

IMPORTANCE OF SWEDAN THERAPY AND ITS CONTRAINDICATION-A CONCEPTUAL STUDY

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ABSTRACT

Swedan therapy is one of the part of sadvidhoupokrama in ayurveda. The process of inducing sweat through various procedure is known as swedan. In other words the procedure which induces or generates heat inside the body is considered as swedan. To achieve the proper benefit from swedan therapy, we have to follow some precaution. Acharya charak has mentioned 3 factors of swedan therapy are roga (disease), ritu (season), vyadhita (patient). Each factors are very important for swedan therapy and each factors has some limitations. Charak Samhita describes various roga(disease), ritu(season), vyadhita(patient) condition where sedan therapy is contraindicated. There should be taken precaution in the followings ex-testicles, heart, eyes, groins area. Predominance of pitta dosh and atiruksa(dryness) condition of body are contraindicated for swedan. Atikledan (excessive fluid accumulation) is also contraindicated for swedan. Testicles, heart, eyes, groins are very essentials and important body part of human body. So there have to take care for those organs. According to modern, Sweating controls heat production, water and electrolyte balance, vasodilatation in the body. So dehydration condition of the body is contraindicated for swedan therapy. **Aims-** To explore the literary aspect of precautionary measures of swedan therapy in charak Samhita as well as ayurveda. **Method-** Literary information collected from different ayurvedic classical texts. **Conclusion-** With maintain precaution, avoid contraindication and follow proper way of classics, we can protect all mankind from various diseases as well as maintain a healthy life by swedan therapy.

KEYWORDS: Swedan karma, fomentation therapy, swedan.

INTRODUCTION

Swedan therapy is one of the part of sadvidhoprakrama in ayurveda. The process of inducing sweat through various procedures is known as swedana. According to ayurveda, the procedure which specifies stambha (stiffness), gourava (heaviness) and sita (coolness) guna in human body is considered as swedana. In other words the procedure which induces or generates heat inside the body is considered as swedana karma.

Ayurvedic texts give us sufficient explanations to understand swedana karma in terms of its multifold classifications such as sagni and niragni sweda, snigdha and ruksha, ekanga and sarvanga, mrdu, madhyam and mahan sweda.^[1]

Swedana dravyas are possess the quality of usna, Tikshna, drava, snigdha or ruksha, suskma, sara or sthira and guru.^[2]

Swedan dravyas have predominance of tejomahabhuta. Hence usna guna is held responsible for the production of swedana (sweat).

To achieve swedana effect we may utilize dravyas as potency as usna veerya Dravya. Swedan therapy indicated in vata, kapha, vata-kaphaja vikar. Since usnaguna is mandatory for the production of swedana, as pitta dosha is usna guna by nature and the diseases predominating with pitta dosha are contraindicated for swedana.

Swedan therapy is useful for Pratisyaya (coryza), cough, hic- cup, dyspnoea, heaviness of the body, pain in the ear, neck and head, hoarseness of voice, spasmodic obstruction in the throat, paralysis of the face, one limb, whole body or half of the body, inflexures of the body (vaināmaka), distension of the abdomen, constipation and suppression of urine, vijrmbhaka (pendiculation), stiffness of sides, back, waist and abdomen, sciatica, dysuria, enlargement of scrotum, malaise, pain and stiffness of feet, knee, calf, oedema, khalli (neuralgia of upper and lower extremities), diseases due to impaired digestion and metabolism, in chill and shivering, affliction of the ankle joint by vata (vāta kantaka), in contraction, extension or colic pain, stiffness, excessive heaviness, numbness and in diseases affecting the whole body.^[3]

AIMS AND OBJECTIVES

1. To explore the literary aspect of precautionary measures of swedan therapy in charak Samhita.
2. To observe the involvement of dosha in contraindication of swedan therapy.
3. Conceptual analysis of contraindications of swedan therapy.

Contraindication for swedan karma

This swedan therapy is indicated for many diseases and it is one of the very effective therapy of ayurveda. So to get proper efficacy of this therapy, we have to some conditions. These are describe below-

Acharya charak has mention that swedan therapy depends upon 3 factors^[4]

1. Roga (disease)
2. Ritu (season)
3. Vyadhita (patient)

1) Roga- name of the following diseases which are contra indicated for swedan therapy.^[5]

- a) Kasaya madyapan- (intake astringents and alcohols)-kasaya rasa and madyapan both are increase vata dosa. Regular intake of kasaya Dravya and mandya makes the body ruksa(rough).
- b) Raktapitta- (bleeding from different part of body)-this disorder caused by vitiation of rakta dhatu by pitta dosa.
- c) Atisar-(diarrhoea)- it leads to depletion of water and beneficial salts, causing dehydration in the body by provokes vata.
- d) Ruksa-(dry)- the word means drying or absorbing moisture. Its indicate reduce condition of body fluid, fat, corpulence.

- e) Pitta prameha- (diabetis mellitus)- this disease characterized by frequent abnormal micturition due to aggravate of pitta.
- f) Sranta- (fatigued)-
- g) Nasta sanja-(unconscious)
- h) Trsya- (thirsty)- it occurs due to aggravation of pitta dosha.
- i) Khudita- (hungry)- it occurs due to aggravation of pitta dosha
- j) Kruddha- (angry)- it occurs due to aggravation of pitta dosha
- k) Sochita- (anxiety)- it occurs due to aggravation of pitta dosha
- l) Kamla- (jaundice)- its occurs due to aggravation of pitta dosha.
- m) Udara- (abdominal disease)- generalized enlargement of abdomen and associated with emaciation, pedal oedema, loss of appetite is regared as udara.
- n) Vatrakta- (gout)- its caused by vata and rakta dhatu. People of pitta prakiti are prone to develop vatrakta.
- o) Durbala – (weakness)- its occurs due to vata and atiruksa state of body.
- p) Ati visuska- (dried up)- its occurs due to vata .
- q) Upakshina oja- (reduce immunity)- ojavisrams occurs due pitta vridhhi.
- r) Timir- (fainting)- it occurs due to pitta dosha

2) Ritu

- a) Grisma ritu- excessive heat is produced in this ritu. So the temperature of body remain high.

3) Vyadhita^[6]

- a) Pitta prakiti
- b) No swedan or mridu swedan over testicles, heart, eyes of the patient.
- c) Moderate sweda over groins of patient.

Effect of swedan therapy

1) Sweat consists of sodium chloride, water, urea, lactic acid, potassium, calcium etc.^[7] These all substances are present in the extracellular fluid also, which provide nutrition to cells. Excessive sweating in the body leads to depletion of the contents of extracellular fluid.

Sodium chloride is one of the major substances which is lost during sweating. Due to its loss, feeling of exhaustion or weakness in the body occurs.

Sweating controls heat production, water and electrolyte balance in the body.^[8] Sweat glands are controlled by central nervous system.

2. Vasodilatation

Heat has a direct effect on blood vessels which leads to vasodilatation and increase in metabolism in superficial tissues.

DISCUSSION

In case of kasaya madya pan, ruksa, vata is increasing so the patients become very ruksa in nature.

The main aim of swedan is to expel our the snighdha or drava part from the body. Due to diminution of Sneha in the body, swedan therapy is contraindicated. If swedan therapy is given in this state, patients become very ruksa in nature and this may cause parvaveda.

In atisar, sranta, durbala, ati visuska, vata dosha and ruksa guna are also aggravated. Considering atiruksa condition of body, swedan therapy is contraindicated.

In case of raktapitta, pitta prameha, kamala, trsya, khudita, kruddha, sochita, vatrakta, upakshina oja, timir, pitta dosha is aggravated. Due to usna and tiksna guna of swedan Dravya, it aggravate the pitta dosha. So in such of disease condition, swedan therapy is contraindicated.

In udara, sthoulya, there is more kledata, due to obstruction of swedavava and ambuvaha srotas. So swedan therapy is contraindicated.

According to modern, kasaya madyapan, ruksa, sranta, nasta sanja, trsya, khudita, durbala, ati visuska, upaskhina oja, timir describes the weakness of the body. Atisar indicates the loss of body fluids and electrolytes. Raktaspitta indicates the loss of blood. In pitta prameha, frequency of micturition occurs. Kruddha, sochita are psychological factors. So, most of the cases represent the dehydrative state of the body. So swedan therapy is contraindicated.

Charak has maintained ritu as a factor for swedan therapy but does not specify the ritu. There mention grishma ritucharya for the management of atiyog of swedan karma. So it indicates that the grishma ritu is contraindicated for swedan therapy.

In grishma ritu, the atmosphere remains very usna. According to lok purush samya human body also remain usna. So swedan therapy is contraindicated due to its has usna and tiksna guna.

The person with pitta prakriti are prone to pittaja diseases. Due to swedan Dravya are pittaja in nature, the persons of pittaja prakriti are contraindicated for swedan therapy.

Testicles are pratanga of body. According to modern, adequate thermoregulation is imperative to maintain testicular temperatures at levels lower than that of the body core. So heat leads to apoptosis of germ cells. So mrdu swedan is applicable in this parts.

Heart is one of the pranayatan and one of the important marma sthan. According to modern, high temperature can cause more blood flow to the periphery, this causes the heart to beat faster. Heat and sweating also can lower the amount of fluid in the body, which can lead to dehydration that may create strain on the heart. So swedan therapy on direct heart is not applicable or mrdu swedan is applicable.

Eyes are the Pradhan indriya. These are responsible for sight. Alochak pitta is reside here. According to modern, excessive heat exposure may cause cataracts, macular degeneration, conjunctivitis.

Groins are pratanga of body. According to modern, heat rash is very common in groin area.

CONCLUSION

Swedana therapy being one of the shadavidhopakrama is utilized in purvakarma before panchakarma and therapy as Pradhan karma. It is advocated in vata and kapha janya vyadhis. To get more efficacy without any adverse effect, we have to follow proper way of swedan karma by maintain the precaution and contraindication. Proper care should be taken by covering testicles, heart, eyes. With maintain precaution and follow the proper way of classics, we can protect all mankind from various diseases as well as maintain a healthy life by swedan therapy.

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