

VALUKA SWEDA

Valuka sweda is done as a rookshakriya. It can be done in whole body or locally on a specific part. It relieves pain and inflammation. Commonly done as ekanga sweda in Sandhigathavatha, Amavatha etc.

MATERIALS AND METHODS:

1. Sand - 1kg (River sand is preferred.)
2. Cotton cloth (45 cm X 45 cm) - 4
3. Tag- 4
4. Vessel (iron) - 1
5. Rasnadi choorna- 5 g
6. Towel- 1
7. Attendants-2

PREPARATION OF POTALI:

Clean sand, which is devoid of gravel and other waste materials, collected from a neat place is used for this purpose. It should be washed and dried. A vessel preferably of iron is placed on a stove and sand is heated. Pottalis are made using this sand. If required crystalline salt can be added. Potalies are reheated using sand bath.

PRE OPERATIVE PROCEDURE:

The patient should be seated on the droni with leg extended.

PROCEDURE:

The patient should sit comfortably exposing the part to be sudated. The hot pottali should be gently applied over the body, after confirming the temperature. Just pressing the body with pottali is advised; no need of kneading. The pottalis should be used alternately after reheating to maintain uniform temperature throughout the procedure. For whole body, it should be done for about 15-20 minutes in the 7 positions as mentioned in Kayaseka. Same potalis can be used for three days.

POST OPERATIVE PROCEDURE:

After procedure Rasnadi choorna should be applied over moordha. Patient should take complete rest for at least half an hour and should take bath in hot water if indicated.

PRECAUTIONS:

1. The sand used should be neat and clean devoid of gravel.
2. Temperature must be kept optimal to prevent burns.
3. Ensure there is no hole in the pottali through which sand may leak.

COMPLICATIONS AND MANAGEMENT:

Common complication is burns for which application of Murivenna and Shatadhouta Ghrita can be advised.

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