



“OBSERVATIONAL STUDY OF DIFFERENT TYPES OF SWEDANA KARMA AND IT’S USE IN CLINICAL PRACTICE”

1. Vd.Pankaj Gabu Jamre , Pg Student, Department Of Ayurved Samhita And Siddhant, Tilak Ayurveda Mahavidyalaya, Pune -11
Contact no: 8305541438, 9343145065,
email: pankaj620jamre@gmail.com

[author for correspondence]

2. Vd.Mohan R.Joshi , M.D. (Ayu), Ph.D.(Ayu),MA(Sanskrit),MBA(Mrkt),GSMC-FAIMER Fellow(2008) Professor And H.O.D, Department Of Ayurved Samhita And Siddhant, Tilak Ayurveda Mahavidyalaya, Pune -11
Contact no: 9822435536, email: manvantar@gmail.com

ABSTRACT

Swedana (Fomentation) is one of the six therapeutic procedures. It is performed with heat or without thirteen types of with heat (Agni) Sweda types are observed. As advancement in technology traditional method are developed and new way, tools and instruments are used by doctors.

Current study is planned with objective to compile review and compare concept of Swedana and principles in current instrument. 20 different instruments were collected for study. 130 volunteers were included in study. 76% were using direct and all indirect method. Overall trend in using technology advanced machine is increasing to save time, money, energy and human hours, concluding its mass need and clinical applicability and its appreciation by patients.

Keywords: swedana, sudation, steam, sweda, purva karma, etc

INTRODUCTION

Stambha, Gaurava, and Sheeta can be calmed with the use of swedana.¹ Both Purvakarma and Pradhanakarma are affected by it. The practise of swedana has relaxing and purifying effects on the body.² Based on the several Acharyas, Sweda is divided into various kinds. Sagnisweda and Niragnisweda are the two basic categories identified by Charaka.³

Along with being divided into ten categories, Niragnisweda is also broken down into ten subcategories⁴: Vyayama (exercise), Ushnasadana (warm rooms), Guru Pravarana (large coverings), Kshudha (hunger), Bahupana (excessive drinking), Bhaya (fear), Krodha (outrage), Upanaha (mortars), Ahava (war), and Atapa (dea (sunbath)).

The thirteen different types of Sagnisweda include Sankara (blended), Prastara (hotbed), Nadi (steam pot), Parisheka (baptism), Avagaha (shower), Jentaka (sudatorium), Asmaghana (stone bed), Karshu (channel), Kuti (lodge), Bhu (ground bed), Kumbhi (pitcher bed), and Kupa (pit sudation) (under the bed).^{5/9}

Acharya Sushruta classified Swedana into four basic categories: Tapa sweda (Direct warmth), Ushmasweda (Steam), Upanahasweda (Poultice), and Dravasweda (warm liquid).⁸ After snehana, the Swedana karma is performed on the doshas, softening the defects and isolating the association of the mala. When swedana karma is carried out to uncoat doshas and malas, the dislodged atoms go from their initial position in the shakha to the koshttha.⁷

Since what was practised a thousand years ago differs slightly from what we do today, let's go into more detail regarding the changes that were made to earlier methods.

To enable the patient to undertake steaming at home effectively and comfortably on a daily basis, various adjustments are made. To lower the overall cost of the operation, various changes were made. To concentrate primarily on a certain area, some changes were done. Here are a few tools used by modern ayurveda practitioners for swedana karma.

The various Swedana kinds listed in Ayurveda Swedana are used to enhance using contemporary techniques to make things simpler for the Vaidyas.

1. Steam bath Generator
2. All in one Panchkarma Table
3. Portable Steam Cabin
4. Steam Gun
5. Nadi Swedan Yantra
6. Herbal Capsule Sauna bath
7. Heating orthopedic belt
8. Heating mat
9. Steam Shower
10. Shirodhara yantra
11. Different Types of Hot Tub
12. Sitz bath
13. Hot foot bath
14. Steam room, Hot room
15. Wooden sauna bath
16. Vaginal steamer
17. Infrared light therapy
18. Jacuzzi
19. Spinal bath
20. Hot foot bath

METHODOLOGY:

Study topic – “Observational Study of Different Types of Swedana Karma & Its Use in Clinical Practice.”

Study Design: - Study was conduct into 2 stages

1) Literary Study

2) Observational Study.

Study Setting: -

Ayurveda institute and some of Ayurveda practitioner.

Study Points- Proposed study was done in -

Level (1) Review of literature

A) Through review of Swedana karma from the Samhitas.

B) Review of previous work done was studied.

Level (2) Observational

Types of Swedana Karma in Ayurveda.

Types of Swedana as per modern techniques.

Observational-

1)Ayurvedic Practitioners ; 2)Ayurvedic Colleges

Sample Size: -

1) 96 - for observation study & survey was done in Ayurveda practioner.

2) 12 institute/colleges. (Minimum recovered sample size)

Operational Definition: -

Swedana Karma Producing sweating in the body.

Appropriate Method of Measurements: -

(1) Conceptual

(2) Observation-Questionnaire was validated by expert.

Methods of Data Collection relevant to objective:

Literary data from Samhitas Scientific, journals, articles and data for new instruments with online data search. Observational data from Questionnaire.

Appropriate Data Management and Analysis Procedure:

Data Was Analyzed and Classified

According to Collection of Data in Different Types of swedana Etc.

1) Literary data: Samhitas and new instruments data will have compiled, compared and was presented in tabular and graphical form.

2) Observational study:

Data collection in questionnaire was analyzed and presented in form of

Descriptive statistics, tables, graphs etc

RESULT & DISCUSSION

Total 130 volunteers participated in this survey and assisted by filling up the questionnaire sent to them, most were ayurveda practitioner, 82 ayurveda practitioner, 47 PG scholars and 1 therapist participated in this survey. In clinical practice, Swedana comes as a purva karma, pradhan karma and paschata karma also. The applicability of swedana karma is more in ayurvedic practice due to benefits gained by the patients. In recent times, both the sagni and niragni types of swedana are practiced clinically however Practically sagni sweda are more rationale than niragni sweda. In recent times, both the traditional and modern modified types of swedana are practiced clinically however traditional swedana are practiced more as compared to modern modified sweda techniques due to financial affordability and lack of clinical set up in accord to modern techniques like jacuzzi, sauna rooms etc.

All in one panchkarma table, Steam bath generator, Portable steam cabin, Steam-gun, Nadiswedan yantra, etc are good examples of modified nadi Swedan. Nozzle is uniquely designed so that droplets and heavy force of the steam do not touch the patient skin directly. It has a safe holding sponge which do not heat or burn the therapist. Out of the 6 questions related to nadi swedan yantra in the questionnaire, it was seen that in current scenario clinical practitioners use all in one panchkarma technique as maximum people opted for its multifunctional purposes. While rest option was not selected due its high price, maintenance, easily not available etc.

Considering the definition mentioned in ayurveda samhita for Sankar Sweda, Heating Belt best fits the type. Also, a good response was seen supporting the use it as it comes in a regular size that is ideal for use at home or in an office, as well as a small size that is compact and portable for travel purposes. Ayurvedic drugs according to the ailment were used in the preparation of prastara sweda. The drugs add in the effectiveness.

Heating mat is the ideal suit for prastara sweda, according to the definition in the Ayurveda Samhita. The warmth of the heating mat is adjustable and can be lowered or turned off whenever required. The heating mats can be easily stored by folding and placed properly for storage. However in the study it was seen that not many people support the use of it. This might be because Ayurvedic drugs according to the ailment were used in the preparation of prastarasweda. The drugs add in the effectiveness. Also it is not easily available in India and a bit heavy to the pockets of consumers.

Steam Shower, Shirodhar yantra are modified instruments used in Parisheka sweda these days in clinical practice. However according to the survey carried under this study not much responses were seen. This might be due to the disadvantages such as No Oscillation facility, Drip flow cannot be controlled, Heating of oil is not possible

Concurring to the definations provided in ayurvedic texts, Various types of hot tub, sitz bath, spinal bath come under the type of modified instruments used for Avagaha sweda.

Merits: Well insulated, Maintains temperature , A motor pump is provided with a hand nozzle for jet massage , Water inlet outlet and overflow valves . However according to the survey carried under this study not many ayurvedic practitioners use it for swedan purpose. This might be due to the disadvantages such as Costly affair, High maintenance, Available only at spas, sauna, therapy centers.

Steam room, wooden sauna bath come under modified instruments used in place of Jentakasweda and kutisweda. The general idea of getting exposed to steam in an enclosed compartment is provided. However according to the survey carried under this study not many ayurvedic practitioners use it for swedan purpose. This might be due to the financial burden, high maintenance, separate space occupation, etc.

Concurring to definitions provided for tapa Swedana and rukshasweda in samhitas, Heating mat, Heating Belt, Hot water Bag can be fairly considered as a good response was noted in the survey for these because It comes in a regular size that is ideal for use at home or in an office, as well as a small size that is compact and portable for travel purposes. It is also cost effective can be done daily and requires less maintenance.

When asked which modified instruments are most commonly used for tapa sweda, 75.38 percent said hot water bags, 10.76 percent said heating belts, and 7.69 percent said heating mats, while many chose lavana, valuka, blanket swedan, sunlight, warm clothing, etc. As they are easily available, can be used daily, portable and within affordability range for average Indian patient.

Hot tub, Sitz bath, Hot foot bath, Shirodhara yantra are the type of modified instruments that are now used for Drava Swedana in clinical practice. The newly modified techniques justifies the descriptions mentioned in the classics. When asked which modified instruments are most commonly used for dravasweda, 60 percent opted for sitz bath, 41.5 percent opted for shirodhara yantra, 40.8 percent opted for hot foot bath, and 30 percent said steam shower, while many chose hot tub as alternative. Sitz bath, shirodhara yantra, hot foot bath, etc can be easily made available in an ayurvedic panchkarma centre.

When asked which modified instruments are most commonly used for upnahasweda, 80 percent opted for heating belt, while many chose hot water bag, ushnadravalepa, warm towel wrap, etc. As alternative because Such techniques can be easily made available not just in a clinicians set up but also at home. It comes in a regular size that is ideal for use at home or in an office, as well as a small size that is compact and portable for travel purposes.

Ekangaswedana is justified by the following techniques: Shirodhara yantra, Heating Belt, Hot Water Bag, Nadi Gun, Spine Bath, Nadiswedan Yantra, Vagina steamer, Arshvaspa swedan yantra, Facial steamer, Infrared lamp, hair steamer. When asked which modified instruments are most commonly used for ekangasweda, 53.8 opted for hot water bag, 45.4 percent opted for nadiswedan yantra, 39.2 percent opted for shirodhara, 36.2 percent population opted for steam gun while some also chose heating belt, facial steamers, infrared lamps, aarshavaspa swedan yantra etc since it is simple to make such procedures available both at home and in a clinical setting, Modified as per usage for eg spinal bath, sitz bath, foot bath focusing specifically to a particular area. Although not much supported was noted for other techniques such as spinal bath, hip bath, etc may be because of its single utility and special space requirement.

Steam bath generator, Portable steam cabin, Wooden sauna bath, Steam room, Steam shower, Herbal sauna capsule, All in one panchkarma table, Infrared room, Steam bath

chamber etc. Clearly justifies the usage and thus counted as Sarvanga type of swedana. When asked which modified instruments are most commonly used for sarvanga sweda, maximum that is 49.2 % opted for nadiswedan yantra & Very less respondents opted for herbal sauna capsule, infrared light etc. Since it is not simple to make such procedures available in a clinical setting

When asked which modified instruments are most commonly used for Rukshasweda, maximum that is 57.7% opted for hot water bag, 29.2 % opted for heating belt, 24.6% opted for heating mat while the rest also chose valukapottalisweda, etc since it is simple to make such procedures available both at home and in a clinical setting.

Concurring to sankarsweda a type of Agni sweda, 46.15% of respondents said they always use it, 42.30% said they use it occasionally, 10% said they use it infrequently, and 1.53% said they had never used it for swedana karma. Bolus fomentation are effectively practiced in musculo skeletal conditions so high utility is seen.

In accordance with prasthar sweda, a sort of Agni sweda, 7.69 percent of respondents said they use it always, 32.30 percent said they use it occasionally, 24.61 percent said they use it infrequently, and 35.38 percent said they had never used it for swedana karma. Such a set up for swedana is only seen in authentic panchkarma practical units but hardly seen in regular ayurvedic clinics.

In accordance with nadi sweda, a sort of Agni sweda, 67.69 percent of respondents said they use it always, 28.46 percent said they use it occasionally, 3.84 percent said they use it infrequently for swedana karma. Since it is simple and affording to make such procedures available in a clinical setting.

In accordance with parisheka sweda, a sort of Agni sweda, 55.38 percent of respondents said they use it always, 39.23 percent said they use it occasionally, 5.38 percent said they use it infrequently for swedana karma. Due to the ease and affordability of implementing such techniques in a clinical setting.

In accordance with avgaha sweda, a sort of Agni sweda, 23.84 percent of respondents said they use it always, 38.46 percent said they use it occasionally, 22.30 percent said they use it infrequently, and 15.38 percent said they had never used it for swedana karma. due to the ease and affordability of implementing such techniques in a clinical setting.

In accordance with Jentaka sweda, a sort of Agni sweda, 9.23 percent of respondents said they use it always, 13.07 percent said they use it occasionally, 23.84 percent said they use it infrequently, and 53.84 percent said they had never used it for swedana karma. Lack of its utility is because of the space requirements.

In accordance with Ashmaghna sweda, a sort of Agni sweda, 7.69 percent of respondents said they use it always, 14.61 percent said they use it occasionally, 16.92 percent said they use it infrequently, and 60.76 percent said they had never used it for swedana karma. The raw material, process, and space requirements account for its lack of utility.

In accordance with karshu, kuti, bhoo, Kumbha, kupa and holaka sweda, a sort of Agni sweda, The raw material, process, and space requirements account for its lack of utility.

According to Niragni Sweda, the high utility of vyayama is justified because people are more health concerned and there are gyms on every corner of the street. There were equally

as many answers in favour of and against ushna sadana, therefore there was no clear winner. Although gurupravarana can be used seasonally, the study was conducted during the summer and monsoon season, negating its usefulness. Alcohol and hunger are not used as swedana practises. Patients have emotional disturbance due to Bhaya and Krodha aahav. Upnaha is occasionally used by people as a niragni sweda. Since sunbathing is less frequent in temperate nations like India than it is in cold ones, there weren't many comments in favour of this kind of sweda.

Utility of modern techniques vs traditional

While certain modern medical procedures, such as hot tubs and steam rooms, are costly for both patients and physicians, others, such as steamers, hot water bags, and heating belts, are more accessible and can be used on a daily basis. Other types of swedan require proper maintenance for optimum use, although steamers and heating belts require less care. Traditional forms require a thorough process that includes gathering raw materials and carrying out procedures, making them time-consuming. A skilled person should carry out traditional forms rather than a layperson because they play a major role in the procedure's effectiveness and the realization of its benefits. Clinicians can administer regulated heat to vulnerable patients using some approaches that have temperature control systems. Modern approaches have been created with maintenance in mind, such as portable steam rooms, inflatable hot tubs, hot water bags, and other products that are simple and practical to manage. Modern technologies like the portable steam cabin, inflatable hot tub, hot water bag, etc. are built with mobility and handling in mind and are simple and practical to clean. When asked if modified instruments were supported by traditional Ayurvedic swedana, 32.30 percent said "yes," 17.69 percent "no," and 50 percent "may be." Some instruments support a few different types of swedana therapy, however suitable ayurvedic medications based on illnesses are also targeted when providing such therapies in ayurveda, which is questionable from a modern perspective. Due to its advantageous features, such as portability, handling, and convenience of availability, swedana is now possible for patients at home as well, reducing the need for medical visits, which was agreed upon by 70% of respondents.

CONCLUSION

The advancement of science and technology around the world has caused significant changes in society, and the practical issues encountered by ayurvedic faculties are increasing. Keeping ayurveda principles in mind, we should incorporate modern technology with the help of allied disciplines. The use of modern modified techniques is seen increasingly in today clinical practice although some are quite supported in the daily practice while some are not. Modern modified techniques that are easily available, cost effective, serve multi-purpose and require less maintenance are accepted in today's society and for this reason new techniques are welcomed. While those that are expensive, require high maintenance, space utility is less practiced and opted by patients. Traditional methods of steam also focus on different types of ayurvedic herbs utilized in the swedan as per condition for which the sweda is opted.

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