



A PILOT STUDY TO SEE THE EFFICACY OF 'PATRAPINDA SWEDA' IN DIFFERENT AILMENTS

Ayurveda

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KEYWORDS

INTRODUCTION-

Acharya Charaka has explained, 13 types of *swedana* in *Swedadhyaya* of *Charaka Samhita*. *Patrapinda Sweda* is a form of *swedana* which is included under the category of *Pinda Sweda*. Application of the heat and there by inducing perspiration by using heated pack of specific herbal leaves is known as *PATRAPINDA SWEDA*. Following *Abhyanga* procedure any part of the body may be subjected to *swedana* procedure by the method of *Patrapinda Sweda*. As the oil is applied before the *swedana* procedure this belongs to the category of *snigdhasweda*.

Beneficial Effects-

The *Abhyanga* carried out before the *swedana* are likely to correct the imbalances of *Vata dosha*. In addition to this, the sudation procedure helps in rectifying the morbid *Kapha dosha* as well. This treatment is generally preferred in absence of 'Aama' or done after getting rid from 'Aama' by *Valuka Sweda*.

Therefore, the *Patrapinda sweda* is very much efficacious in such clinical conditions where vitiation of *Vata dosha* is the predominant like, *Sandhigata vata* or Arthritis.

- Beneficial in the vitiation of *Vata dosha*.
- Cures Arthritis.
- Alleviates the pain and swelling.
- Effective in disorders due to degeneration of bone.
- Effectively relieves pain in Tendinitis.
- Beneficial in treatment of muscular sprain as well as strain.
- Cures low backache due to variant causes.
- Pain and swelling of Synovitis remits when treated with *Patrapinda sweda*.
- Effective in the treatment of Peripheral Neuritis.

MATERIALS AND METHODS-

A Pilot study of 10 patients suffering from different diseases was done and they were admitted in M.A. Podar Govt. Hospital of Mumbai which is attached to R.A. Podar Medical College.

Preliminary blood investigations and related investigation were done followed by physical examination for screening. The patients were mainly suffering from Lumbar Spondylosis and/ Sciatica. The *Swedana* course done for 2 weeks everyday for half an hour after oilation (*Snehana*) in the morning (2 hours) after breakfast.

Following are the *dravyas* used for *Patrapinda*-

- 1) Fresh leaves of Nirgundi (*Vitex negundo*)
- 2) Fresh leaves of Arka (*Calotropis gigantea*)
- 3) Fresh leaves of Eranda (*Ricinus communis*)

Additional material-

- 1) Medicated oil for *Abhyanga* before *Swedopakrama*.
- 2) Enough cotton cloth for making *Pottali*.
- 3) Long cotton threads to tie *Pottali*.

Preparation of the leaves pack-

The herbal leaves having properties of analgesic and anti-

inflammatory are cut into small pieces and then are taken in vessel of round bottom. About 200 ml of oil is added to this. With continuous stirring, the leaves are then fried to make it pliant. These fried leaves are used for the preparation of pack. The cotton cloth is spread on table and 250 grams of fried leaves are placed on the cloth. The free corners of the cloth are approximated to cover the leaves. The free ends of the cloths are folded in its middle and then is tied with a cotton thread to make rounded pack. In this way two packs are prepared.

Heating the packs-

200ml oil is taken in a vessel of round bottom and is heated. The packs of the herbal leaves are immersed in the oil. The packs should be continuously moved stirring the oil, otherwise there is possibility that the portion of herbal pack in touch with the heated vessel gets burnt. When the pack is properly heated it is taken out of vessel, any oil flowing from the pack is mopped to the edge of the vessel. Now the packs are ready for use in sudation procedure.

Application of oil and massage-

The medicated oil is smeared on the affected joint of the body. Then the therapist massages the joint by moving his palm in circular fashion.

Procedure-

Initially the heat is applied by momentarily touching the body as it causes burn when heat in the pack is more. By the procedure of momentary touch, the heat in the pack is reduced considerably, and is moderate. Therapist now gently moves the herbal pack over the body part of the client to be subjected to *swedana* procedure. While doing so therapist should move the herbal packs in linear fashion on the extremities from above downwards and on the trunk once again in linear fashion but from below upwards. On the joints, the herbal pack is moved in circular fashion. Also by this procedure the herbal pack further cools down. Then another pack of herbal leaves which is kept in the vessel for heating is applied in the similar manner. This completes the procedure of *Patrapinda Sweda*.



After the procedure

Patient is asked to take rest for few minutes and the part treated with *Patrapinda Sweda* is washed with warm water.

Precautions

There is risk of causing burns during the procedure, therefore every care should be taken to prevent overheating. The therapist should confirm the temperature in the pack by touching the same to his body at every step.

Special characteristic of dravyas used in this project-

Sr. No	Name of drugs	Rasa	Virya	Vipaka	Guna	Doshghnata	Rogaghnata
1)	Nirgundi (Vitex negundo)	Katu, Tikta	Ushna	Katu	Laghu, Ruksha,	Vata Kapha	Shula, Shotha, Amavata, Grudhrasi
2)	Eranda (Ricinus communis)	Madhura, Katu, Kashaya	Ushna	Madhura	Snigdha, Tikshna, Sukshma	Vata Kapha	Vatavyadhi, Katishula, Vatarakta
3)	Arka (Calotropis gigantea)	Katu, Tikta	Ushna	Katu	Laghu, Ruksha, Tikshna	Vata	Shopha, Vatahara

Related articles at International Journals-

- 1) Clinical effect of Nirgundi patrapinda sweda and Ashwagandhadi Guggulu Yoga in management of sandhigataavata.
- 2) A comparative clinical study on Patra pinda sweda and Nadi sweda in the pain management of Gridhrasi w.s.r. to Sciatica.
- 3) Evaluation of combined efficacy of Nirgundi patrapinda swedana, greeva basti and matra basti in the management of Cervical Spondylosis: a case report.

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