

PATRA POTTALI PINDA SWEDA AND SHASHTIKA SHALI PINDA SWEDA: A COMPREHENSIVE STUDY

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ABSTRACT

A comprehensive study is reported of *Patra Pottali* and *Shashtika Shali Pinda Sweda* based on Ayurveda treatment in this paper. In *patra pottali pinda sweda*, different medicinal leaves have used for preparation of pinda; whereas, *bala moola*, *dugdha* and cooked rice are used for preparation of *shashtika shali pinda* and other procedure. Generally, the *swedan* discharges give relaxation from stiffness, heaviness, and coldness in the body. This treatment eliminates the toxic eliminates through sweating after the *swedan* procedure. These procedures are the special type of panchakarma treatment help to gain health and recovery from illness by different disease. In literature, several illustrations are presented that followed by the doctor for both the procedure. Therefore, a detailed study is presented about the application process to its benefits.

Keywords: *Panchkarma, Patra Pottali Sweda, Shashtika Shali Pind Sweda*

INTRODUCTION

*Pañchkarma*¹ superscript all references numbers and must be consecutive therapy a unique approach to *Ayurveda* treatment which deals mainly with the purification of the accumulated *dosha* from the body through the nearest possible passage or route¹⁻⁶. It is a bunch or healing package of five unique procedures for internal purification along with revitalizes the tissues. *Pañchkarma* is always followed in three phases known as *Purva Karma*, *Pradhan Karma* and *Pashchata Karma*. Here, *Snehana* and *Swedana* these two are administered as preparation of *Panchkarma* therapy at *Purva Karma phase*⁷⁻⁹.

In this paper, *Patra Pottali* and *Shashtika Shali Pinda Sweda* are briefly illustrated that cure the various diseases. These two therapies are special

form of *Swedana*. The therapy in which perspiration is induced that known as *Swedana*. The procedure that alleviates the *Stambha* (Stiffness) of the body relieves sense of *Guruta* (Heaviness) and cures *Sheeta* (feeling of Cold) is called as *Swedana*. It liquefies the vitiated *Dosha* and directs those towards *Koshta*. *Swedana* is a form of treatment to cure specific disease or to relieve symptoms like *Shula* (Pain), *Stambha* (Stiffness). This therapy is given after *Snehana therapy*; these two are administered as *Purva Karma of Panchkarma therapy*. *Swedana* treatment is administered also as *Pradhana Karma* for diseases of *Vata* and *Kapha* treatment. *Acharya Charaka* has classified *Swedana* into two types: *Niragni Sweda* and *Sagni Sweda* [1]. Where, *Nirgani*

sweda performed by 10 different ways such as *Vyayama* (Exercise), *Ushnasadana* (Residing in a warm chamber), *Gurupravarana* (Wearing of heavy clothing), *Kshudha* (Hunger), *Bahupana* (Excessive drinking), *Bhaya* (Fear), *Krodha* (Anger), *Upanaha* (Application of poultice), *Aahava* (Wrestling), *Aatapa* (Exposure to Sun's Rays); similarly, *Sagni Sweda* also performed by 13 different ways such as *Sankara*, *Prastara*, *Nadi*, *Parisheka*, *Avagaha*, *Jentaka*, *Ashmaghana*, *Karshu*, *Kuti*, *Bhoo*, *Kumbhika*, *Koopa*, *Holaka*.

In this paper, a study has conducted for *Patra Pottali Pinda Sweda* and *Shashtika Shali Pinda Sweda* in which the medicinal drugs are tied in a cloth and used for *Swedana* and it is also known as *Pinda Sweda*. Where, *Patra Pottali Pinda Sweda* and *Shashtika Shali Pinda Sweda* is comes under the *Sankara Sweda*, *Tapa Sweda* & *Upanaha Sweda*. These therapies refer to application of heat by using the heated packs. Here, packs/pinds are prepared by Medicinal leaves or boiled grains or sand tied on a piece of cloth packs is heated in a boiling *Kwatha* or *Taila*. Inducing perspiration by using heated pack of specific herbal leaves is known as *Patra Pottali*

Sweda which uses on *Upastambhita Vyadhi avastha*. Similarly, *Shashtika Shali Pinda Sweda* is the type of *Brimhana Sweda*. It is made by cooked rice with *Balamoola Kwatha* and *Dugdha* to induce *Sweda* that works on *Nirupastambhita Vyadhi avastha*.

In context of *Swedana*, several procedures have prescribed and followed in clinical practices. Here, *Patra Pottali Pinda* and *Shashtika Shali Pinda Sweda* have studied briefly in term of its procedure, application and benefits. The study is described with introduction section.1,

Material and Method discussed in section. 2,

Application and Benefits are discussed in section.3 and followed the Conclusion in section. 4.

Materials and Method

Materials and Method regarding *Swedana*, *Patra Pottali Pinda* and *Shashtika Shali Pinda Sweda* were collected as prescribed from various textbooks, published research manuscripts, earlier work done and compilation from references. Here, different materials are used for preparation of *pinda* in both therapies that is briefly illustrated in section 2.1 and section 2.2 for *Patra Pottali Pinda* and *Shashtika Shali Pinda Sweda* respectively.

Fig. 1: Various Medicinal Leaves: (a) *Eranda*, (b) *Arka*, (c) *Nirgundi*, (d) *Dhatura*, (e) *Nimba* and (f) Mixture of grated leaves.

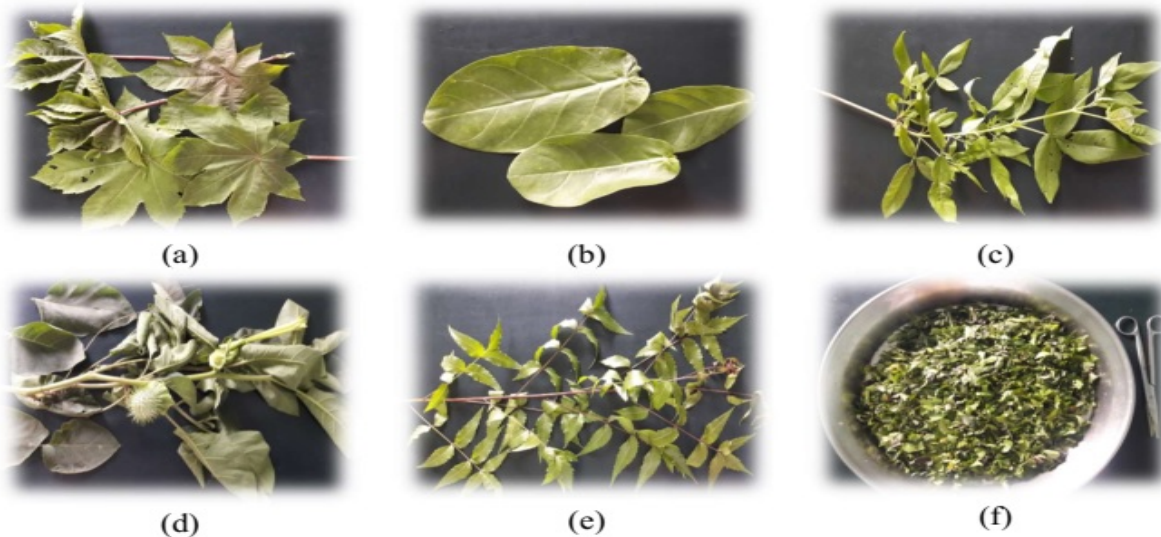


Fig. 2: Preparation of Patra Pottali Pinda Sweda (a) Preparation for grated leave fry, (c) fried leaves, (d) Patra Pottali



Patra Pottali Pinda Sweda

This therapy inducing perspiration by using a heated pack of specific herbal leaves is known as *Patra Pottali Sweda* which uses on *Upastambhita Vyadhi avastha*. The word *Patra Pottali* is derived from two words: *Patra* = Leaves and *Pottali* = Bundle. It is also known as *ELAKIZHI*.

A. Preparation of Pottali

In this therapy, various medicinal *Vata-hara* leaves in grated form like as *Eranda*, *Arka*, *Nirgundi*, *Dhatura*, *Nimba*; and Garlic, Grated Wet Coconut, Lemon, Earthen pan, *Vatahara Taila*, two cloth pieces and thread are used for preparation of *pottali*. The preparation of making process of *pottali* using these materials are illustrated in fig. 1 and 2, and described as in following steps:

Step I: Collection of prescribed material as discussed above and shown in fig. 1.

Step II: The herbal leaves are cut into small pieces and then taken in a vessel or Earthen pan of round bottom. Prepare a mixture of grated leaves.

Step III: About approximate 200ml of *Vatahara Taila* (viz. *Nimba Taila* or *Tila Taila* etc.) is added to mixture of grated leaves.

Step IV: Mixture of grated leaves is fry/cook with continuous stirring in the pan.

Step V: Preparation of Packs using cloth and fry/cooked leaves as shown in fig. 2.

B. Method

The Process of treatment or method of application should be performed in all the seven positions advised by *Abhyanga* [7]. The treatment process is carried out for 5-10 minutes in each position as advised by *Abhyanga* and completed all the procedure in 35-45 minutes. The patient should be seated with leg extended over the *Droni* facing to the East. *Abhyanga* should be performed with prescribed medicated *Taila* all over the body. After the *Abhyanga*, Patient is asked to sit on the *Droni* with legs extended. Earthen pan is kept in mild flamed & prescribed *Vatahara Tail* is poured (10-15 ml. on each time of dipping a *pottali* for maintain the uniform temperature). A warm bolus is gently applied in a synchronized manner by two therapists positioned in each side of the patient.

The therapists before applying the bolus on the body of the patient should ensure that the heat of the boluses is bearable to the patient by touching them to their own dorsum of the hand as shown in fig. 3. This process is carried out until proper sweating occurs [1,7]. There are several rules are strictly follow during the procedure. These are as follow:

- Heat of the bolus should be maintained throughout the procedure by dipping it in the *Vatahara Taila* is repeated as per need.
- The Process should be performed in all the seven positions advised by *Abhyanga*.

- The procedure of *Patra Pottali Sweda* should be done till the patient gets of the *Samyak Swinna Lakshana*.
- The leaves pack should be changed in every three days.

Fig. 3: Application of *Patra Potaali Pinda Sweda*



In *Patra-pottali Sweda* treatments, 7-21 days of procedure is prescribed by the doctors/Vaidya for healing of body from toxic agents. After the *Patra-pottali Sweda* treatments, several post-procedure activities are involved to help for relaxation in body such as, (a) Wipe off the tail from the body using

clean & dry towel, (b) Body is covered with thin blanket for 10-15 minutes, and (c) Patient should be advised to take lukewarm water bath after half an hour depending on diseases.

There are several indications and contraindication is involved with treatment based on *patra-pottali sweda*, these are listed below:

Indication	Contraindications
Intervertebral disc protrusion or prolapsed (IVDP), Sciatica (<i>Gridhrasi</i>), Osteoarthritis, Chronic stages of RA (<i>Jeerna</i> or <i>pravruddha Amavata</i>), Cervical spondylosis, Ankylosing Spondylitis, Frozen Shoulder, <i>Pakshavadha</i> (Hemiplegia) etc.	<i>Taruna Jwara</i> (Acute fever), <i>Atisara</i> (Diarrhoea), <i>Raktapitta</i> (Hemorrhagic disorders), <i>Twak Vikara</i> (Infective eczema, Psoriasis etc.)

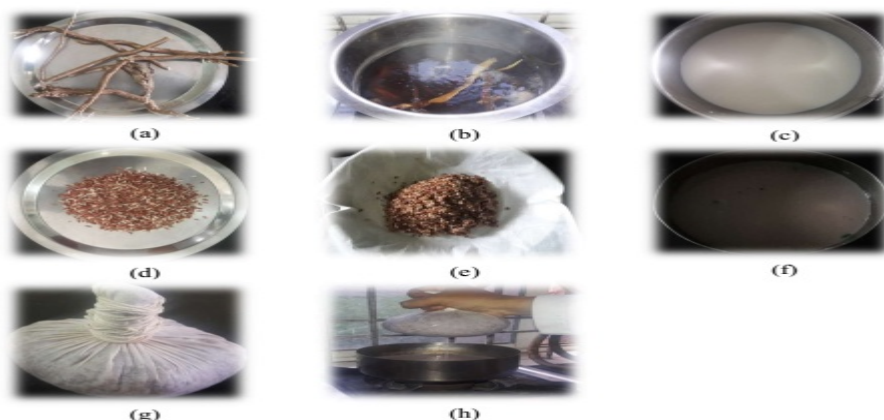
C. Benefits of *Patra-Pottali Sweda*

The *patra-potalli sweda* based treatment works in different disease as discussed above, it has several benefits such as relieves from pain, stiffness and swelling due to arthritis and other painful conditions, pacifies the morbidity of *Vata*, *Pitta* and *Kapha*, and other many more benefits. It is also very useful with other ayurvedic procedures such as *nitya Virechana* and/or *Basti*; *Patra-Pottali Sweda* eliminates or removes the body toxins and establish the good health.

Shashtika Shali Pinda Sweda

Shashtika shaali pinda sweda is also famous with another name as *Navarakkizhi* in Kerala. It is specialty of this *ayurvedic* treatment, which is apply on the whole body or any specific part is made to perspire by the use of heated medicinal rice (*Navara*) puddings externally in the form of boluses tied up in a cotton cloth in a specific manner for specific period of time [8]. It is also called as *Brimhana Sweda*. These procedures are very commonly used in *Panchakarma* at Kerala, India.

Fig. 4: Shashtika Shali Pinda Sweda: (a) Bala Moola, (b) Bala Moola Kwatha Preparation, (c) *Dugdha*, (d) *Shashtika Shali*, (e) Prepared *Shashtika Shali*, (f) *Bala Moola Kwatha* with *Dugdha*, (g) Prepared *Shashtika Shali Pottali*, and (h) *Pottali* Dipped in *Kwatha* and *Dugdha*.



A. Preparation of Pottali/Pinda

In this therapy, different medicinal material is required for preparation of *Shashtika Shali Pinda* such as materials for *Kwatha*, *Shashtika Shali* (special variety of rice), cow milk, pieces of cloth and other necessary items for cooking of *Kwatha*. In this work, *bala moola* is chosen for preparation of *Kwatha* as illustrated in fig. 4. There are several steps are involving in preparation of *pinda*, as discussed below:

Step I: Preparation of *Kwatha*: *Balamoola Kwatha* is prepared by boiling *Bala Moolam* and water and reducing to 3 litres (approximately). Then divide the 3-liter *kwatha* into two parts of 1.5 liters for further process.

Step II: In one part of *Kwatha* 750 ml *Dugdha* is added along with 300gm of *Shastika Shali* rice and cooked properly as shown in fig. 4.d – 4.f.

Step III: Prepare 2 *pinda* of cooked rice as shown in fig. 4.g.

Step IV: The other half part of *Kwatha* is mixed with 750 ml *Dugdha* and used as *Balamoola Kwatha* during procedure as shown in fig. 4.h.

B. Method

In *Shashtika Shali Pinda Sweda* based treatment, the prepared *pinda* is applied on the patient body under the prescribed condition. In this context, some procedure needs to perform with patient as pre-processing or *purva-karma*. Therefore, the patient should be seated with leg extended over the *Droni* and *Talam* should be applied with suitable *Kalka*. *Abhyanga* should be then performed with prescribed *Taila* for about 15 to 35 minutes. Out of 4 *Pottalis*, 2 are kept in the mixture of *Balamoola Kwatha* and *Dugdha* (1.5 litres of each was already kept for this purpose), which should be put on a stove with moderate heat. It is effective in correcting imbalances of *pitta dosa* as shown in fig. 5.



Fig 5: Application of *Shashtika Shali Pinda Sweda*

The prepared *Pottalis* are taken and dipped in the mixture of *Bala moola Kwatha* and *Dugdha* which is simultaneously boiled. This *Pottali* is rubbed and squeezed mildly on the patient. This is done 7 postures (2 to 5 Min in each posture). After the procedure is completed the *Shashtika* is scrapped from the body using coconut leaf and *Taila* applied over the body with mild massage.

After the *Shashtika Shali Pinda Sweda* treatments, several post-procedure activities are involved to help for relaxation in body such as, (a) Scraping of rice

paste from the body, (b) *Taila* or Oil application, and (c) Patient should be advised to take lukewarm water bath.

In *Patra-pottali Sweda* treatments, the total duration of the procedure may be 45 to 90mts. The procedure is normally performed for 7 to 21 days according to the condition of the patient and diseases as prescribed by the doctors/Vaidya for healing of body from toxic agents. There are several indication and contradiction are involved with treatment are listed below:

Indication	Contraindications
Neuro muscular disorders - Hemiplegia, Paraplegia, Muscular wasting, etc. Diseases of joints - Osteo arthritis and other degenerative disorders, etc	Acute fever. Inflammatory and painful conditions, myalgia, etc Gastro intestinal problems like Diarrhea, Digestive disorders, etc Respiratory disorders - cough, Breathing difficulty, infections, etc.

C. Benefits of Shashtika Shali Pinda Sweda

Shashtika shali pinda sweda will help to improve circulation, nourishment to the body, it improves the strength of the tissues of bones and muscles.

DISCUSSION

In this paper, two different *Sweda* procedures is discussed, these are applicable for treatment of several disease as discussed in section 2 with different indications and contraindications.

Where, *Patra Pottali Sweda* is used in *Upstambhita Vatavyadhi*; while *Shashtika Shali Pinda Sweda* is used in *Nirupstambhita Vatavyadhi*. *Patra Pottali Sweda* reduces *Shula* (Pain) & *Stambha* (Stiffness) while *Shashtika Shali Pinda Sweda* works as *Brihana* and provide *Dhatu Poshana* (Nourishment). Here, both the procedure of *Sankara Swedana* worked due to *Ushna Guna* to stimulate the Sympathetic Nervous System and perform Vasodilation. Due to effect of *Sara & Sukshama Guna of Swedana Dravya* the *lina Dosha* are liquified in our body and they came out through Micropores which are present over the Skin as pores Sweat Gland results in more excretion of liquefied Vitiated *Dosha* from body.

CONCLUSION

Here, a comprehensive study is presented of two different special *Panchkarma* procedures such as *Patra Pottali Sweda* and *Shashtika Shali Pinda Sweda* method. As discussed above both the applicable for elimination of toxin from body through sweat gland, it has several key features such as,

- *Patra Pottali Sweda* and *Shashtika shali Pinda Sweda* are a type of *Sankar sweda*, *Tapa*, and *Upnaah Sweda*
- *Patra Pottali Sweda* and *Shashtika Shali Pinda Sweda* are a type of *Swedana* which are the *poorvakarma of panchkarma*.
- *Patra Pottali* works on *Vata Kaphaja (Upstambhita) vyadhi*.
- *Shashtika Shali* works on *vishudha Vata (Nirupstabhita) vyadhi*.

In literature, several different medication materials are used as per the need in both the procedure, few of them discussed above with their benefits. *Patra Pottali Sweda* and *Shashtika shali Pinda Sweda*, both the *swedan* techniques are usually prescribed by the panchakarma/Ayurveda practitioners for healing of bodies.

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Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Kalpana et al: Patra Pottali Pinda Sweda And Shashtika Shali Pinda Sweda: A Comprehensive Study. *International Ayurvedic Medical Journal* {online} 2018 {cited May, 2018} Available from: http://www.iamj.in/posts/images/upload/1046_1052.pdf