



ROLE OF SWEDANA KARMA IN PEDIATRIC PRACTICE

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ABSTRACT

Induction of sweating for therapeutic purpose is named as *Swedana* in Ayurveda. This may be used for either promotion of health or curing of disease. It is presumed under six *upakarma*, alleviates stiffness, heaviness and coldness of the body, should be done after *Snehana*. According to Acharya Kashyapa *Swedana* is beneficial since birth, but the child need special consideration of *shita*, *vyadhi* and *sharira* as *krisha* and *madhyama bala* child require *Avasthika swedana* (require according to the disease). Excessive and under sudation are forbidden for young children. As the body of child becomes *Kathina* with progression of age the *Swedana* has to be increased. With *Swedana* various channels get open and facilitate *dosha* to come into circulation. *Swedana karma* is specially indicated for *Vatika* and *Kaphaja* disorders such as *Pratishyaya*, *Kasa*, *Hikka*, *Shwasa*, *Anga Gaurava* (Heaviness), *Angamarda* (bodyache), *Shula*, Facial paralysis, *Ekanga Vata*, *Sarvang Vata*, hemiplegia, tremor, *Anaha*, *Adhman*, *Vibandha* etc.

KEYWORDS: *Swedana*, *Swedana Karma*, Sudation therapy, Children.

INTRODUCTION

Ayurveda is the life science having various modalities for the management of various problems having eight divisions in which *Kaumarbhritya* is given more importance especially by Kashyapa Samhita. The *Panchakarma* therapy is not mentioned separately but it is included in all eight divisions showing its importance and in children also. *Swedana* therapy is mentioned as *Purvakarma* of *Panchakarma* therapy, also beneficial separately in various problems especially in Paediatric practice. Induction of sweating for therapeutic purpose is named as *Swedana* in Ayurveda. This may be used for either promotion of health or curing the disease. It is presumed under six *upakarma* as mentioned by Acharya Charaka^[1], alleviates stiffness, heaviness and coldness of the body^[2], should be done after *Snehana*.

According to Acharya Kashyapa *Swedana Karma* is beneficial since birth, but the child need special consideration of *Shita*, *Vyadhi* and *Sharira* as *Krisha* and *Madhyama Bala* child require *Avasthika Sweda* (require according to the disease).^[4] Excessive and under sudation are forbidden for young children. As the body of child become *Kathina* with progression of age the *Swedana* has to be increased.^[5] The process of *Swedana* should be performed always after oil massage.

BENEFITS OF SWEDANA KARMA

With *Swedana* various channels get open and facilitate *dosha* to come into circulation. *Swedana Karma* is specially indicated for *Vatika* and *Kaphaja* disorders. Performing *Swedana* after *Snehana*, pacification of *Vata* occur leading to proper movement of urine, stool and semen. It works as like wooden rods can acquire desired shape after proper oleation and sudation.^[6] It produces *Agni deepana* (improving digestion and metabolism), *Mardava* (smoothness and flexibility), *Twak Prasada* (shining and softness of skin), *Bhakta Shradha* (improves appetite), *Nirmala srotas* (clean channels) and removes *Jadhyata* (stiffness), *Tandra* (sleepiness), *Sandhi Stambha* (stiffed joints) and *Nidra* (excessive sleep).^[7]

INDICATIONS OF SWEDANA KARMA^[8]

- *Pratishyaya*, *Kasa*, *Hikka*, *Shwasa* and *Yakshma* (tuberculosis)
- *Anga Gaurava* (Heaviness), *Angamarda* (bodyache)
- *Shula*, *Karnashula* (earache), *Manyashula* (torticollis), *Shirashula* (Headache)
- *Swarabheda* (hoarseness of voice)
- *Galgraha*, *Parshava Prashtha Kati Kukshi graha* and *Sciatica*.
- *Hanu*, *Manya* and *Shirograha*

- *Vata roga*, Facial paralysis, *Ekanga Vata*, *Sarvang Vata*, hemiplegia, tremors, *Samkocha* (contracture) and *Akshepa* (irrelevant movements), *Ayama*
- *Sthambha* (stiffness in body) and *Vinamika* (bending of body)
- *Anaha*, *Adhmana* and *Vibandha* (Constipation)
- *Mutraghata*, *Mutrakrichha* (dysurea), *Mushkavidhi* (enlargement of scrotum), *Mutrarooga*, *Shukraghata*
- *Vijrambhika* / *Jrambhika* (yawing)
- Disease of *Pada*, *Uru*, *Janu*, *Jangha*, *Pani*, *Pada Angamaruta Prakopa*
- Oedema of *Pada*, *Uru*, *Janu*, *Jangha*, *Khalli*
- *Amadosha*
- *Shitajanya roga*
- *Vata kantaka* (calcaneal spur)
- *Supti* (numbness)
- *Kaphaja roga*
- *Granthi*, *Arbuda* (tumors)
- *Adhya vata*
- *Aptanaka* (tetanus)
- *Apasthambha*

According to *Harita Samhita* Swedana should be used in *Shula*, *Shopha*, *Vata*, *Sheeta* and *Shleshama pidita* child.^[9]

CONTRAINDICATION OF SWEDANA KARMA^[10]

- *Pitta rogi*, *Raktapitta* (bleeding disorders)
- *Atisara* (Diarrhoea)
- *Ruksha* person, *Shosha* (emaciated condition)
- *Madhumeha* (Diabetes mellitus)
- *Visha Vikara* (Disorders due to poisoning)
- *Madya Vikara* (Disorders due to alcohol intoxication)
- *Shranta* (exhaustion)
- *Nashtasamgya* (Unconscious)
- *Trishna* (Thirsty), *Kshudhita* (Hunger)
- *Krudha* (Anger)
- *Kamala* (Jaundice)
- *Udara Roga* (Disorders of abdomen)
- *Kshata* (injury)/*urakhshata* (injury in chest region)
- *Durbala*
- *Timira Roga*
- *Vidagdha Anga* (burning sensation of body)
- *Tivra Agni*
- *Bhagna* (fractured bone)

FEATURES OF PROPER SWEDANA^[11]

- *Shita* and *Shula Shamana* (relieves coldness and pain)
- Relieves *Jadyata* (Stiffness)
- Relieves *Guruta* (heaviness)
- *Mardavam* (softness)
- *Sweda* (sweating)
- Desire to take cold items
- Relieves disease
- Feels happiness

- *Vishtambha Shamana*
- *Kale Vishrashti* (excretion urine stool in proper time)
- *Kshuta* (hunger)
- *Trishna* (Thirsty)

FEATURES OF EXCESSIVE SWEDANA^[12]

- *Pitta Prakopa*, *Murchha* (fainting), *Daha* (burning sensation) or *Vidaha* (whole body burning sensation),
- *Anga Daurbalya* (weakness reduced tone of limb), *Vishada* (delirium),
- *Trishna* (excessive thirst)
- *Ghani*
- *Bhrama* (giddiness)
- *Swara Daurbalya* (weakness of voice)
- *Vyakulata* (restlessness)
- *Klama/Arati*

TYPES OF SWEDANA KARMA

According to Acharya Kashyapa eight type of *Swedana* are indicated in children.^[13]

Hasta Sweda

- Used up to the age of 4 months.
- Apply little amount of oil to palms and after warming them fomentation is given over abdomen specially pain in abdomen in infant.
- Increase gradually as the child grows and tenderness decreases in the child.
- After 6 years *Pata Sweda* (*Swedana* with prewarmed cloth) is indicated. Dip a cloth in hot water, squeeze and then do fomentation as required.

Pradeha Sweda^[14]

- Application of warm paste of bark and leaves of *Shigru*, *Eranda* and *Vasa*. Similarly the dung of cow, horse, donkey, goat and sheep may be also use and repeatedly changed on cooling.
- Indicated in diseases of *Gala*, *Karna*, *Shiraha*, *Manya*, *Akshi roga*, *Chibuka* and chest diseases.

Nadi Sweda

- Steam fomentation through a tube connected to a pot in which the decoction is boiling. The body of the child should be covered with a cloth and made to sit without fan. Roots, leaves, meat, urine or milk treated with *Amla*, *Lavana* and *Snehana* dravya are used for this purpose.

Prastara Sweda^[15]

- Hot *Pulaka*, *Tusha*, *Payas* or *Kichhidi* is spread on a cloth and child covered with a fine cotton cloth is made to lie over it and wrapped. Similarly leaves of white and red *Eranda* and *Arka* roasted in oil and when hot, may be used for *Prastara Sweda*.

Sankara Sweda /Pinda Sweda^[16]

- Hot gravel, sand, or dust mixed with *Payasa*, *Krisara* or cooked rice (with *Lavana* and oil) and

mixed with *Surabeeja*, cured or milk, made into balls (*Pinda*) in a cloth and fomentation given locally is called as *Sankara Sweda*.

Upanaaha Sweda

- Application of warm poultice made of *Kinwa*, *Atasi*, *Dadhi*, *Ksheera*, *Lavana* and *Kustha* is *Upanaaha Sweda*. (Kashyapa Samhita Sutrasthana 23/43)

Avagaha Sweda

- It is tub bath in which warm decoctions or urine or *Kanji* are used. The child is made to lie in it dipped, with head outside and the liquid may be made warm repeatedly.

Parisheka Sweda

- It is slow pouring of stream of warm oils, liquids, *takra* or milk on a particular part of body.

ACCORDING TO HARITA SAMHITA^[17]

Following 7 types of *Swedana* are mentioned according to Acharya Harita.

1. *Loshtha Sweda*
2. *Vashpa Sweda*
3. *Agni jwala Sweda*
4. *Ghati sweda*
5. *Jala Sweda*
6. *Phala Sweda*
7. *Baluka Sweda*

Properties of Swedana Dravya^[18]

- *Ushna*
- *Tikshna*
- *Sara* - it is *Vata Mala Pravartak*
- *Snigdha*
- *Ruksha*
- *Sukshma*
- *Drava- Kledakarak & Vyaptisheela*
- *Sthira* - *Vata* and *Mala Nirodhaka*
- *Guru*

PRECAUTION REGARDING SWEDANA KARMA IN CHILDREN^[19]

- In debilitated (*Krishna*), in children and in *Madhya Bala* person *Avasthika Sweda* (as condition) can be done. It is not necessary to follow all the procedures of *Snehana* and *Swedana*.
- Use *Snigdha Sweda* in *Vata Roga* and *Ruksha Sweda* in *Kapha Roga*. *Sadharana Sweda* in *Vata-Kaphaja Roga*. In *Vrishana*(scrotal region), *Hridaya*(cardiac region) and in eyes *Swedana* should not be done, if required *Mridu*(light) *Swedana* should be preferred. In *Shefa*(penis/penile region), *Vankshana*(lower abdomen) and in *Sandhi*(joints) *Madhyama Swedana* should be done.
- During *Swedana* one should keep camphor or sugar candy in mouth. (Kashyapa Samhita Sutrasthana 23/12)

- During *Swedana* the eyes should be covered with leaves of lotus or soft cloth and pre-cardiac area is given cool touch off and on by *Muktavali* or *Chandrakanta* (Kashyapa Samhita Sutrasthana 23/10-11)

CONCLUSION

Swedana Karma is important *Panchakarma* procedure which can be very useful in Paediatric practice also. Performing *Swedana* after proper *Snehana* pacifies vitiated *Vata* and *Kapha* in children. It can be beneficial from the infantile age problems such as infantile colic and in older child's problems like bronchial asthma, cerebral palsy etc. but in paediatric practice procedure should be done in very caution according to need and in proper way.

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