

Department :- Ayurved Samhita & Siddhant

Topic :- Svedana

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SVEDANA –VIDHI ADHAYA

{Sudation Therapy}

❖ Contents of chapter

- ✓ Definition of svedana
- ✓ Types of Svedana
- ✓ Tapa Sveda
- ✓ Upanaha sveda
- ✓ Usama Sveda
- ✓ Drava Sveda
- ✓ Avagaha Sveda



SVEDANA-ADHAYA

- ✓ Properties of Svedana
- ✓ Indications of Svedana
- ✓ Contraindications of Svedana
- ✓ Anagni Sveda

Definition of Svedana

- Svedana is a process to induce sweating artificially in a patient who already undergone snehana.
- Sveda means heat applied by various methods at a diseased conditions or through out the entire body.
- Heat can be applied directly or In-directly.
- Also applied dry or moist , with or without instruments.
- It is one of the Pre-procedure before pancha karama Therapy after Snehana.

Types of Svedas

स्वेदस्तापोपनाहोष्मद्रव भेदाच्चतुर्विधः

- ❖ Fours types of svedana
 - a. **TAPA SVEDA**(using solids)
 - b. **UPANAHA SVEDA**(using pastes –semi solids)
 - c. **USMA SVEDA** (air ,vapour)
 - d. **DRAVA SVEDA**(liquids)

➤ TYPES OF SVEDANA

TYPE-- 1

SVEDANA



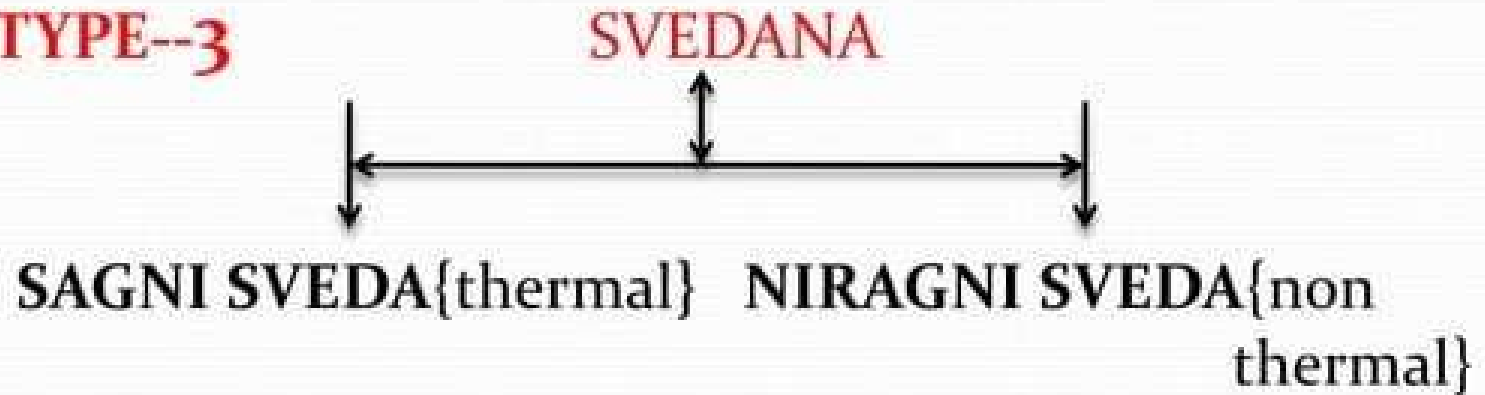
TYPE--2

SVEDANA

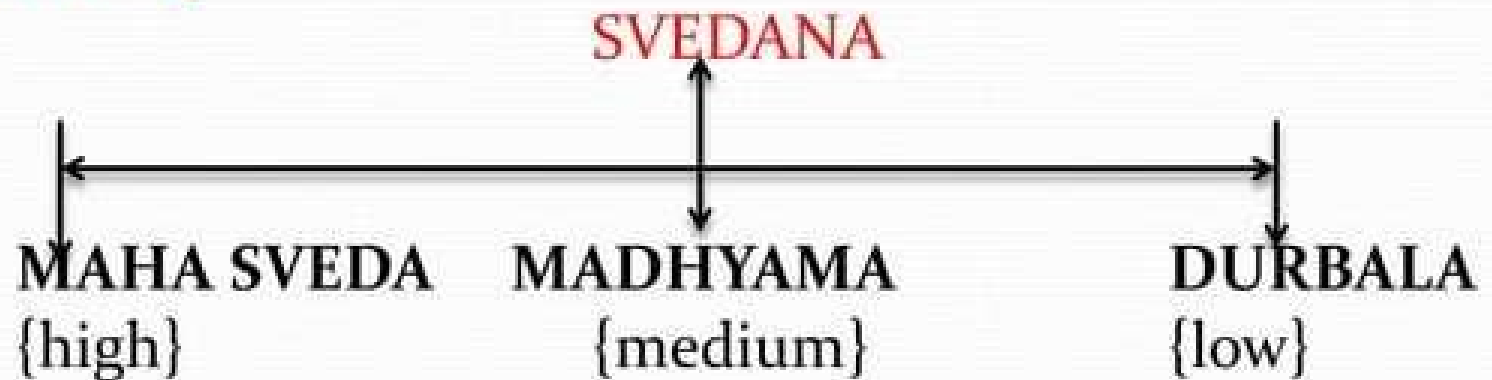


➤ TYPES OF SVEDA

✓ TYPE--3



✓ TYPE--4



➤ Details of Svedana Types

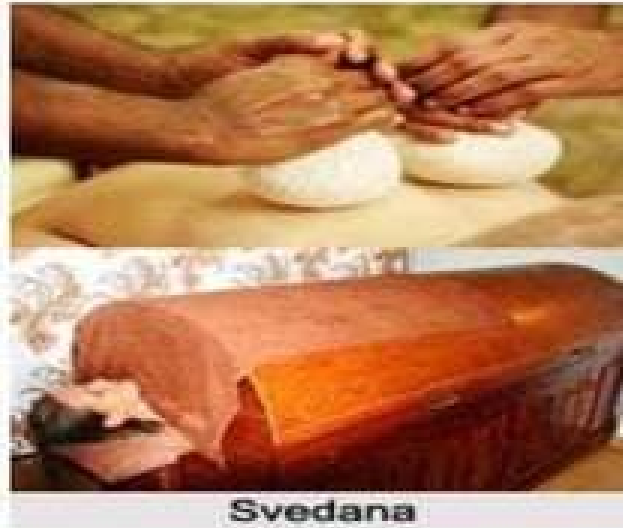
- Tapa Sweda
- Substances like sand, Bricks or Cotton cloths are heated and directly applied to the body.
- Upanaha Sweda
- In this poultice with various substances like salt, oil, flour of Wheat, herbs are cooked and while they are hot are kept in suitable cloth bundles and applied firmly to the particular part of the body.
- In this procedure, a person is made to perspire by the application of medicated steam in a closed modern chamber.
- Ushma Sweda
- The warm liquid, medicated milk or oil is poured on the body or the head.
- (Steam fomentation)
- Oil pouring on the body.
- Drava Sweda
- It is a dry fomentation by using liquids.

➤ **TAPA SVEDA**

तापोऽग्निप्रवसनफल हस्ततलादिभिः १

- ❖ It is one type of Svedana .
- ❖ Tapa(Heat) executed by heated cloth,plates,palm of the hand.
- ❖ It is also applied by dry heat.
- ❖ Valuka (sand)ie, heated with the help of sand it is easiest available to dry heat.

TAPA SVEDA



➤ UPANAHA SVEDA

- ❖ It is a one type of sveda.
- ❖ In this paste or semisolid materials are used.
- ❖ Some mixtures of buttermilk, milk, or herbs are applied on body surface.
- ❖ In another way bound by a cloth or leather.
- ❖ Mixtures of these substances are kept for maximum 12 hrs.
- ❖ It which dried up and mainly done in vata dosha.
- ❖ Bandhana (bandaged) at night hrs, it released during morning time.

UPANAHA SVEDA CLIPS



➤ USAMA SVEDA

- ❖ Usma means Baspa sveda (vapour ,air).
- ❖ In this grains ,leaves ,sand ,crushed stones are used.
- ❖ Powdered of cow dung also mentioned.
- ❖ It is mainly applied in vata-kapha dosha predominance.
- ❖ Usma sveda are of 8- varieties that explain in sangraha.



➤ DRAVA SVEDA

- ❖ In this Liquids are used.
- ❖ Herbal decoctions such as chopped leaves and animals meat are put in water that liquid part is used.
- ❖ Also milk ,vinegar,water or decoctions are poured over the painful body parts.
- ❖ It is divided in to two ;
 - a)seka /pariseka/dhara(Directly)
 - b)Avagha sveda (Hip bath /Switz bath)

SEKA/PARISEKA/DHARA SVEDA

- According to the mode of use;
- Seka/Pariseka/Dhara/:

Irrigating(poured) the liquid on the effected part of the body.



AVAGAHA SVEDA(HIP- Bath)

- Medicated decoctions ,oils ,milk,ghee,meat soup etc,should be filled in a tub and person is asked to dip up to the neck for $\frac{1}{2}$ - 1 hours.
- Indications in back ache,pelvic pain,those suffering from vitiation of vata dosha.



➤ PROPERTIES OF SVEDANA

स्वेदनं गुरु तीक्ष्णोष्णं प्रायः स्तम्भनमन्यथा
द्रवस्थिरसरस्निग्धरूक्षसूक्ष्मं च भेषजम् १८

- ❖ Guru(heavy)
- ❖ Tikṣṇa(sharp)
- ❖ Uṣṇa(hot)
- ❖ Drava(liquid)
- ❖ Sthira(Stable)
- ❖ Sara(Flowing)
- ❖ Snigdha(Soft or smooth)
- ❖ Rūkṣa(Dry)
- ❖ Sukṣhma(fine or minute).

➤ INDICATIONS FOR SVEDANA

❖ Svedana is indicating in

- ✓ Asthama
- ✓ Cough
- ✓ Running Nose
- ✓ Constipation
- ✓ Weakness of Voice
- ✓ Due to vitiation of Vata –Kapha doshas related diseases
- ✓ Ama
- ✓ Stambha(stifness)
- ✓ Body pain,Hip pain & pain in the trunk region
- ✓ Granthi(Nodular lumps)

➤ CONTRAINDICATIONS FOR SVEDADA

- | | |
|--|--------------|
| ✓ Obese persons | Sokha |
| ✓ Weak | Dukha |
| ✓ Gidiness | Upavasa |
| ✓ After injury who are weak | Trushna |
| ✓ Consuming poisons things | Pandu |
| ✓ Intake of liquors | Madhumeha |
| ✓ Skin diseases | pitta dosha↑ |
| ✓ Body odema | |
| ✓ Those who are just consumed milk, curd and honey | |
| ✓ Bahya | |

➤ ATIYOGA OF SVEDANA

- ❖ When the svedana is overdone then there will be vitiation of PITTA↑KAPHA↑
- ❖ Daha(thirst)
- ❖ Weakness of voice
- ❖ Joint pain
- ❖ Chardi(vomiting)
- ❖ Jwara
- ❖ Weakness of body.

➤ ANAGNI SVEDA(Without Heat)

✓ अनग्नि/अनाग्नेय स्वेद/Niragnisveda:

स्वेदो हितः तु अनाग्नेयो वाते मेदः कफावृते
निवातं गृहमायासो गुरुप्रावरणं भयम्
उपनाहहवक्रोधो भूरिपानं क्षुधा आतपः

- ❖ Vyayama (Physical Exercise)
- ❖ Ushna sadana (Staying in warm house)
- ❖ Guru pravarana (Wearing thick cloths)
- ❖ Kshudha (Hunger/Starvation)
- ❖ Bahupan (Excessive drinking)
- ❖ Bhaya (Fear)
- ❖ Krodha (Anger)
- ❖ Upanaha (Anointments)
- ❖ Ahava (Fighting)
- ❖ Aatapa (Exposure in sunlight).

THOUGHT OF THE WEEK



*I Fall, I Rise,
I Make Mistakes, I Live,
I Learn, I've been Hurt
but
I'm Alive. I'm Human,
I'm not Perfect but
I'm Thankful.*