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Jambir Pind Sweda- A Review

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ABSTRACT

Panchakarma therapy is mainly done for purifying the body & to remove the impurities out from the body, and that can be achieved by *panch karmas* like *Vaman*, *Virechan*, *Basti*, *Nasya*, *Raktamokshan*. But before performing such *karmas*, *Snehan* & *Swedankarma* should be done to liquidize the *doshas*. *Swedan* is the process which relieves the *stambh* (stiffness), *Gaurav* (heaviness) & produce *sweda*. There are many types of *Swedan*. *SankarSweda* is one of type of it, in which heated materials are tied in cloths, use for *swedan* & it is commonly known as *Pindsweda*. ***Jambir Pind Sweda***, is one of type of it, in which *swedan* is given with the help of mainly ***Jambirnimbu*** & other *dravyas*. This is to be done after *Abhyang* (light oil massage). It gives better results in *Vatvyadhi*, *Vatkaphajvyadhi*, *Saam sandhigat vyadhi* (disease associated with *aam*)

Key Words *Jambir Pinda Sweda, Sankar Sweda, Swedan, Stiffness*

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INTRODUCTION

Swedan is *Poorvakarma*. *Acharya Charaka* advised *swedan* in *vataj*, *kaphaj* & *vatakaphaj*, *vyadhi*¹.

Pinda means bolus and *swedan* means sudation.

Swedan is the therapy which makes the body to perspire, relieves *shool* (pain), *stambh* (stiffness), *gauravta* (heaviness)² and thereby treating the disease. It can be performed by various methods. There are two types of *swedanas* which are classified as *Sagnisweda* & *Niragni Sweda*³. Out of these 13 *Sagniswedans*; *Sankarsweda* is one of type of it. In this type, *Swedan dravyas* are heated

& tied in the clothes & made *pottali* (bolus) of it & this *pottali* is used for *swedan karma* on different parts of body according to *vyadhi* (diseases). According to *charakacharya*, *Sankarsweda* is also called as *pind sweda*⁴. It comes under *ushnasweda* of four types of *sweda* according to *Acharya Dalhana*⁵. This *Sankarsweda* is further classified into *Rooksha* & *Snigdhasankarsweda*. In *Rookhasankarsweda*; hot solid *dravyas* like sand, brick, cloth, stone, iron ball, fecal matter of different animals are used. This *sweda* can be given to *kapha* vitiated patient, *saam* condition, *Med Dhatudushti*⁶. In *Snigdha Sankarsweda*;



REVIEW ARTICLE

pottali(bolus) is made up of *tail, teel, masha, kulattha, mamsarasa, dugdha, paayasetc.* This *swedan* can be done in *vata*vitiated *vyadhi*(disease)⁷. In *jambirpindasweda* there is rubbing action with pieces of hot *jambirnimbu*(lemons) against affected joint for alleviating joint pain & stiffness.

MATERIALS AND METHODS

Procedure of making *jambirpindasweda*.

Materials required (*SambharSangrah*).

4-5 *JambirNimbu* (chopped into pieces).

2 handkerchiefs sized(18×18) *sutika* pad (cotton cloth).

Erand tail (Castor oil) (*Ricinicommunis*).

Rasnachurna (*Pluchealanceolata*).

Saindhav (Rock salt).

Haridrachurna (*Curcuma longa*).

Rason (Garlic) 5-6 Petals (*Aliumsativum*).

Threads.

Frying pan & spoon.

Cooking stove & cylinder.

Teel tail.

Poorvakarma.

- Patient should be given normal position as per *vyadhi*& the site to which *Jambirpindasweda* should be applied.

- *Abyanga* (*Sarvadehicatorsthanik*) with *teeltail* should be done before *swedan* as *poorva karma*.

Pradhankarma

Pottalinirman

- Approx. 10ml of *Erand tail* is taken in frying pan & heated.

- *Rasnachorn, Erandmoolchurna* 1 spoon. ½ spoon of *Saindhavlavan*, ½ spoon of *Haridra churn* added into it.

- Chopped Garlic petals should be added. Chopped *Jambirnimbu* added & mixed well & this mixture heated for 2-3 minutes.

- Half of the mixture is shifted to sterile cotton cloth & tied to form a bolus, rest half is heated again & transferred to second cotton cloth after the 1st bolus becomes cold & all the lemon juice is drained.

- By The temperature of hot bolus is checked on backside of palm before applying on patient, if bearable then gently rubbed on the affected part in circular manner.

- The procedure performed for 15-20 minutes till sweating occurs & patient feels light as well as *SamyakSwedanlakshanas* (relieves pain, stiffness, coldness, heaviness & sweating induced).

Paschatkarma

- The area should be wiped with cleaned towel, asked the patient to sit for a while.

- All the used mixture from the bolus should be disposed of in dustbin. Asked the patient to take *koshnajasnan* after some time of *swedan*.

- Advised Patient about to follow the *Pathya - Apathya* about *ahar&vihar*. (Everytime new *jambirnimbu* should be used).

Duration- 7-21 day's depending on nature & intensity of disease.



REVIEW ARTICLE

Indication:

Avabahuk (frozen shoulder), *vatavyadhi*, *vatakaphajvyadhi*, *katigrah*, *vatkantak*, *saamsandhigatvata*⁸

Contraindications

TarunJwara, *Raktapitta*, *Twakvikar*⁸

DISCUSSION

- This is a procedure in which *snehan&swedan* are introduced. Before *Jambirpindsweda*, *abhyang* was done. *Abhyang* has *vata-kaphashaman* property⁹.
- Heating causes vasodilation, increased blood flow, stimulation of superficial nerve endings. Heat has been applied as counter irritant which is the thermal stimulus, may affect the pain sensation.
- Heat has indirect effect on muscle tissue, that causes muscle relaxation & muscle action efficiency. Also *swedan* helps in excreting *maladravyas*(toxin) along with sweat.
- Here all the procedure worked due to *Ushnagunato* stimulate the sympathetic nervous system and perform vasodilation. Due to effect of *sara* and *sukshmaguna* (properties) of *swedandravya*, the *leenadoshas*(sticky toxins) are liquidized in our body and they come out through micro pores which are present over the skin. Results in more excretion of liquidized vitiated *doshas* from body.
- *Dravyas* used in this procedure that are *Rasna*, *Erand* have *vata- kapha* shaman properties¹⁰. *Jambir* is *amla*(sour) *rasatmak* and

virya (potency) is *ushnagunatmak*(hot property)¹¹ & *Acharya Charaka* has also said that *pindasweddravya* should consist of *amla ras*¹². Also *jambir* is *kapha*, *vatashamak*. *Rasna* is best medicine for *vat vyadhi*¹³. *Erandtail* is said to be the best in *saamvat*¹⁴ (*vatadosha* associated with *ama*).

- Thus *Jambirpindasweda* relieves pain, stiffness, swelling. Pacifies the morbidity of *vata-kaphadoshas*. Induce perspiration & brings lightness. Reduces stiffness, thereby improving movement of joints and treating the disease

CONCLUSION

Pindswedan works by combined effect of heat & properties of ingredients. *Swedan* is important treatment and that can be used as *poorvakarma* or *pradhan* karma. Now this treatment is using around the country for different diseases and it has good effect also. Therefore *Jambirpindasweda* can be used effectively & it can be good option for effective & better management of many diseases.



REVIEW ARTICLE

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