




IJCRR
Section: Healthcare
ISI Impact Factor
(2019-20): 1.628
IC Value (2019): 90.81
SJIF (2020) = 7.893

Copyright@IJCRR

An Ayurvedic Approach of *Pinda Sweda* and its Different Modalities

Swati Tikale¹, Krutika Umate², Madhulika Tiwari³, Nikhil Dhande⁴

¹Associate Professor, Panchakarma Department, Datta Meghe Ayurveda Medical College Hospital & Research Centre, Nagpur, India; ²Assistant Professor, Shalakya department, Datta Meghe Ayurveda Medical College Hospital & Research Centre, Nagpur, India; ³Assistant Professor, Sharir Rachana Department, Datta Meghe Ayurveda Medical College Hospital & Research Centre, Nagpur, India; ⁴Associate Professor, Community Medicine, Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences Sawangi, Wardha, Maharashtra, India.

ABSTRACT

Swedana (Sudation) is a treatment procedure in which sweat is induced employing heat in the form of steam or by contact of the body with heated medicaments. The effect of *Swedana* is to relieve stiffness, heaviness and coldness in the body. After *Swedana*, the body starts sweating and gives the feeling of lightness. The word '*PINDA*' means bolus. *Pinda Sweda* is a traditional *Ayurvedic* procedure with the property of profound healing and renewal potential. In this procedure, warm cloth boluses which are prepared with herbs, milk, rice, and medicinal leaves, are massaged onto the whole body. *Pinda Sweda* help to increase circulation improves muscle tone, strengthens the nervous system. According to the patient condition, one can select different types of *Pinda Sweda* as described in *Samhitas* and even can make some new combinations as per the need, accessibility and properties of the drugs. The present review study narrates the literature available on *Pinda Sweda*, which generally used as *Panchakarma* treatment in *Ayurvedic* classics and practicable modifications one can make according to the accessibility, need, and condition.

Key Words: *Swedana*, *Pinda Sweda*, *Panchakarma Chikitsa*, *Samhitas*

INTRODUCTION

All the *Panchakarma* procedures divided into three karma i.e. *Poorva karma* (Pre-operative), *Pradhana Karma* (operative) and *Paschat karma* (post-operative). The *Swedana karma* is included in *Poorva karma* for *Panchakarma* procedures. *Swedana* is the *karma* that causes the body to perspire.¹ It can be achieved by many methods. The *Sweda karma* classified into two types as *Sagni Sweda* (direct contact with fire) and *Niragni Sweda* (without the direct contact of fire).² *Sankara Sweda* is one among the 13 *Saagni Sweda*. In our classics text, the *Sankaradi Sweda* is mentioned as one of the most ancient treatments in *Ayurveda*.³ *Pinda Sweda* works on the principles of *Sankara Sweda*. *Pinda Sweda* falls into the category of *Tapa Sweda* of four types of *Sweda*. *Sankara Sweda* is the method in which the materials are wrapped in a cloth and used for *Swedana* purpose and it is known as *Pinda Sweda*.⁴ The *Sankara Sweda* is again classified based on *dravya* used as *Rooksha Sankara Sweda* and *Snigdha Sankara*

sweda. In the case of *Ruksha* (dry) *Sankara Sweda*, hot solid substances which are used as the stool of different animals like Cow, Horse, Camel, Sand, Brick, Stone and this type *Swedana* mainly practised in *Kapha* vitiated patients.⁵ In type of *Snigdha* (Unctuous) *Sankara Sweda*, the thick gruel is prepared from the materials like-*Tila* (Sesame), *Masha* (Black gram), *Kulatha* (Horse gram), *Amla Dravya* (Citric fruits), *Ghrita* (ghee), *Taila* (oil), *Payasa* (rice and milk pudding) and this *Swedana* is more practised in the conditions of *Kevala Vata*.⁶ There are varieties of *Pinda Sweda* as *Shashtika Shali Pinda Sweda* and *Nirgundi Patra Pinda*.

Depend on the properties of the *Dravya* utilized for the *Swedana karma* is of three types *Snigdha -Ruksha*, *Snigdha*, *Ruksha* which are adopted mainly for *Vata-Kapha*, *Vata* and *Kapha Pradhan Vyadhi* respectively.⁷ So we can systematize *Pinda Sweda* concerning the *Guna* of *Dravyas* used (Table 1).

Corresponding Author:

Dr. Swati Tikale, Associate professor, Panchakarma department, Datta Meghe Ayurveda Medical College Hospital & Research Centre, Nagpur, India.

ISSN: 2231-2196 (Print)

ISSN: 0975-5241 (Online)

Received: 18.09.2020

Revised: 14.11.2020

Accepted: 19.12.2020

Published: 25.04.2021

Table 1: Probable Classification of Pinda Sweda according to the Gunas of Dravya used

Snigdha	Ruksha	Snigdha – Ruksha
Mamsa pinda Sweda	Valuka pinda Sweda	Patra pinda Sweda
Masha pinda Sweda	Tusha / busha pinda sweda	Jambeer pinda Sweda
Shashtika shali pinda sweda	Karisha pinda Sweda	Choorna pinda Sweda
Godhuma pinda Sweda	Karpasabeeja pinda sweda	Chincha lavana pinda sweda

VALUKA SWEDA

Valuka sweda is one among the *Ruksha sweda*. *Valuka Sweda* is the treatment in which sand is used for fomentation (sweat-inducing) of painful parts. It can be done as *Sarvanga* (whole-body) or *Ekanga* (locally) *Swedana* procedure. It provides relief from pain, inflammation, swelling and stiffness. It is mainly used in *Sandhigata Vata* (osteoarthritis), *Amavata* (rheumatoid arthritis), *Urustambha* (stiffness of the thighs) Obesity, *Granthi*, *Kapha Medavritavata* (Table 2).⁸

MATERIALS REQUIRED**Table 2: Ingredients required for Valuka Sweda**

SR. No.	Ingredients	Quantity
1	Sand	1 kg
2	Cotton cloth (45 cm X 45 cm)	4
3	Tag	4
4	Vessel	1
5	Rasnadi choorna	5 gm

The *Valuka* is heated and *pottalis* are made. It can be applied directly on the body or by dipping into *Kanji*⁹. This is very useful in alleviating *Vata* and *Kapha* diseases and pain all over the body etc.

Probable Alteration in Valuka Sweda

Pranipurisha (Stool of animals), *Lavana* (rock salt), *Ishtika-choorna* (brick powder), *Vatahara Patras*, *Nirgundi* (*Vitex negundo*), *Arka* (*Calotropis Procera*), *Agnimantha* (*Clerodendrum phlomidis*), *Dhatu* (*Datura metel*), *Vatahara choorna*, *Rasna* (*Pluchea lanceolata*), *Devdaru* (*Cedrus deodara*) etc. can be used before applying *Taila* (*Nimba-Taila*, *Brhat Saindhavadi Taila*, *Sahacharadi Taila*).

PATRA PINDA SWEDA

Patra Pinda Sweda is the type of *Pinda Sweda* where leaves of medicinal plants that have the property of *Vata Kaphahara* are roasted in a pan with little oil and a bolus is prepared by tying in the cloth¹⁰. It is one of the types of *Ushma Sweda* (Table 3).

Ingredients Required**Table 3: Materials Required For Patra Pinda Sweda**

Drugs/ ingredients	Quantity
Nirgundi (<i>Vitex negundo</i>)	100g
Eranda (<i>Ricinus communis</i>)	100g
Chincha (<i>Tamarindus indica</i>)	100g
Dhatu (<i>Datura metel</i>)	25g
Shigru (<i>Moringa oleifera</i>)	25g
Arka (<i>Calotropis procera</i>)	25g
Grated coconut	150g (½ coconut)
Lemon	4
Cotton cloth (45 cm X 45cm)	2 pieces
Tags	2

Possible Modifications

Instead of different combinations of *Patras*, only single *patra pottali* can be practised. Eg.- *Nirgundi patra pinda sweda*, *Arka patra pinda sweda* and also *Anda Sweda*, *Bhusa Pinda Sweda*, *Karish Pinda Sweda*, etc¹¹ can be used in practice. Various *choorna* combinations can be used.

JAMBEERA PINDA SWEDA

The word “*Jambira Pinda*” is made up of two words *Jambira* means Lemon and *Pinda* means bolus. *Jambira Pinda Sweda* assigns to the *Pinda Sweda* performed by the specially prepared bundles of *Jambira* and other drugs¹². This is mainly used in *Vata-Kapha* morbidity conditions. It is usually practised in Rheumatoid Arthritis, Osteoarthritis, Lumbar Spondylosis, frozen shoulder, plantar fasciitis, and traumatic conditions. It is used in pain, swelling and stiffness associated with joints, spine, nerves etc (Table 4).

Ingredients Required**Table 4: Ingredients Required For Jambeera Pinda Sweda¹³**

Drugs/Materials	Quantity
Jambeera (Lemon) (around 20 in number and chopped into pieces)	750g
Saindhava (Rock salt)	30g
Lashuna (Garlic)	200g
Turmeric Powder	60g

Table 4: (Continued)

Drugs/Materials	Quantity
Cotton cloth (45cm X 45cm)	4
Threats	2
Vessels for heating	2
Suitable oil for Talam	10ml
Rasna choorna	5g
Suitable oil for Abhyanga	100ml
Oil for reheating the Pottali	Q.S

Probable modifications

Matulunga (*Citrus medica*) can be used instead of lemon. For frying purpose instead of *taila*, *Vasa* (fat) and *Majja* (bone marrow) of different animals can be used.¹³

SHASHTIKA SHALI PINDA SWEDA

Shashtika Shali Pinda Sweda is the type of *Snigdha Sankara Sweda*¹⁴ which falls into the type of *Sagni Sweda*¹⁵. In this procedure of *Swedana*, *Shashtika Shali*¹⁶ (a variety of rice with the medicinal value which is cropped in just 60 days) processed in *Kwatha* (decoction) of *Balamoola* (the root of *Sida cordifolia*) and milk. It is known in Kerala as *Navarak-izhi*. It does the function of *Swedana*, *Snehana* and *Brimhana* (anabolic quality) simultaneously; it is mostly used in *Vata* vitiated disorders. It also possesses inherent cool property, so can also be advised in moderately vitiated *Pitta* (Table 5).

Materials Required

Table 5: Ingredients required for Shashtika Shali Pinda Sweda

Materials/Drugs	Quantity
<i>Shashtika Shali</i>	250g
<i>Balamoola</i>	250g
Water	4lit
Cow's milk	1lit
Kora cloth (45cmx45cm)	4
Thread	4
Vessels	For preparing decoction, rice and for heating the Pottalis
Oil for <i>Talam</i>	10ml
<i>Rasna Churna</i>	5g
Oil for <i>Abhyanga</i>	100ml
Therapists	2

Probable Modifications

Ashwagandha churna, *Rasyan churna*, *Balya churna*, *Masha churna*, *Tila churna*, *Godhuma* (wheat flour) can be added to get more benefits of *Shashtika Shali Pinda Sweda*.

CHOORNA PINDA SWEDA

Choorna pinda sweda is one of the types of *Ushma sweda*. The *Churna Pinda Sweda* is the treatment in which with the mixture of various *choorna* combinations like *Methika* (*Fenugreek*), *Sarshapa* (*Mustard*), *Shatapushpa* (*Anethum graveolens*), *Jatamansi* (*Nardostachys jatamansi*), *Atasi* (flax seeds) are used. This procedure can be done in two way; *Snigdha* and *Rooksha*.^{15,16}

In *Snigdha pinda sweda*, first *Abhyanga* with oil is done all over the body and the *Pottalis* are also heated in oil. In *Rooksha Pinda Sweda* the *Pottalis* are directly applied all over the body without *Abhyanga*. The Procedure can also be modified by dipping *Pottali* into the steam of different *Drava* (liquid) *dravyas* like *Dhanyamla* in some specific conditions (Table 6).

Ingredients Required

Table 6: Ingredients required for Choorna Pinda Sweda

Materials/Drugs	Quantity
Suitable <i>choorna</i> (coarse/fine)	1kg
Cotton Cloth (45cmx45cm)	2
Tag	2
<i>Rasna Choorna</i>	5g

NEW ADVANCEMENTS

Choorna Pinda Sweda with dipping in *Dhanyamla* shown ingredients in Table 7.

Table 7: Ingredients required for Choorna Pinda Sweda with Dhanyamla Dipping

Materials/Drugs	Ekanga	Sarvanga
<i>Kottamchukkadi choorna</i>	50g	200g
<i>Kulatha choorna</i>	50g	200g
<i>Dhanyamla</i>	1L (300ml-cooking & 700ml-dipping)	2L (500ml-cooking & 1.5L-dipping)
Kora Cotton cloth	1= (18" x 18")	4= (18" x 18")
Tag	1= 18"	4= 18"

Dhanyamla Dipping

The *Choorna* of above drugs are mixed with 500 ml of *Dhanyamla* properly and cooked. The *Pottali* is dipped in heated *Dhanyamla* and *Swedana* was done *Ekanga* or *Sarvanga*, up to the achievement of proper symptoms of *Swedana*. During the procedure, the *Dhanyamla* should be reheated to maintain the same temperature throughout the procedure. *Pottali* should be used only one time.

Probable Modifications

Different *choornas* can be used like- *Kolakullathadi choorna*, *Kottamchukadi choorna*, *Triphaladi choorna* or a combination of different single drug *choorna*. Instead of *Dhanyaml*, *Chincha rasa*, *Gomutra*, Single drug *Kashaya*, *Takra* can be used.

CHINCHA LAVANA PINDA SWEDA

Ingredients required for *Chincha lavana pinda Sweda* in Table 8

Table 8: Ingredients required for Chincha Lavana Pinda Sweda

Materials/Drugs	Quantity
<i>Chincha</i> (Tamarindusindica)	500g
<i>Saindhva Lavna</i>	40g
<i>Kottamchukkadi Taila</i>	500ml
<i>Dhanyamla</i>	1.5L
Kora Cotton Cloth	1= (18" x 18")
Tag	1= 18"

Other probable Dravyas for Pinda Sweda

Busa, *Laja* (Puffed grain), *Navdhanya* (Nine grains), *Sarshapa* (Mustard seeds), *Maize*.

CONCLUSION

Swedana is one of the crucial treatment modality which is useful in the treatment of diseases in the form of *Poorvakarma*, *Pradhana karma* as well as *Paschata karma*. The Materials and drugs mentioned for *Swedana* each of them have their specific properties and actions, so it should be used depending upon the condition. Already there are many *Dravya* mentioned by our *Acharya*, we should select them depending upon *Desha*, *Roga*, and availability of *Dravya*. *Pinda Sweda* is a widely and mostly practised *Swedana* procedure where the principle of treatment is based on the combined effect of heat and the medicinal properties of drugs. Hence, based on *Roga* (disease) and *Rogi* (patient) one can opt for different combinations of *Pinda Sweda* according to the availability and properties of the drugs.

Conflict of interest: Nil

Source of funding: Nil

REFERENCES

- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/13. Varanasi, Chaukhamba Orientalia, 2017;88.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/65. Varanasi, Chaukhamba Orientalia, 2017;92.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/39. Varanasi, Chaukhamba Orientalia, 2017;90.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/41., Varanasi, Chaukhamba Orientalia, 2017;203.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/26. Varanasi, Chaukhamba Orientalia, 2017;89.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/25. Varanasi, Chaukhamba Orientalia, 2017;89.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/8. Varanasi, Chaukhamba Orientalia, 2017;88.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/9. Varanasi, Chaukhamba Orientalia, 2017;88.
- Vasant C. Principles and Practice of Panchakarma. Chapter 9, Chaukhamba publications, 2015;218.
- Agnivesha, Charaka. Dridhabala. Chikitsa Sthana, Chapter 15/45. Tripathi Brahmanand (editor). Charaka Samhita with Charaka Chandrika Commentary. Vol-2, Varanasi: Chaukhamba Surbharati Prakashan. 2015;551.
- Surendran E. Panchakarma: a guide to treatment procedure in Ayurveda. 1st Edition, Kottakalam, Varier Ayurveda College, 2006;109.
- Vasant CP. Principles and Practice of Panchakarma, Chaukhamba Publications, New Delhi 5 th edition. 2015;212-213.
- Panchakarma Illustrated, Shrinivasa Acharya, Chowkhambha Sanskrit Pratistan, Delhi, 2006;459.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/41. Varanasi, Chaukhamba Orientalia, 2017;93.
- Jadavaji T. Charaka Samhita of Agnivesha revised by Charaka and completed by Dridhabala, Sutrasthana Chapter 14/39-40. Varanasi, Chaukhamba Orientalia, 2017; 91.
- Upadhyaya VY (Ed.). Astanga Hridaya, Sutrasthana, Chapter 6/7. Varanasi, India: Chaukhambha Prakashan.