



## Swedana Karma (Sweating Therapy) - A Brief Review

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**ABSTRACT:** The human body is among the most fascinating natural wonders. It is a highly complex multicellular organism whose life and well-being rely on appropriate homeostasis, coordination, and harmony between the self and environment. Ayurveda is the science of health; it offers therapeutic and preventive methods for restoring tissue homeostasis and helping people reach optimal health. Swedana, also known as body sweating, is a typical therapeutic technique used in Ayurvedic medicine. Swedana is recommended for its calming or cleansing properties throughout the traditional Ayurvedic scriptures. It can be performed as an independent intervention or as a prelude to Panchakarma, or the five detoxification procedures.

**KEY WORD:** Swedana, Sagni Sweda, Niragni Sweda , Ekagna Sweda , Sarvanga Sweda.

### INTRODUCTION

Sweating is the result of heat exposure and is classified as mala (excreta) of medo dhatu (adipose tissue). Swedana karma is the term for the therapeutic production of sweda through the application of various measures. Presumption of swedana karma under shada upakarma (alternative therapeutic instrument of six types). It is the primary Panchakarma process. It creates Sweda (sweat) and brings Sthirta (stability of body and life). It relieves the body of Shitata (coldness), Gaurava (heaviness), and Stambhana (stiffness).

The diseased Doshas in Koshta (gastrointestinal tract), Dhatu (tissue system), Srotas (body channels), Shakha (appendices), and Asthi (bones) are the ones where the Snehana method creates Klinnata (softness). The Swedana then liquefies these soft Doshas. These liquid doshas quickly take on a moveable shape and are subsequently eliminated by Shodhana (Biopurification) therapy in the form of damp, oily wood that Agni burns. Consequently, Swedana is beneficial immediately following Snehana therapy; both processes aid in causing Utkleshan of the Doshas.

Swedana should be administered in accordance with the Doshas with the assistance of appropriate medication formulation. Swedana's effects are decided by taking into account Roga, Ritu, and Vyadhi. It soothes Vatika diseases and promotes the body's natural removal of accumulated Purisha, Mutra, and Retas.

Acharya Kashyapa states that although Swedana karma is good from birth, children need to be given extra care by Krishna and Madhyama Bala. Based on the ailment, Balaka needs Avasthikaswedana. Underage and excessive use is prohibited for young children. Vatika and Kaphaja diseases are specifically recommended for the Swedana surgery. It gives the morbid and passive Doshas energy. Heat is what causes a dry hardwood stick to bend. Swedana karma governs eight different functions, pacifies vata dosha, and produces warmth in the body, as explained below.~

### **Advantages of Swedana Dravya :-**

1. Agni dipti (better metabolism and digestion)
2. Mardavam (which results in flexibility and smoothness)
3. Twak prasada, or skin that is smooth and shiny.
4. Bhakta shradha, or the hunger for food
5. "Clean channels," or Nirmala Srotas
6. Jadyahara (strength alleviation)
7. Tandrahara (a remedy for fatigue)
8. Sandhi stambhahara, which facilitates the activation of stiff joints
9. Nidrahara (reduce oversleeping) Swedana uses the Agni element of Panchamahabhoota as a functional component, and all Swedana dravyas should possess the following attributes: Heat, or ushnata Tikshnata (severe) Sarata (Transportable) Snigdhatva, the impure Rukshata (rough) Sukshmatva (One Minute) Gurutva (Heavy).

## **CATEGORIES OF SWEDANA**

### **A. Sort based on their Characteristics**

1. Mridu or swalpa sweda (mild): In situations where a very mild form of sweda is appropriate and a slight form of Swedana karma may result in harm. The following areas should receive this kind of Swedana, or these portions should be covered with cold materials throughout the application process: Netra (eyes), Hridaya (cardiac area), and Andakosha (scrotum)
2. Madhyam or alpa sweda (moderate) – the joints and the Vankshana region (inguinal area) are appropriate for moderate sudation:
3. Maha Sweda (intense): The entire body is thought to be suited for maha sweda, with the exception of the places listed under Mridu and Madhyam Sweda.

### **B. Various classification schemes based on the patient's bala (strength):**

1. Maha Sweda (intense): Suitable for those with strong bones and for use in the winter or in chilly climates.
2. Madhyama sweda (moderate): Ideal for individuals with medium strength and throughout sadharana kala (the regular season).
3. minor Durbala Sweda: Suitable for individuals with reduced strength and in cases of minor disease or acute illness, this remedy is best taken in mildly chilly environments.

### **C. Types of Sweda based on Sweda/Dravya methods or Swedana nature equipments.**

1. Taapa sweda: Swedan by hard materials such as stone, iron plates, etc. They have a hard surface; to apply them, you must first touch it to the target region and then make contact with fire.
2. Ushna Sweda: Allow steam to cause perspiration.
3. Upnaah Sweda: Poultices made of semi-solid materials are applied.
4. Drava Sweda: Liquid materials, water, or durg infusion are utilized.

### **D. Sorts according to sweda quality**

1. Snigdha sweda: advised for Vata dosha and Pakvashaya issues
2. Ruksha sweda: Suggested for Amashaya issues and Kaphaja diseases.

### **E. Types according to Sweda's properties**

1. Rukshasweda
2. Sweda Snigdha
3. The Snigdha Ruksh

### **F. Special classifications:**

As explained by Acharya Kashyapa, these should be used in appropriate kala (period), roga (diseases), and deha (body) types, particularly for children.

Hold on tight (by palm)!

Pradeha (package medication)

Pipe fomentation, or nadi sweda

Prastara, by a heated rock

Mixed fomentation, or Samkar

Upnah (poultice)

Avgahana (soaking in a tub)

Parisheka (steam shower)

### **G. Swedana Types according to Applied Area**

1. Ekanga gata: locally, on a specific organ, or on the intended area.

2. Sarvanga gata: administered universally throughout the body.

## **DISCUSSION ON PROBABLE MODE OF ACTION OF SWEDANA KARMA**

One of the Malas mentioned in Ayurveda is Sweda. Mala are often waste products, but occasionally they serve a beneficial purpose for the organism. Despite the fact that Swedana is poorva karma, It exists independently in certain disorders as pradhana karma. The procedure's broad range of indications demonstrates its significance as the main therapeutic approach. Also, Sweda karma was included by Charaka into Shadavidhopakrama.

**I. Accelerate Metabolic Rate:** The Swedana process raises our body temperature, which in turn causes an increase in sympathetic activity. Hormones such as cortisol, norepinephrine, adrenaline, and thyroid hormones are released due to increased sympathetic activity, which raises metabolic rate and promotes lipolysis. A higher metabolism results in a higher need for oxygen and a higher production of waste products. It is connected to how Ama is metabolized.

**II. Vasodilatation:** When body temperature rises, a negative feedback loop kicks in to help the body return to normal. Elevated blood temperature activates thermo receptors, which transmit nerve signals to the preoptic region of the brain. which in turn inhibit the heat-promoting center and stimulate the heat-losing center. The skin's blood vessels enlarge as a result of nerve impulses from the heat-losing area, allowing more heat to escape into the surrounding air by conduction and radiation. Vasodilatation causes an increase in blood flow across the area, facilitating the removal of waste products and the supply of essential nutrients and oxygen. Relationships with Sroto-Mukha-Vishodhanat are possible.

**III. Sweat Glands:** Stimulation Through the hypothermic stimulation of sympathetic nerves, a high blood temperature activates the skin's sweat glands, leading to an excessive production of perspiration. More waste materials are released from the body through sweat as a result of the increased production of sweat. Therefore, Swedana is said to rectify Swedavah Sroto-dushti.

**Swedana Karma's significance in Panchkarma Therapy:** Swedana Karma is one of the principles of Panchkarma. Pre-procedures such as Snehana and Swedana karma help people be more tolerant and accepting of the results of the main procedure. It modifies dosha imbalances to facilitate their easy mobilization and, consequently, their easy removal from bodily tissues without causing harm to the body. Purva-karma aids in achieving the optimal outcome of Panchakarma's primary procedure, and as a result, the body becomes more

sensitive to maintain equilibrium during Pradhan Karma. Lack of a pre-procedure results in issues because ripe fruit is ideal and juice can be extracted more quickly, but unripe fruit gets smashed during the process eighteen extracts.

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