

## JAMBEERA PINDA SWEDA

The Jambheera pinda sweda is performed with the bolus of Jambheera fruit pieces. This is mainly applied in vata-kapha predominant conditions. It is usually done in frozen shoulder, plantar fasciitis and traumatic conditions. It is sopahara, rooksha & Theekshna.

### **MATERIALS REQUIRED:**

Jambheera (chopped into pieces)	- 750 g
Saindhava powder	- 30 g
Turmeric powder	- 60 g
Cotton cloth (45cm X 45cm)	- 4
Threads	- Q.S.
Vessels for heating	- 2
Suitable oil for talam	- 10 ml
Rasnadi choorna	- 5 g
Suitable oil for abhyanga	- 100 ml.
Oil for reheating the pottali	- Q.S
Soft towels	- 2
Masseurs	- 2
Attendant	- 1

### **PREPARATION OF POTTALI:**

Ingredients are fried in appropriate quantity of oil and are divided into four equal parts and pottalis are made accordingly. (Coconut & egg yolk can be added according to condition)

### **PRE OPERATIVE PROCEDURE:**

The patient should be seated with leg extended over the droni and tala is applied with suitable oil/choorna.

### **PROCEDURE:**

Abhyanga should be performed with suitable medicated oil. Out of the four pottalis, the two pottalis should be heated up to 40°C-45°C by keeping on the hot pan containing suitable oil. This pottali should be applied to the patient as per the general procedure for about 30-45 minutes.

### **POST OPERATIVE PROCEDURE:**

After the procedure body should be wiped with clean towel, talam should be removed and Rasnadi choorna should be applied. The patient should be advised to take complete rest for half to one hour.

### **PRECAUTIONS:**

1. While preparing the medicine care should be taken to prevent charring
2. Tie the potalis firmly to avoid leaking of the contents during the procedure
3. The therapists on either side should apply the bolus simultaneously in a synchronized manner

### **COMPLICATION AND MANAGEMENT:**

*Fainting* - Sprinkle cold water on face, put talam with suitable oil and medicated choornas. Drakshadi kashaya can be given internally.

*Burns* - Apply madhu and ghrita, preferably Shatadhouta Ghrita.

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