

CONCEPTUAL STUDY ON KARISHA PINDA SVEDA: A REVIEW ARTICLE

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ABSTRACT

Ayurveda, the holistic science has given a special attention and regard to cow products viz. Ksheera (milk), Dadhi (curd), Ghrita (ghee), Mutra (urine) and Gomaya(dung) in the treatment and prevention of diseases as both food and medicine. Karisha Pinda Sveda is a type of Ruksha Sankara Sveda where in bolus of Karisha (Cowdung) is used for fomentation. Svedana (fomentation) is an external therapeutic procedure most commonly used as Purvakarma (pre - operative) procedure before Panchakarma therapy and also used as Pradhana Karma. Svedana relieves stiffness, heaviness and coldness in the body. After Svedana, body starts to perspire, and gives the feeling of lightness. Sankara Sveda is one of the types of Sagni Sveda in which the materials are with or without tied in a cloth and used for Svedana. Pinda Sveda is based on the Principles of Sankara Sveda. Karisha Pinda Sveda is a Ruksha type of Pindasveda in which dried powders of cow dung is roasted in a pan and made into a bolus by tying in the cloth. The prepared bolus is used for fomentation on the body by frequently heating it. Karisha Pinda Sveda is practised as Shamananga Sveda in Triakashula, Amavata, and in presence of Ama and vitiated Kapha. It can be done for whole body or locally on a specific part.

KEYWORDS: Svedana, Karisha Pinda Sveda, Ruksha Sveda, Shamananga Sveda.

INTRODUCTION

Any procedure in Panchakarma includes three Karmas i.e. Purvakarma, Pradhanakarma and Paschatkarma. Svedana Karma is basically used as Purvakarma of any Panchakarma procedure. This can be used on need as Purvakarma for Shodhana, Basti, Nasya; Paschatkarma in Hrita Shalya, Anupadrava Mudagarbha, Samyak Prajata Kala; and both Purvakarma and Paschatkarma in Bhaghandara, Arsha, Ashmari^[1] and used as Pradhanakarma in Vataja and Kaphaja disorders. Svedana is one among Shadupakrama. Svedana is the therapy which makes the body to perspire, makes body light and relieves from stiffness, heaviness, and coldness in the body.^[2]

Svedana can be performed by various methods. Basically there are two types of sveda, i.e. Sagnisveda and Niragni sveda. Among 13 types of Sagnisveda, Sankara Sveda is one among them. Sankarasveda^[3] is the fomentation by means of bolus containing drugs with or without being wrapped with cloth. This is further classified into Ruksha Sankarasveda and Snigdha Sankarasveda based on the qualities of drugs used in it.^[4] Pindasveda is based on the principles of Sankara Sveda. It falls to Tapa Sveda under the classification of Svedana explained by Acharya Sushruta. Karisha Pindasveda is a type of Sankara Sveda, due to the Ruksha property of Karisha it acts as Ruksha Sveda. It is commonly used as Shamananga sveda in

conditions like Sama Avastha, Kaphanubandha Vyadhis and Amashayagata Vata.

MATERIALS AND METHODS

The study of different Ayurveda and modern literature has been done to fulfil the objectives of the study. References regarding Karisha Pinda Sveda are collected from various textbooks, published research papers, previous work done and detailed description regarding the type of Sveda and its mode of action has been explained in this study.

The cow represents the divine mother that sustains all human beings and brings them up as her very own offspring. Descriptions from Veda, Purana, Upanishat and contemporary literatures reveal multi dimensional use of cow products in rituals, as food & Medicine. In many Ayurvedic formulations cow products are one of the main ingredients and in some of the diseases they are used as Anupana, Sahapana and Avapa which help in enhancing the potency of the other medicines used in particular formulation. Cow products are considered best among all animal products.

Synonyms of Karisha: Shushka Gomaya, Goshakruth, Govit, Chagana, Gopuresha, Govishta.

Karisha^[5] is Tikta (bitter) and Kashaya (Astringent) in taste with Laghu (light), Ruksha(dry), Teekshna (penetrating) properties. It is hot in potency (Ushna Veerya) and pungent after digestion (Katu Vipaka). It alleviates Kapha and Vata and eliminates Pittadosha. It is digestive, liver and spleen stimulant, anti-inflammatory, anti toxic and anti-pyretic. It is useful in Rajayakshma. Shotha (oedema), epilepsy, Udararoga (abdominal diseases), chronic fever, remittent fever, poisoning, Pandu (anaemia), Kamala (jaundice) and eye diseases"

Procedure of karisha pinda sveda

It is divided into 3 parts;

1. Purvakarma(pre-operative procedure)
 - Collection of essential materials for Karisha Pinda Sveda.
 - Preparation of Pottali.
 - Preparation of patient.

Collection of essential materials

Ingriedients required are;

- Dry powders of cowdung
- Cora cloth
- Tags: 4
- Vessels for heating
- Soft towels
- Attendants 2

Preparation of pottali

1000 gm of dry powders of cow dung is added into a vessel and fried well to an optimum temperature in medium flame and divided into four equal parts and Pottalis are made accordingly.

Preparation of patient

- After considering Desha, Kala, Vaya, Rogibala, Rogabala, etc, one should select appropriate Svedana.
- Patient is advised to clear all his natural urges.
- Patient should be seated with leg extended over the table facing to the East.
- Abhyanga should be performed with prescribed medicated oil all over the body for 10 minutes.
- Talam with suitable oil/Churna should be applied in case of Sarvanga Karisha Pinda sveda.

2. Pradhana karma

Prepared Pottali should be heated in a pan up to 40°-45° C temperature.

Temperature should be checked by applying Pottali with mild pressure over the dorsal aspects of the hand of the attendant.

It should be applied throughout the body with mild pressure.

Care should be taken to maintain temperature throughout the procedure by reheating the Pottalis.

3. Paschat karma

- Patient should take rest for 10 minutes.

- Remove the Talam
- Patient should take warm water bath
- Avoid exercise and exposure to cold wind
- Easily digestible food should be taken

Duration of the Procedure: 45 minutes

Precautions

- Bolus should be tied firmly to avoid leakage of drug during the procedure.
- Therapy should be done in a synchronized manner.
- Procedure should be stopped after assessing Samyak Svedana Lakshana.
- Uniform pressure and temperature should be maintained all over the body throughout the procedure.

Complications

- Rashes: Due to heat intolerance
- Fainting: Due to excessive heat
- Burns: Due to excessive heat

Indications: Krimigranti,^[6] Arsha,^[7] Kusta,^[8] Parilohita,^[9] Amavata, Manyastambha, Kaphaja Vidradhi,^[10] Trikashula.

Contra indications: Kevala Vata, Sveda Anarha conditions.

DISCUSSION

Karisha Pinda Sveda is having Karisha which is having Ruksha, Teekshna, Laghu and Ushna Guna which acts on Ama and helps in Amapachana and is Avarodhi Chikitsa for Kapha. Ushna Guna helps in Sheeta Shula Vyuparama, Stambha Nigraha, Gourava Nigraha, and does Agnideepti. Gomaya provides increased resistance to illness and also has antiseptic properties. Cow dung possesses complex degrading substances and may possess antibacterial properties as per FAO (Food and Agriculture Organization of the United Nations). According to recent researches cow dung contains Nitrogen 1.74%, Phosphate 1.7%, Potash 0.6%, Calcium 0.37%, Magnesium 0.53 ppm, Ferrous 1400 ppm, Zinc 90 ppm. Manganese 210 ppm, Copper 7.1 ppm, Boron 5.0 ppm. Sankara Sveda is one type of Sagni Sveda in which the materials are with or without tied in a cloth and used for Svedana. Pinda Sveda is based on the principles of Sankara Sveda. Karisha Pindasveda is a Ruksha, Shamaneeya type of Pindasveda in which dried powders of cow dung is roasted in a pan and made into a bolus by tying in the cloth. The prepared bolus is used for fomentation on the body by frequently heating it. Karisha is having Ruksha Guna which pacifies Ama and Kaphadosha. It can be used as Sarvanga Sveda and Ekanga Sveda. Ruksha Sveda is indicated in Amashayagata Vata, Amavata, and any Sama condition.

CONCLUSION

Karisha Pindasveda acts as Ruksha Sveda due to the Ruksha property of cow dung and can be adopted in

Amavata, Vata Kaphaja Ghridrasi, Trika Shula, Manyastambha, Amashayagataavata and in Sama conditions.

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