

## Review Article on Chaturvidha Svedana and it's Clinical Application

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### ABSTRACT

*Svedana* (sudation/ medicated Vapour) is an independent *Upakrama* (therapy) as included under the *Shadavidha Upkramas* as well as *Purva Karma* measures (prepurificatory procedure). *Susruta* and *Vagbhata* mentioned the four types of *Svedana* (sudation) viz *Tapa Sveda*, *Ushma Sveda*, *Drava Sveda*, *Upanaha Sveda*. *Dalhana* has included 13 types of *Saagni Svedas* of *Charaka* in these 4 types of *Svedas* i.e. *Tapa sveda* as *Jentaka*, *Karshu*, *Kuti*, *Kupa*, *Holaka*. *Ushma Sveda* as *Sankara*, *Prastara*, *Ashmaghana*, *Nadi*, *Kumbhi*, *Bhu*. *Drava Sveda* as *Parisheka* and *Avagahana*. The Perspiration produced by *Svedana* is more than the normal. *Svedana* drugs possess the *Ushna* and *Tikshna guna* by this which are penetrate in to microcirculatory channels (srotas) and activates the sweat glands produces more heat. *Acharyas* describes effects of *Svedana* (sudation) as *Gauravghana*, *Sheetaghana*, *Agnideepti*, *Twaka mardavata*, *Twak Prasadana* and *Sandhichestakar*.

*Svedana* is applied for Purification of the body as well as in the management of various disorders originated due to vitiation of *vata kapha dosha*, *meda dhatu* and various musculo skeletal disorders. *Svedana karma* maintains the thermoregulatory system in the body by maintaining the equilibrium between core temp (temp inside the body) shell temperature (temperature outside the body)

**KEYWORDS:** *Svedana*, *Chaturvidha Svedana*

### 1. INTRODUCTION

The word *Sveda* is derived from the root 'Swid' with 'Ghan' pratyaya with addition of *Bhava vachaka Nich* and *Ach*. *Sveda* word refers to Bodily Sweat or perspiration through the body. That which causes Perspiration, reduces *Stambata* (stiffness), *Gouravata* (heaviness) and *Sheetata* (cold) in the body is called *Svedana*.<sup>1</sup> *Svedana* is usually done after *Snehana*, it play a role as *Purva Karma*, *Pradhana Karma* as well as *Paschata Karma*. *Svedana* as *Purva Karma* in *Shodhana* Procedure, *Svedana* as *Paschat Karma* in *hruta shalya* (after removal of foreign body), *anupadrava mudha garbha*, *samyak prajata kala*, *Svedana* as both *Purva Karma* as well as *Paschat Karma* in *bhagandara*, *arsha*, *ashmari*.<sup>2</sup> *Svedana* has relaxing and detoxifying effects on the human body. *Sveda* is classified into different varieties according to the

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different *Acharyas*. Whereas *Acharya Sushruta* and *Vagbhata* classified *Svedana* into 4 types viz *Tapa sveda* (Direct heat), *Ushmasweda* (Steam), *Upanaha Asweda* (poultice), *Dravasweda* (warm liquid).<sup>3</sup>

*Ayurveda* is a holistic system of medicine; it treats the individual as a whole but not independent system wise. Among the *Tridoshas* (Body humours), *Vata* has given prime importance both in physiological and pathological conditions. The remaining two are being inert, their mobilisation depends on *Vata*.<sup>4</sup> *Vayu* is also chief driving force of all the normal movements in the body. When *Vayu* gets vitiated, all these movements get hampered. In *Ayurvedic* classics, our Great Sages have given so many special therapeutic procedures for specific disease along with thousands of medication.

*Panchakarma* (Purificatory therapy) is a very unique therapeutic procedure because of its Preventive, Promotive, and Rejuvenative properties as well as providing a radical cure. Among these *Panchakarma* (Purificatory therapy), *Swedana* (sudation) is such a treatment that is applicable in all the *Vatavyahdis* (Vata diseases).

## MATERIALS AND METHODS

1. This is conceptual type of study. All sorts of references has been collected and relevant material is compiled from various available *Ayurvedic* classics texts like *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hridya* and *Sharangadhara* and available commentaries on it.
2. Study materials available on internet.

## AIMS AND OBJECTIVES

- To review the Chaturvidha Svedana and its clinical applicability

## CHATURVIDHA SVEDANA

*Acharya Sushruta* and *Vagbhata* expalians 4 types of *Svedana* viz *Tapa*, *Ushma*, *Upanaha*, *Drava Sveda*.

1. **TAPA SVEDA:** It is carried out by the use of hands (palms), sheet of bronze, balls (mud, metal etc...) pot sherds, sand and cloth all these made hot by fire applied to the body. *Svedana* induces by person lying in room contain burning coal of *khadira* wood.<sup>5</sup>

- *Tapa Sveda* is done by patting the body with heated cloth, using metal plate, palm of the hand, sand etc<sup>6</sup>....
- Hot water bag may be used for this purpose.

Clinical Application: Pani tapa sveda is indicated in baala

2. **USHMA SVEDA:** *Ushma* means vapours and the sudation done mainly through vapours is known as *Ushma Sveda*. *Ushma Sveda* is done by heating pot pieces, stone, brick or iron ball, making them red in color like fire and sprinkling water or any fermented liquid on them. The steam evaporated from these made to touch the body part.<sup>7</sup>

- *Nadi* and *Bashpa Svedana* are the examples of this type of *Sveda*.
- Meat soup, milk, curd, fats, fermented rice wash, or decoction of pieces of leaves of powder of *Vata hara* drugs should be filled in to a pot and heated (boiled), the mouth of pot

being covered with a lid or by keeping another pot with its mouth down a hole made in the side of upper pot, a *Nadi* resembling trunk of the elephant fixed to the hole, the steam coming through the pipe allowed on the body.

- **Clinical application:** *Vata Kantaka: Ishtika Sveda*.

*Ardhita: Ksheera Dhuma*.

3. **UPANAHA SVEDA:** The word *Upanaha* is derived from *Upa* means near, *naha* means bind/tie. The procedure of applying warm herbal paste to the effected part of the body followed by bandaging is called *Upanaha Sweda*<sup>8</sup>.

- It is a type of *Ekanga Sweda*.
- *Upanaha Swedana* used widely in the management of *Sandhigatavata*.

- This is *Vatahara*, *Shothahara* (anti-inflammatory), *Shoolaghna* (analgesic) action

- Types of *Upanaha*<sup>9</sup>:

A. **Saagni Upanaha:** where the drugs are heated first and then applied.

B. **Niragni Upanaha:** where *Ushna Veerya Dravya* (drugs with hot potency) are applied without heating.

**PURVA KARMA:** In *Purvakarma* the patient with calm and quiet mind is allowed to sit in a suitable position according to the part in which the *Sweda* should be performed.

- Then prior to the *Swedana* therapy *Snehana* is done (external) with suitable medicated *Sneha*.
- *Nivata griha* should be selected for the procedure in order to avoid wind and discomfort.

**PRADHANA KARMA:** After proper oleation of the affected part, Powder form of the drugs made in to paste applied on it.

- *Nirasthi Pishita Mamsa* is also used *Drava dravya* for mixing the powder i.e. *Taila*, *Peya*, *Takra*, etc are taken in requaried quantity.

- Fresh leaves which pacify *Vata Dosha* are taken and washed well (most commonly the leaves of *arka*) and dry it and used for bandaging.

**Time Of Application** – *Upanaha* tied in night should be removed in morning and if tied in day should be removed in night.

**ACCO. DIFFERENT ACHARYA UPANAHA CHURNA AND IT'S ACTION**

Acharya	Dosha	Drugs
CHARAKA	Keval vata Pittanugata vata Kaphanugata vata	Godhuma,yava with Sneha and kinva Sugandhi dravya like Chandana,agaru,patra etc.add with shatapushpa and jeevanti Kushta, tila ,atasi
SUSHRUTA	Kevala vata Pittanugata vata Kaphanugata vata	Vatahara dravyas made paste with kanji and lavana Krishara payasa ,utakarika ,veshavara and salvana upanaha Kakolyadi ,eladi,and surasadi gana drvya Tila atasi sarshapa kalka.
VAGBHATA	Kevala vata Pittanugata vata Kaphanugata vata	Vacha ,kinva ,shatavha,devadaru,dhanyas. Ganda dravya mamsa,rasna eranda,jatamamsi Sneha dravya, lavana ,takra, ksheera Padmakadi gana dravya surasadi gana dravya

**CLINICAL APPLICATION OF DIFFERENT UPANAHA CHURNA**

Acharya	Dosha	Drugs
CHARAKA	Keval vata Pittanugata vata Kaphanugata vata	Godhuma,yava with Sneha and kinva Sugandhi dravya like Chandana,agaru,patra etc.add with shatapushpa and jeevanti Kushta, tila ,atasi
SUSHRUTA	Kevala vata Pittanugata vata Kaphanugata vata	Vatahara dravyas made paste with kanji and lavana Krishara payasa ,utakarika ,veshavara and salvana upanaha Kakolyadi ,eladi,and surasadi gana drvya Tila atasi sarshapa kalka.
VAGBHATA	Kevala vata Pittanugata vata Kaphanugata vata	Vacha ,kinva ,shatavha,devadaru,dhanyas. Ganda dravya mamsa,rasna eranda,jatamamsi Sneha dravya, lavana ,takra, ksheera Padmakadi gana dravya surasadi gana dravya

**GRAHADHUMADI CHOORNA UPANAHA**

Acharya	Dosha	Drugs
CHARAKA	Keval vata Pittanugata vata Kaphanugata vata	Godhuma,yava with Sneha and kinva Sugandhi dravya like Chandana,agaru,patra etc.add with shatapushpa and jeevanti Kushta, tila ,atasi
SUSHRUTA	Kevala vata Pittanugata vata Kaphanugata vata	Vatahara dravyas made paste with kanji and lavana Krishara payasa ,utakarika ,veshavara and salvana upanaha Kakolyadi ,eladi,and surasadi gana drvya Tila atasi sarshapa kalka.
VAGBHATA	Kevala vata Pittanugata vata Kaphanugata vata	Vacha ,kinva ,shatavha,devadaru,dhanyas. Ganda dravya mamsa,rasna eranda,jatamamsi Sneha dravya, lavana ,takra, ksheera Padmakadi gana dravya surasadi gana dravya

## Dashanga lepa

INGREDIENTS	INDICATON	METHOD OF APPLICATION
Shirisha ,yashtimadhu, nata, Chandana, ela, jatamamsi ,haridra ,daruharidra ,kushta hrivera.	Jwara,shota. visarpa ,kushta	Dashanga lepa mixed with suitable drava dravya and applied it.

### SALVANA UPANAHA<sup>10</sup>

- In this Preparation of *Upanaha* adding more quantity of *Saindava lavana* .
- Here *vatahara dravya* like *kakolyadi gana dravya, amla dravya, anupodaka mamsa, Sneha* with more *lavana* made in to paste and applied to affected part.
- Indication: *vataja* conditions.

### 4. DRAVA SVEDA (TUB BATH)

- Sudation done by using hot liquids in tub or pouring them on the body comes under *Drava sveda*<sup>11</sup>.

### AVAGAHA SVEDA

- Dipping of body parts in to the warm medicine *kvata, taila grita, Sneha,,etc...*
- Suitable *kvata ,Sneha* or water etc.. Is to be warmed and poured into tub.
- Properly oleted patient is to be asked to take *svedana* in that tub either in lying or sitting position by keeping the head above.
- Time: 48 min

### Clinical application:

- In *vata* diseases: *Dashamula kvata, Nirgundi kvata, Dashamula taila, Maharasnadi kvata, Rrasna taila, Mahamasha taila.*
- *Ashmari: Varunadi kvata, Asanadigana kvata.*
- *Kusta: Nimba kvata.*
- *Pittaja* diseases: *Guduchi kvata.*
- *Arshas, Bagandara.*
- *Arshas: Bilva kvata, Takra, Dadhi, Kanji, Gomutra*<sup>12</sup>
- *Vata vyadhi: Kvata, Ksheera, Taila*<sup>13</sup>

### PARISEKA

- Any *Kashaya, Sneha* are poured all over the body or specific part of the body is called *Pariseka*.
- *Ksheera dhara: Vataja shiro Roga*  
*Pittaja shiro Roga*  
*Sarvanga Daha*

- *Ushna jala Parisheka* is used in *Sutika Paricharya*.
- *Sarvanga dhara* indicated *Vata vyadhi*.
- *Amavata: Dhanyamla dhara.*
- *Arshas: Arka, Bilva, Triphaladi kwata*<sup>14</sup>
- *Jeerna jvara*<sup>15</sup>

*Dalhana* has included 13 types of *Saagni Svedas* of *Charaka* in these 4 types of *Svedas* i.e. *Tapa sveda* as *Jentaka, Karshu, Kuti, Kupa, Holaka. Ushma Sveda* as *Sankara, Prastara, Ashmagna, Nadi, Kumbhi, Bhu. Drava Sveda* as *Parisheka* and *Avagahana. Tapa sveda* is indicated in *kaphaja roga, Ushma sveda* is indicated in *kaphaja roga, Drava sveda* is indicated in *Pittanubandhi vata roga, Upanaha sveda* is indicated in *Vata roga* which is predominance of *Shula, Sankocha, Stambha.*

### DISCUSSION:

#### MODE OF ACTION OF SVEDANA

*Swedana* has its main actions like *Stambhaghna, Gauravaghna, Shitaghna, and Swedakaraktva*. How *Swedana* performs their actions, we can understand it as below.

- **Stambhaghna:** *Swedana* releases *Sthambha* means stiffness. *Samana Vayu* which promotes *agni, Sleshakakapha* which lives in *Sandhi, Amarasa, Mamsa, Meda, Vasa* are mainly responsible for *Stambha*. *Samana Vayu* by *Rukshaguna*, absorbs *Snigdha* and so causes *Stambha*. *Sleshkakapha* is *Snigdha*. Due to its loss of function, *Sthambha* occurs. *Swedana* is *Snigdha* and *Ushna* so it relieves *Stambha*. *Ushnaguna* of *Swedana* does *Srotoshuddhi* and *Amapachana* and so it relieves stiffness.
- **Gauravaghna:** *Swedana* relieves heaviness in the body. *Apyaghataka-* liquid substances of the body come out through *Sweda*. *Apyatatva* is *Guru*. Due to their expulsion, lightness is achieved. *Swedana* stimulates muscles and nerves and so lightness is gained.
- **Shitaghna:** *Swedana* is mainly *Ushna* so it relieves *Shita* by opposite property.

- **Sweda Karakatva:** *Swedana* promotes sweating. *Sweda* is a type of *mala*. Impurities of the body come out with *Sweda*. *Sweda* is related to *Dhatvagni* and *Bhutagni* (Metabolism). *Swedana* drugs by *Ushna* and *Tikshnaguna* are capable of penetrating the microcirculatory channels (*Srotas*) where they activate the sweat glands to produce more sweat. after dilatation of micro channels, *Laghu* and *Saraguna* of these drugs enable them to act on the *Snigdhadasha* in the channels and direct them to move towards *Kostha* or excrete them through micropores of the skin in the form of sweat, resulting in *Srotoshodhana*. *Dosha* brought in *Kostha* are expelled out of the body with the help of *Vamana* or *Virechana* therapy.
- **Doshadraveekarana<sup>16</sup>:** *Svedana* makes the *Doshas Mridu* and eradicates the *Mala Sanga*. Because of its *Ushna* and *Tikshna* property it penetrates to each channel in the body and liquifies the *Doshas*. Thus it can eliminate from the body with help of *Shodhana Karma*.
- **Vata Shamana<sup>17,18</sup>:** *Snigdhaupanaha Sveda* pacifies the *Vata Dosha* by its properties opposite to that of *Vata*.
- **Gatra Vinamana<sup>19</sup>:** It is said by the application of oil and heat, even dry wood can be bent then what is the wonder about *Shareera*. It cures *Harsha*, *Ruk*, *Ayama*, *Shopha*, *Sthambha*, *Graha* and produces *Mardava*, there by permitting normal flexible body movements.
- **Agni Deepana<sup>20</sup>:** As *svedana* is *ushna guna pradhana* it does the *ama pachana* there by promoting *agni* in the body
- **Tvak Mardava and Prasadana<sup>20</sup>:** Perspiration is dependent on skin, where in the hair follicles which are the *Moolas* of *Svedavaha Srotas* are situated. Due to sweating and excretion of wastes, the skin becomes soft and pleasant.
- **Srotosuddhi<sup>20</sup>:** Due to the production of sweat in the body, there will be dilatation of *Srotas* and the channels of the body will be cleared. Thus, *Srotosudhi* takes place, by which the *Vata* is, regulated which in turn, regulates the movement of urine, faeces and flatus.
- **Sandhicheshtakara<sup>20</sup>:** *Svedana* relieves *Sthambha* and *Graha* there by promoting the easy movement in joints.

### Sudation

Local increased in temperature during *Svedana Karma* has both therapeutic and physiological effect and very much effective in joint degenerative conditions.

- A. It stimulates and increases local blood and lymphatic circulation and thereby improving local tissue metabolism.
- B. During sudation by modifying secretion of various inflammatory mediators it reduces inflammation.
- C. By physical effect of heat sudation relaxes local musculature and thereby reduces pain.
- D. A study has shown that sudation increases the rate of transdermal drug delivery and there by helpful during *Abhyanga* followed by *Sveda* for better transdermal drug absorption.

### CONCLUSION

*Svedana Karma* is essential for doing any procedure in *Panchakarma*. Due to *Poorvakarma* like *Snehana* and *Svedana*, benefits and acceptance of the *Pradhanakarma* is improved. It makes changes in *Vikrita Doshas* to mobilize them without creating harm to the body. *Poorvakarma* helps to achieve best outcome from *Pradhanakarma*, in mean time body develops sensitivity to keep balance throughout the process of *Pradhanakarma*. Negligence of *Poorvakarma* makes complications as an unripe fruit get crushed during juice extraction whereas ripened fruit is best and juice can be easily extracted. *Svedana* has role in *purvakarma*, *pradhanakarma* as well as *paschath karma* in *Panchakarma*. *Purvakarma* in *Shodhana* procedure. As *pradhana karma Svedana* is very useful in *Vata* and *Kapha*, *Amaja* Diseases. *Svedana* as *paschath karma* in *hrutha shalya* (after removal of foreign body), *Anupadrava Mudagarbha*, *Samyak prajata kala*. *Svedana* both *purvakarma* and *paschath karma* in *Bhagandhara*, *Arsha*, *Ashmari*. Effective Clinical result can be obtained in disease conditions where in there is severe stiffness, pain, wasting of muscles, loss of muscle strength. Proper care to taken while administering *Svedana* to prevent *Atisvinna Lakshanas*.

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