

UPNAHA SWADANA A REVIEW ARTICLE WITH SPECIAL REFERENCE TO
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ABSTRACT

Upnaha means creating local warmth with application of medicated paste and bandaging or wrapping the site where it is indicated through the help of vatahara leaf or *Charmapatta* etc. as said in texts. Here tried to elaborate the process of Upnaha bandhana according to current scenario. Ancient Acharya described the procedure as per the availability of material and medicine in that era. Now a days there is everything become advance and so many facilities achieves in smart way. Likewise Panchakarma may also available in informal way without occurring and side effect with hampering any it's therapeutic effect.

KEYWORDS: Upnaha Sweda, Poltis, Bandage, Charmapatta.**Etymology^[1]**

- To cover or to wrap or to tie.
- उप – is a prefix to noun/verb and denotes nearby/ together.
- बंध – is a verb and denotes to bind/ to tie.
- Upanaha means - To tie or to cover or to wrap.

The word 'Upanaha' is split as upa+nah, in which upa is upasarga (prefix) which means near, nah bandhane means to tie or bind.^[2]

Introduction

- *Upnaha* means bandage,^[3] here in Upnaha type of Sweda warmed medicated paste applies over the superficial area of skin where its action is needed i.e reducing the localized pain and swelling. Specificity of Upnaha points that the bandaging of medicated paste with covering it for short duration or till it get normalized or it removes after 10 to 12 hrs. means Upnaha which applied in morning it removes in evening and Upnaha which applied in evening that removes in morning.
- **Synonym** – Poltis, Sankara Sweda
- **Defination** –
- The process in which drugs appropriate for Swedana are applied over a limb and then covered by any leaf or bandage that is *Bandhana* (Bandaging) is known as *Upnaha*.

• Bandhana Dravya

Acharya Charaka mentioned the use of *Charma Patta* for tying which is of *Ushna Virya*.

In absence of the above *Kausheya* (silk) or *Avika Sataka* (woolen blanket) and *Vatahara Patras* are mentioned for purpose of tying.

Types of Upnaha**2 Types**

1. *Saani* 1) *Singdha Upnaha*
2. *Niragni* 2) *Ruksha Upnaha*

3 Types

- 1) *Pradeh*
- 2) *pinda/sankara*
- 3) *bandhana*

Salavana Upnaha**Saagni – Niraagni Upnaha in brief****Saagni Upnaha**

- In *Saagni Upnaha* the drugs are given *Agni Samskar* (Heating) and then applied on affected part.
- This *Upnaha* is used in condition where only *Vata Shamana* is needed i.e. The *Sheeta Guna* of *Vata* is leading to *Stabdghata*, *Garata* thus giving rise to *Ruja* during *Aankunchana* and *Prasarana*, such as in *Sandhigatavata*, etc.

Niragni Upanaha

- In *Niragni Upanaha* the drugs used are *Ushna Pradhana*, *Ushna Viryatmaka* and *ruksha* in nature, therefore *Niragni Sweda* can be indicated in condition where, there is involvement of *Kapha* or where there is *Sthanik Aama Lakshana* such as in *Amavata*.
- These possessing counter irritant property which stimulates the nerve ending and thus improves blood and lymphatic circulation, in turn increases local tissue metabolism, reduces inflammation by modifying secretion of various inflammatory mediators.

Snigdha-Ruksha Upanaha in brief**Snigdha Upanaha**

- The drugs used in *Snigdha Upanaha* are *Taila*, *Ghruta*, *Ksheera* which are *Snigdha*, *Vatashamaka*.
- Thus, used in condition where there is increase in *Ruksha Guna* of *Vata* or where *Bruhana* is needed. Therefore, this *Upanaha* can be used in *Sandhigata vata*, *Sira Snayugata Vata*, *Khalliroga*, *Shosha* etc.
- The lipoidal bond is very much suitable for penetration of drug molecule through stratum corneum.
- On this basis we can assume that in *Upanaha*, *Taila* helps in formation of lipoidal bond and helps in quick penetration of drug molecules.
- *Ruksha Upanaha*-
- Vice versa when there is increase in *Snigdha Guna* *Ruksha* quality of drugs are to be used such as *Kanji*, *Takra* etc.
- Therefore *Ruksha Upanaha* can be used in *Manyastambhaba*, *Katigraha*, *Vata kaphaja ghriddras*.

of upnaha Sweda used in sandhigata vata, Pakshaghata etc.

2. **Sarvanga Upanaha**- here whole body covers by upnaha dravya in case of Shosha.

Three types of Upanaha i.e Bandha**Bandhana^[4]**

In this variety *Vatahara* drugs along with *Amla Dravya* (*Kanji*), *Saindava Lavana*, *Sneha Dravyas* should be made hot, applied over the affected part and tied.

Pinda^[5]

Drugs are made into bolus form or *Krushara*, *Payasa*, *Utkarika*, *Veshavara* are prepared and made into a bolus form.

Sankara variety of *Sweda* mentioned by *Charaka* will also come under this category. *Dalhana* says that *Sankara Sweda* is also *Upanaha Sweda*.

Pradeha^[6]

Vatahara drugs mixed with *Amla Dravya*, *Lavana* and *Sneha Dravya* should be made hot and applied in the form of a thick paste (*Pradeha*) over the body without *Bandhana*.

Salavana Upanaha^[7]

As name suggest Upanaha in which *Lavana* used in higher quantity that's it. (Ch. Su4/14)

Salavana Upanaha- *Saindhava* is used in large quantity or used as main drug. Properties of *saindhava* are *Vata Anulomaka*, *Ushna*, *Snigdha*, *Chedaniya*, *Bhedhaneeya*, it destroys *Stambha*, and disintegrates *Sanghata*.

Thus, indicated in condition such as *Avarodhajanya* *Pakshaghata*, *Kukshishoola*.

Type according to area of surface covering by it

1. **Ekanga upanaha**- In this type local area is covered by bandaging Upanaha Sweda, this is common type

Medicines used for Upanaha sweda according to doshagnata

Sr.no.	Acharya	Dosha avastha	Medicines indicated
1	Charkaacharya ^[8] (ch. Chi 28/37)	Kevala vatanubadha	Godhuma, Yava with Sneha or Kinwa
		Pittanubandha	Sugandhi Dravya like Chandana, agaru, patra with jeevanti, surakitta or shatpushpa.
		kaphanubadha	Kushta, atasi, tila etc.
2	Sushrutaacharya ^[9] (Su. Su 38/)	Kevala vatanubadha	Upnaha of vatahara dravya prepared with kanji, krushra, veshvarfa utkarika, lavanaa etc.
		Pittanubandha	Use of surasadi gana, kakolydi gana and eladi gana dravya.
		kaphanubadha	atasi, tila etc.
3	Vagbhataacharya ^[10] (Ah. Su 15/5)	Kevala vatanubadha	Eranda, rasna, Kinwa, shatpushpa, vacha, devdaru, tila, masha and various dhanya (grains) addition of gandha dravya kushta, tagara, ela also addition sneha and lavana, chukra, ksheera, mamsa etc.
		Pittanubandha	Padmakadi gana
		kaphanubadha	Sursadi gana

Vagbhata, Astanga Hridayam, commented by Arunadatta and Hemadri, collated by Dr. Anna Moreswar Kunte and Krishna Ramchandra Shastri Narve, Edited by pt. Bhisagacharya Harishastri Paradkar Vaidya, Krishnadas academy Varanasi; Reprint, 2000; 958.

Indication and contraindications of Upnaha Swaeda

Indications

- Pain
- Stiffness
- Contraction due to *Vayu (Gatra Samkuchitata)*
- *Sandhigata vata*
- *Aamvata*
- *Katigraha*.

Contraindications

- *Pakva Shotha*
- DM
- Varicose vein
- Allergic condition

Method of Upnaha Badhna

As every procedure of Panchakarma divided under three main headings

1) Poorva Karma

Collection of Material

1. Medicines in the form of powders i.e Churna (Nagaradi choorna / Jatamayadi choorna / Kottamchukadi) according to the doshagnata and quantity of churna vary as per the part of body where to be it apply.
2. Bandage like Leaves of Eranda, Arka or cotton cloth or Charma Ptta or tube of football. Size of bandaging material also vary as per the body size to cover the area or where it should be apply.
3. Amla dravya (Dhanyamla / Takra / Vinegar) - 50-100 ml
4. Oil for upanaha - 50 ml
5. Oil for abhyanga - 30 ml
6. Saindhava - 20 - 30 g
7. Attendent - 1

Preparation of upnaha dravya

Saagni Upanaha dravya are made with direct heating the dravya and niraagni upmaha are made without heating as per disease.

Sequence of adding dravya to make paste is as Churna, Saindhava, taila, amla dravya in this order to make a kalka.

Before applying it skin sensitivity should be tested.

Pradhana Karma

Allow to patient in a position which is comfortable to him with exposing the body part where upanaha dravya to be tied with the help of bandaging material.

Before applying the Upnaha medicine the part of body to be with luke warm or abhyanga should done locally with lukewarm oil, if indicated.

Upanaha dravyas thickly and uniformly should be pasted on the affected part in (around 1 - 2 cm thickness).

Now covered with Vatahara patras, after it getting slight warming should be tied with a bandage cloth.

Bandage to be done according to availability of material, and suitable bandaging techniques should be adopted which is comfortable to both patient and vaidya material to be use which easily available but does not fluctuate the result of Upnaha like cotton bandage, Crape bandage, football tube etc can be used;

This is usually done in the night so that it can be put around 12 hours.

Application of bandaging to be done in such suitable position which is comfortable for the patient and does not hamper the therapeutic effect.

Pashchahta Karma

To remove upanaha dravya from body part hard plastic material should be used like ATM card or leaves of coconut bark not to make rashes over body this caution to be take.

After the removing of upnaha material body part should be cleaned with luke warm water and apply sneha dravya if needed.

Like this the process of upnaha should be done on consecutive days for prescribed period or up to achieve certain improvement.

Precautions

1. The bandage should make in such way which should not be too tight or too loose.
2. The paste made of upanaha dravya should be must suitable in consistency neither too thick nor too thin, therefore it should not fall stake adherently at site up to certain period without slipping off from its position.
3. upnaha should not be applied at wound site and in pakwa shotha awsatha.
4. Always check the sensitivity of the skin before starting the procedure of upnaha bandaging.

Complications and Management

1. In general some drugs may produce reddish discolorations of skin.
2. Itching and burning sensation occurs at the site where upnaha applied; then Stop the procedure immediately and manage the circumstance likewise. To manage the condition use the oils like Nalpamaradi kera / Eladi kera, shata Dhaita Ghrita for local application.
3. After recovering the complication Upnaha may applied according to condition of disease.

DISCUSSION

- Upnaha is one of the purvakarma as well as pradhana karma as per the condition of disease and patient.
- Now a days we can use substitute material like cotton bandage, football tube etc to make the procedure easy, cheap and effective.
- Effect of therapy occurs due to long time contact of dravyas, continuous contact of hot material and adjuvants ingredients used in it like sneha, kanji, sura etc.
- Upanaha acts similar to that of a topical agent or like transdermal drug delivery system is the part that needs to be studied further to prove it.
- The adjuvant material used for paste of churna like chakra, takra, surakitta are sour (amala) in nature so, it may penetrate the superficial layer of skin easily and other dravya acts by their own properties like tikshan, ushana etc.
- Procedure of upnaha dravya making and method of bandaging tried to explain as in the manner of purva, pradhana, pashchata karma need to improve it more systematically.

CONCLUSION

- Upnaha gives add on treatment for Pradhana chikitsa by reducing the symptoms with providing optimum benefits.
- Upmaha sweda mainly done as Shamaneya sweda chikitsa.
- Upnaha can be given where continuous heat is required for long duration.
- In Nirupashambha vata vyadhis Snigdha ushna upanahas are recommended
- When condition is Kapha samsrusta, Kaphavrita and Saama vata vyadhis then Ruksha ushna upanahas are suggested.

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