

A REVIEW ARTICLE ON *DRAVA SWEDANA* AND ITS CLINICAL APPLICATION

<b>Dr. Ruchi Juyal</b>	PG scholar, Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar.
<b>Dr. Ketan Mahajan</b>	Professor & HOD, Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar.
<b>Dr. Atul Kumar Agrawal</b>	Assistant Professor, Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar.
<b>Dr. Sneha Joshi</b>	PG scholar, Panchakarma Department, Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar.

**ABSTRACT** *Drava Sweda* is a sudation procedure carried out with hot liquid. In this procedure, medicated water should be filled into a pot, jug with spout, or a tube and poured comfortably over the painful parts covered with cloth. It is considered as *Bahirparimarjan Chikitsa* and it comes under *Shadaupakrama* (Six treatment modalities), *Swedana Karma* is not just providing heat to the body, but the amount of heat is mentioned in the management of various diseases caused by *Vata-Kapha Doshas*. *Parisheka Sweda* is a type of *Drava Sweda*. *Acharya Charak* mentioned it in *Sagni Sweda*, which can be applied as *Ekanga* (over a body part) or *Sarvanga* (whole body). *Avabahuka* (Frozen shoulder) due to vitiated *Vata*, *Swedana* helps to relieve the pain and stiffness. *Avagaha Sweda* is one such important *Swedana* practice which is mentioned in *Sagni Sweda* by *Acharya Charak*. The word '*Avagaha*' means dipping, immerse. *Swedana*<sup>2</sup> means -sudation, steaming, sweating, of body parts in warm medicated *Kwath* or *Tail*, *Ghritha*, *Sneha*, etc kept in a large tub is called as '*Avagaha Sweda*'. It is more beneficial in the condition like complication of *Basti*, Haemorrhoids, fissure in Ano etc.

**KEYWORDS :** *Drava Swedana*, *Avagaha Sweda*, *Parisheka Sweda*.

**INTRODUCTION**

The process which produces *Sweda* and reduces *Stambhaa*, *Gaurava*, *Shaitya* from body is *Swedana*.

*Swedana* is a therapy which alleviates stiffness, heaviness, coldness & that which brings out sweating from the system. The perspiration in *Ayurveda* is something more as a treatment & as a daily routine. *Swedana* drugs by *Ushna* and *Tikshna Guna* are capable of penetrating the microcirculatory channels (*Srotas*) where they activate the sweat glands to produce more heat. *Swedana karma* increases the permeability of capillary and bringing the morbidities into an extracellular fluid by dilating and clearing the channels of the body. It maintains the thermoregulation system of the body by maintaining equilibrium between core temperature (temp. inside the body) and shell temperature (skin temp).

**Swedana Definition :-**

The process by which sudation is carried out in the body is called *Swedana*. According to *Charakacharya*<sup>3</sup>-

SAGNI SWEDA (13) (Ch.Su. 14/39-40)	NIRAGNI SWEDA (10) (Ch. Su.14 / 64) <sup>4</sup>
Sankar	Vyayam
Praster	Ushna Sadan
Nadi	Gurupravran
Parisheka	Chhudha
Avgah	Bahupana
Jentak	Bhaya
Ashmaghna	Krodh
Kursh	Upnaha
Kuti	Aahaw
Bhu	Aatap
Kumbhik	
Kupo	
Holak	

Acc. to *Sushrutacharya*<sup>5</sup> and *Vaghbatacharya*<sup>6</sup>-

1. Tapa. 2. Ushma. 3. Upanah. 4. Drava.

**Drava Sweda (Su. Chi. 32/13)<sup>7</sup>**

*Drava Sweda* is a type of *Swedana Karma* in which liquid medium is used to attain the *Swedana* properties.

In *Drava Sweda*, the medicines are processed in the liquids like water, oil, milk, *Takra*, *Kwatha* etc used.

Medicines in *Drava Sweda* are used in a liquid form. The medicines used in *Drava Sweda* will be rich in *Drava* (liquid), *Sara* (to flow), *Manda* (slow) and *Kleeda* (dampness) qualities.

**Drava Sweda**

*Swedana* types which can be included under *Drava Sweda* are:

1. *Parisheka Sweda* (shower or Affusion Sudation).
2. *Avgah Sweda* (bath or tub bath sudation).

**PARISHEKA**

*Parisheka* means showering, sprinkling, spraying, synonyms are *Sek Dhara*, *Pizhichil*. *Sweda* means sudation, steaming, sweating, and fomentation.

*Parisheka Sweda* is a form of sweating treatment where in hot or warm, *Vata* or *Vata-Kaphahara* balancing medicated liquids Like herbal decoction, processed milks, processed butter milk etc liquids are stream poured or sprinkled over the affected part. Maintaining a constant and uninterrupted flow from a certain pre-fixed height.

**SELECTION OF DRUGS**

As per *Prakruti*, *Rogi* and *Roga Bala*:-

Drugs should be selected for *Dhara Sweda*.<sup>8</sup> -

Medicated oil and *Kwatha* - for *Vata*, *Kapha Prakruti*.

Medicated milk, *Ghritha*, *Takra* - for *Pitta Prakruti*.

**Taila Dhara:**

Medicated *Taila* used for stream pouring in local part of the body in whole body. It is beneficial in *Vata* disorders like osteoarthritis, paralysis, degenerative conditions like osteoporosis, Dementia, Parkinson's.

**Ghritha Dhara:**

Medicated *Ghritha* is used. Mainly in *Pitta* disorders.

**Yamaka Dhara:**

Medicated *Ghritha* and *Taila* are used together as combination or medicine itself is prepared having both *Ghritha* and oil as base substance.

**Ksheera Dhara:**

Medicated milk is used in this type of treatment. Basically, it is used for strengthening and also in inflammation. It is highly beneficial in gout, hypertension. It is used in both body and head.

**Takra Dhara:**

Medicated butter milk is used in this type of treatment. Basically, it is used in head with simultaneous massage. It is used in scalp disease like fungal diseases. Eg in *Darunak Kustha, Avsad* etc

**Sarvanga Dhara**

- This form of *Dhara* is done so as to cover the entire body.
- When the medicated oil, *Ghritha, Takra, Kwatha* are poured in streams over the entire body, it will be called as *Sarvanga Dhara*.
- This is generally done in disease like cause due to the morbidity of *Vata, Kapha* or *Vatakapha*.
- It is highly beneficial in treating disease like paralysis, muscular/ neuromuscular disorders.

**Ekanga Dhara/Sthanika Dhara**

This form of *Dhara* is done so as to cover only particular part of the body. Eg- *Jamu Dhara, Shirodhara* -Medicated oil, Milk, *Takra, Kwatha* are poured over the head and useful in disease like stress, hypertension, hair fall.

**Sandhi Dhara**

Medicated oil, *Kwatha* poured in streams over the affected joints like *Sthanik Parishek* by *Dashmooladi Kwath* in *Avabahuka* (frozen shoulder).

**Dhanyamladhara** – In *Amavata* (Rheumatoid arthritis) of knee joint.

**MATERIALS REQUIRED:-**

Suitable oil, Milk, *Takra, Ghritha, Kwatha* - 3/4 lit.

- Cotton swab/cloth
- Vessels
- Soft towels
- Oil for *Talam*- 10 ml.
- *Churna Rasnadi*- 5 gm.
- Gauze
- Earplug
- Mugs with pointed tip or *Parishka Yantra (Kumbhi, Varshulika Or Pranadi)*
- Attendant.

**PROCEDURE**

- The medicated oil, *Ghritha, Kwatha, Takra*, Milk for *Dhara Sweda* should be heated in a vessel kept in hot water bath the temperature of material must be 42–45-degree c.
- The cotton pieces dipped in the warm oil and should be poured by squeezing cloth pieces held in one hand of masseurs.
- The oil, *Ghritha, Takra*, milk should flow in a uniform stream from the thumb facing downwards.
- The condition should be carried out in 7 positions as follows-  
Sitting, supine, right lateral, supine, left lateral, supine, sitting.
- The temperature of *Drava* should be maintained throughout the procedure.

**PARIHARYAVISHAYA**

Smoking, drinking alcohol, excessive sleeping, anger, walking for long distance, speaking loudly etc

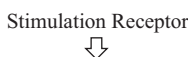
**COMPLICATIONS AND TREATMENT AS MENTIONED IN THE CLASSICS.**

- Fainting – Stop the procedure and treat accordingly .
- Fever - Stop the procedure and treat according.
- Hypotension, Giddiness, Fatigue – Treat accordingly.
- Burn – *Shatadhauta Ghritha* application.

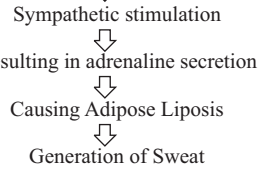
**Mode Of Action Of Parisheka:**

*Snehana* and *Swedana*- *Snehana* corrects the *Sukshata* of *Dhatu*, imparts strength, and provides platform for *Swedana*.  
*Swedana* - Relieves *Ruk*(pain), *Stambha*(stiffness), *Shotha* (inflammation), *Toda* (Pricking sensation) symptoms of *Vata* and soften the body parts.  
*Dharasweda*- Normalizes the vitiated *Vata Dosha* and helps in *Samprapti Vighatana* of *Shoola*.

By *Swedana* due to arterial dilatation, the body parts get more blood circulation, so it acts as *Stambhaghna* and *Gouravaghna*.



Stimulation of Hypothalamus Causes



**Time for Dhara Sweda: 35-40 min.**

**Avagaha Sweda- (AS.H.Su.17/11)<sup>9</sup>**

Immersion of body parts in warm medicated *Kwath* or *Taila, Ghritha, Sneha*, etc. kept in a large tub is called as '*Avagaha Sweda*'.

*Avagaha Sweda*: *Avagaha* means dipping, immersed and *Swedana* means sudation, steaming, sweating.

It's one among *Sagni Sweda*, in *Avagaha Sweda* the person is made to sit in a tub filled with medicines up to navel level.

Tub should be filled with *Sidhha Jala, Kwatha* or *Ushnodaka*.

Temperature of *Swedan Dravyas* should be around 38–42-degree c.

Duration- 1/2-1 hr.

**MATERIALS REQUIRED-**

Bath tub (5.6ft × 2.6ft × 1.4ft)

Vessels 2- 3. Suitable *Dravadravya*- 50-60- litres (*Sarvanga*)/15-20 litres (*Adhakaya*).

Oil for *Abhyanga*- 100ml .

Oil for *Talam*-10ml .

*Choorna* for *Talam*-5g .

Towel-1

**PREPARATION OF MEDICINE**

- According to the disease condition suitable *Dravadravya* is selected.
- It should be poured into tub with a temperature preferably 38C-42C.
- Preoperative procedure
- *Talam* should be kept over the head with suitable oil and *Choorna*.
- *Abhyanga* should be performed with prescribed medicated oil.

**PROCEDURE**

The patient should be seated comfortably in the tub containing medicated *Drava* in such a way that his lower part of the body should be submerged above the level of umbilicus.

*Sarvang Avagaha Sweda* should be performed submerging the body up to neck.

When the temperature of the medicated *Drava Dravya* lowers down, some amount should be replaced by warm *Drava Dravya*, thus keeping the temperature uniform.

**POST OPERATIVE PROCEDURE.**

After the prescribed time, patient must be instructed to come out and body should be wiped with towel.

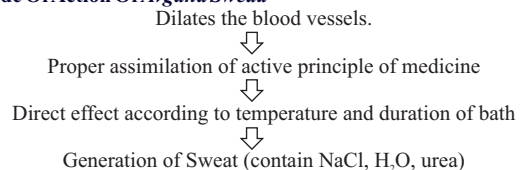
*Talam* should be wiped out and then after half to one hour patient is advised to take bath with lukewarm water.

**PRECAUTIONS**

*Vrishan, hridaya, drishti, (Mridu Sweda)*, *Vankshan pradesh (Madhyam Sweda)*<sup>11</sup> (*Ch. Chi. 14/10*)<sup>10</sup>

1. Therapy should be stopped at any time if the patient gets good perspiration.
2. The temperature of the *Drava Dravya* should be maintained between 38 C-42C.

**Mode Of Action Of Avgaha Sweda**



**Applications of Drava Sweda- Parishek Sweda**

Indicated in *Vata- Kaphaj* or *Pitta Sansliht Vata* disorders, Pain, and stiffness condition like

*Aamavata, Katigraha, Avabahuka, Ardit* etc

Sek - To relieve Fatigue, *Vatanashak*, *Sandhiprasadhak*, Injury, *Bhagna* (fracture), Burn, joint pain, *Mutrakrucchra*, *Gulma*, *Anaha*, *Bhagandar*, *Vrana*, *Tooni*, *Pratitooni*, *Shoola*, *Abhighat*, *Toda*, *Udavarta*, *Kooha*, *Moodhavat*, *Asthivisharpa*, *Pleeha*, *Adhmana*, *Vidradhi* etc. *Su. Chi.* 24/31- 32,34<sup>11</sup>

#### **Avgaha Swedana Clinical Applications:**

*Avgaha Sweda* indicated in nourishment of artery, vessels and all *Srotas*. *Sneha Avgaha* increases the strengthening of the body. (*Su. Chi.* 24/33)

*Avgaha Sweda* is indicated in diseases like- Hemorrhoids, Fissure in Ano, Fistula, Rectal prolapse. etc. *A.H.Su.* 17/25,26,27.<sup>12</sup>

**In Basti Karma-** In application of Basti karma, if *Angmarda* is present- *Avgaha* with *Jala* (*Ch.Si* 7/52).<sup>13</sup>

**In Vata Prakriti-** *Samanya Chikitsa* - *Avgaha* (*Ch. Vi.* 6/16).<sup>14</sup>

**In Vaman and Virechana Atiyog-** *Avgaha* (*As H Ka* 3/25) and *Ch. Si.* 6/47.<sup>15</sup>

**In Vatarakta-** In *Uttan Vatarakta* - *Avgaha* (*A. H. Ch* 22/38).<sup>16</sup>

**In Mutrakrichha-** *Avgaha* with decoction of *Sheeta Dravyas* (*C.Ch.* 26/49).<sup>17</sup>

**In Vidvighat-** *Avgaha Su. Ut.* 59/2

#### **DISCUSSION**

##### **Swedana mode of action -**

*Swedana* has an important action like *Stambhagna*, *Gauravaghna*, *Shitaghna*, and *Swedakaraktva*.

**Stambhaghna-** *Swedana* decrease stiffness. *Sandhi* is the place of *Shleshaka Kapha*. *Ama* is responsible for further vitiation of *Vata*, *Mansa*, *Meda*, *Vasa* cause *Stambha* due to *Ruksha Guna* of *Samana Vayu* dries the *Shleshaka Kapha* and finally cause *Stambha*.

*Swedana* is *Ushna* and *Snigdha* thus *Snigdha* relieve in *Stambha* and *Swedana* relieve in *Amapachana* and so it relieves in stiffness.

**Gauravaghna:** *Swedana Karma* increase the Sweating from the body after that relieves in the body. *Aapa Mahabhuta* is *Guru* so due to expulsion of Sweat, there is feeling of lightness. After *Swedana*, nerves and muscles are stimulated, and blood circulation is increased.

**Shitaghna:** Due to *Ushna Guna Swedana* relieve in *Shitata*.

**Sweda Karaktva:** Impurities of the body excrete through Sweat. *Sweda* is a type of *Mala*. It is related to *Dhatvagni* and *Bhutagni* (metabolism). *Swedan* due to its *Ushna* and *Teekshna* nature is responsible for penetrating the *Srotas* (microcirculatory channels) activate Sweat gland for secretion of more sweat from the body. Due to *Sara* and *Laghu Guna* of these *Dravyas* it moves towards *Koshtha*. These *Doshas* are expelled out through nearest route and micropores of the skin in the form of *Sweda*.

##### **Doshadraveekarana:**

*Sweda* further softens the *Doshas* and remove from the body. Its *Ushna*, *Teekshna* properties allows to penetrate the channels in the body and liquefies the *Doshas*. Thus, help in eliminating from the body.

##### **Vata Shamana:**

*Snigdha Sweda* helps in pacifying the *Vata Dosha*. eg. *Janu Basti*, *Janu Upanah* etc.

##### **Gatra Vinamna:**

By application of *Snehana* (oil application) and *Swedana* (steam application) even dry wood can be bent easily same as these two procedures makes body flexible.

##### **Aama Pachana:**

*Swedana* has *Aampachana* properties due to its *Ushna Guna* thus help

in igniting *Agni*.

##### **Twak Mardava and Prasadana-**

Due to Sweating and excretion of wastes, the Skin becomes soft and pleasant.

##### **Srotoshuddhi:**

Due to excretion of Sweat and dilatation of *Srotas* and the channels of the body will be cleared resulting in *Srotoshuddhi*. After that *Vata* is regulated and then regulates the movement of urine, faeces, and flatus.

##### **Sandhicheshhtakara:**

*Swedana Karma* relieves in *Sthambh* and *Graha* thereby improving the quality of life and improving the good health.

#### **SUDATION**

- During *Swedana Karma* body temperature increase, it has therapeutic and physiological effect and very effective in joint degenerative conditions.
- *Swedana* increase and stimulate local lymphatic circulation and improve the micro level tissue metabolism.
- *Swedana* reduces inflammation and pain by modifying secretion and relax musculature.
- A study has shown the *Swedana* increase the rate of Transdermal drug delivery. *Snehana* And *Sweda* are better trans dermal drug absorption.

#### **CONCLUSION-**

*Swedana Karma* is an indispensable procedure before performing any *Karma* in *Panchakarma*. *Swedana* act like *Poorva* or *Pradhan Karma* according to plan of disease. *Swedana* plays an important role in rapid relief from many symptoms and acute treatment of many diseases. Sometimes, *Swedana* is mandatory in many cases as *Paschata Karma*.

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