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Review Article

## Clinical potency of Patra-Pottali Sweda

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### ABSTRACT

*Swedana Karma* is one of the modality of ayurveda acts as *Sthambhaghna* (removal of stiffness), *Gourvaghna* (loss of heaviness of the body), *Sheetaghana* (loss of coldness in the body) and *Swedkaraka* (producing sweating in the body). *Swedana* is considered as *Bahirparimarjana Chikitsa*, one among the *Shadupakarmas*. It is employed to relieve symptoms like; *Shula* and *Stambha* associated with various diseases. Present article emphasized *Patra Pottali Sweda* (*Ela Kizhi*) which used to induce perspiration through heated pack of specific herbal leaves in the management of *Upastambhita Vyadhi Avastha*.

**Keywords:** Ayurveda, Swedana Karma, Patra Pottali Sweda, Bahirparimarjana Chikitsa.

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### INTRODUCTION

The procedure which produces Sweating in the body and cures stiffness, heaviness & coldness of the body is called as "*Swedana Karma*" or "Sudation" or "Fomentation therapy". *Sweda* is the *Mala* (internal excreta) of the body and it is the excreta of the *Meda*. Sudation therapy is said to be best treatment for *Vata* and *Kapha* diseases. After the *Snehana* or Oleation therapy *Swedana* or Sudation must be adopted to regulate the movement of urine and feces without any obstruction.<sup>1-3</sup>

### REVIEW OF LITERATURE

#### Classification of *swedana* according to *Agnibhedha*:

*Acharya Charaka* described two types of *Agni Sweda* which are *Sagni Sweda* and *Niragni Sweda*.

#### i) *Nirangi Sweda*:

There are 10 types has described of *Niragni Sweda*.

1. <i>Vyayama</i> (Exercise)	6. <i>Bhaya</i> (Fear)
2. <i>Ushnasadana</i> (Residing in a warm chamber)	7. <i>Upanaha</i> (Application of poultice)
3. <i>Gurupravarnam</i> (Wearing of heavy clothing)	8. <i>Krodha</i> (Enrangement)
4. <i>Kshudha</i> (Hunger)	9. <i>Aahata</i> (Wresting)
5. <i>Bahupanam</i> (Excessive drinking)	10. <i>Aatapa</i> (Exposure to sun's rays).

ii) **Sagni Sweda:**

1.	<i>Sankara Sweda</i>	8.	<i>Karshu Sweda</i>
2.	<i>Prastara Sweda</i>	9.	<i>Kuti Sweda</i>
3.	<i>Nadi Sweda</i>	10.	<i>Bhoo Sweda</i>
4.	<i>Parisheka Sweda</i>	11.	<i>Kumbhika Sweda</i>
5.	<i>Avagaaha Sweda</i>	12.	<i>Koopa Sweda</i>
6.	<i>Jentaaka Sweda</i>	13.	<i>Holaka Sweda</i>
7.	<i>Ashmaghana Sweda</i>		

**Classification of Swedana according to Acharya Sushruta:**

According to Acharya Charaka Sweda are four types; *Tapa Sweda*, *Ushma Sweda*, *Upanaha Sweda* and *Drava Sweda*.

i) **Tapa Sweda:**

It is a type of *Agni Sweda* involving direct contact of heat to the body.

ii) **Ushma Sweda:**

It produces fomentation in the body by the application of a piece of stone and brick etc. and sprinkle water. The fomentation must be made on the body which is covered with a cloth.

iii) **Upanaha Sweda:**

It is define as a hot poultice applied on the body and the bandage will be tied.

iv) **Drava Sweda:**

This involves direct contact of heat by any liquid to the body.

**Classification of Swedana according to its Guna:**i) **Snigdha Sweda (Unctuous or Wet fomentation):**

It is define as that *Sweda* which is done with *Snigdha* or unctuous drug.

ii) **Rooksha Sweda (Rough or Coarse or Dry fomentation):**

This is being employed in the disorder of *Kapha*, *Meda* and *Aamadosha* etc. The materials used in *Rooksha Sweda* are sand, stone, metal and broken pot.

**Properties and Actions of Swedana drugs:**

The drugs to be used in *Swedana* or sudation therapy having *Ushna* (Hot), *Teekshna* (Sharp), *Sara* (Mooving), *Snigdha* (Unctuous), *Rooksha* (Rough), *Drava* (Liquid), *Sthira* (Immovable) and *Guru* (Heavy) properties.

**Sankara Sweda:**

*Sankara Sweda* refers to application of heat using the heated packs, which are prepared by medicinal leaves or boiled grains of sand tied on a piece of cloth packs. These warm packs are used for application of heat to the part of the body. *Swedana* can also be performed to the whole body. *Patra*

*Pottali Pinda Sweda* and *Shashtika Shali Pinda Sweda* is comes under the *Sankara Sweda*.

**Introduction of Patra Pottali Sweda:**

Application of the heat and there by inducing perspiration using heated pack of specific *Vatahara* herbal leaves like: *Dhattura*, *Eranda*, *Arka* and *Nirgundi* known as *Patra Pottali Sweda*. The word '*Patra*' means 'leaves of medicinal plants' and '*Pinda*' means a 'Bulus'. *Patra Pottali* is derived from two words: *Patra* = Leaves + *Pottali* = Bundle. This *Sweda* is considered under the category of *Snigdha Sweda* and *Ushma Sweda*.

**Indication of Patra Pottali Sweda:**

The Indication of *Patra Pottali Sweda* is in *Upstambhita Vata Vyadhi*, *Upastambhita Sandhivata*, *Katigraha* (lumbago or low back ache), *Manyastambha* (cervical spondylosis), *Stambha* (tenderness) and *Shotha* (inflammation).

**Contra-indication for Patra Pottali Sweda:**

Any type of fomentation should not be prescribed for testicles, heart and eyes, if necessary mild type of fomentation should be prescribed. Moderate type of fomentation should be prescribed for the groins. *Patra Pottali* contra-indicated in the conditions where *Swedana* is not at all advisable.

**MATERIALS & METHODS****Procedure of Patra Pottali Sweda:**

*Patra Pottali Sweda* involves *Poorva Karma*, *Pradhana Karma* and *Paschaata Karma*.

**Purva Karma:**

*Eranda*, *Arka*, *Nirgundi*, *Dhattura*, two pieces of clean cloth, thread, garlic, grated wet coconut, lemon, earthen pan, *Vatahara Taila*, towel, *Droni* and stove are required material. The herbal leaves are cut into small pieces and then taken in a vessel of round bottom, approximate 200ml of *Vatahara Taila* (viz. *Nimba Taila* or *Tila Taila*) is added to this with continuous stirring the leaves are then fried to make it plaint. This fried leaves is used for preparation of packs.

***Dhatura******Eranda******Arka******Nirgundi*****Pieces of Leaves****Fried Leaves****Preparation of *Pottali*****Prepared of *Pottali***

The patient should be seated with leg extended over the *Droni* facing to the east. *Abhyanga* should be performed with prescribed medicated *Taila* all over the body for about 10 minutes.

#### ***Pradhana Karma:***

After the *Abhyanga* patient asked to sit on the *Droni* with extended legs, earthen pan is kept in mild flamed & prescribed *Vatahara Taila* is poured (10-15 ml. on each time

of dipping). Warm boluses are gently applied in a synchronized manner by two therapists positioned in each side of the patient. The therapists before applying the bolus on the body of the patient should ensure that the heat of the boluses is bearable to the patient by touching them to their own dorsum of the hand. Heat of the bolus should be maintained throughout the procedure by dipping it in the *Vatahara Taila* repeatedly. The process should be performed in all the seven positions advised by *Abhyanga*. The

procedure of *Patra Pottali Sweda* should be done till the patient relieve from *Samyak Swinna Lakshana*. The leaves pack should be changed in every three days, duration of the procedure is according to the condition and requirement of the patient it should be continued for 7, 14 or 21 Days.

#### Precautions:

Therapist should keep care while reheating *Pottali* and need to observe the temperature of the *Pottali* by place it over dorsum of hand. It is also need to check that temperature is bearable to patient or not.

#### Paschata Karma:

Wipe off the oil from the body using clean & dry towel, body is covered with thin blanket for 10-15 minutes. Patient should be advised to take hot water bath after half an hour depending on diseases.

#### Mode of Action:

The *Ushna Guna* of *Swedana Karma* leads to stimulate the sympathetic nervous system & produces vasodilatation. *Ushna Guna* also increases the circulation of *Rasa & Rakta* in the body, due to effect of *Sara & Suksama guna* of *Swedana dravya* the *Leena Dosha* are liquefied from body and came out through micropores presenting over the skin resulting more excretion of liquefied *Vitiated Dosa* from body.

#### Sign & Symptoms of Proper Sudation (*Samyaka Swedana Lakshana*):

After the *Samyak Swedana* coldness in the body should be observe along with relieve in stiffness. Reduction in heaviness of the body, softness & appearance of sweating may be observed.

#### Sign & symptoms of Improper Sudation (*Asamyaka Swedana Lakshana*):

Improper *Asamyak Swedana* may obstruct sweating, coldness not reduced, less sensation for cold things and no relief in pain.

## DISCUSSION

*Patra Pottali Sweda* is used in *Upstambhita Vatavyadhi*. It is beneficial in conditions like *Katigraha*, *Stambha*, *Manyastambha* & *Shotha* etc. *Patra Pottali Sweda* reduces pain & stiffness. *Patra Pottali* is done when *Vata* and *Kapha dosha* are vitiated. *Patra Pottali* offers *Sankara Swedana* due to its *Ushna Guna* which ultimately stimulates sympathetic nervous system and enhances vasodilatation. The effect of *Sara & Sukshama Guna* of *Swedana Dravya* liquefied *Doshas* which further excrete out through micropores presenting over the skin.<sup>4-6</sup>

## CONCLUSION

In additions to this, in any patient if eliminatory procedure like *Vamana* or *Virechana* is planned, *Swedana* is performed as *Poorva-karma* and therefore in such situations *Swedana* is considered as *Poorva-karma* or preoperative procedure. *Patra Pottali Sweda* is one of the best *Sankara Sweda prakara* which is used to relief *Stambha* (stiffness), *Shotha* (inflammation) and *Shula* (pain). *Patra Pottali Sweda* works with the properties of anti-ageing and rejuvenation which also improve organic function, cell-tissue strength, blood circulation and promotion of vitality. *Patra Pottali Sweda* is type of *Sankara Sweda* which performed by herbal leaves and gives significant relief in *Kaphavritta Vata Vikaras*.

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