

HAEMODYNAMIC EFFECT OF SARVANGA SWEDANA**Dr. Anil Bhawade*¹, Ph.D. Sch. and Dr. Shweta Parwe², Professor**

Mahatma Gandhi Ayurved College Hospital & Research Centre, Salod(H), Datta Meghe
Institute of Medical Sciences, Wardha.

Article Received on
29 October 2023,

Revised on 19 Nov. 2023,
Accepted on 09 Dec. 2023

DOI: 10.20959/wjpr202322-30668



***Corresponding Author**

Dr. Anil Bhawade

Mahatma Gandhi Ayurved
College Hospital & Research
Centre, Salod(H), Datta
Meghe Institute of Medical
Sciences, Wardha.

ABSTRACT

Swedana (Fomentation and Sudation) is one the important Poorvakarma of Panchkarma procedures. Therapeutic sweating, fomentation & Sudation are the synonyms for Swedana. Those processes which relieve stiffness, heaviness and coldness of the body and produces sweat, comes under “Swedana”. Swedana is typically performed after Abhyanga and/or Snehana (the administration of therapeutic oils and ghee in metered quantities for oral consumption as a pre-treatment technique for cleansing therapies such as Vamana – Therapeutic vomiting and Virechana – Therapeutic purgation). Sarvanga Swedana, or passive body heat therapy, is known to generate systemic hemodynamic alterations.

KEYWORDS: Swedana, Fomentation, Sudation.

INTRODUCTION

Swedana or fomentation (sudation, sweat inducing treatments, steaming treatment) is a specialized Ayurvedic treatment that helps provide unparalleled relief in pain, swelling and stiffness associated with many systemic diseases, particularly rheumatological conditions like Amavata (Rheumatoid arthritis), Sandhigata Vata (Osteoarthritis), Kati Shula (Low back pain) etc. It is a treatment procedure in which sweat is induced by application of heat and warmth in the form of steam or by bringing the body / body parts in contact with heated medicaments (powders, leaves, processed rice, sand etc.) tied in boluses. Swedana provides relief from Stambha (stiffness and catches), Gaurava (heaviness) and Sheeta (coldness) in the body or body parts.^[1] According to Ayurveda there are several different varieties of Swedana. There are approximately 13 forms of Sagni Sweda's (sweat-inducing treatments delivered by procedures including the use of fire or heated materials) and 10 types of Niragni Sweda's

(sweat-inducing treatments administered through procedures involving the use of fire or heated materials. Sweat inducing treatments where in the fire or heated materials are not utilised ex. sleeping covering thick blankets until we sweat etc). Sweda in any form can help to relieve pain, stiffness and swelling. Their application areas, as well as the diseases and pathological situations for which they are prescribed or recommended, will differ.^[2]

USES OF SWEDAN^[3]

1. Helps in losing weight.
2. Effective in stress relief.
3. Provides relief from joint pain.
4. Eases sore muscles.
5. Helps in relieving allergies/asthma.
6. Improves circulation/reduces inflammation.
7. It provides relief from stiffness, heaviness and inflammation of the body parts.

CONTRAINDICATION

1. Contraindicated in people who regularly consume astringents and alcohol
2. Pregnant women
3. People with bleeding disorders
4. People with Pitta predominance
5. People who have diarrhoea.
6. People who have diabetes mellitus, inflamed colon, prolapsed rectum
7. People who are tired, unconscious, obese.
8. People who have thirst, hunger, anger, depression, jaundice, ascites
9. People who are injured.

SYMPTOMS OF PROPER FOMENTATION^[4]

The symptoms of proper Swedana are-

1. Adequate Sweat production.
2. Relief of pain and coldness.
3. Decrease in stiffness, heaviness and appearance of softness
4. Feeling of lightness and warmth.

SIGNS OF OVER SUDATION AND ITS TREATMENT

The symptoms of over sudation include-

1. Aggravation of pitta.
2. Fainting and generalized fatigue.
3. Thirst and burning sensation.
4. Low or weak voice, and
5. Weakness of limbs.

In over sudation the entire regimen explained for summer season and consuming food articles that are sweet, unctuous and cool is to be followed.

THE HAEMODYNAMIC EFFECT^[5]

Sarvanga Swedana may have two different mechanisms of action responsible for a difference of effects upon its instant and subsequent usage. Acute effects of Sarvanga Swedana seem to be more local acting upon cutaneous vascular bed and resulting compensatory mechanisms leading to a transient increase in blood pressure and pulse. Prolonged use of the same seems to have more systemic effects through altering mechanisms operating behind setting of the blood pressure to a lower point. Sustainable decrease in peripheral resistance, increased vascular flexibility, readjustment of mineralocorticoid system due to recurrent losses of salt and water through repeated sweating, improved autonomic functions due to intermittent heat stress are few such propositions, which may in part be responsible for such blood pressure reductions.

A reduction in central venous pressure (CVP) occurs almost immediately with the onset of passive heating. This reduction is presumed to be the cause of increased cardiac output and also a redistribution of blood from central to peripheral circulation.

As heat stress is supposed to cause reduction in CVP and a shift in blood volume from splanchnic to cutaneous area, supine lying style Sarvanga Swedana is apt to be safer comparing to sitting style Sarvanga Swedana. In lying style even, a proposition of keeping head out of box, a mildly downward position and a wet towel cover proposes additional safety to avoid any discomfort due to a reduced CVP.

As after 5 min, the hemodynamic changes return to almost normal, this may be considered the minimal period for which the patients should be retained in lying position preferably at

the same place and may further be allowed to cool and normalized in terms of regular hemodynamic functions.

Because of its steep effects on cardiac output, a Sarvanga Swedana should preferably be avoided in cases where hemodynamic functions are altered owing to some pre-existing pathologies. The best examples are people with hypothyroidism, cardiomyopathy, congestive heart disease, bundle branch block, and anemia. Anyone who might have suffered from myocardial infarcts or suffers with ischemic heart disease should also be avoided for being recommended with Sarvanga Swedana.

CONCLUSION

Ayurveda's Swedan treatments are a wonderful gift for holistic psycho-somatic 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.

Whole body heating is known to cause significant cardiovascular stress in healthy individuals. An increase of body temperature due to passive heating substantially increases the cutaneous vascular conductance followed by a corresponding increase in systemic conductance. A barometric homeostasis; however, is maintained in such cases by corresponding decrease of conductance at non-cutaneous beds and also by corresponding increase of the cardiac output.

REFERENCES

1. Thatte DG, Susruta Samhita, Su. Chi 24/65. Chaukhamba Orientalia, Varanasi and Delhi, 2004.
2. Murty KRS, Vagbhata's Aatangahr- dayam, Reprint Edition- 2004, A.H.Su 2/8-9. Chowkhamba Kris- hanadas Academy, Varanasi, 2004.
3. Shrinivasa G Illustrated Panchkarama, First Edition- 2006, Reprint Edition-Chaukambha San- skrit Pratishthan Delhi.
4. <https://www.carakasamhitaonline.com/index.php/Swedadhyaya>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3821243/>