



CONCEPTUAL STUDY OF SWEDA WITH SPECIAL REFERENCE TO KRIYASHARIR

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INTRODUCTION

Sweda is included in *Trividh mala*, it is mala of *Meda dhatu* and *Aapya* in nature. It is a moisture, a clear liquid exuded through the pores of the skin, typically in profuse quantities as a reaction to heat, physical exertion, fear. According to modern science it is secreted from sweat glands in the skin of mammals, the process is called as perspiration, diaphoresis or sweating. It is a natural phenomenon, one of the detoxification methods of the body and balance the body fluids. Perspiration is a colourless- slightly turbid- salty aqueous fluid, although that from the sweat glands in the axillae, around the anus, oil consistency. It contains urea, fatty substances, sodium chloride. This salty watery fluid is difficult to collect without sebum.^[1] Providing strength and nourishment, excretion of water from the body and retention of water are the functions of normally formed stools, urine and sweat respectively. The metabolic wastes like urea should be lost in urine. If this not occur, there may be condition like uraemia which are quite dangerous. Sweat and urine has reciprocal relationship, in winter season, sweating is minimum but urine output is more generally. Similarly in summer season, sweating is quite prominent but the urine is concentrated if abundant amount of water is not consumed.^[2] Skin is made up of outer epidermis and inner dermis layer. The dermis layer of skin is a connective tissue layer made up of dense and stout collagen fibres, fibroblasts and histocytes. This layer is again made up of two layers- 1. Superficial papillary layer and 2. Deeper reticular layer – in this layer the sweat glands are present and called as appendage of skin.^[3]

AIM

To study *Sweda* with special reference to *Kriya Sharir*.

OBJECTIVES

1. To study the *Sweda* with *Ayurvedic* and modern aspect.
2. To evaluate the relation between *Saman Vayu* and *Swed mal*.
3. To understand physiological importance of sweating.

REVIEW OF LITERATURE

a. *Sweda* in *Ayurveda*

It is *Aapya* in nature, the *Saman Vayu* located at *Sweda*, *Vata-Pitta-Kapha Doshas*, the channels which carries

Aap increases the strength of *Jatharagni*. Again one of the *Sancharan Sthan* of *Saman Vayu* is *Swedavah Srotas*.^[4]

b. Location of sweat glands

Sweat glands are simple tubular glands found on all body surfaces except margin of lips, glans penis and inner surface of prepuce. The coiled secreting portion lies in the corium / subcutaneous portion of the skin. They are most numerous on the palms of the hands and soles of the feet.

c. Difference between eccrine and apocrine glands.^[5]

ASPECTS	ECCRINE GLANDS	APOCRINE GLANDS
1. Distribution	Through out the body	Only axilla, pubis, areola, umbilicus.
2. Opening	Exterior through the sweat pore	Into hair follicle.
3. Period of functioning	Function through out life	Start functioning only at puberty.
4. Secretion	Clear and watery	Thick and milky.
5. Regulation of body temperature	Play important role in regulating body temperature	Don't play any role in regulation of body temperature.
6. Condition when secretion is increased	During increased temperature and emotional conditions	Only during emotional conditions.
7. Control of secretory activity	Under nervous control	Under hormonal control.
8. Nerve supply	Sympathetic cholinergic fibres	Sympathetic adrenergic fibres.

d. Normal amount of sweat secretion

The amount of of sweat per day is about 1 litre but there is extreme variation according to atmospheric condition physical activity. Depending upon individual Prakruti the amount differs e.g. *Pitta Prakruti* people sweats more as compare to *Vata* and *Kapha* type of *Prakruti* people.^[6]

e. Contents of sweat

Sweat contains 99% of water and 1% of solids in which urea and salts are present.

f. Sweat centres

Principle sweat centres controlling thalamus, secondary centres are present in the spinal cord.

g. Conditions affecting the quantity of sweat

Decreased Sweating (Anhydrosis) in	Increased Sweating (Hyperhidrosis) in
Profuse diarrhoea, polyuria, vomiting, hemorrhage, diabetes insipidus, myxoedema, ichthyosis, general anasarca, high temperature.	Fevers (rheumatic, malarial, relapsing, septic), pneumonia at crisis, pulmonary tuberculosis, hyperthyroidism, migraine, neuralgia. Locally on hands and feet in hysteria, neurasthesia, vagotonia, nervous irritability, exophthalmic goitre, fright and other emotions.

h. Factors affecting on sweat production

Change in temperature – weather, emotional condition, muscular exercise, spicy food etc.

i. Functions of sweat

Maintenance of moisture, temperature regulation, water and salts balance, acid-base balance, excretion etc are the functions of sweat. Along with this, softness of skin and hair are also the functions of sweat for this sebum secreted from sebaceous glands also plays role.⁷ Sweat also carries *Kleda*.^[8]

DISCUSSION

Sweat is produced in *Swedavah Srotas*, principle organ of *Swedavah Srotas* are *Medodhatu* and hair follicles. Relation between hair follicle and *Sweda* was known then in that era and relation of warm environment with sweat was also known. Fluid due to heat is thrown out from body through hair follicles, is called as *Sweda*.^[9] It is included in *Kitta*, it is not totally useless. It circulates in the body. It is not a material that should be thrown out as it is. It contains some nourishing material other body entity. Wanning of *sweda*, hair follicles fall, skin becomes dry and rough but when it generates in extra amount, body stinks with smell of sweat, it itches.

CONCLUSION

From above verses and references following conclusions can be drawn,

1. *Sweda* is included in *Trimala* in *Ayurveda*, though it is mala, it has not thrown as it is, it has specific functions. It carries *Kleda* along with it.
2. It is Mala of *Meda Dhatu*, *Vrudhi* or *Kshay* of *Sweda* Mala produces symptoms on body.
3. As a *Purvakarma* of *Panchkarma*, *Swedan* is included, through *Swedan* process the accumulated (*Leen*) *doshas* are transmitted in such a form, that they can be easily moved from *Shakhas* to *Koshtha* from where they can be easily removed from body. For this *Ushna Guna* is used.
4. Wherever *Sthambhan*, *Dahashaman*, *Sanghat kary* is expected, *Sheet Guna* is used.

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