

Action of Sudation Therapy in Different Diseases

Prof (Dr) Bishnupriya Mohanty, Miss Anjali Anay Phal Dessai, Miss Nikita Navnath Verekar

MD (samhita), PhD (Basic principle) Professor and head Department of Sanskrit Samhita and Siddhanta Gomantak Ayurveda Mahavidyalaya and Research Centre Shiroda, Goa 403103
Gomantak Ayurveda Mahavidyalaya and Research Centre Shiroda, Goa - 403103
Gomantak Ayurveda Mahavidyalaya and Research Centre Shiroda, Goa - 403103

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ABSTRACT

Swedanam is a therapy which alleviates stiffness, heaviness, coldness & that which brings out sweating from the system is sudation therapy. The perspiration brought about by the sudation therapy is more than the normal. Conventionally the sudation therapy is just understood as the steam bath, but sudation in Ayurveda is something more as a treatment & as a daily routine. Swedana drugs by Ushna and Tikshnaguna are capable of penetrating the microcirculatory channels (Srotas) where they activate the sweat glands to produce more heat. Swedana Karma hastens this process by increasing the permeability of capillary and bringing the morbidities into an extracellular fluid by dilating and clearing the channels of the body. Swedanakarma maintains the thermoregulation system of the body by maintaining equilibrium between core temperature (temp. inside the body) and shell temperature (skin temp).

KEYWORDS: Swedana karma, Sudation therapy, Sweating.

I. INTRODUCTION

Sweating treatment (Swedana) is usually given after oleation- Snehana therapy. Swedana is the procedure that relieves Stambha, Gaurava, Sheeta which induces Swedana (Sweating).[1] It plays a dual role in Purvakarma as well as Pradhanakarma. Swedana has relaxing and detoxifying effects on the human body. Sweda is classified into different varieties according to the different Acharyas.

According to Charaka, two main types are Sagnisweda (thermal) and Niragnisweda (nonthermal).

Niragnisweda is further classified into ten types viz.

Vyayama (exercise)

Ushnasadana (warm rooms)

Guru pravara (heavy blankets)

Kshudha (hunger)

Bahupana (excessive drinking)

Bhaya (fear)

Krodha (anger)

Upanaha (plasters)

Ahava (war)

Atapa (sunbath)

Whereas Sagnisweda is classified into 13 types viz

Sankara (mixed)

Prastara (hotbed)

Nadi (steam kettle)

Parisheka (affusion)

Avagaha (bath)

Jentaka (sudatorium)

Asmaghana (stone bed)

Karshu (trench)

Kuti (cabin)

Bhu (ground bed)

Kumbhi (pitcher bed)

Kupa (pit sudation)

Holaka (under the bed)

Whereas Acharya Sushruta classified Swedana into main 4 types

Tapa sweda (Direct heat)

Ushmasweda (Steam)

UpanahAsweda (poultice)

Dravasweda (warm liquid).

Swedana Guna (properties) and its action of body.

Ushnata: This is originated from Agneyaguna and is opposite to Shitaguna. It induces enthusiasm, relieves stiffness and promotes unconsciousness, thirst, burning sensation, sweat and digestion in the body. It is Agnimahabhuta dominant property.

Tikshnata: It is also Agnimahabhuta dominant property. It produces a burning sensation, Paka (ripening) and Srava (secretions). Tikshnaguna is responsible for the ripening of vitiated Dosha and Malas and their discharges from their respective places. It alleviates Vata and Kaphadosha and

stimulates Pitta dosha. It decreases the Mansa and Meda dhatu and acts as Lekhanadravya.

Rukshata: It is the opposite property of Snigdha. Rukshata causes dryness in the body. It is the Property of non-unctuous substance. Rukshaguna induces firmness in the body and wards off softness. It is dominant in Vayavya and Agneyamahabhutas.

Sthirata: This property is opposite to Saraguna. It represents immobility. It induces firmness and stability in the body.

Sarata: It has a dominance of Jalamahabhuta and has the property of advancing which is termed as Preranashila.

Snigdhatva: It is dominated by Jala and Prithvimahabhuta. It induces unctuousness, softness, strength, and texture to the body.

Dravata: These substances are dominant in Jalamahabhuta which promote stickiness, moistness, Softness, and happiness. A Drava substance possesses liquefaction of the Dosha and helps in the movement of fluid from one part of the body to another.

Sukshmata: It is composed of predominantly with Agnimahabhuta. It is the property by which it can pass through the Srotas (micro channels).

Guruta: Guru Substances are dominant in Prithvi and Jalamahabhuta. It performs actions like Sadakruta, Uplepakruta, Balakruta, and Bruhanakruta.

MODE OF ACTION OF SWEDANA AYURVEDIC VIEW:

Swedana has its main actions like Stambhaghna, Gauravaghna, Shitaghna, and Swedakarakatva. 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, Mansa, Meda, Vasa are mainly responsible for Stambha. Samana Vayu, by Rukshaguna, absorbs Snigdhatva and so causes Stambha. Sleshakakapha 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.

SwedaKarakatva: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 snigdhadosha 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.

Vatashamana
Gotra Vinamana
Agnideepana
TwakMardava
TwakPrasadana
Baktha shraddha
Srotoshuddhi
Sandhichesta
Dosha Shodanam

AIM OF THE STUDY

Present study entitled to study the effect of / Action of Sudation therapy in different diseases.

OBSERVATIONS

Name of the patients:MrsUjwalaPednekar

Complains - जानुसंधिशूल
उभयहस्तपादतलत्वकस्फुटन
सर्वांगप्रदेशीकण्डु

Diagnosis – संधिगतवात
नाडीस्वेद

Date	24/8/21	25/8/21	26/8/21	27/8/21	28/8/21	29/8/21	30/8/21
Din	1	2	3	4	5	6	7
	-□□□□□□□□ □□□ ++ -□□□□□□□□ □□□□At night -□□□□□□□□ □□□□□□□□ □□□□□□	-□□□□□□□□ □□□ ++ -□□□□□□□□ □□□□ ++ -□□□□□□□□ □□□□□□□□ □□□□□□	-□□□□□□□□ □□□ +++ At night no proper sleep -□□□□□□□□ □□□□ ++ (mid night) -□□□□□□□□ □□□□□□□□ □□□□□□	□□□□□□□□ □□□ ++ □□□□□□□□ □□□□ + □□□□□□□□ □□□□□□□□ □□□□□□ -lightness of the body	□□□□□□□□ □□□ + □□□□□□□□ □□□□ □□□□□□□□ □□□□□□□□ □□□□□□ -lightness of the body	□□□□ □□□□ □□□□ ++ □□□□ □□□□ □□□□ -lightness of the body	□□□□ □□□□ □□□□ -□□□ □□ No fresh complains -feeling of lightness

Name of the patients: Liman Jokin Fernandes
Complains – Lower back pain (radiating pain)
H/O Sciatica

Diagnosis – कटिगतवातगृध्रसी
नाडीस्वेद

Date	11/10/21	12/10/21	13/10/21	14/10/21	15/10/21	16/10/21	17/10/21
Din	1	2	3	4	5	6	7
	No changes seen in the complaining -no relief	No much relief seen	-Lower back pain increased at night due to which there was no proper sleep	-lower back pain ++ -cannot sit for long time -feeling of lightness in the body	-lower back pain ++ -feeling of lightness in the body	-Back pain decreased -feeling of lightness in the body -sound sleep	-Back pain decreased -feeling of lightness in the body -good proper sleep

Name of the patients: Pooja Sawant

Complains – सर्वसंधिशूल
ततप्रदेशीशोथ
चंक्रमणकष्टता

Diagnosis – आमवात

वालुकापोट्टलीस्वेद

D a t e	01/09/21	02/09/21	03/09/21	04/09/21	05/09/21	06/09/21	07/09/21
D i n	1	2	3	4	5	6	7
	सर्वसंधिशूल +++ -ततप्रदेशी शोथ +++ -चंक्रमणक ष्टता	सर्वसंधिशूल ++ -शोथ ++ -चंक्रमणक ष्टता Feeling of lightness	सर्वसंधिशूल ++ -शोथ ++ -चंक्रमणक ष्टता Last night no proper sleep	सर्वसंधिशूल ++ -शोथ ++ -चंक्रमणक ष्टता -feeling of lightness -headache in the evening	सर्वसंधिशूल + -शोथpresent -चंक्रमणकष्ट ताdecreased -feeling if lightness -sound sleep	सर्वसंधिशूल+ -शोथdecreased -चंक्रमणकष्टताd ecreased -sound sleep	-शोथ decreased -चंक्रमणकष्ट ताdecreased -sound sleep

Name of the patients: Stanley Fernandes

Complains – उभयजानुसंधिशूल

उभयगुल्फसंधिशूल

मन्याशूल

Diagnosis – आमवात

वालुकापोट्टलीस्वेद

D a t e	24/08/21	25/08/21	26/08/21	27/08/ 21	28/08/21	29/08/21	30/08/21
D i n	1	2	3	4	5	6	7

-उभयजानुसं धिशूल ++ -उभयगुल्फसं धिशूल ++ -मन्याशूल ++ - no proper sleep	-उभयजानुसं धिशूल ++ -उभयगुल्फसं धिशूल ++ -मन्याशूल ++ -headache in the evening	-उभयजानुसं धिशूल ++ -उभयगुल्फसं धिशूल ++ -मन्याशूल ++ -no relief	-उभय जानुसं धिशूल + -उभयगु ल्फसंधि शूल + - मन्याशू ल + -no much relief	-उभयजानुसं धिशूल + -उभयगुल्फसं धिशूल + - मन्याशूल + -feeling of lighthness -sound sleep	-मन्याशूल decreased -उभयजानुसं धिशूल -feeling of lighthness -sound sleep	-उभयजानुसं धिशूल Decreased from day 1 -feeling of lighthness -sound sleep
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Name of the patients: Vinayak More

Complains – पादतलBurning sensation acidity
High cholesterol since 5-6 years

Diagnosis – पादतलदाह

पेटीस्वेद

Date	09/10/21	10/10/21	11/10/21
Din	1	2	3
	-Good sound sleep and no other complaints -Only slight दाह at पादतल	-Burning sensation increased in stomach & पादतल -Evening headache	-Lighter and energetic feeling -No major complaints

Name of the patients: Mrs Maria Fernandes

Complains – कटिशूल since 2 years
मन्याशूल since 2 years

Diagnosis – कटिगतवात&मन्यागतवात

पेटीस्वेद

D at e							
Di n	1	2	3	4	5	6	7

-कटिशूल ++ -मन्याशु ल ++ -No proper sleep due to pain	-कटिशूलincreased at night and patient could not sleep for whole night due to pain	-कटिशूल + -मन्याशु ल + -patient have good sound sleep	कटिशूल&मन्याशुल is present but it is bearable -good sound sleep	कटिशूल + -मन्याशु ल + decrease d but मन्याशुल is present -feeling of lightness	कटिशूल&मन्याशुलdecreased -feeling of lightness	-Feeling of lightness -उपशयानुगामी -Pain has decreased compared to day 1
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Name of the patients: VasantiJambha

Complains – कटीतेपादसंचारिवेदना

उभयजानूसंधिशूल (तोदवतवेदना)

चंद्रमणकष्टता

Diagnosis – गृध्रसी

पत्रपिंडस्वेद

D a t e	18/09/21	19/09/21	20/09/21	21/09/21	22/09/21	23/09/21	24/09/21
D i n	1	2	3	4	5	6	7
	-कटीतेपादसंचारिवेदना -उभयजानूसंधिशूल ++ -चंद्रमणकष्टता	-कटीतेपादसंचारिवेदना -उभयजानूसंधिशूलincreased in the evening suddenly -चंद्रमणकष्टता	-कटीतेपादसंचारिवेदना -उभयजानूसंधिशूल -चंद्रमणकष्टता	-कटीतेपादसंचारिवेदना -उभयजानूसंधिशूल increased -चंद्रमणकष्टता -sound sleep	-feeling of lightness -sound sleep -चंद्रमणकष्टता	-sound sleep -feeling of lightness -उभयजानूसंधिशूल deceased -चंद्रमणकष्टता deceased	-उपशयानुगामी -संधिशूल Decreased -कटीतेपादसंचारिवेदना -चंद्रमणकष्टता -sound sleep -round feeling

Name of the patients: AnusuyaPalyekar

Complains – Stiffness of left eye

--Stiffness of whole left side

Diagnosis – अधरांगवात

Patient admitted on 27/08/2021

(first seven days no relief or improvement seen)

Date	04/09/2021	05/09/2021	06/09/2021	07/09/2021	08/09/2021	09/09/2021	10/09/2021
Din	8	9	10	11	12	13	14
	-वामक्रियाहानि decreases -patient feels lightness in the body -sound sleep but patient can't have food as slight stiffness in right hand	-patient can move left leg slightly -sound sleep	-patient can move left hand & lift left hand on his own without support	-Stiffness seen in right hand decreased -patient can lift left leg on his own	-Patient feeling of lightness -no other major complaint	-patient can have food on his own -patient can now get up and sit on his own	-feeling of lightness -patient today tried walking with the help of walker

II. DISCUSSION

Swedana karma is very important panchakarma which is done before any panchakarma procedure. In disease state, the srotas may have many types of abnormalities. They are roughed, contracted, hardened or many time do not possess their normal suppleness and elasticity, in such srotas even after mobilization the dosha are likely to be obstructed so, it is necessary to make srotas suitable for the movement of loosened dosha. This is achieved with the help of swedana, which is suppose to be the best softening method, restoring softness, suppleness and elasticity.

Mode of Actions

Swedana by acts by its qualities like Ushna, Tikshna etc. It increases the metabolic rate in the body. Ushna Guna of Sveda dilates the capillaries thus it increases circulation. Increased circulation enhances the elimination of waste products and more absorption of Snehadrugs through the skin. Also it stimulates muscles and nerves, which promotes its renovation. Heat administration by Swedana may produce hypno-analgesic effect by diverted stimuli.

Increased Metabolism: Heating of tissues accelerates the chemical changes i.e. metabolism. Due to increased body temperature, sympathetic activities are also increased. Because of increased sympathetic

activities, hormones like Epinephrine, Norepinephrine, Cortisol, Thyroid hormones are released which accelerate the metabolic rate. As a result of increased metabolism, there is an increased demand for oxygen and food stuffs and increased output of waste products including metabolites.

Vasodilatation: If the body temperature raises a negative feedback action becomes active to reach at normal temperature. High temperature of the blood stimulates thermo receptors that send nerve impulses to the pre-optic area of the brain, which in turn stimulate the heat losing center and inhibit the heat promoting center. Nerve impulses from the heat losing center cause dilation of blood vessels in the skin so the excess heat is lost to the environment via radiation and conduction. As a result of vasodilatation there is an increased blood flow through the area so that the necessary oxygen and nutritive materials are supplied and waste products are removed (Clayton's electrotherapy).

So it can be inferred that the Ushna Guna of Swedana Karma leads to stimulation of Sympathetic Nervous System and there is vasodilatation (Soto Vispharana). Ushna Guna also increases the circulation of Rasa and Rakta in the body.

During Swedana Karma the body temperature rises to more than 2-30C. It results in



increased Sweating by the above said mechanism. Due to the effect of Sara and Sukshma Guna of Svedana Dravya, the Lina Dosha are liquified in our body and they come out through micropores, which are present over the skin as pores of sweat glands. Since there is extreme vasodilatation due to production of heat, it results in increased excretion of liquified vitiated Dosha from the body resulting in Srota Sodhana.

It is mainly done in different vatavyadhi because it has properties such as ushna, tikshna, snigdha, sukshma, etc. Which pacifies the increased ruksha, laghu, sheeta, kharaguna of vata. Thus giving relief to the patient.

III. CONCLUSION:-

Swedana is a very important measure in Ayurveda which has become very popular due to its easy administration and effectiveness in several disorders. It is effective in sandhigatavata, amavata, katigatavata, manyagatavata, grudhrasi, pakshaghat. Swedana is easy to perform and the requirements are also easily available.

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