

REVIEW ON *PATRA PINDA SWEDA*: A PECULIAR AYURVEDA BOLUS FOMENTATION

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ABSTRACT

Fomentation is a treatment procedure in which sweat is induced by means of heat in the form of steam or by in contact of the body with heated medicaments. *Swedana* relieves from stiffness, heaviness and coldness in the body. After *Swedana*, the body starts sweating, and gives the feeling of lightness. *Sankara Sweda* is a method in which the materials are tied in a cloth and used for *Swedana* and it is commonly known as *Pinda Sweda*. *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. The prepared bolus is used for fomentation on the body by frequently heating it, and this is to be done after *Abhyanga* (light oil massage). It gives better results especially in diseases like Osteoarthritis, Rheumatoid Arthritis, Cervical spondylosis, Lumbar spondylosis, musculoskeletal pain as well as in neuro-muscular diseases.

Keywords: *Swedana, Patra Pinda Swedana, Stambha, Gaurava, Osteoarthritis.*

INTRODUCTION

Sankara Sweda is a method in which the materials are tied in a cloth and used for *Swedana* and it is commonly known as *Pinda Sweda*¹. *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 by tying in the cloth. *Pinda* means bolus, *Sweda* means sweating. Thus the medicaments, generally tied in a cloth in the form of bolus are heated

upto a tolerable temperature and *Swedana* is done by gently rubbing the bolus over the painful area. Various types of *Pinda sweda* are being practiced which are *Shastika shali 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*, etc². This study was performed with the aim to study the concept of *Swedana and Patra Pinda Swedana* and understand the standard procedure of *Patra Pinda Swedana*.

MATERIALS & METHODS

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

REVIEW OF PATRA PINDA SWEDA

Fomentation is a treatment procedure in which sweat is induced by means of heat in the form of steam or by in contact of the body with heated medicaments. There are many 13 types of *Sagni Sweda*³ and 10 types of *Niragni Sweda*⁴ explained in *Ayurveda*. *Swedana* is of two types based on its qualities— *Ruksha Sweda* (dry fomentation) and *Snigdha Sweda* (sweat inducing treatment done after giving oil massage or medicinal drugs which are processed or fried in herbal oils). In *Snigdha Pinda Sweda*, *Tila*, *Masha*, *Kulattha*, *Amla* etc boiled with rice or rice with ghee or oil and meat; or *Payasa*, *Tila Kalka* and meat—any one of these to be filled into a *Pottali* and applied over body in warm condition. In *Ruksha Pinda Sweda* the dung of cow, ass, camel, hog, horse etc is to be heated and tied in a *Pottali*, Husk and *Yava* are boiled together and taken in a *Pottali*, Sand, ass, stone dust, iron dust, dry dung dust all are tied in a *Pottali* and *Sweda* applied when *Pottali* is hot. Generally *Swedana* provide relief from pain and stiffness. The

area of utilization and the diseases or in some special conditions in which specific form of *Swedana* with specific drugs are to be used. In some pathological conditions both forms can be skillfully combined as per requirement as *Patra Pinda Sweda* can be judiciously used. *Ruksha Sweda*⁵ is advised in conditions where pain and associated symptoms are due to *Ama*, *Meda* and or *Kapha*. In some conditions where the pain and related symptoms are due to *Vata Dosha* only *Snigdha Sweda* is to be done. *Patra Pinda Sweda* is an unparalleled treatment in painful conditions caused mainly by *Vata Dosha*, usually in degenerative diseases. Leaves which can pacify morbid *Vata* are used in the bolus for tackling inflammatory diseases of joints and soft tissues. Vitiating *Kapha* and its symptoms like heaviness, coldness etc can be got rid of by using *Kapha* destroying leaves in the bolus. *Patra Pinda Sweda* is used mainly to relief from pain, inflammation, swelling and stiffness (catch) associated with bone, joint and or musculoskeletal pains.

PROCEDURE

Pre-procedure

The leaves generally used are – like *Eranda* (*Ricinus communis*), *Nirgundi* (*Vitex negundo*), *Arka* (*Calotropis gigantea*), *Chincha* (tamarind), *Dhatura* (*Dhatura metal*), *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. Fresh leaves 500gm in quantity should be collected and chopped into small pieces. Required quantity of *Eranda Oil* is taken as per

the condition in non-stick pan. Slices of 4 lemons are added into it. When the lemon slices become slightly fried the powder of *Satahwa* and *Methika* 100 gm is added. Then 50gm scraped coconut is added. When the mixture turns brownish *Saindhav* is added and stirred well. Then the leaves one by one are added; thicker leaves are added first then thinner. When the leaves are fried the mixture is taken out. The sliced leaves and the other ingredients which are fried and processed in the herbal oils are tied in a clean cloth. The upper free ends of the clothes are tied with strong thick threads so as to form a bolus of *Patra Pinda*. Four boluses are prepared for proper conduction of the procedure in undisrupted manner.

Procedure

The bolus is dipped in oil which is kept on heating apparatus at a constant temperature in pan. The *Pottali* of *Patra* are gently rubbed with mild pressure in the manner similar to the *Abhyanga*. The fomentation given by *Patra Pinda Swedana* should be carried out in all the 7 postures in which *Abhyanga* (herbal massage) is done so as all parts of the body is equally fomented. The treatment procedure is carried out for 5-10 minutes in each posture. Thus time duration of the treatment ranges from 30-40 minutes. A uniform temperature of potties is maintained by dipping them in heated mixture of medicated decoction & milk. This process is carried out until proper sweating occurs.

Post Procedure

After completion of the process, *Rasnadi Churna* is applied on the vertex of the patient.

Patient is advised to take rest for one hour and take bath with warm water. Patient is advised to take light diet and drink hot water after procedure. *Pottali* can be used for 3 days and after it.

Duration: 7-21 days depending on the nature and intensity of the disease.

Indications: Intervertebral disc protrusion or prolapsed (IVDP), Sciatica (*Gridhrasi*), Osteoarthritis, Chronic stages of RA (*Jeerna* or *pravruddha Amavata*), Cervical spondylosis, Ankylosing Spondylitis, Frozen Shoulder, *Pakshavadha* (Hemiplegia) etc.

Contraindications: *Taruna Jwara* (Acute fever), *Atisara* (Diarrhoea), *Raktapitta* (Hemorrhagic disorders), *Twak Vikara* (Infective eczema, Psoriasis etc.)

Some Previous Studies

Joshi A et al did a study on Clinical effect of *Nirgundi Patra Pinda sweda* and *Ashwagandhadi Guggulu Yoga* in the management of *Sandhigata Vata* (Osteoarthritis)⁷. In this study, a total of 116 patients were registered, out of them 101 patients had completed the full course of treatment, while 15 patients left against medical advice. In Group A 50 patients of *Sandhigata Vata* were treated with *Nirgundi Patra pinda sweda* for 21 days and *Ashwagandhadi Guggulu Yoga* 3 g/day for 45 days was given orally. Group B: In this group 51 patients of *Sandhigata Vata* were treated with only *Ashwagandhadi Guggulu Yoga* 3 g/day for 45 days. To assess the effect of the therapy objectively, all the signs and symptoms of *Sandhigata Vata* were given a score, depending upon their severity. Also functional tests like walking time, climbing stairs, and

joint movement, were measured as criteria for assessment. Both the groups showed good results, but Group B showed better results in comparison to group A

Wadhwa K et all. Performed A Study to assess the comparative efficacy of *patrapindasweda* and *Basti Karma* in the management of Gridhrasi w.s.r to Sciatica⁸. In group A 20 patients were given *Patrapindasweda* for 16 days and *Samyak Svinna Lakshanas* and *Stambha Nigraha* was found in all patients while *Gaurav Nigraha* was found in 22.5%, significant result was seen in SLR and walking time. Significant result was seen in *Ruka, Toda, Stambha, Gourava, Suptata* and insignificant result in *Tandra* and *Aruchi*. In group B *Vrishadi Niruha Basti* showed better results than *Patrapindasweda*.

DISCUSSION

Leaves of medicinal plants having analgesic and anti-inflammatory properties are the important ingredient of the procedure. *Patra pot-tali Sweda* relieves pain, stiffness and swelling associated with arthritis and other painful conditions, pacifies the morbidity of *Vata, Pitta* and *Kapha* in the affected joints, muscles and soft tissues, causes sweating and brings about lightness and a feeling of health in the affected joints, muscles and soft tissues. *Patra Pinda Sweda* is highly effective in the management of pain. In pain related arthropathies before *Shodhana* like *Virechana, Patra Pinda Sweda* is effective. When the leaves are fried in the oil the *Kleda* of leaves goes away. First, *Abhyanga* is to done, then after *Patra Pinda Sweda* is advisable on the pain affected sight. While practicing *Patra Pinda Sweda* one

should prevent burns and dehydration. In order to prevent the *Kapha Utkleshana* in *Siras, Talam* is kept in the scalp in many cases. After the procedure perspiration and increased range of motion can be observed which indicate the *Patra Pinda Sweda* is beneficial in pain and stiffness.

CONCLUSION

Patra Pinda Sweda is most often recommended in condition like chronic back pain, arthritis, stiffness of the joints and even muscle pain. *Patra Pinda Sweda* may help in increasing blood circulation to the affected area, gets rid of *Dosha* imbalances, strengthens the muscles in the area, helps the release of toxins and reduces inflammation. This also helps to tone muscles and improve the working of tissues within the body.

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