

## A SYSTEMIC REVIEW ON SWEDANA

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## INTRODUCTION

Ayurveda is the science of health; it offers therapeutic and preventive methods for restoring tissue homeostasis and helping people reach optimal health. Swedana, known as body sweating, is a typical therapeutic technique in Ayurvedic medicine. Throughout the traditional Ayurvedic scriptures, Swedana is recommended for its calming or cleansing properties. It can be performed as an independent intervention, a prelude to Panchakarma, or the five detoxification procedures.

Sweating treatment (Swedana) is usually given after oleation- Snehana therapy. Swedana is the procedure that relieves Stambha, Gaurava, and Sheeta which induces Swedana (Sweating). It plays a dual role in Purvakarma as well as Pradhanakarma. Swedana has relaxing and detoxifying effects on the human body. Sweda is classified into different varieties according to the different Acharyas. According to Charaka, two main types are Sagnisweda (thermal) and Niragnisweda. (nonthermal). Niragnisweda is further classified into ten types viz. Vyayama (exercise), Ushnasadana (warm rooms), Guru pravarana (heavy blankets), Kshudha (hunger), Bahupana (excessive drinking), Bhaya (fear), Krodha (anger), Upanaha (plasters), Ahava (war) and Atapa (sunbath). Whereas Sagnisweda is classified into 13 types viz. Sankara (mixed), Prastara (hotbed), Nadi (steam kettle), Parisheka (affusion), Avagaha (bath), Jentaka (sudatorium), Asmaghana (stone bed), Karshu (trench), Kuti (cabin), Bhu (ground bed), Kumbhi (pitcher bed), Kupa (pit sudrta) and Holaka (under the bed). Whereas Acharya Sushruta classified Swedana into main 4 types Tapa sweda (Direct heat), Ushmasweda (Steam), Upanah Asweda (poultice), Dravasweda (warm liquid). Swedana Guna (properties) and its action of the body Ushnata: This originated from Agneyaguna and is opposite to Shitaguna. It induces enthusiasm, relieves stiffness, and promotes unconsciousness, thirst, burning sensation, sweat, and digestion in the body. It is Agnimahabhuta's dominant property. Tikshnata: It is also Agnimahabhuta's dominant property. It produces a burning sensation, Paka (ripening) and Srava (secretions). Tikshnaguna is responsible for the ripening of vitiated Dosha and Malas and their discharges from their respective places. It alleviates Vata and Kapha

dosha and stimulates Pitta dosha. It decreases the Mansa and Meda dhatu and acts as Lekhanadravya. Rukshata: It is the opposite property of Snigdha-guna. Rukshata causes dryness in the body. It is the Property of a non-unctuous substance. Rukshaguna induces firmness in the body and wards off softness. It is dominant in Vayavya and Agneyamahabhutas. Sthirata: This property is opposite to Saraguna. It represents immobility. It induces firmness and stability in the body. Sarata: It dominates Jalamahabhuta and has the property of advancing which is termed as Preranashila.

## Advantages of Swedana Dravya

1. Agni Dipti (better metabolism and digestion)
2. Mardavam (which results in flexibility and smoothness)
3. Twak prasada, or skin that is smooth and shiny.
4. Bhakta shraddha, or the hunger for food
5. "Clean channels," or Nirmala Srotas
6. Jadyahara (strength alleviation)
7. Tandrahara (a remedy for fatigue)
8. Sandhi stambhahara, which facilitates the activation of stiff joints
9. Nidrahara (reduce oversleeping) Swedana uses the Agni element of Panchamahabhoota as a functional component, and all Swedana dravyas should possess the following attributes: Heat, or ushnata Tikshnata (severe) Sarata (Transportable) Snigdha, the impure Rukshata (rough) Sukshmatata (One Minute) Guruta (Heavy)

## CATEGORIES OF SWEDANA

### A. Sort based on their Characteristics

1. Mridu or swalpa sweda (mild): In situations where a very mild form of sweda is appropriate and a slight form of Swedana karma may result in harm. The following areas should receive this kind of Swedana, or these portions should be covered with cold materials throughout the application process: Netra (eyes), Hridaya (cardiac area), and Andakosha (scrotum)
2. Madhyam or alpha sweda (moderate) – the joints and the Vankshana region (inguinal area) are appropriate for moderate sudation: 3. Maha Sweda (intense): The entire body is thought to be suited for maha sweda, except the places listed under Mridu and Madhyam Sweda.

### B. Various classification schemes based on the patient's ball (strength)

1. Maha Sweda (intense): Suitable for those with strong bones and for use in the winter or chilly climates.
2. Madhyama sweda (moderate): Ideal for individuals with medium strength and throughout sadharana kala (the regular season).
3. minor Durbala Sweda: Suitable for individuals with reduced strength and in cases of minor disease or acute illness, this remedy is best taken in mildly chilly environments.

### C. Types of Sweda based on Sweda/Dravya methods or Swedana nature equipment

1. Taapa sweda: Sweden by hard materials such as stone, iron plates, etc. They have a hard surface; to apply them, you must first touch them to the target region and then make contact with fire.
2. Ushna Sweda: Allow steam to cause perspiration.
3. Upnaah Sweda: Poultices made of semi-solid materials are applied.
4. Drava Sweda: Liquid materials, water, or drug infusion are utilized.

### D. Sorts according to sweda quality

1. Snigdha sweda: advised for Vata dosha and Pakvashaya issues
2. Ruksha sweda: Suggested for Amashaya issues and Kaphaja diseases.

### E. Types according to Sweda's properties

1. Rukshasweda
2. Sweda Snigdha

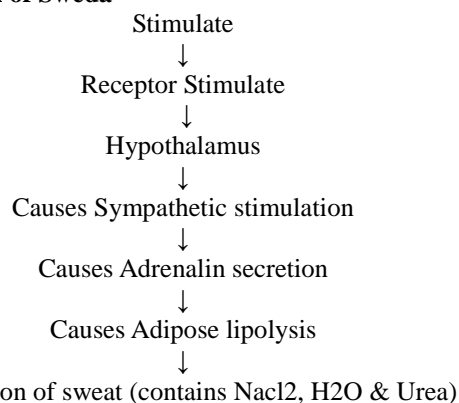
### F. Special classifications

As explained by Acharya Kashyapa, these should be used in appropriate kala (period), roga (diseases), and deha (body) types, particularly for children. Hold on tight (by palm)! Pradeha (package medication) Pipe fomentation, or nadi sweda Prastara, by a heated rock Mixed fomentation, or Samkar Upnah (poultice) Avgahana (soaking in a tub) Parisheka (steam shower).

### G. Swedana Types according to Applied Area

1. Ekanga gata: locally, on a specific organ, or the intended area.
2. Sarvanga gata: administered universally throughout the body.
3. The Snigdha Ruksh

### Production of Sweda



### DISCUSSION

Sweda karma rectifies the function of Medadhatwagni and Bhutagni and fastens the Pakakarma which causes Srotomukhashodhana and profuse Sweda production. That causes the displacement of exudates hence relieving pain, and relaxing muscular spasms. By Swedana, due to arterial dilatation, the part gets more circulation. So, acts as Stambhaghna, Gourabaghna, Sitaghna and also Prabha varnakara. So Sweda karma maintains the thermoregulation system of the body by maintaining equilibrium between core temperature (temp. inside the body) and shell temperature (skin temp.) Sweda karma hastens this process by increasing the permeability of the capillary and bringing the morbidities into an extracellular fluid by dilating and clearing the channels of the body. Finally, Sweda karma fascinates the transport of metabolites into the blood and lastly into Koshtha for easy elimination by Panchakarma. That is the probable mechanism or action potential of Sodhanangabhootaswedana to prevent and cure ailments.

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