

GODHUMADI UPANAHA SWEDA – A CONCEPTUAL STUDY

Rutuja S. Nagawade* and Anita A. Patil

¹PG Scholar Panchakarma-3rd yr R. A. Podar Medical (Ayu.) College, Worli, Mumbai 18.²MD Panchakarma Professor & HOD, GAC, Osmanabad.Article Received on
22 October 2021,Revised on 12 Nov. 2021,
Accepted on 02 Dec. 2021

DOI: 10.20959/wjpr20221-22525

Corresponding Author*Dr. Rutuja S. Nagawade**PG Scholar Panchakarma-3rd
yr R. A. Podar Medical
(Ayu.) College, Worli,
Mumbai 18.**ABSTRACT**

Snehana and *swedana* are the two karmas said in *Vata dosha Upakrama*. *Swedana* is the therapy which removes the stiffness, heaviness, coldness of the body by producing perspiration. Although, this process is mainly counted under *purvakarma*, but the same can be successfully employed as *Pradhana karma* in treating many disorders, specially pertaining to *Vata*. *Upanaha* is a type of *Sweda* performed using *Amla*, *Snigdha*, *Gandha pradhana Vatahara Dravyas* in the form of Poultice which is beneficial in *Vata vyadhi*. *Upanaha* therapy is less explored therapy in *Ayurveda*. *Acharya Charaka* has explained *Godhumadi Upanaha* in *Charak Samhita*. *Godhuma shakala*

(*choorna*), *Yava choorna*, *amla(sour) dravya*, *Sneha*, *Lavana* and *Kinwa* are contents of *Godhumadi Upanaha*. In this paper, detailed procedure of *Godhumadi upanaha sweda* and its mode of action has been explained.

KEYWORDS: *Upanaha*, *Godhumadi upanaha*.**INTRODUCTION**

In reference to *Panchakarma* therapy, *swedana* is an important *purvakarma*.^[1] Eventhough *Swedana* is *purvakarma*, it has its own entity as *Pradhan karma* in some diseases. The range of indication of *swedana* procedure is wide. Therefore, it shows its importance as principal method of treatment. *Charaka* has included *swedana karma* in *Shadvidh Upkramas*.^[2] Thus, *swedana* is considered as *purvakarma* for purpose of *shodhana* and as main therapy in *sweda sadhya vyadhi*.^[3]

According to *Yogaratanakara*, *Upanaha* is one of the treatments employed in *Snayu*, *Asthi*, *sandhigata vyadis*.^[4]

According to *Acharya Vagbhata*, *upanaha* is type of *Sagni sweda*.^[5] In this type, affected part is smeared with herbal paste and then covered with *eranda* leaves (*L.N. Ricinus communis*). This is followed by bandaging with cotton cloth. This application is left undisturbed for 12hrs according to *Samhita* references.

Acharya Charaka has explained *Godhumadi Upanaha* in *Charak Samhita*.^[6] *Godhuma shakala* (choorna), *Yava choorna*, *amla* (sour) *dravya*, *Sneha*, *Lavana* and *Kinwa* are contents of *Godhumadi Upanaha*.

At present the human society is leading with environmental factors, mechanical life, frequent changing of lifestyle, etc. This condition considerably reduces the social and professional activities in fast moving life of the people. In advancement of busy professional and social life, jerking movement during sports, heavy weight lifting, improper sitting posture in office (especially IT jobs and call centers), long duration standing while travelling, etc. all these factors are responsible for *Vatavyadhi*.

In this situation, *Godhumadi upanaha sweda* is simple and cost-effective option during and after medicinal treatment.

Indications

Vatavyadhi and *Vata* predominant *samsarga*, *sannipataj* conditions of *doshas*.

Method of preparation of *upanaha*

Materials

In *Shloka* of *Godhumadi upanaha*, *Godhuma shakal*, *Yavachoorna*, *Amladravya*, *Sneha*, *Kinwa* and *Lavana* are mentioned. Here, I had taken *Jambeera* is one of the drugs in *amla skandha*,^[7] *Til taila* as it is *shreshtha* in *Taila*,^[8] Dry yeast can be used as *Kinwa*^[9] so, I had taken dry yeast and *Saindhav* as it is *shreshtha* in *Lavana*.^[10]

Quantity of *upanaha dravyas* was as follows-

Godhuma shakal (Choorna) – 20 gms

Yava choorna – 20 gms

Kinwa (Yeast) – 3gm

Til taila – 10ml

Jambir nimbu swarasa-10ml

Saindhava- 5gms

*Eranda patra-2***Instruments**

1. Stirrer
2. Thermometer
3. Spatula
4. Bandaging cloth – 2 feet square cotton cloth

Purvakarma

Preparation of patient

Upanaha sweda should applied immediately after the bath or else the part to be treated is get cleaned before the application of paste.

Pradhankarma

Preparation of *upanaha*

First of all, 20gms *Godhuma choorna* and 20gms *Yava choorna* each are mixed with normal water as per need and then boil under low flame.



After sometime 3gm *kinwa* (Dry yeast), 10 ml *Til taila*, 10ml *Nimbu swarasa* and 5 gms of *saindhava* are added to above mixture.



It is then stirred to form homogenous mixture of dough consistency.

Position of patient- Prone

Application of the paste

Temperature of paste – 38 °C to 40 °C.^[11]

The herbal paste of above temperature is applied all around the affected joint with the help of spatula. The thickness of above application should be approx. 3-5mm.^[12]

Covering with leaves

The leaf of *Eranda* of appropriate size are placed over the herbal paste applied. In this way herbal paste is completely covered with the leaves all around affected region.^[13]

Bandaging of affected region

Bandaging is best done in standing/sitting position of patient at affected region. The bandage is rolled over, tie the knots.

Time duration -12HRS/DAY

The herbal paste applied in the morning should kept undisturbed till the evening and removed. In contrast to this the herbal paste applied in the evening should left overnight undisturbed.^[14]

Drug review**1. Godhuma**

Latin name – *Triticum aestivum*

Family – Poaceae

Systemic classification

Bhavaprakasha – Dhanya varga

Kaiyyadeva Nighantu – Dhanya varga

Raja Nighantu – Shalyadi varga

Properties and Action of godhuma^[15]

Rasa – Madhura

Guna – Guru, Snigdha

Vipaka – Madhura

Veerya – Sheeta

Karma – Vatapitta shamaka Madhura, Vrushya – Guru – Snigdha – Hima – Sara – Jeevana – Brimhana – Varnya – Balya – Ruchi-prada – Sthairyakrut – Sandhana Krut – Balances Vata and Pitta Dosha. Does not improve Kapha Dosha to a large extent.

External uses of wheat

- Wheat powder is used to prepare '*Upanaha sweda*', a type of poultice where wheat powder is mixed with other pain relieving herbs which are used to treat condition of arthritis, inflammation and localized pain.
- In *Vatarakta* (gout), the ointment made of ghee, the powder of wheat and goat's milk is prescribed for external application.

2. *Yava*

Latin name – *Hordeum vulgare* linn

Family – Gramineae, Poaceae

English name – Barley

Ayurvedic name – *Hayeshtha, hayapriya, shuka dhanya, Tikshna shuka.*

Properties and Action^[16]

Rasa: *Madhura, Kashaya*

Guna: *Mrdu, Ruksa*

Virya: *Sheeta*

Vipaka: *Katu*

Karma:

Balya, Kaphahara, Lekhana, Mutrahara, Medahara, Pittahara, Purisakrut, Sthairyakara, Svarya, Vatakrut, Varnya.

3. *Saidhav*

Saidhav lavan or rock salt is considered best among all salts. It is advised for daily uses as per the *ayurveda*. Its qualities, usage and health benefits are quite different from regular salt.

English name – *Himalayan salt, rock salt, Himalayan pink salt.*

Ayurvedic name - *Saidhav, Sheetshiva, Sindhuja* (because it is found in sindh region of Punjab), *Nadeya* (it is found in the bank of river), *Manimantha*.

It is of two varieties –

1. *Shwta saidhav* (White colour)
2. *Rakta saidhav* (Red colour)

Properties and Action^[17]

Rasa – *Lavan, slightly madhur taste*

Veerya – *Sheeta*

Vipak – *Madhur*

Guna – *Snigdha, sukshma, laghu*

Doshaghnata - *Tridoshaghna*

Karma – *ruchiprada, vrishya, netraya, deepan, pachan.*

Therapeutic uses

Saidhav lavan is used as ingredient in oils for external uses. Use in joint disorders of stiffness to relieves stiffness eg – *dhanwantaram taila*, *bhrihatsaidhavadi tailam*.

Saidhav lavan is useful in various panchkarma procedure like *vaman*, *basti* and *swedan*.

4. Tila taila

Latin name – *Seasamum indicum*

Family – Pedalaceae

English name – Sesamum, sesame.

Ayurvedic name – *Tila*, *papghna*, *tailaphal*, *pitraphal*, *snehaphala*

Properties and Action^[18]

Rasa – Madhur, kashay, tikta

Veerya – Ushna

Vipak – Katu

Guna – snigdha, guru.

Doshghnata – Vat kapha shamak

Karma – Bruhana, prinana, twak prasadak, Medha vardhak, Mardavkar, mansavardhak, stanyakar, mutral-vibandhakar, keshya, krimighna, garbhashay shodhak, karna yoni shoolnashk.

5. Jambeer nimbu

Latin name- Citrus limon

Family- Rutaceae

English name- Lemon of India

Sanskrit names-Jambir, Amla, Dantashath, Limpaka, Naranga

Properties and Action^[19]

Rasa – Amla

Guna – Laghu, Teekshna

Vipaka – Amla

Veerya – Ushna

Karma- Vaktrashodhi, Rochana, Dantaharshana, Trushna Nivarana

6. Kinwa

According to *Sharangadhara*,^[20] *Kinwa* is *Hrutsara*, *Surabeej*, *Vakkasa*.

Acharya *Sushruta* stated that *Vakkasa* is *Hrutsar*, *Vishtambhi*, *Vatkopana*, *Deepana*, *Srustavinmtra*, *Vishada*, *Alpamado*, *Guru*.

Yeast can be used instead of *kinwa*^[9]

The yeast species *Saccaromyces cerevisiae* converts Carbohydrates to Carbon dioxide and alcohols through the process of fermentation. The products of this reaction have been used in baking and the production of alcoholic beverages for thousands of years.

The appearance of a white, thready yeast, commonly known as *kahm* yeast, is often a byproduct of the lactofermentation (or pickling) of certain vegetables. The useful physiological properties of yeast have led to their use in the field of biotechnology.

7. Mode of action of *godhumadi upanaha*

Mode of action of *Godhumadi Upanaha* has been explained with the properties of individual content in *Upanaha*. Main ingredient of this *Upanaha* i.e., *godhuma* is *guru*, *snigdha* and *vata pitta shamak*. This helps in pacifying the *vata prakopa*. It has *brihan* properties which provides *poshana* to *asthi* in *affected pradesh*. *Sthaiyakara karma*, and *sandhankara karma* of *godhuma* is beneficial in *asthikshaya*. *Yava* has *mrudu*, *ruksha guna* and *kaphamedoharo* and *lekhan* properties which are useful in *sama* condition. Also, it has *balya* and *sthaiyakara* properties that help in *asthikshaya* after *sthanik ama pachana*.

Tila tail with *Guru*, *ushna*, *snigdha guna* and *vata kaphashaman*, *brihan*, *shoolahara* properties-reduces *vataprakopa* and they help in reducing the *shoola* along with providing *poshana* to *asthi dhatu*. *Saindhav lavana* which mainly act as vehicle with its *sukshma*, *ushna laghu guna* beneficial for the absorption of the *dravyas* through the skin. It is *tridosahara*. It has *pachan* property helpful in *sthanik amapachan*, *kaphaharan*, *sthambhanashan*.

Jambeer nimbu predominantly having *amla rasa* along with its *ushna*, *guna* helps in *aampachan*, *stambha*, *grahanashan*. It is mainly *kapha vataghna* that helps in reducing symptoms of *graha*.

Upanaha as described by *Acharyas*, a type of *swedana* is one of the basic *upakrama* of *vatadosha*. According to various *dravyas* used in *Upanaha* it can be used in different conditions and *avastha*.

Here, *Godhumadi upanaha* has both *aampachan*, *sthambha-graha nashan*, *ushna* properties and *snigdha*, *guru*, *sthairyakara*, *balya* properties.

As given in the *samprapti* of *Vatavyadhi*, *prakupita Vata Dosha* is main cause to produce signs and symptoms. The *prakupita vata* may be in *shuddha* and or *sama avastha* producing *shoola* and *graha*. *Godhumadi Upanaha* has benefits in both the conditions with its properties in *sama avastha* as well as *nirama avastha*. It acts as *aamapachan*, *kaphavatahara*, *shotha nashan* *sthambha-grahanashan*, *shoolahara*, *aasthi-sandhi balya*, *sthairyakara* and *brihan upnaha*.

CONCLUSION

Godhumadi upanaha as a *Bahirparimarjan chikitsa* is beneficial in treating *upasthambhita* as well as *nirupasthambhit vatavyadhis*. It is a simple procedure which can be performed at OPD level.

REFERENCES

1. Agnivesha, Charaka, Dridhabala, Yadavaji Trikamji, Charaka Samhita with ayurved Deepika commentary, Chaukhamba surbharati prakashan, edition reprint, Sutrasthana, 2014; 88: 14 – 5.
2. Agnivesha, Charaka, Dridhabala, Yadavaji Trikamji, Charaka Samhita with ayurved Deepika commentary, Chaukhamba surbharati prakashan, edition reprint Sutrasthana, 2014; 120: 22 - 4.
3. Agnivesha, Charaka, Dridhabala, Yadavaji Trikamji, Charaka Samhita with ayurved Deepika commentary, Chaukhamba surbharati prakashan, edition reprint Sutrasthana, 2014; 89: 14, 20-24.
4. Shrilakshmipati Shastri, Yogaratnakara, Vidyotini Hindi commentary, Chaukhamba publication, Varanasi, 2017; 1: 517.
5. Vagbhata, Paradkar Shastri, Ashtang hriday with Sarvangasundara and Ayurved rasayan commentaries, Chaukhamba Surbharati Prakashan, Varanasi, Edition reprint Sutrasthan, 2015; 253: 17 – 1.
6. Agnivesha, Charaka, Dridhabala, Yadavaji Trikamji, Charaka Samhita with ayurved Deepika commentary, Chaukhamba surbharati prakashan, edition reprint Sutrasthana, 2014; 89: 14 – 35.

7. Sushruta, Yadavaji Trikamji, Sushrut Samhita commentary Nibandhasangraha by Acharya Dalhana, Chaukhamba prakashan, Reprint edition Sutrasthana, 2015; 185: 42 – 9.
8. Agnivesha, Charaka, Dridhabala, Yadavaji Trikamji, Charaka Samhita with ayurved Deepika commentary, Chaukhamba surbharati prakashan, edition reprint Sutrasthana, 2014; 82: 13 – 12.
9. Vaidya Krishna Subbana Bhat, Asavarishta vigyana, Samgraha, Chaukhamba publications, 1956; 142.
10. Agnivesha, Charaka, Dridhabala, Yadavaji Trikamji, Charaka Samhita with ayurved Deepika commentary, Chaukhamba surbharati prakashan, edition reprint Sutrasthana, 2014; 131: 25 – 38.
11. Shyamkunwar M. K., Panchkarma sangraha, 2018, Shri Dhanvantari book publishers, Nagpur, 2013; 3(3): 159.
12. Dr.G. Shrinivasa Acharya, Panchakarma Illustrated, Chaukhamba publications reprint, 2015; 238.
13. Vagbhata, Paradkar Shastri, Ashtang hriday with Sarvangasundara and Ayurved rasayan commentaries, Chaukhamba Surbharati Prakashan, Varanasi, Edition reprint, 2015; 253: 17 – 4.
14. Agnivesha, Charaka, Dridhabala, Yadavaji Trikamji, Charaka Samhita with ayurved Deepika commentary, Chaukhamba surbharati prakashan, edition reprint Sutrasthana, 2014; 89: 14 – 38.
15. Bhavmishra, commentary by Prof K.C. Chunekar, Dr G.S. Pandey, Bhavaprakash Nighantu, Chaukhamba publications, reprint edition, 2020; 1: 629 - 630.
16. Bhavmishra, commentary by Prof K.C. Chunekar, Dr G.S. Pandey, Bhavaprakash Nighantu, Chaukhamba publications, reprint edition, 2020, 1: 628.
17. Vagbhata, Paradkar Shastri, Ashtang hriday with Sarvangasundara and Ayurved rasayan commentaries, Chaukhamba Surbharati Prakashan, Varanasi, Edition reprint Sutrasthan, 2015; 254: 16, 3-4.
18. Bhavmishra, commentary by Prof K.C. Chunekar, Dr G.S. Pandey, Bhavaprakash Nighantu, Chaukhamba publications, reprint edition, 2020; 1: 628 - 629.
19. Bhavmishra, commentary by Prof K.C. Chunekar, Dr G.S. Pandey, Bhavaprakash Nighantu, Chaukhamba publications, reprint edition, 2020; 1: 582.
20. Tripathi B.; Sharangadhar Samhita-Dipika hindi commentary by Adhmalla; Chaukhamba publication Varanasi; Madhyam khanda, 2016; 164: 10 – 6.