

**DIAGNOSTIC IMPORTANCE OF SWEDA AS PER AYURVEDA – A LITERATURE  
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**ABSTRACT**

In Ayurveda, 13 strotas are explained by Charakacharya. The body is represented by innumerable channels which have been given a place of fundamental importance in Ayurveda - both in Swastha and Vyadhi and disease. Srotas are the systems that carry or circulate the Doshas and tissues (Dhatu) or their elements to the various organs. Each Srotas plays major role in the the pathogenesis of a disease. In so many diseases there are some symptoms which are related to Sweda. Ex. In Jwar vyadhi Swedavrodh is one of the main symptom and also Jwar mukti is identify by Prakrut Sweda pravrutti. Sweda is a Mala and it is excreted through skin. Knowledge about sweda is important for symptom, pathogenesis and treatment of disease. Sweda is correlated to Sweat. A lot may references about 'Sweda' are read and they are directly finger to 'Sweat'. Hence while referring to Ayurveda it will be 'Sweda' instead of 'Sweat'.

**KEYWORD:-** Sweda, Mala, Strotas.**INTRODUCTION**

Srotas are the systems that carry or circulate the Doshas and tissues (Dhatu) or their elements to the various organs. During this process of circulation the Dhatu are transformed from the first to the last tissue layer (rasa through Shukra). Each Dhatu has two aspects: nutrition for its own tissue layer, and sustenance for the next developing Dhatu.<sup>[12]</sup> Each Srotas has a Srotomoola, a srotomarga (passage) and srotomukha (mouth or opening).<sup>[13]</sup> Srotas plays major role in the the pathogenesis of a disease. Here we are studying about Swedavaha Strotas.

**Defination**

यच्चोष्मणा अनुबद्धं लोमकूपेभ्यो निष्यतत्  
स्वेदशब्दमवाप्नोति । - च.शा .७ / १५<sup>[1]</sup>

Fluid due to heat is thrown out from body through body hair follicles, is called 'Sweda'.

Sweat is the fluid that comes out of the pores of the skin and carries heat with it.

**Sweda nirukti**

'स्वेद' निरुक्ती - स्विद्यते अनेन इति स्वेदः ।<sup>[2]</sup>

The word sweat means to cook or steam. After working for a long time near Agni, the fluid that comes out of the skin is called as Sweda.

**Synonyms**

Gharm(घर्म), Nidadh(निदध) are synonyms to the word 'sweda'.<sup>[2]</sup>

**Pancha bhautik sanghatan**

स्वेदः च आप्यम् । भानुमति, सु.सू. १५/८<sup>[2]</sup>

There is an excess of Aapya mahabhuta in sweat. It also has an excess of Teja mahabhuta as it carries heat with sweat.

**Mala**

किट्टमन्नस्य विण्मूत्रं, रसस्य तु कफोसृजः ।

पित्त मांसस्य खमलाः, मलः स्वेदस्तु मेदसः ॥ - च.चि. 15/18<sup>[4]</sup>

The word 'Mala' is used for waste product. This concept is of 'sara' and 'kitta' portion of nutrition after action of agni. Sweda is mala of Meda Dhatu.<sup>[3]</sup>

Origin of 'Sweda' comes from the metabolism of Meda. If production of Meda increases, sweating also increased and if production of Meda decreases, sweating also decreased, which means that sweating is related to the metabolism of Meda.

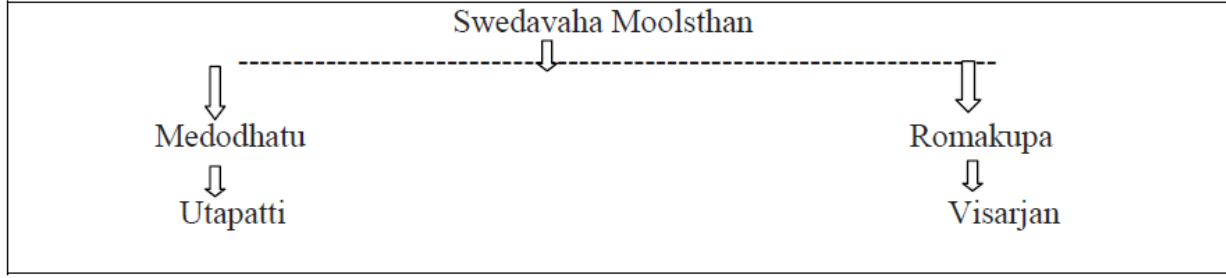
**Moolsthan**

Sweda is produced in Swedavaha strotas.

स्वेदवहानां स्रोतसां मेदो मूलं लोमकूपाश्च । च.चि. ५/८<sup>[2]</sup>

- Moolsthan of swedavaha strotas are Medodhatu and Hair follicles (Romakupa).

- Sweda is excreted through the skin, and hair follicles.



#### • Functions of sweda

- १. स्वेदः क्लेदत्वकसौकुमार्यकृत् । सु.सू. १७/८<sup>[5]</sup>
- २. स्वेदस्य केशविधृतिः (क्लेदविधृतिः इति अपि पाठः) अ.ह.सू. ११/५<sup>[5]</sup>
- To maintain the moisture of entire body is one of the chief functions of sweda.
- Alternate word used for kleda or moisture is kesh or hair. Ayurveda believes that due to sweat, hair become more stable.

#### • Sweda as per dosha<sup>[5]</sup>

- **Vyanavayu** - Sweating is controlled by Vyanavayu. When the body heat is high, the vyanvayu causes sweda to pass through the pores of the skin.
- **Pitta dosha**- Sweda is a place of Pitta dosha. Sweda is the main site of Pitta dosha and control of heat of Pitta dosha is done through sweat excretion. As the heat increases, the excess heat is lost due to excessive excretion of sweat from the skin.
- **Samanvayu**- Samanvayu also controls sweating. Sweda is transported from the Koshta to the skin by the Samanvayu.

#### • Sweda as per prakruti<sup>[5]</sup>

- **Vat prakruti**- Vat prakruti has a tendency to less sweat due to the cold and dry qualities of the Vat.
- **Pitta prakruti**- In the pitta prakruti, due to the passion of hot and liquid properties of pitta, sweating is more and sweat is foul smelling.
- **Kapha prakruti**- The cold nature of the kapha leads to less sweating.

#### • Sweda and Udak dhatu<sup>[6]</sup>

- तद्यथा- दशोदकस्यांजलयः शरीरे स्वेनांजलिप्रमाणेन , यत्तु प्रच्यवमानं शरीरथरं बाहया त्वग्विभर्ति ... यच्चोष्मणाऽनुबद्धं लोमकूपेभ्यो निष्पतत् पुरिषमनुवघ्नात्यति योगेन तथा मूत्रं रूधिरमन्यांच शरीरधातून , यत्तु सर्व स्वेदशब्दमवाप्नोति ...। च.शा. ७/१५
- The total amount of water in the body is 10 anjali. When the water in the body is more than 10 anjali,

the excess water (urine or sweat) comes out of the body through Purisha or any other way the body excretes water.

- Water is stored in the epidermis, the outer layer of the skin. As the body temperature rises, the water comes out of the pores along with the heat, which is termed as sweat. Due to the humid, hot and humid climate, profuse sweating is prevalent.
- As a result, the amount of water in the body decreases. Symptoms of dehydration appear. Symptoms include dry mouth and fatigue. Especially a person whose body is not accustomed to such air suffers from excessive sweating but over time the body becomes accustomed to hot and humid air and does not suffer from it. This is called adaptation to environmental variation or acclimatization in modern medicine.

#### • Prakrut sweda lakshan<sup>[7]</sup>

- स्वेदवहानाम् सिराणाम् "सिराणाम् स्वेद वहानाम्।"

1. स्वेदस्य अनुबन्धः ऊष्मणा । - च. शा. 7/15
2. स्वेदस्य धारणम् क्लेदस्य । - सं. सू. 19/2
3. स्वेदस्य त्वचः । - सं. सू. 19/2
4. स्वेदस्य रोम्णाम् । - सं. सू. 19/2

5. स्वेदस्य स्नेहस्य त्वक्स्नेहस्य । - सं. सू. 19/2

- Sweda maintains the moisture of entire body.
- Sweda is the fluid that comes out of the pores of the skin and carries heat with it.
- Sweda moistures the skin.

#### • Vikrut sweda has 2 types<sup>[6]</sup>

- a. Sweda kshaya
- b. Sweda vriddhi

#### a. Sweda kshaya lakshan<sup>[7]</sup>

- 1) स्वेदस्य क्षीणस्य च्युतिः रोम्णाम् । - च. सू. 15/6
- 2) स्वेदस्य नाशः स्वेदस्य । - सु. सू. 15/11
- 3) स्वेदस्य परुषत्वम् त्वचः । - सं. सू. 19/6
- 4) स्वेदस्य पाटनम् । - सं. सू. 19/6
- 5) स्वेदस्य विगुणत्वम् ज्ञानस्य स्पर्शस्य । - सु. सू. 15/11
- 6) स्वेदस्य शोषः त्वचि । - सु. सू. 15/11

- 7) स्वेदस्य सुप्तत्वम् । - सं. सू. 19/6
  - 8) स्वेदस्य स्तम्भः रोमकूपाणाम् । - सु. सू. 15/11
  - 9) स्वेदस्य स्फुटनम् त्वचः । - वा. सू. 11/22
- Due to Sweda kshaya, skin become dry, rough and cracks on skin.
  - Due to this skin sensation also become rough.
  - It also blocks the opening of hair follicles.

#### b. Sweda vriddhi lakshan<sup>[7]</sup>

- 1) स्वेदस्य वृद्धिः स्वेदस्य पित्तस्य वृद्धिकारणेन । - सं. सू. 19/8
  - 2) स्वेदस्य वृद्धस्य अधिकत्वम् स्वेदस्य । - वा. सू. 11/14
  - 3) स्वेदस्य कण्डूः । - सु. सू. 15/15
  - 4) स्वेदस्य गन्धः दुर्गन्धः । - सं. सू. 19/4
  - 5) स्वेदोति स्वेदः दौर्गन्ध्य कण्डूः एवं च लक्षयेत् । - अ.ह.सू. 11/14
  - 6) आधिक्य कण्डू दौर्गन्ध्येः स्वेदः । - अ.सं.सू. 19/8
  - 7) स्तब्ध रोमता रोमच्यवन त्वक् परिपाटन स्वापपारुष्य स्वेदनाशैः स्वेदः । - अ.सं.सू. 19/11
  - 8) स्वेदे रोमच्युतिः स्तब्धरोमता स्फुटनं त्वचा । - अ.ह.सू. 11/22
- When sweat is generated in extra amount, body stinks with smell of sweat, it itches.
  - Due to waning of sweat hair follicles fall, goose bears on skin are absent, skin becomes dry, rough.

#### • Swedavaha strotas dushti karan<sup>[9]</sup>

व्यायामादतिसंतापाच्छीतोष्णाक्रमसेवनात् ।

स्वेदवाहीनि दुष्यन्ति क्रोधशोकभयैस्तथा ॥ - च.वि.5/22

- Strenuous exercise, rage, exposure to alternate heat and cold, anger, grief, and fright- these factors are responsible to bring about the disorders of swedavaha strotas.

#### • Swedavaha strotas dushti lakshan<sup>[8]</sup>

स्वेदवहानां स्त्रोतसां मेदो मूलं लोमकूपश्च, प्रदुष्टानां तु खल्वेषामिदं विशेषविज्ञानं भवति; तद्यथा- अस्वेदनमतिस्वेदनं पारुष्यतिश्लक्षणातामङ्गस्य परिदाहं लोमहर्षं च दृष्ट्वा स्वेदवहान्यस्य स्त्रोतांसि प्रदुष्टानीति विद्यात् ॥ - च.वि.5/8

- The channels carrying perspiration, the adipose tissue and the hair-follicles comprise the zone. When these are affected with morbidity, the following characteristic symptoms are produced.
- On observing anhidrosis, hyper-hydrosis, roughness or excessive smoothness of the body, general burning sensation and horripilation, one should conclude the sudatory channels to have undergone pathological changes.

#### • Diagnostic importance of sweda

- 1) स्वेदः क्षुद्ररोगस्य अहिपूतनसंज्ञस्य कण्ड्वाः गुदे । - सु. नि. 13/57<sup>[11]</sup>
- 2) स्वेदः नेत्ररोगस्य प्रकोपस्य दोषाणाम् । - सु. उ. 1/37<sup>[11]</sup>
- 3) स्वेदः स्थौल्यस्य गन्धस्य दुर्गन्धस्य । - च. सू. 21/4<sup>[11]</sup>
- 4) स्वेदः आध्मानस्य । - च. चि. 23/233<sup>[10]</sup>
- 5) स्वेदः उदररोगस्य । - च. चि. 23/233<sup>[10]</sup>
- 6) स्वेदः कृशत्वस्य । - च. चि. 23/233<sup>[10]</sup>
- 7) स्वेदः क्षयस्य । - च. चि. 23/233<sup>[10]</sup>
- 8) स्वेदः गुल्मस्य । - च. चि. 23/233<sup>[10]</sup>
- 9) स्वेदः ग्रहणीरोगस्य । - च. चि. 23/233<sup>[10]</sup>
- 10) स्वेदः ज्वरस्य । - च. चि. 23/233<sup>[10]</sup>
- 11) स्वेदः शोषस्य त्वचि । - सु. सू. 15/11<sup>[11]</sup>
- 12) स्वेदः स्तब्धत्वस्य रोमकूपाणाम् । - सु. सू. 15/11<sup>[11]</sup>
- 13) स्वेदः स्तम्भस्य रोम्णाम् । - वा. सू. 11/22<sup>[11]</sup>
- 14) स्वेदः स्फुटनस्य त्वचः । - वा. सू. 11/22<sup>[11]</sup>

- Sweda is one of the hetu and lakshan in diseases like adhman, udar, sthaulya, gulma, grahani, kshaya, jwar, shosh etc.
- Disease can also be diagnosed by some lakshanas of sweda like atisweda and asweda.
- In Jwar vyadhi Swedavrodh is one of the main symptom and also Jwar mukti is identify by Prakrut Sweda pravrutti.
- Even in Udar vyadhi swedavrodh is one of the main symptoms.

#### • DISCUSSION

##### 1) Swedavaha stroto dushti karan

- Indulging or exposure to cold and hot practices consecutively (shitoshnakrama), exercise (vyayam), excessive mental stress or exposure to sun or heat (atisantap), excessive anger (krodh), excessive grief (shok) and excessive fear (bhaya) are 6 causes of swedavaha stroto dushti mentioned by Charakacharya in vimansthan.
- The power to stop the movement is due to shita guna that is sthambhane shitaaha. The power to produce sweat is due to ushna guna that is swedane ushnaaha. Consecutive indulging or exposure to cold and hot practices (shitoshnakrama) leads to continuous constriction and dilatation in the sweat gland respectively, which hampers the functioning of the sweat glands hence it is being considered for obstructive pathology study.
- Out of 6 hetus of swedavaha strotas told by Charakacharya vyayam, atisantap, krodh, shok and bhaya tends to do atiswedan and shitoshnakrama is the only hetu that tends to do obstructive pathology.
- Indulging or exposure to Consecutive cold and hot practices are not healthy practices. It not only leads to vitiation of swedavaha strotas but is also

responsible for generation of many diseases like kusta, visarpa, vatarakta, pittavrutta saman, vyanavrutta pran, etc.

## 2) Swedavaha strotos dushti lakshana

- Due to vitiation in swedavaha srotas anhydrosis (asweda), hyperhidrosis (atisweda), roughness to the skin (parushyata), excessive smoothness (atislakshnata), burning sensation over specific part of the body (paridaha) and horripilation (lomaharsha) 6 characteristic symptoms are seen as mentioned by Charakacharya in vimansthan.
- There are four varieties of srotodustilakshana are observed namely - Atipravrutti, Sanga, Siragranthi, and Vimargagamana, out of which sanga i.e. obstructive pathology is being considered.
- From above mentioned lakshanas, excessive smoothness (atislakshnata) and hyperhidrosis (atisweda) is due to atipravrutti type of samprapti and anhydrosis (asweda), roughness to the skin (parushyata), burning sensation over specific part of the body (paridaha) and horripilation (lomaharsha) is due to sang type of samprapti and as it comes under obstructive pathology it is being consider for study.
- Out of 6 hetus of swedavaha srotas told by Charakacharya vyayam, atisantap, krodh, shok and bhaya tends to do atiswedan and shitoshnakrama is the only hetu that tends to do obstructive pathology. Indulging or exposure to Consecutive cold and hot practices are not healthy practices. It not only leads to vitiation of swedavaha srotas but is also responsible for generation of many diseases like kusta, visarpa, vatarakta, pittavrutta saman, vyanavrutta pran, etc.
- Following are few common examples of consecutive cold and hot practices which are being followed by people on daily basis, while having hot soups or snacks drinking cold drinks, sitting in ac and immediately exposure to sunlight.

## ● CONCLUSION

- In so many diseases there are some symptoms which are related to Sweda.
- Sweda is mala, and one of the important srotas of body.
- To maintain the moisture of entire body is one of the chief functions of sweda.
- Sweda is one of the hetu and lakshan in diseases like adhman, udar, sthaulya, gulma, grahani, kshaya, jwar, shosh etc.
- Hence, we can state that knowledge of Sweda is important in diagnosing a disease and treating the patient.

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