

CONCEPTUAL REVIEW ON *PATRA PINDA POTTALI SWEDA*: AN AYURVEDIC
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Article Received on 19/12/2024

Article Revised on 08/01/2025

Article Accepted on 29/01/2025

ABSTRACT

Sudation is a therapeutic technique that promotes sweating through the application of heat, either in the form of steam or by directly applying heated medicinal substances to the body. This process helps alleviate stiffness, heaviness, and coldness within the body. *Sankara Sweda* is a specific method where medicinal materials are wrapped in cloth and used for fomentation, commonly referred to as *Pinda Sweda*. *Patra Pinda Pottali Sweda* is a distinct variation of *Pinda Sweda*, where specialized medicinal leaves and other therapeutic ingredients are used in a similar fashion to provide targeted relief. **Aims and Objective:** To review the procedure of *Patra Pinda Pottali Sweda* by analysing a wide range of Ayurvedic and contemporary literature, including published research papers and textbooks. **Materials and methods:** The referenced sources include the *Brihatrayi*, *Laghutrayi*, and other authoritative Ayurvedic texts, along with scholarly resources such as Google Scholar, PubMed, and reputable journals. **Results and conclusion:** *Patra Pinda Pottali Sweda* is a *Snigdha Swedana* therapy that proves highly effective in treating musculoskeletal and joint disorders, especially those linked to imbalances in *Vata* and *Kapha*. It helps alleviate pain, stiffness, and inflammation, providing significant relief from these conditions.

KEYWORDS: *Swedana*, *Patra Pinda Pottali Sweda*, Sudation therapy, *Vata-vyadhi*.**1. INTRODUCTION**

Ayurveda, the ancient system of medicine, encompasses a variety of therapeutic approaches aimed at enhancing overall health and wellness. Among these, *Swedana* (Sudation) therapies are particularly valued for their efficacy in addressing a wide range of health concerns. One such specialized form of *Swedana* is *Patra Pinda Sweda*, which involves the use of medicinal leaves combined with other therapeutic ingredients to alleviate conditions like pain, stiffness, and inflammation.^[1] This review article explores the concept and practice of *Patra Pinda Pottali Sweda*, examining its historical origins, preparation methods, therapeutic benefits, and clinical applications. By synthesizing insights from classical Ayurvedic texts alongside contemporary scientific research, this article offers a thorough understanding of *Patra Pinda Pottali Sweda* and its valuable role in the treatment of various ailments.

2. MATERIAL AND METHODS

This review study involved a thorough examination of available literature, including classical texts and electronic databases, to gain a comprehensive understanding of *Patra Pinda Pottali Swedana*. Key classical sources such as the *Brihatrayi* and *Laghutrayi* were consulted, alongside modern electronic databases like PubMed, Google Scholar, and reputable journals. These resources were meticulously analyzed to explore the relevant diseases and to synthesize a well-rounded perspective on the therapeutic concept of *Patra Pinda Pottali Swedana*.

Review On *Patra Pinda Pottali Sweda*

Swedana karma is a crucial and essential preparatory treatment (*purvakarma*) that follows *Snehana* (oleation) in Ayurvedic therapy. Sudation is a therapeutic technique aimed at inducing perspiration through the application of heat, either in the form of steam or by direct contact with heated medicinal substances. In Ayurveda, this practice is categorized into 13 types of *Sagni Sweda* (heat-induced

sweating) and 10 *Niragni Sweda* (non-heat-induced sweating),^[2] each serving specific healing purposes. The process of *Swedana*, or fomentation, is primarily classified into two types based on its properties: *Ruksha Sweda* (dry fomentation), which utilizes heat without moisture, and *Snigdha Sweda* (oily fomentation), which involves the application of herbal oils or medicated substances that have been processed or cooked in oil,^[3] typically following an oil massage to enhance the therapeutic effects.

In *Snigdha Pinda Sweda*, substances such as sesame (Tila), black gram (Masha), horse gram (Kulattha), tamarind (Amla), and others are boiled with rice, rice mixed with ghee or oil, or meat. Alternatively, a combination of rice pudding (Payasa), sesame paste (Tila Kalka), and meat may be used. These ingredients are then placed in a cloth pouch (*Pottali*) and applied to the body while still warm.^[4]

In *Ruksha Pinda Sweda*, the dung of animals such as cow, donkey, camel, boar, or horse is heated and enclosed in a *Pottali*. Alternatively, a mixture of husk and barley (Yava) is boiled together and placed in the *Pottali*. Other materials like sand, animal dung, stone dust, iron filings, and dry dung powder can also be heated and tied in a *Pottali*.^[5] The warm *Pottali* is then applied to the body, facilitating therapeutic sweating. *Ruksha Sweda* is recommended for conditions where pain and associated symptoms arise from the accumulation of *Ama* (toxins), *Meda* (fat), or *Kapha* dosha. In contrast, when pain and symptoms are primarily due to an imbalance in *Vata* dosha, *Snigdha Sweda* is more appropriate.^{[6][7]}

Generally, *Swedana* provides relief from pain and stiffness by promoting circulation and relaxation. The specific type of *Swedana* and the accompanying medicinal formulations are tailored to particular conditions. *Patra Pinda Pottali Sweda* is a specific form of *Pinda Sweda*, derived from three components: *Patra* – leaves, *Pinda* – bundle, and *Swedana* – Sudation. This process involves the application of heated bolus bags (*pinda*) filled with medicinal plant leaves, which are used to induce sweating after an *Abhyanga* (oil massage). The *pinda* is gently rubbed over the affected area to promote therapeutic sweating. In certain cases, both forms of *Swedana* can be effectively combined to suit the individual's needs, with *Patra Pinda Sweda* being a prime example of such a combined approach. Various types of *Pinda Sweda* are practiced, each serving different therapeutic purposes, including *Shastika Shali Pinda Sweda*, *Patra Pinda Sweda*, *Jambira Pinda Sweda*, *Churna Pinda Sweda*, *Baluka Sweda*, and *Anda Sweda*. Each variation utilizes different substances and methods to address specific health conditions.

Procedure Of Patra Pinda Pottali Sweda: It is divided into three parts.

I. Poorva Karma

II. Pradhana Karma

III. Pashchata Karma

Poorva Karma

- Collection of essential material for *Patra Pinda Pottali Sweda*.
- Preparation of the *Pottali*.
- Preparation of patient.

Collection of Essential Material Ingredients required are-

Patra(leaves) of-*Nirgundi* (*Vitex negundo*)-250gm

Sahajan (*Moringa oleifera*)-250 gm

Eranda (*Ricinus communis*)-250gm

Arka (*Calotropis procera*)-250 gm

Dhatura (*Datura metel*)-250gm

Nimbu(lemon) – 4 pieces

Haridra – 10 gm

Saindhava – 10 gm

Rasona – 50 gm

Ajmoda-10 gm

Methika -10 gm

Mediated oil

Cotton cloth (45cm X 45cm)

Vessels (for frying leaves and for heating *Pottali*) – 2

Spoon – 01

Weighing machine - 01

Towel – 01

Disposable sheet-1

Masseurs – for massage

Heating apparatus – 01

Preparation of the *Pottali*- The leaves of *Eranda*, *Arka*, *Nirgundi*, *Sahajan*, and *Datura* are thoroughly washed and cut into small pieces. In a heating vessel, add 100 ml of the prescribed medicated oil, followed by *Ajmoda*, *Methika*, and crushed *Rasona*. Once the mixture starts heating, add *Nimbu* to it. Fry the ingredients until the mixture turns a light brown shade. Next, add the chopped leaves and shallow fry until they are well incorporated. After frying, mix in the *Saindhav* salt and turmeric powder. Once all ingredients are thoroughly blended, transfer the mixture into a clean cotton cloth and shape it into a *Pottali*. The *Pottali* is then dipped in suitable oil, and a gentle massage is performed over the affected area. These *Pottalis* are designed for single use and should be discarded afterward.

Preparation of the Patient- Before initiating any treatment, factors such as *Desha* (place), *Ritu* (season), *Rogabala* (strength of disease), *Rogibala* (strength of the patient), *Jeerna* Lakshana (chronic condition signs), and *Vaya* (age) must be carefully considered. After evaluating these factors, the appropriate type of *Swedana* (sudation therapy) should be selected.

Prior to *Swedana*, *Abhyanga* (oil massage) should be

performed. The patient should be seated comfortably with their legs extended on a table. Apply the prescribed medicated oil for Abhyanga all over the body or specifically on the affected area for approximately 10 minutes. This preparation helps to relax the body, improve circulation, and prepare the patient for the *Swedana* procedure.

Pradhana Karma

The prepared *Pottali* should be heated in appropriate oil in a hot iron pan until it reaches a temperature between 42°C and 46°C. Before application, check the temperature by gently pressing the *Pottali* against the dorsal side of the palm to ensure it is comfortably warm. Once the ideal temperature is confirmed, the attendant should apply the *Pottali* with mild pressure over the affected area. Subsequently, the *Patra Pinda Pottali* should be gently tapped, pressed, or momentarily held against the body. The technique should follow specific movement patterns.

- On the extremities: The *Pottali* should be moved in a linear motion from top to bottom.
- On the trunk: It should be moved in an upward direction from bottom to top.
- On the joints: The *Pottali* should be used in circular motions.

Begin with light pressure, progressively applying deeper pressure as tolerated by the patient. Throughout the procedure, it is essential to maintain the *Pottali*'s temperature by reheating it when necessary. The treatment should be performed in seven distinct positions to ensure thorough coverage of the entire body (Savanga): Sitting, Supine (lying on the back,) Left lateral (lying on the left side), Right lateral (lying on the right side), Prone (lying on the stomach), Supine (lying on the back again), Sitting (once more).

This approach ensures that the entire body receives balanced and effective treatment, enhancing relaxation and promoting overall well-being.

Pashchata Karma

After the procedure, the content should be gently wiped off using a clean cloth. Once the body has rested and returned to its normal temperature, the individual should take a warm water bath to cleanse and refresh. The food should be light, freshly prepared, and served hot to support the body's recovery. It is advisable to avoid prolonged exposure to the sun or wind, as well as the consumption of *Abhishyandi Ahara*, such as curd (*Dadhi*), which may aggravate the condition.

Duration of the Procedure: 30–45 min for 7 to 21 days or as directed by the physician.

Safety and Precautions

- Contents should be cooked on slow medium flame to avoid getting over-fried or burnt.
- Ensure all equipment is cleaned.

- Ensure the *Pottali*'s temperature is checked before applying it to the patient.
- Maintain a consistent temperature throughout the procedure.
- Monitor the patient closely for any signs of adverse reactions.
- Adhere to strict hygiene practices throughout the process.
- Limit sudation on the occipital and cardiac regions.
- Protect the patient from direct wind exposure.

Complications

- Burn – Immediately apply Aloe Vera, *Shatdhouta Ghrita*, or coconut oil to the burn site.
- Fainting – Halt the procedure and gently sprinkle water over the patient's face.
- Allergic Reaction – Discontinue the procedure and manage the situation as needed.
- Procedure Discomfort – Immediately stop the procedure if discomfort arises.

Indications^{[8][9]}

- *Vatika* conditions *Sandhigata vata* (osteoarthritis), *Gridhrasi* (sciatica), Cervical and Lumbar spondylosis, Ankylosing Spondylitis, *Avabahuka* (frozen shoulder), *Pakshavadha* (Hemiplegia) etc.

ContraIndications^{[10][11]}

- *Paittika* conditions, Open wound (*Vrana*), *Ajeerna*, *Taruna Jwara*, *Raktapitta* (Hemorrhagic disorders) *Madhya-Vikara* (also one who has consumed alcohol), *Kamala* (jaundice) Garbhini etc.

3. DISCUSSION

Patra Pinda Pottali Sweda, a specialized Ayurvedic therapeutic technique, provides a holistic approach to managing musculoskeletal and joint disorders, particularly those linked to imbalances in the Vata and Kapha doshas. This treatment utilizes a bolus of medicinal leaves, known for their powerful anti-inflammatory, analgesic, and anti-degenerative properties. These medicated leaves enhance the therapy's effectiveness, helping to alleviate symptoms such as pain, stiffness, and inflammation, while promoting overall joint and muscle health.

The dual approach of *Patra Pinda Pottali Sweda*, which combines both *Snehana* (oleation) and *Swedana* (fomentation), offers a holistic and highly effective treatment strategy. *Snehana* works by lubricating and softening the tissues, while *Swedana* facilitates the opening of bodily channels, aiding in the expulsion of toxins. This powerful combination not only provides symptomatic relief from pain and stiffness but also promotes overall detoxification and rejuvenation of the body.

One of the key benefits of *Patra Pinda Pottali Sweda* is its adaptability to the individual's specific needs. For example, in cases where Vata aggravation causes

degenerative joint conditions, the warm and oily nature of the therapy helps balance the *Vata* Dosha, alleviating pain and enhancing mobility. In situations where *Kapha* predominates, the treatment effectively clears blockages and reduces a sense of heaviness, offering further therapeutic advantages.

Clinical observations and studies have shown that *Patra Pinda Pottali Sweda* is particularly effective in managing a range of musculoskeletal and inflammatory joint conditions, including osteoarthritis, rheumatoid arthritis, lumbar spondylosis, sciatica (*Gridhrasi*), intervertebral disc prolapse (IVDP), whiplash, wry neck, and ankylosing spondylitis. The therapy has also been noted to improve circulation, enhance tissue nutrition, and support the healing of chronic injuries. Additionally, the rejuvenating effects of *Patra Pinda Pottali Sweda* contribute to its anti-aging benefits, making it valuable not only for treating specific conditions but also for promoting overall health and well-being.

However, the effectiveness of this treatment can vary based on factors such as the patient's constitution, the chronicity of the condition, and the expertise of the practitioner. As with all Ayurvedic therapies, it is crucial to tailor the treatment to the individual, taking into account their *Prakriti* (natural constitution), *Vikriti* (current health state), and any potential contraindications.

While the traditional knowledge surrounding *Patra Pinda Pottali Sweda* is extensive, further clinical research is essential to validate its therapeutic benefits within the framework of modern medicine. Controlled studies and evidence-based evaluations could help bridge the gap between ancient Ayurvedic practices and contemporary healthcare, enhancing the credibility and broader acceptance of this therapy.

In conclusion, *Patra Pinda Pottali Sweda* stands as a valuable therapeutic modality within Ayurveda, offering a wide range of applications for managing pain, inflammation, and related conditions. Its holistic approach—integrating detoxification with rejuvenation—makes it a versatile treatment for both acute and chronic health concerns. With continued research and integration into modern healthcare practices, this therapy has the potential to provide significant benefits to patients seeking natural, holistic treatment alternatives.

4. CONCLUSION

Patra Pinda Pottali Sweda is a powerful Ayurvedic therapy that effectively addresses musculoskeletal and joint disorders, particularly those related to imbalances in the *Vata* and *Kapha* Doshas. With its dual action of *Snehana* (oleation) and *Swedana* (fomentation), this treatment helps to relieve pain, stiffness, and inflammation, while simultaneously supporting detoxification and rejuvenation of the body. While its traditional efficacy is well-documented, further scientific

research is necessary to confirm its benefits in the context of modern medicine. Incorporating this therapy into contemporary healthcare could offer a natural, holistic alternative for managing chronic pain and inflammation, providing patients with a safer, non-invasive treatment option.

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