

**PARISHEKA A VARIETY OF SWEDANA KARMA****Dr. Jyoti Kumbar*¹ and Dr. Hemant Toshikhane²**¹Ph.D Scholar, Parul Institute of Ayurved, Parul University, Limda, Vadodara, Gujarat, India.²MS (Ayu), Ph.D, Dean, Faculty of Ayurved, Parul University, Limda, Vadodara, Gujarat, India.***Corresponding Author: Dr. Jyoti Kumbar**

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ABSTRACT

Swedana which is considered as "Bahirparimarjana chikitsa" and one among the "Sad-Upakrama" exactly opposite to stambhana. There are 4 varieties of Swedana karma explained in Ayurveda classics- Tapa, Upanaha, Ushma and Drava Sweda. Parisheka is one variety of drava sweda in which medicated liquid is filled into pot, jug with spout, or a tube and poured slowly and steadily over the part covered with cloth. In case of Vata affecting the entire body, the same- medicated water may be filled into tub and the patient made to sit in it, this method can be adopted in piles, Dysuria etc. Swedana is beneficial in different ways- like diminution of cold, diminution of pain and softening of the organs etc. Research indicates that Sweadana increases the availability of all neurohormones affecting brain chemistry, providing the recipient with a sense of well being. In this way different researches appear to show that swedana seems to regulate the various neurohormones either by stimulating or inhibiting the sympathetic and parasympathetic nervous systems. The balance between the two is critical as it helps us maintain homeostasis in the body.

KEYWORDS: Swedana, Bahirparimarjana chikitsa, Sad-Upakrama, neurohormones.**INTRODUCTION**

Traditional approach to health care & cure has been the basic matrix of panchakarma, the "pentapurificatory measure". "Swedana" which is a major procedure of panchakarma acts unanimously as Purvakarma, Pradhana karma and Paschat karma. By its versatility it shows its effectiveness in the diseases of almost all the system by mostly causing vasodilation and improved general circulation leading to healthy return in the condition. Swedana which is considered as "Bahirparimarjanachikitsa" and one among the "Sad-Upakrama" exactly opposite to stambhana. In the Vedic era the use of Natural remedies like sun-rays, fire were advocated as remedy in many disorders and mentioned as destroyers of rakshas. i.e. microbes which are the current status of swedana which indicate fluid perspiration from the body by sun light and exercise or the sweating which brought about in the body by contact of heat.

Swedana Prakara

1. Tapa- fermentation,
2. Upanaha- warm poultice,
3. Ushma- warm steam and
4. Drava – pouring of warm liquid.

Tapa Sweda is done by touching the affected part of the body with heated cloth, metal plate, forehead, Palm of the hand etc.^[1]

Upanaha Sweda is application of poultice prepared from Vacha, Kinva, Shatahva, Devadaru etc. any kind of grains, all substances having pleasant smell, roots of Rasna and Eranda or meat; each one added with more of salt, fats-oil ghee etc.^[2]

Ushma Sweda- Here the steam of the hot substance is directed towards the body part. Steam may be obtained by Utkarika- (boiling grains, pulses, seeds etc). Stones, pebbles, mud, leaves pieces, grains, dried dung of animals like cow, Sheep, Goat etc, Sand, Husk etc are also used for this purpose.^[3]

PARISHEKA A VARIETY OF DRAVA SWEDA

Ushnajalaparishheka used in Sootikaparicharya a variety of Drava Sweda – Warm liquid is prepared by boiling bits of leaves of drumstick, Varanaka, Eranda, Karanja, Surasa, Arjaka, Shireesa, Vasa, Vamsha, Arka, Malati or Dirghvrinta, with drugs of vachadigana, meat of animals of Marshy land and of those living in water, drugs of Dashamula, each one separately or all together, mixed with fats – oil, ghee etc. appropriate to the Dosha, Sura, Sukta, water and milk. This medicated liquid should be filled into pot, jug with spout, or a tube and poured

slowly and steadily over the part covered with cloth.^[4] In case of Vata affecting the entire body, the same-medicated water may be filled into tub and the patient made to sit in it, this method can be adopted in piles, Dysuria etc.^[5]

Synonyms of Parisheka

- Dhara
- Seka
- Avasheka
- Sechana
- Prasechana

Sarvangadhara Guna

- Brings Dridhata, Vrushata, Agni, Oja and Varna
- Work efficiency of the indriyas will be increased and they become more stable
- Person stays young for long time
- Useful in Asthibhagna
- Vatadi Doshahara

Parisheka Kala

- In Atirooksha persons: 2 ½ muhurta (Approx 72 min).
- In Snigdha and kaphamishrita: 1 muhurta (Approx 32 min).
- Or else in any person till svedaagamana.

Distance

Parisheka should be done from 12 angula distance.

Pashchat Karma

If parisheka has been done with sheetadravyas then-

- Sprinkling of cold water, kavala, ushnajalasana
- Dhanyaka siddha jalapana/ trikatuyuktatakra/ Yusha

Parisheka Sadhya Roga

Gulma, Anaha, Bhagandhara, Vrana, Tooni, Pratitoni, Shoola, Abhighata, Toda, Udavarta, Kotha, Moodhavata, Asthilavisarpa, Pleeha, Adhmana, Vidradhi,

Swedavidhi

Sweating should be administered to them who have been given Snehana – both internally- by drinking fats and externally- anointing oil over the body, who is staying in a room devoid of breeze and after his meal has been completely digested.^[6]

Sweating may be mild, moderate or strong depending upon the condition of the disease, Patient, habitat and season.^[7]

Person suffering from diseases of Kapha should be given sweating treatment in dry condition- without the use of fat internally and externally and with dry liquid – without addition of fats;

In case of Kapha and Vata- increased together the patient should be in dry condition and liquid mixed fats – should be used for sweating.^[8]

When vata is localized in the Amashayadry sweating should be given.

When Kapha is localized in Pakvasaya, oil-sweating should be given.^[9]

Sweating should be very mild / nil over the groins and also on the eye, scrotum and heart.^[10]

Benefits of swedana

Diminution of cold
Diminution of pain
Softening of the organs.

Persons Unsuitable for Sweating

Atishoola, Atirooksha, Durbala, Murchita, Those who are fit for Sthambhana treatment, Kshataksheena, Patients with Ama condition, Madyavikari, Night blindness, Visarpa, Shosha, who have recently consumed milk, curds, fat, who have just undergone Virechana treatment, Who are burnt, Who are tired, suffering from anger, grief, fear, excess thirst, hunger, Kamala Pandu, Meha, People with Pitta imbalance, women who are pregnant, menstruating and delivered recently. In case of emergency diseases, it should be done mildly – for the above.^[11]

Persons who deserve Swedana

Shwasa, Kasa, Pratishyaya, Hidhma, Adhmana, Vibandha, Svarabheda, Vatavyadi, Angamarda, stiffness in lower back, flanks, back, abdomen and jaws, enlargement of the scrotum, contractions of toes and fingers, tetanus sprains, dysuria, Malignant tumor, obstruction to the flow of semen and urine, and Adhyamaruta.^[12]

Swedaphala – Effects of Sweating

Doshas which have been lubricated by oleation therapy, residing either in the alimentary tract, tissues, or lurking in the channels of the extremities bones etc are liquefied by Sweating therapy, brought into the alimenantray canal to be eliminated out of the body completely, by appropriate purification therapies. So, sweating is done after oleation, but before elimination of Doshas.^[13]

Versatility of Swedana in Various Ailments:^[14]

Ayurvedic classics present several classification of swedana based on opinion of different pioneers, drugs used and actions etc. Dalhana emphasized on most practically oriented classification i.e. Samshamaniya Sweda and Samshodhaniya sweda or Samshodhanangabhuta sweda.

Table 1: Samsamaniya Sweda in Different Srotasgata Vikruti.

Different Srotas	Common Diseases	Types of Sweda
1. Pranavaha	Swasa	Nadisweda with Dasamula Kwathchurna
	Swarabheda	Jala Sweda (Lavanodaka)
	Tundikeri	Jala Sweda (lavanodaka)
2. Udakavaha	-	Not much effective
3. Annavaha	Anaha	Tapa sweda
	Atopa	Tapa sweda
4. Rasavaha	Jwara (Nutana)	Sweda (Gurupravara)
	Dourbalya	Ksheeradhumasweda with milk, Aswagandha, Bala & Nilgiri Oil. Shasthika Salipindasweda
	Bali palita	(i) – Do ---
		(ii) Baspa or Nadisweda adding C Kamkuma di Taila, ksheerbalstaila, chandanadi Taila
	Amavata	Balukapottalisweda (Lavana & Lasuna)
5. Raktavaha		Dasangalepa as upanahasweda
	Swittrakushtha	Atapasevana (Niragnisweda)
	Vicharchika, Pama, Khyata	Nimbadi ghritaseka
	Kachhapika	Nimbi patra decoction sweda
	Sheetapitta	Ushna Jalasweda
6. Mansavaha	Padadari	Ushna Jalaswedana
	Gala ganda	Vataja – Nadisweda with V atanasakadravya
	Gandamal	Vatanasaka Valuka pindasweda
		Kaphaja – Upanaha
7. Medavaha	Sthoulya	Swedana as purvakarma for lekhanabasthi
	Prameha	Not much effective
8. Asthivaha majjavaha	Sandhi vata	Nadisweda, snigdhasweda in the form of jala Basthi
	Apavahuka	Nadisweda, patrapindasweda
	Manyastambha	Rukshasweda (Baluka or Lavanapottali)
		Arkapatrasweda
	Greeva graham	Nadisweda
	Katigraha	Nadisweda (Suddhavataja), Snigdhasweda Patra pindasweda Churnapindaswedasamavataja
		Patra pindasweda
	Gridhrasi	Nadisweda, snigdhasweda (suddhavataja
		Rukshavalukaswedavata kaphaja Churnapindasweda
	Vatakantaka	Esthikasweda
	Ardita	Kukkatandasweda, sasthika Salipindasweda
		Panasapatraswedana
9. sukravaha	Pakshaghata	Sasthika Salipindasweda
		Nadisweda C (Bala, Aswagandha, Rasna) Kaya seka C Bala Aswagandha Taila, Mahamasa Taila
	Viswachi	Ksheeradhumasweda, Kaya seka
	Sukrakshaya	Sasthika, Salipindasweda
10. Purishavaha	Vandhyatwa	Nadisweda, as poorva karma for sukra karaka vasthi, uttaravasti etc.
	Kosthakathinya	Hasta sweda, Tapa sweda

Table 2: Samsodhananga Bhoota Swedana.

In different stages	Indications
As Poorva Karma	Aftersnehapana during vishrama kala For vamana (1day) For virechana (3 days) Baspasweda On the day of vamana & virechana In Basthi, Nasya & Raktamokshana
As Paschat Karma	After Nasya karma-sira, gatra, manyaswedana – Tapa sweda
As Upadrava Chikitsa	VirechanaAyoga – Hasta sweda, Tapa sweda Vyapad – Adhmana – Tapa sweda -- Hrudgraha _ Ghrita Abhyanga + Udad or Dhanyapindasweda --Angagraha –Sweda Any upadrava –Swedan is beneficia l Basthi –Ayoga –Sweda Angarti –Ushnasweda Rukshatajanyavataprakapa –Snehana, Swedana

Battle of Swedana against diseases through its action potential

“Swedana” is the means of fluid perspiration from the body by heat, sun light, exercise etc.

Sanga (Dosadushyasamurchhana) is the main causative factor for the disease.

Sanga causes interruption to interchange of nutrient material and waste material between capillaries and cells.

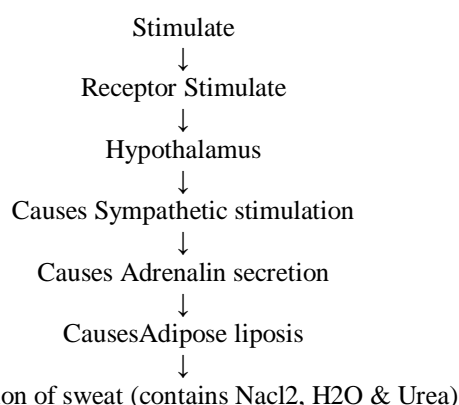
The nutritive material passes through the semi permeable capillary walls in to the tissue fluid by the net outward pressure that is the difference between the arterial blood pressure i.e. 40mm Hg & osmotic pressure inside the capillary i.e. 25mm of mercury which is 15mm of Hg.

Extraction of waste (water + cell waste products) fluid from the tissue fluid in to the venous blood vessels occurs due to net pressure i.e. difference between venous blood pressure i.e. 10mm of Hg. And osmotic pressure i.e. 25mm Hg which is about 15mm of Hg.

Water & waste are drained away from tissue spaces into minute lymphatic capillaries which are again returned to the blood stream through thoracic duct and right lymphatic duct which opens into subclavian vein.

- Person becomes healthy. If any interruptions occurs in this process it causes accumulation of waste material (vitiated dosas or metabolites in the tissue (sakha).
- Sweda karma hastens this process by increasing the permeability of capillary and bringing the morbidities into extra cellular fluid by dilating and clearing the channels of the body. Finally sweda karma facilitates the transport of metabolites into the blood and lastly into kotha for easy elimination by panchakarma. That is the probable mechanism or action potential of sodhanangabhootaswedana to prevent and cure ailments.

- Swedana causes warm blood and cutaneous vasodilatation



Sweda karma rectifies the function of medadhatwagni and Bhutagni and fastens the paka karma which causes srotomukhasodhana and profuse sweda production. That cause the displacement of exudates hence relieve pain, relaxes muscular spasm. By swedana due to arterial dilatation the part gets more circulation. So acts as Stambhaghna, Gourabaghna, Sitaghna and also prabhavarna kara. So sweda karma maintain the thermo regulation system of the body by maintaining equilibrium between core temperature (temp. inside the body) and shell temperature (skin temp.).

Action of Swedana through Neuroendocrinal system^[15]

As the health is confined to both mind and body or else to say the well-being is controlled by the vatadosha, the soothikaparicharya which was governed by abhyanga with yamaka Sneha and parisheka respectively has the ingredients which have vatahara, balya, brimhana, srotomardavakara. So the gati of the vatadosha is normalized, by which the performance of the all the routine activities of the body run through helping in overall improvement in health.

The body responds to Swedana through stimulation of sensory receptors in the peripheral nervous system by creating a positive change in all nervous systems, thereby restoring homeostasis.

Research has shown that, swedana helps to feel better both physically & emotionally, also patients themselves experiencing like re-energized & recharged as well. It helps to increase the availability of Serotonin; Serotonin regulates behavior allowing us to do the appropriate thing at the appropriate time. It impacts emotions, subdues irritability, and regulates cravings, as low serotonin levels have been linked to sleep/wake cycle disturbances, depression, pain disorders and behavior problems.

Sweadana also helps to increase in the level of Dopamine, which influences fine motor activity. It affects intuition, inspiration, joy, and enthusiasm. Low levels of dopamine have the opposite effect, resulting in clumsiness, lack of focus and poor attention.

Oxytocin is a neurohormone that affects both couple and parental bonding by supporting feelings of attachment and care-taking. It also affects pregnancy, birthing, and lactation. Bahyasnehana and swedana tends to increase the levels of this neurohormone which may explain the enhancement of feelings connectedness and intimacy.

Cortisol is a stress related neurohormone produced by the adrenal glands during prolonged stress responses, indicating increased sympathetic nervous system activity. Swedana has been shown to consistently reduce levels of cortisol.

Growth Hormone is very important as it promotes cell division and is involved in tissue repair, regeneration and healing. Snehana and Swedana increase the availability of this hormone.

CONCLUSION

Research indicates that Swedana increases the availability of all neurohormones affecting brain chemistry, providing the recipient with a sense of well being. In this way different researches appear to show that swedana seems to regulate the various neurohormones either by stimulating or inhibiting the sympathetic and parasympathetic nervous systems. The balance between the two is critical as it helps us maintain homeostasis in the body.

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