



## ROLE OF SWEDAN (WHOLE BODY STEAM) IN THE TREATMENT OF DUSHI VISHA (LATENT POISONING).

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### ABSTRACT

Along with the air, soil, water; food is also contaminated with the traces of various chemical agents contained by the pesticides, fertilizers, food preservatives, coloring agents, stabilizers. This leads to cumulative poisoning. Cumulative poison remains inactive for longer time in body. Such latent poisoning caused due to polluted soil, irregularities in daily routine, contaminated food, air, water, complies the definition of *Dushi Visha* (latent poison) in *Ayurveda* which is inclusive of *Dushiti desh* (soil), *Kaal* (time), *Anna* (food). *Swedan Upkram* (whole body steam) followed by *Vaman* (emesis) and *Virechan* (purgation) are *Shodhan* (detoxification) treatments mentioned in *Ayurveda*, which is elimination of such poison from upper and lower natural orifices. This is recommended by *Sushrutacharya* and *Vagbhatacharya*. Aim of this review is to understand the role of *Swedan upakram* (whole body steam) which is also called sauna nowadays or heat stress, in the treatment of *Dushi visha* (latent poison). Study of literature and available research work was pursued to understand the mechanism of action of *swedan upakram* (whole body steam) in the treatment of *Dushi visha* (latent poison). Heat stress followed by homeostasis achieved helps in the detoxification of latent poison from body.

**KEYWORDS :** Cumulative poison, Heat stress, Latent poison, Homeostasis

### INTRODUCTION

#### *Dushi Visha* (Latent Poison) Concept-

Food grains and climatic changes are the important vehicle in the case of food poisoning. (1) various pollutants present in contaminated soil creates health risk to human. (2) These factors are not affecting human health abruptly; but deteriorating health in gradual or chronic way. Residuals of animate and inanimate and artificial (*Kritrim*) toxins, which are incompletely removed due to action of less potent antidotes, or remained in the body due to absorptive effect of *Agni* (Appetite), *Vaat* (biochemical movements in body) and *Actap* (Sunlight). Also residuals of heavy metals or chronic metal poisoning also comes under this category of poison. Such latent poisons gets activated in body on cloudy weather, favorable season for that poison, indigestion, day sleeping. This latent toxin is explained in literature of *Ayurveda* as *Dushi Visha*. Latent poison is relatively less efficient poison and sparingly expressed, as it is obstructed by *Kafa* (binding component in body) and hence may get dormant for years (3). Latent poison causes various signs and symptoms in the body as per its invading body systems. (4)

#### Symptoms Of Latent Poison (5)

Prodromal symptoms of *Dushi Visha* are excessive sleep, feeling of heaviness in body, yawning, loosening of joints, horripilation and body ache. Latent poison causes Diarrhea at first then Halitosis, Ageusia, Polydipsia, Fainting, Vomiting, Dysphonia. This patient remains depressed and may develop symptoms of toxicity induced Ascites. Symptoms of Latent Poison are in the form diseases like indigestion due to overeating, Ageusia, Indigestion, hives, Urticarial patches, perplexity, inflammation in limbs, fascial edema, Ascites, Emesis, Diarrhea, Discoloration, Fainting, relapsing fever, Polydipsia, Epilepsy, bloating, decreased fertility, Dysphonia, Various skin diseases. When latent poison invades stomach causes diseases with *Vaat Kafa* dominance and if invades in large intestines causes *vaat pitta* dominance diseases.

#### Mechanism Of Action Of Whole Body Steam In Treatment Of Latent Poison- *Ayurveda* Perceptive

Whole body steam reduces *Kafa* (the binding component) and *Vaat* (biochemical movements) induced diseases. *Ruksha Swed* (dry sauna) is recommended in *Vaat Kafa* induced diseases. (6) Hence, it breaks the obstruction caused due to *Kafa*. Physiological Function of whole body steam is to excrete excess water content out of body (7). Excess body water content is responsible for various skin disorders, autoimmune

diseases, inflammatory diseases, Atherosclerosis, Hypertension, complications of Diabetes mellitus like carbuncles, polyuria, nephropathy. (8) *Dalhana* the critic of *Sushrut Samhita* mentions the word *Susnigdha* (internal and external oleation with oil or ghee) instead of word *Suswinna* (whole body steam) from the other version of this verse in the treatment of latent poison (9). But, looking at the properties of oleation it is difficult to break obstruction caused due to *Kafa* the binding component coating latent poison. Contaminated water, soil, grass, trees and air accumulate toxins in body causing vomiting, disorientation, fever, inflammatory diseases, burning pain, pricking pain, Fatigue, hair-nail fall, dysentery, unconsciousness, cough, cold, Headache, acute eye diseases. (10)

**Table 1. pharmacokinetics Of Sweda/ Dravya ( Herbs Used In Whole Body Steam)(11)**

Serial number	Property	Effect of property
1.	<i>Ushna</i>	Penetrates <i>Kafa</i>
2.	<i>Teekshna</i>	Decreases vitiated <i>Kafa</i>
3.	<i>Sara</i>	Accelerated <i>Vaat</i> (biochemical reactions)
4.	<i>Snigdha</i>	Increases lubrication of all joints
5.	<i>Ruksha</i>	Increases biochemical movements and decreases binding component Absorbs water and fat from a substance
6.	<i>Sukshma</i>	Has capacity to get spread
7.	<i>Drava</i>	Liquefies
8.	<i>Stheera</i>	Stable
9.	<i>Guru</i>	Normalise vitiated biochemical changes and binding component

Due to *Strotomukh Vishodhan* (opening of obstructed channels in Body) which happens due to *Swedan karma* (whole body steam), vitiated *Doshas* (*Vaat* and *Kafa*), which have abnormally moved to *Shakha* (peripheral circulation) comes to the *Koshtha* (alimentary tract) and can be easily removed from upper or lower natural orifices by *Vaman* (emesis) and *Virechan* (purgation) respectively. (12)

#### Contemporary Aspect Of Whole Body Steam

Heat stress induced by exercise or sauna reduces central venous pressure (hemodynamic effects). This sudden reduction in the central venous pressure causes increased cardiac output which results in redistribution of blood from central to peripheral circulation and raised ejection

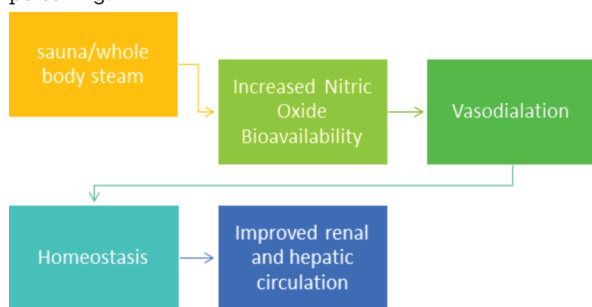
fraction(13). Increase in blood pressure remains for few minutes then homeostasis is achieved soon. Heat stress causes excretion of salt and water which causes recalibration of mineralocorticoid system, increases vascular flexibility, also improves autonomic functions. Also, through sweat some metals such as nickel (Ni), lead (Pb), copper (Cu), arsenic (As), and mercury (Hg) are eliminated. (14)

## DISCUSSION

The diseases which are produced as latent poison symptoms, majority of these are having *Avarodhatmak* (obstructive) or *Sannirodhjanya smprapti* (detaining pathogenesis) which is due to obstruction or covering caused due to binding component on the poison. latent poison get expressed in the form of disease or symptom in its favourable conditions such as cold weathers, windy climates, cloudy weathers. (15) whole body steam helps in breaking the covering of *Kafa* which has caged the latent poison in body channels. Whole body steam increases the vascular flexibility and peripheral redistribution of blood and mineralocorticoid system which makes the patenting the channels which helps in enhancing purification. Some of properties of whole body steam herbs are similar to *visha* which can make the herbs more accessible towards latent *visha* to cause its easy breakdown. Whole body steam has important role in establishing homeostasis in both hypertensive and normotensive individuals.(16)

## CONCLUSION

Whole body steam is important to prepare the patient hemodynamically prior emesis and purgation in latent poison treatment. Whole body steam breaks the chronological development of *Dushi visha* (Latent poison) by breaking the bond of *Kafa* of *Dushi visha*. Whole body steam increases bioavailability of Nitric oxide which helps in eliminations of heavy metals, mineral from peripheral circulation which enhance the overall efficacy of Emesis and purgation procedure in latent poison treatment. Increase in central venous pressure followed by homeostasis results in improvement of hepatic circulation, peripheral circulation and mineralocorticoid system. This helps in the detoxification in the treatment of the diseases caused due to latent poisoning.



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