procedure was studied in detail.

Literature review

Patra Pinda Sweda is a type of Pinda Sweda in which Leaves of medicinal plants along with other conventional drugs are roasted in a pan with little oil and A bolus is prepared from it by tying in the cloth. Patra Pinda Sweda is a form of Pinda Sweda, which is Nothing but Sankara Sweda of Acharya Charaka. It is a Form of Tapa sweda, as per Acharya Sushruta and Acharya Vagbhata. It includes fomentation using bolus (Pinda) of Prescribed drugs with or without being wrapped in Cloth.^[5] Swedana can further be classified into Ruksha Pinda Sweda and Snigdha Pinda Sweda. In Ruksha Pinda Sweda, Hot solid substances such as sand, brick, and stone are used. It is indicated in Kapha and Ama related disorders affecting Joints and muscles, whereas Snigdha Sweda is advised in Conditions where the pain and related symptoms are due to Vata Dosha only. Patra Pinda Sweda is a form of Snigdha Sweda and is an unparalleled treatment in painful Conditions caused mainly by Vata Dosha, usually in Degenerative diseases. Moreover, it can be used in Vata-Kapha conditions also, by altering the drugs (leaves, etc.) Used. Leaves which can pacify morbid Vata and Kapha are Used in

the bolus for tackling inflammatory diseases of Joints and soft tissues. Patra Pinda Sweda is used mainly to Relief from pain, inflammation, swelling, and stiffness associated with bone, joint, and or musculoskeletal pains. It is generally indicated in the ailments arising due to Vata, Kapha, and Vatakapha Dosha.

Indications: As it is a form of Swedana, it is generally Indicated in Vatakapha Vikara. It can be indicated in the Following ailments- Gridhrasi (Sciatica), Sandhivata (Osteoarthritis), Jeerna or Pravruddha Amavata (Chronic Stages of RA), Pakshavadha (Hemiplegia), Greevastambha (Cervical spondylosis), Katiprishthagraha (Ankylosing Spondylitis), Avabahuka (Frozen Shoulder), Intervertebral disc protrusion or prolapse (IVDP).

Contraindications: Patrapinda Swedana is contraindicated in Ajeerna (Indigestion), Jwara (Fever), Twak Vikara (infective eczema, Psoriasis), Raktapitta (Hemorrhagic Disorders), Atisara (Diarrhoea), Trishna (Excessive Thirst), Madhumeha (Diabetes mellitus), Pandu (Anemia), Garbhini (Pregnant women).

Procedure

Pre-procedure

The leaves generally used are – like Eranda (*Ricinus communis*), Nirgundi (*Vitex negundo*), Arka (*Calotropis gigantea*), Chinch (tamarind), Dhatura (*Dhatura metel*), Shigru (moringa leaves) etc, other ingredients like Pieces of lemon, coconut grating, Rasnadi Churna, Methika, Saindhava Lavana, Taila Etc, cloth for placing the roasted medicine, Threads to tie the cloth into bolus, heating apparatus, spoon, pan, spatula, etc are taken.

1. Preparation of boluses

Fresh leaves should be cleaned and chopped finely. First add 100 ml of prescribed oil into the pan, to this add grated Coconut and sliced lemon and fry till in turn to light-tinged Brown. Add chopped leaves one by one; first, add drugs That have thick leaves followed by thin ones. Then mix Thoroughly and fry together till coconut scrapings attain a Brown color. It should be divided into two equal parts and Made into 2 Pottali (The average weight of a standard Pottali is 300-350 gm.).

2. Preparation of patient

The patient is advised to properly evacuate feces and urine, Before the procedure and to expose the area desired for Swedana. The patient should be seated with the leg extended over

the Droni facing to the east. Abhyanga should be performed with prescribed medicated oil all over the body for about 10 minutes. Talam with suitable oil/Choorna should be Applied. Rasnadi Choorna is mixed with a quantity of Sufficient oil to make a paste of coin shape. It is then applied over the anterior fontanelle of the patient. Talam is Applied to prevent the brain from undue effects of Sudation.

Procedure

The bolus is dipped in oil which is kept on the Heating apparatus at a constant temperature in Pan. The Pottali of Patra is gently rubbed with mild pressure in a manner similar to the Abhyanga. The fomentation given by Patra Pinda Swedana should be carried out in all ⁶ postures in which Abhyanga (Herbal massage) is done so that all parts of the body are Equally fomented. The treatment procedure is Carried out for 5-10 minutes in each posture. Thus, the duration of the treatment ranges from 30-40 minutes. A uniform temperature of Potties is maintained by dipping them in a Heated mixture of medicated decoction & Milk. This process is carried out until proper Sweating occurs.

Duration: The duration of the treatment ranges from 30-45 minutes. The therapy should be done once every day for 1 to 3 weeks depending on the severity/intensity of the Disease. Paschat karma. After completion of the procedure, Talam was removed Followed by rubbing of Rasnadi Choorna over anterior Fontanelle. Oil is wiped off from the body using a clean dry Towel. The body is covered with a thin blanket for 10-15 minutes. The patient should be advised to take a hot water bath after 1 Muhurta (48 minutes).^[7] The patient is advised to take a light diet and drink hot water after the procedure.

CONCLUSION

Patra Pinda Sweda is most often recommended for conditions like chronic low back pain, Arthritis, stiffness of the joints, and even Muscle pain. Patra Pinda Sweda may help in increasing blood circulation to the affected area, getting rid of Dosha imbalances, Strengthening the muscles in the area, helping the release of toxins, and reducing inflammation. This also helps to tone muscles and improve the working of tissues within the Body. Swedana is one of the important Treatment modalities that is useful in the Treatment of diseases in the form of Poorvakarma, Pradhanakarma. The Dravyas (substances) Mentioned for Swedana each of them has different properties and actions, it should Be used depending on condition. There are many Dravya mentioned By Acharya one should select them Depending upon Desha, Roga, and the Availability of Dravya. Pinda Sweda is a widely

practiced Swedana procedure where the treatment Principle is based on the combined effect of Heat and medicament.

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