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A Review on Presence of *Swedana Karma* in Various Diseases of *Pranavaha Srotas*

Priya Nashine^{1*}, Kulkarni Prasad², Nakade Mamta³ and Gaikwad Pranesh⁴

¹⁻⁴Department of Panchkarma, Dr. D. Y. Patil College of Ayurveda & Research Centre Pimpri, Pune, Maharashtra, India

ABSTRACT

Pranavaha Srotas is one of the thirteen *Srotas* mentioned in the Samhita. It is responsible for working of *Swasan Kriya* from birth to death. Any vitiation in it can lead to serious condition which may prove to be a life threatening, therefore it should to protected with utmost care. *Swedana* therapy is the best treatment for *Vata* and *Kapha* dominant diseases. *Swedana* by its *Ushna, Tikshna, Snigdha, Ruksha, Sukshma* guna help to pacify the doshas. *Pranavaha srotas* Diseases like *Shwasa, Kasa, Hikka, Pratishaya Rajyakshma* etc. are mainly *Vata Kapha* dominant condition and to treat them *Swedana* therapy plays an important role. In the present article an attempt is made to compile all the reference of *Swedana Karma* pertinence to the diseases of *Pranavaha srotas*.

KEYWORDS

Pranavaha Srotas, Swedana Karma Management



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INTRODUCTION

Swedana is one of the important treatment modality mentioned in Panchakarma. It is used as a *Purva Karma*, *Pradhan Karma* or *Paschat Karma* for treatment of many diseases. Acharya Charak has included *Swedana Karma* under *Shad Upakarma*¹, where it is described as a principal method of treatment. *Swedana* is the prime modality of treatment for number of disorder especially of *vata kapha* origin².

Pranavaha Srotas is an important system in our body. Acharya Chakrapani has opined *Pranavaha Srotas* are the channels through which the *Prana vayu* flow. In other words the liveliness of an individual is dependent on *Pranavaha Srotas*. Therefore it should be protected with utmost care.

Causes of Pranavaha Srotas Dushti³:

Kshayat – Dhatu kshaya –vata prakopa
Sandharanat –Vega vidharana- tridosha
Dushti

Rookshayat- Ruksha Ahara Vihara – vata prakopa

Vyayamat- excessive exercise –*vata prakopa*
Kshudhitasya –hungry for long time - *Vata prakopa*

Srotas anyecha darunehi - effect of other vitiated srotas- *tridosha Dushti*.

Vitiation of *Pranavaha Srotas* produces diseases like *Kasa*, *Shwasa*, *Hikka*

Pratishaya, *Urrograha*, *Swarbheda*, *Pinas*, *Rajyakshma* etc.

Types of Sweda according to the karma:

1. ***Samshamana Sweda*(Palliative fomentation):** The *Sweda* for the pacification of *dosha* and digestion of *Ama Dosha* is called as *Samshamana Sweda*.

2. ***Samshodhana Sweda*(Purificatory fomentation):**The *Swedana* used as a preparatory therapy before *Pradhan Karma* like *Vaman*, *Virechan* etc.is called as *Samshodhana Sweda*. The main object of this *Sweda* is to bring *dosha* from *sakha* to *koshtha*, from there the vitiated doshas are expelled out from the body easily.

*Swedana in Hikka and Shwasa*⁴:

Acharya Charak mentioned *Swedana* as a *Pradhan Chikitsa* of *Hikka Shwasa* in the *Samanya Chikitsa* of *Hikka Shwasa* in *Adhaya 17. NadiSweda*, *Prastar sweda* and *Sankar sweda* has been mentioned for *swedana* after *snehan* with *lavan yukta taila* in it.

Swedana help in *Srampapti vidhatan* of *Hikka Shwasa* by following ways:

1. ***Srotaha Su Abhiviliyate*:** it helps to dissolve *Kapha* which is in a dense stage(*grathita*) stuck to the channels firmly. Further it liquefies *Kapha* allowing it to move freely.



2. **Khani Mardavam Ayanti:** it makes the channels soften, by this *vata* flows in normal direction (i.e. *anuloman of vayu* takes place).

3. **Sleshma Vishyandate** –it increases the secretion of vitiated *kapha* through the channels.

Acharya Charak has mentioned that as the ice melts down in the presence of Sun, likewise the action of *Swedana* occur on *kapha*.

Swedana drugs by *Ushna* and *Tikshna guna* are capable of penetrating the microcirculatory channels, where they activates the sweat glands to produce more sweat .After dilatation of the microchannels, *laghu* and *sara guna* of the drugs enables them to act on the *dosha* in the channels, remove the stagnation making the sticky content mobile and direct them to move towards *koshtha* or excrete them through micropores of the skin in the form of sweat result in *Srotoshodhana*. The movement of *dosha* toward *koshtha* is a prime requirement for the expulsion of *dosha* from near by route either by *Vaman* or *Virechan*.

Swedana Ayoga in Hikka Shwasa Rog⁵:-
Pitta Pradhana condition –more *pitta prakopa* due to *ushna, tikshna guna of swedana*

-*Daha*- it increases because of *ushna, Tikshna guna of swedana*

-*RaktaStrava*- it increases because of *ushna, tikshana, drava guna of swedana*

-Excess Sweating- *swedana* produce more sweating, leads to *bala kshaya*

-*Ksheen Rasadi Dhatu*- *swedana* produce sweating, causing *rasadi kshaya* ,ultimately leads to *bala kshaya*

-*Ksheen Bala* – person could not withstand the *swedana* procedure.

-*Ruksha* Person - person could not withstand the *swedana* procedure.

-*Garbhini* - person could not withstand the *swedana* procedure

-*Pitta Prakruti*-cause exaggeration of *pitta*

Mrudu Swedana in Sweda Ayoga Patient of Hikka Shwasa⁶:

In *Swedana Ayoga* patient of *Hikka Shwasa* , *Sthanika swedana* can be done with *Utkarika (Sharka Yukta)* or *Upanaha*.

Acharya Charak has mentioned the Preparation of *Utkarika* by *Tila,Atasi, Masha, Godhuma* with *Vatahara taila* mixed together with *Kanji* or *Dugdha* (depending on the dominance of *kapha* or *vata*) in a flame to form a bolus. This bolus is called as *Utkarika* which can be used for *swedana*.

**Table 1** Swedana in various *Pranayaha Srotas* diseases

Sr.No	Vyadhi	Type of Swedan	Remark	Reference
1	<i>Hikka Shwasa</i>	<i>Nadi Sweda, Prastar Sweda, Sankar Sweda</i>	As ice melts in the presence of Sun , likewise <i>Swedana</i> liquifies <i>kapha</i>	Cha.Chi 17/71-72
2	<i>Vataj Kasa</i> ⁷	<i>Snigdha Sweda(Dugdha, Mamsa rasa and Vataghna medicine)</i>	<i>Snigdha Sweda</i> help in restoring the stiffness, suppleness and elasticity of <i>srotas</i> . help in <i>vata Anuloman</i>	Cha.Chi.18/32-34
3	<i>Pratishaya</i>	<i>Tapa Sweda, Upanaha Sweda, Sankara Sweda</i> ⁸	<i>Sankara Sweda</i> indicated in <i>Kshavathu, Nasika gata Strava, or Nasapratinaha</i>	Cha.Chi.26/137
		Different type of <i>Sweda</i> ⁹		Su.Utt.24/18
	<i>Apakwa Pratishaya</i>	<i>Swedana with Amla drugs</i> ¹⁰		Su.Utt.24/19
4	<i>Pinas</i> ¹¹	<i>Snigdha Upnaha Sweda, Pinda Sweda</i>		A.H.Chi 5/77
	<i>Kaphaj Pinas</i> ¹²	<i>Parisheka</i>		Cha.chi.26/149
	<i>Pinas in Rajyakshma</i> ¹³	<i>Parisheka . Avagaha Sweda</i>		Cha.chi.8/65
5	<i>Kaphaj Hrudroga</i> ¹⁴	<i>Sarvanga Sweda</i> followed by <i>Vaman</i>		A.H.Chi6/49
6	<i>Urrograha</i> ¹⁵	<i>Swedan</i>		Yog.Rat.urrograha
7	<i>Parshva shoola</i>	<i>Upanaha Sweda , Tapa Sweda</i>		Ka.Sh
8	<i>Swarbheda</i> ¹⁶	<i>Nadi Sweda, Prastar Sweda, Sankar Sweda</i>	Treatment like <i>Shwasa, Kasa</i>	Su.Utt 53/9
9	<i>Yakshma</i>	<i>Sankar sweda</i> ¹⁷ (<i>Krushra , Utakarik , Masha, Yava, Payasa</i>)		Cha.Chi.8/71
		<i>Parisheka Sweda</i> ¹⁸ (<i>vataghna leaves, bala, Guduchi , yastimadhu</i>)	<i>Parisheka over shira pradesh</i>	Cha.Chi.8/72
		<i>Nadi Sweda</i> ¹⁹ (<i>Basty –matsya shira , Dashmoola, Bala, Eranda , Mulaka, Karmarda, Badar, Kulatha, Venuparni, Ashwagandha, Shatavari, Guduchi, Yasti , Shigru, Yavahi , Aragwadha, Kanji</i>)	<i>Swedana over Kantha, Shira and Parshwa</i>	Cha.chi.8/73-74
		<i>Upanaha Sweda</i> ²⁰ (<i>Jivanti, Shatapushpa, Balaya, Madhuka , Vacha, Vesavara , Vidarikanda, Mulaka, odak-Anupa mamsa</i>)	In <i>shoola</i> condition over <i>Shira, Parshwa, Ansha pradesh</i>	Cha.chi.8/75-76
		<i>Parisheka Sweda</i> ²¹ (<i>Go-Dugdha, Yastimadhu, Chandanadi gana drugs</i>)	In <i>Daha</i> condition	Cha.Chi.8/85-86
		<i>Avagaha Sweda</i> ²² (<i>Sneha, Kshira , Ambu</i>)	For opening of the <i>srotas</i> , and to increase <i>Bala</i> .	Cha.chi 8/173



CONCLUSION

1. From above table it comes to the notice that in all the diseases of *Pranavaha srotas* references of *Swedana karma* in one or the other form is mentioned in various *Samhita*.

2. If we go through the pathogenesis of *Pranavaha Srotas* then it can be assumed that vitiation of *Vata and Kapha Dosha* is mainly responsible for production of *Pranavaha Srotas Vyadhi*.

3. *Swedana* which acts mainly on *Vata and Kapha Dosha* by its *Ushna* , *Tikshna* ,*Snigdha*, *Ruksha*, *Sukshma* ,and *Drava Guna* proves to be a boon for the diseases of *Pranavaha Srotas* by directly terminating the initiation of the pathogenesis.

4. *Swedana Karma* is responsible for bringing the unctous *doshas* towards *koshtha* from *shakha* to be expelled out from the body. This proves that the effectiveness of *Pradhana Karma* like *Vaman* or *Virechan* is depended on *Swedana karma* which is used as a *Purvakarma* .

5. In the end it could be concluded that *Pranavaha Srotas* and *Swedana* has a direct relationship with respect to disease and treatment .*Swedana* by its one or the other type plays a unique and an important

role for *Shodhan or Shaman* of the Disease related to *Pranavaha Srotas*.



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