



REVIEW ON PATRA PINDA SWEDA: A METHOD OF MASSAGE WITH FOMENTATION

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ABSTRACT

Swedana karma is the essential *poorvakarma* after *Snehana*. *Swedana* is also important *pradhana* karma for the treatment of many diseases and is included under *Shad-upkrama*. *Swedana* is a treatment process that induces sweating or perspiration in the body by means of heat either in the form of steam (*Bashpa*) or by direct contact with the body with heated medicament (*Tapa*). *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* where the sudation is done by heated bolus bags (*pinda*) containing leaves of medicinal plants, after performing *Abhyanga*. In *Patra Pinda Sweda*, different medicinal leaves along with other drugs are roasted in suitable medicated oil and made into *Pinda* (bolus) form by tying them in a suitable cloth. *Swedana* generally relieves pain, stiffness, heaviness, and coldness in the body. It is indicated in various disorders like Inter vertebral disc prolapse, Sciatica, Osteoarthritis, Chronic stage of rheumatoid arthritis, Hemiplegia, Frozen shoulder, Cervical spondylosis, Ankylosing spondylosis, Musculoskeletal pain as well as in neuro-muscular diseases. The present Review was done based on the need of the day to elaborate on the process of conducting *Patra Pinda Swedana*.

Keywords: *Ayurveda, Panchkarma, Swedana, Patra Pinda Sweda, Osteoarthritis*

INTRODUCTION

Panchkarma is a unique approach to *Ayurveda* treatment which deals mainly with the purification of the accumulated dosha from the body through the nearest possible passage or route. *Panchkarma* is always followed in three phases known *Purva Karma*, *Pradhan Karma* *Pashchata Karma*. *Swedana* karma is the important and essential purvakarma after *Snehana*. *Patra Pinda Sweda* is a type of *Pinda sweda*, made up of three words- 1. *Patra* – Leaves, 2. *Pinda* – Bundle, 3. *Swedana* – Fomentation, where the sudation is done by heated bolus bags (*pinda*) containing leaves of medicinal plant, after performing *Abhyanga*. *Swedana* is done by gently rubbing the bolus over the affected area. Different types of *Pinda Sweda* are being practiced like *Shastika shali pinda sweda*, *Patra Pinda Sweda*, *Jambira Pinda Sweda*, *Churna Pinda Sweda*, *Baluka Sweda*, *Anda Sweda*, etc. Here, the study was performed with the aim to study the concept of *Swedana* and *Patra Pinda Sweda* and to elaborate on the process of conducting *Patra Pinda Swedana*.

MATERIAL & METHODS:

Materials and Methods for *Swedana* and *Patra Pinda Swedana* were collected as prescribed from various *Ayurvedic* texts, published research manuscripts, previous work done, and compilation was done. The methodology undertaken was for a Review Study.

LITERARY REVIEW:

Swedana is a treatment process that induces sweating or perspiration in the body by means of heat either in the form of steam (*Bashpa*) or by direct contact with the body with heated medicament (*Tapa*). *Acharya Charaka*⁽¹⁾ has classified *Swedana* on the basis of involvement of agni: 1. *Sagni Sweda* 2. *Niragni Sweda*. *Niragni Sweda*⁽²⁾, performed in 10 different ways such as *Vyayama* (Exercise), *Ushnasadana* (Residing in a warm chamber), *Gurupravarana* (Wearing heavy clothing), *Kshudha* (Hunger), *Bahupana* (Excessive drinking), *Bhaya* (Fear), *Krodha* (Anger), *Upanaha* (Application of poultice), *Aahava* (Wrestling), *Aatapa* (Exposure to Sun's Rays); Similarly, *Sagni Sweda*⁽³⁾ also performed by 13 different ways such as *Sankara*, *Prastara*, *Nadi*, *Parisheka*,

Avagaha, *Jentaka*, *Ashmaghana*, *Karshu*, *Kuti*, *Bhoo*, *Kumbhika*, *Koopa*, *Holaka*. Whereas, *Acharya Sushruta*⁽⁴⁾ and *Acharya Vagbhata*⁽⁵⁾ have classified the *Swedana* procedure into four types mainly, *Tapa* (inducing sweating by direct contact of the heated medicaments with the body), *Ushma* or *Bashpa* (heat in the form of steam), *Drava* (inducing heat by means of hot liquid), *Upnaha* (inducing heat by tying poultice around the part to be sudated). On reviewing the above classifications, it can be seen that all 13 types of *Sagni Sweda* of *Acharya Charaka* can be incorporated into 4 types of *Sweda* described by *Acharya Sushruta* and *Vagbhata*. *Patra Pinda Sweda* is a form of *Pinda Sweda* or *Sankara Sweda* of *Acharya Charaka* and a type of *Tapa Sweda*, as per *Acharya Sushruta* and *Acharya Vagbhata*. *Sankara Sweda* is a method in which the materials or drugs are tied in a cloth and used for *Swedana*. *Swedana* can further be classified into *Ruksha Pinda Sweda* and *Snigdha Pinda Sweda*. In *Ruksha Pinda Sweda*, hot solid substances such as dung of different animals like Cow, Horse, Camel, Brick, Husk, *Yava*, and Stone are used. It is indicated or adopted in *Kapha*, *Ama*, and *Meda* Disorders, Whereas in *Snigdha Sweda*, the thick gruel is prepared from *Tila*, *Masha*, *Kulatha*, *Amla dravya*, *Ghrita*, *Payasa* and Meat, any of these or all is tied in pottali and applied over body in warm condition and is advised in conditions where the pain and related symptoms are due to *Vata Dosha* only. *Patra Pinda Sweda* is a form of *Snigdha Sweda* and is a useful treatment for degenerative diseases and painful conditions mainly caused by *Vata Dosha*. Moreover, it can be also used in *Vata-Kapha* conditions. Drugs which can suppresses the vitiated *Vata* and *Kapha* are used in making pottali, which is helpful in inflammatory conditions of many joints and soft tissue. *Patra Pinda Sweda* generally relieves pain, stiffness, heaviness, and inflammation in the body associated with the musculoskeletal system.

Indications- It is generally indicated in *Vata-Kaphaj Vikara*⁽⁶⁾ like *Greevastambha* (Cervical spondylosis), *Jeerna-Aamvata* (Chronic stage of rheumatoid arthritis), *Pakshvadha* (Hemiplegia), *Avabahuka* (Frozen

shoulder), *Gridhrasi* (Sciatica), *Sandhivata* (Osteoarthritis), *Katiprishthagriha* (Ankylosing Spondylitis), Inter vertebral disc prolapse.

Contraindications^[7]- It is contraindicated in *Twak Vikara*(Infective eczema, Psoriasis), *Raktapitta* (Haemorrhagic disorder), *Jwara*(Fever), *Ajeerna*(Indigestion), *Pandu*(Anemia).

PROCEDURE^[8]:

Patra Pinda Swedana is done in 3 steps. These are –

1. *Poorva Karma* (Pre-procedure)
2. *Pradhana Karma* (Procedure)
3. *Pashchat Karma* (Post-procedure)

1. Poorva Karma (Pre-Procedure)- The *Karma* which is done before administration of *Patra Pinda Swedana*, which comprises of **A)** Collection of materials & Preparation of *Pottali*. **B)** Preparation of Patient.

A) Collection of Materials & Preparation of *Pottali*-

❖ *Collection of Materials*-

- Freshly chopped leaves- 100gm each
- Coconut powder- 100 gm
- Sliced lemon- 3
- *Haridra churna* (Turmeric powder)- 15 gm
- *Methika churna* (Fenugreek powder)- 15 gm
- Ajwain (Carom seeds)- 10 gm
- *Saindhava lavana*- 10 gm
- *Churna for Talam*- 10 gm
- Oil for frying leaves (*Tila Taila or any vatahara taila*)-150 ml
- Oil for heating the *pottali*- 250 ml
- Oil for *Abhyanga*- 100 ml
- Cotton clothes for making *pottali*- 4(Each of 18 inches ×18 inches)

➤ Heating devices

➤ Vessels – 3

➤ Attendant

➤ *Panchkarma Droni*

❖ Preparation of *Pottali*(Boluses)-

- Various medicinal leaves of *Eranda*(*Ricinus communis*), *Arka*(*Calotropis procera*), *Nirgundi*(*Vitex negundo*), *Dhatura*(*Datura metel*), *Shigru*(*Moringa oliefera*), etc of 100 gms each are chopped into small pieces and taken into a vessel of the round bottom.
- Approximately 250 ml of selected oil is added to the mixture of chopped leaves.
- *Saindhava Lavana*, *Ajwain*, *Coconut powder*, and *sliced lemon* are added to this mixture.
- Then mix thoroughly and fry together till coconut scrapings attain a brown color.
- Then the whole material is divided into 4 equal parts.
- Then 4 *pottali* are prepared using cotton clothes.

B) Preparation of Patient-

- Clearing of bladder and bowel - The patient is advised to pass any natural urges before starting the procedure.
- Recording of vitals- Vitals of the patient (BP, temperature, pulse) are recorded.
- Application of *Talam- Talam* with suitable oil/*Choorna* should be applied over the anterior fontanelle of the patient.
- *Abhyanga* – *Abhyanga* should be performed with prescribed medicated oil on the affected part or all over the body for about 10 minutes.



Fig: -1 Preparation of Patra Pinda Sweda

2. Pradhana Karma (Procedure)-

- ❖ Starting of the procedure-
- A vessel is kept on mild flame and oil (25-30ml) selected according to disease is poured into it.
- Pottali is then dipped into the oil and gently applied in a synchronised manner over the body by the therapist.
- A uniform temperature should be maintained throughout the procedure.
- The therapist should ensure that the temperature of Pottali is bearable to the patient by touching them to their own dorsum of the hand.
- The Pottali should be changed after every three days and there should be separate pottali for each patient.
- The fomentation by *Patra Pottali* should be carried out in all the 7 postures as *Abhyanga*, these are- Sitting, Supine, left lateral, Prone, right lateral, Supine, and Sitting upright again.
- The procedure should be done till the patient gets the *Samyak Swinna Lakshana*.
- The leaves in the bolus (*Pottali*) should be changed every three days.

- ❖ Duration- *Patra Pinda Sweda* is carried out for 5 to 7 minutes in each position thus for a total period of 45 minutes.
- ❖ The total duration of therapy- Preferably for 3/5/7/14/21/28 days, PPS can be performed according to the severity of the disease.

3. Pashchat Karma (Post-Procedure)-

- After the procedure, *Talam* is removed followed by rubbing of *Churna* over the anterior fontanelle.
- After the procedure, the oil is wiped off with a clean and soft towel.
- Vitals of the patient (BP, temperature, pulse) is again recorded to see any remarkable deviation from the baseline (pre-procedure vitals).
- The patient is advised to take rest for 1 *muhurta* (48 minutes) minutes and then take bath with lukewarm water.
- ❖ Complications and Management-
- *Atiyoga of Swedana*- *Acharya Charaka* has advised the use of *Madhura*, *Snigdha*, and *Sheeta Ahara- Vihara* as described in *Greeshma Ritu-charya*^[9].
- Burn and Rashes- In patient of *Pitta Prakriti*, due to heat intolerance, Burn and rashes may occur

which can be treated by local application of *Madhu* and *Ghrita*, preferably *Shahstradhouta Ghrita*, *GhritaKumari* (Aloevera pulp).

- Fainting- It may occur due to increased body temperature or *Atiyoga*. These can be prevented by providing *Sharkarodaka* to the patient for drinking and *Drakshadi Kashaya* can be advised for internal use.

DISCUSSION

Patra Pinda Swedana is generally prepared with different medicinal leaves like *Nirgundi Patra*, *Dhatura Patra*, *Shigru Patra*, *Arka Patra*, *Eranda patra*, etc. which have analgesic, anti-bacterial, anti-inflammatory, antihistaminic properties, muscle relaxant properties and pacifies *Vata*, *Kapha Dosha*. *Patra Pinda Swedana* is generally indicated in *Vata-Kaphaja* conditions, like *Gridhrasi* and *Greevastambha*. *Patra Pinda* is also useful in *Sandhivata* and *Jeerna Aamavata*, as these conditions are *Vata Pradhana*, and being a type of *Snigdha sweda* it pacifies morbid *Vata*. Ankylosing Spondylitis (*Kati-Prishta-Trika Graha* in *Ayurvedic* parlance) and *Avabahuka* which involves vitiation of *Vata* and *Kapha*, producing inflammation, pain, and stiffness. *Swedana* drugs have anti-inflammatory action and due to *Snigdha* and *Ushna Guna* of the materials, subsides the inflammation, pain, and stiffness and pacifies morbid *Vata* and *Kapha Dosha* and also increase the range of motion in *Avabahuka*. *Patra Pinda Swedana* is contraindicated in *Ajeerna*, because it may further increase *Agnimandhya* due to its *Snigdha* properties. *Agni* is hampered in *Jwar*, and the application of *Patra Pinda Swedana* may aggravate the condition. It is also avoided in Infective eczema and Psoriasis. *Swedana* is avoided in *Atisara* because *Swedana* results in increased peristaltic movements and electrolyte imbalance due to fluid loss. Many *Acharya* mentioned that *Patra Pinda Swedana* is also contraindicated in *Raktapitta*, even if it involves the vitiation of *Vata* and *Kapha*. *Patra Pinda Sweda* is also contraindicated in *Madhumeha*, because *Swedana* results in increased *Kleda* and *Madhumeha* is *Kleda pradhana Vyadhi*, so it is avoided in such

cases. *Swedana* aggravates *Trishna* and *Pandu*, therefore should not be performed in these conditions. Ingredients used for *Patra Pinda Sweda* Procedure having analgesic and anti-inflammatory properties which 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 parts. *Patra Pinda Sweda* is highly effective in the management of pain and pain-related arthropathies. When the leaves are fried in the oil the *Kleda* of leaves goes away. First *Abhyanga* is performed, then after *Patra Pinda Sweda* is advisable on the pain-affected sight⁽¹⁰⁾. While practicing *Patra Pinda Sweda*, one should prevent burns and dehydration. To prevent the *Kapha Utkleshana* in *Siras*, *Talam* is kept on the scalp in many cases. After the procedure perspiration and increased range of motion can be observed which indicates the *Patra Pinda Sweda* is beneficial in pain and stiffness.

CONCLUSION

This article deals with a comprehensive study of *Patra Pinda Swedana*. As discussed above it is a type of *Snigdha Sankara Sweda*. It is effective in *Vata Kaphaja* and Inflammatory conditions. It is most often recommended for a condition like chronic back pain, Hemiplegia, Sciatica, arthritis, stiffness of the joints, and even muscle ache. *Patra Pinda Sweda* may help in increasing blood circulation and increasing oxygen supply to the affected area, getting rid of vitiated *Dosha*, strengthening the muscles in the area, facilitating the release of toxins, and reducing inflammation. It also improves the tone of muscles and improves the working of tissues within the body.

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