



## Review Article

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**PINDA SWEDA AND ITS POSSIBLE MODIFICATION: A CRITICAL REVIEW**Nagar Mayur <sup>1\*</sup>, M Ashvini Kumar <sup>2</sup>, Shailesh <sup>1</sup>, V. Vinitha <sup>1</sup>, BA Lohith <sup>3</sup><sup>1</sup>PG Scholar, Department of PG Studies in Panchakarma, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India<sup>2</sup>Professor, Department of PG Studies in Panchakarma, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India<sup>3</sup>Professor & HOD, Department of PG Studies in Panchakarma, SDM College of Ayurveda and Hospital, Hassan, Karnataka, India

Received on: 16/08/17 Accepted on: 29/10/17

**\*Corresponding author**

E-mail: drmayur23vaidya@gmail.com

DOI: 10.7897/2277-4343.086286

**ABSTRACT**

Swedana (sudation) is a common procedure which is practiced as Poorva karma (pre-operative) before any Panchakarma. Pinda (bolus) Sweda is a kind of passive body heat therapy, which is known to cause systemic hemodynamic changes. Pinda Sweda refers to the Swedana done in the form of the Pinda. According to the conditions of the patients, one can opt different types of Pinda Sweda as mentioned in Samhitas and one can make new combinations as per the need and availability and properties of drugs. The present review describes the survey on Pinda Sweda which is used as a treatment modality in Ayurvedic system of medicine and the possible modifications one can make according to the availability, demand, and condition.

**Keywords:** Pinda Sweda, Recent Advancements, Modifications.**INTRODUCTION**

Any procedure of Panchakarma includes three karma i.e. Poorva karma, Pradhana karma (operative) and Panchakarma (post-operative). The Swedana karma is basically a part of Poorvakarma of any Panchakarma procedure. Swedana is the therapy which makes the body to perspire<sup>1</sup>. It can be performed by various methods. Basically, there are two types of Sweda which are classified as Sagni Sweda (direct contact with fire) and Niragni Sweda<sup>2</sup> (without the direct contact of fire). Among these 13 Saagni Sweda Sankara Sweda is one among them. In classics, it is mentioned as the Sankaradi Sweda is one of the most ancient treatments in Ayurveda.<sup>3</sup> Pinda Sweda is based on the principles of Sankara Sweda. It comes under Tapa Sweda of four types of sweda. It is the fomentation by means of Pinda (bolus) containing drugs with or without being wrapped with a cloth<sup>4</sup>. This Sankara Sweda is further classified as Rooksha Sankara Sweda and Snigdha Sankara sweda based on the Dravya used. In Ruksha (dry) Sankara Sweda, hot solid substances such as stool of different animals like Cow, Horse, Camel, Sand, Brick, Stone are used and this type Swedana can be adopted in Kapha vitiated patients.<sup>5</sup>

Snigdha (Unctuous) Sankara Sweda: The thick gruel is prepared from the substances like-Tila (Sesame), Masha (Black gram), Kulatha (Horse gram), Amla Dravya (Citric fruits), Ghrita (ghee), Taila (oil), Payasa (rice and milk pudding) and this type of Sweda is more useful in the conditions of Kevala Vata<sup>6</sup>. Shashtika Shali Pinda Sweda and Nirgundi Patra Pinda Sweda are its varieties.

Based on the Guna (properties) of the Dravya used for the Swedana karma is of three types Snigdha -Ruksha, Snigdha, Ruksha for Vata-Kapha, Vata and Kapha respectively.<sup>7</sup> so, one can classify Pinda Sweda according to the Guna of Dravya used.

**Table 1: Possible Classification of Pinda Sweda according to the Guna of Dravya used**

Snigdha	Snigdha -Ruksha	Ruksha
Mamsa pinda sweda	Patra pinda sweda	Valuka pinda sweda
Masha pinda sweda	Jambeera pinda sweda	Tusha / busha pinda sweda
Shashtika shali pinda sweda	Choorna pinda sweda	Karisha pinda sweda
Godhuma pinda sweda	Chincha lavana pinda sweda	Karpasabeeja pinda sweda

For the practical applicability of pinda sweda it is mentioned as when vata is localized in Amashaya, first Rooksha sweda should be administered and when Kapha is localized in Pakwashaya (intestines) first snigdha Sweda should be administered.<sup>8</sup>

**VALUKA SWEDA**

Valuka sweda is one of the Ruksha kriya. It can be done over the whole body or locally on a specific part. It relieves pain and inflammation. Commonly used as Ekanga Sweda in Sandhigata vata (osteoarthritis), Amavata (rheumatoid arthritis) etc.

**Materials Required****Table 2: Materials Required For Valuka Sweda**

Sl. No.	Ingredients	Amount/weight
1.	Sand	1 kg
2.	Cotton cloth (45 cm X 45 cm)	2
3.	Tags	2
4.	Vessel (iron)	1
5.	Rasnadi choorna	5g

Amavata, Urustambha, Medo Roga, Granthi, Kapha Medavritavata. The Valuka heated and tied into pottalis can be applied directly or by dipping into Kanji.<sup>9</sup> This is very useful in alleviating vata and kapha diseases and pain all over body etc.

#### Possible Modifications

Pranipurisha (Stool of animals), Lavana (rock salt), Ishtikachoorana (brick powder), vatahara patras, Nirgundi (*Vitex negundo*), Arka (*Calotropis procera*), Agnimantha (*Clerodendrum phlomidis*), Dhatura (*Datura metel*) vatahara choorna, Rasna (*Pluchea lanceolata*), Devdaru (*Cedrus deodara*) etc. can be done before applying Taila (Nimba Taila, Brhat Saindhavadi Taila, Kottamchukadi Taila).

#### PATRA PINDA SWEDA

The word "Patra Pinda" is made of two words, Patra means leaves and Pinda means bundle. Patra pinda Sweda refers to the Swedana performed using a bundle of Vata Kaphahara Patra and it is a form of Ushma Sweda.

#### Materials required

Table 3: Materials Required For Patra Pinda Sweda.

Drugs/ ingredients	Weight/ Amount
Nirgundi ( <i>Vitex negundo</i> )	100g
Eranda ( <i>Ricinus communis</i> )	100g
Chincha ( <i>Tamarindus indica</i> )	100g
Dhatura ( <i>Datura metel</i> )	25g
Shigru ( <i>Moringa oleifera</i> )	25g
Arka ( <i>Calotropis procera</i> )	25g
Grated coconut	150g (½ coconut)
Lemon	4
Cotton cloth (45 cm X 45cm)	2 pieces
Tags	2

#### Possible Modifications

Instead of different patras only one patra pottali can be used. Eg.- (Nirgundi patra pinda sweda, Arka patra pinda sweda). Different choorna combinations can be done. Egg yolk can also be used.

#### JAMBEERA PINDA SWEDA

The Jambheera pinda sweda is performed with the bolus of Jambheera (lemon) pieces. This is mainly applied in vata-kapha predominant conditions. It is usually done in frozen shoulder, plantar fasciitis, and traumatic conditions. It is Sopahara, Rooksha and Teekshna.

#### Materials Required

Table 4: Materials Required For Jambheera Pinda Sweda

Ingredients	Weight/ Amount
Jambheera (Lemon) (around 20 in number and chopped into pieces)	750g
Saindhava (Rock salt)	30 g
Lashuna (Garlic)	200g
Turmeric powder	60 g
Cotton cloth (45cm X 45cm)	4
Threads	2
Vessels for heating	2
Suitable oil for Talam	10 ml
Rasna choorna	5 g
Suitable oil for Abhyanga	100 ml
Oil for reheating the Pottali	Q.S

#### Possible modifications

Madiphala (*Citrus medica*) can be used instead of lemon. For frying Vasa (fat) and Majja (bone marrow) of different animals can be used.

#### SHASHTIKA SHALI PINDA SWEDA

Shashtika Shali (rice harvested in 60 days) Pinda Sweda is performed as Ekanga or Sarvanga with the bolus of boiled Shashtika shali with Balamoola kwatha and Ksheera. The main properties of Shashtika are Snigdha, Guru, Sthira, Sheeta and Tridoshaghna. Though a Sweda karma, it has Brimhana guna.

#### Materials Required

Table 5: Materials Required For Sashtika Shali Pinda Sweda

Ingredients	Weight/ amount
Shashtika shali	250g
Balamoola	250g
Water	4 lit
Cow's milk	1lit
Kora cloth(45cm X 45cm)-	4
Thread (75cm)	4
Vessels	For preparing Kwatha, rice and for heating the Pottalis
Oil for Talam	10ml
Rasna choorna	5g
Suitable oil for Abhyanga	100ml
Masseurs	2

### Possible Modifications

Masha, Grated Coconut, Tila, Egg, Soyabean, Godhuma (wheat flour) can be added to get more benefits of Shashtika Shali Pinda Sweda.

### CHOORNA PINDA SWEDA

Choorna panda sweda comes under Ushmasweda. This procedure is to be carried out with the mixture of various choorna combinations like Methika (Fenugreek), Sarshapa (Mustard), Shatapushpa (*Anethum graveolens*), Jatamansi (*Nardostachys jatamansi*), Atasi (flax seeds). There are two methods of performing this pinda sweda; Snigdha and Rooksha.

### RECENT ADVANCEMENTS

#### Choorna pinda sweda with dhanyamla dipping

Table 7: Materials Required For Choorna Pinda Sweda With Dhanyamla Dipping

Drug	Sthanika	Sarvanga
Kolakulathadi Churna	50 g	200g
Kulattha Churna	50 g	200g
Dhanyamla	1 l (300ml-cooking+700ml-dipping)	2 l (500ml-cooking+1.5 l-dipping)
Kora Cotton Cloth	1 = (18" x 18")	4 = (18" x 18")
Tag	1 = (18")	4=(18")

#### Dhanyamla Dipping

Above drugs are mixed with 500 ml of Dhanyamla properly and cooked. The heated Pottali is dipped in Dhanyamla and swedana was done over Kati Pradesha (low back region) up to the attainment of proper symptoms of sudation. In between the procedure, the Dhanyamla should be reheated to maintain the same temperature throughout the procedure. One Pottali should be used only once.

### Possible Modifications

Different choornas can be used like- Jadamyadi choorna, Kottamchukadi churna or a combination of different single drug choorna.

Instead of Dhanyaml, Chinchha rasa, Gomutra, Takra or Kashaya can be used.

### CHINCHA LAVANA PINDA SWEDA

#### Materials required

Table 8: Materials Required For Chinchha Lavana Pinda Sweda

Ingredients	Weight/ amount
Chicha ( <i>Tamarindusindica</i> )	500g
Saindhav lavana	40g
Kottamchukadi taila	50ml
Dhanyamla	1.5l
Kora Cotton Cloth	1 = (18" x 18")
Tag	1 = (18")

#### Method of preparation

Chinchha is made devoid of seeds and heated in dhanyamala (300 ml) to get the thick paste along with saindhava and 50ml of Taila (Kottamchukadi taila). The paste is made into pottali then pottali is dipped into Dhanyamla and procedure is to be carried out.

In Snigdha panda sweda, first oil is massaged over the body and the pottalis are also heated in oil. The Pottali can also be heated with the steam of different Drava (liquid) dravyas like Dhanyamla in some specific conditions.

### Materials Required

Table 6: Materials Required For Choorna Pinda Sweda

Ingredients	Weight/ amount
Suitable choorna (coarse/fine)	1kg
Cotton cloth (45 cm X 45 cm)	2
Tags	2
Rasna choorna	5g

#### Other possible dravyas for pinda sweda

Sweet potato, Laja (Puffed grain), Navdhanya (Nine grains), Sarshapa (Mustard seeds), Maize.

### CONCLUSION

Swedana is one of the important treatment modality which is useful in the treatment of diseases in the form of Poorvakarma, Pradhana karma as well as Paschata karma. The Dravyas (substances) mentioned for Swedana each of them has different properties and actions, it should be used depending on condition. There are many Dravya mentioned by Acharya one should select them depending upon Desha, Roga, and availability of Dravya. Pinda sweda is a widely practised swedana procedure where the treatment principle is based on combined effect of heat and medicament. Hence, based on Roga(disease) and Rogi(patient) one can plan different combinations of Pinda Sweda according to the availability and properties of the drugs.

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**Cite this article as:**

Nagar Mayur. Pinda Sweda and its possible modification: A critical review. *Int. J. Res. Ayurveda Pharm.* 2017;8(6):31-34  
<http://dx.doi.org/10.7897/2277-4343.086286>

Source of support: Nil, Conflict of interest: None Declared

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