PATRA POTTLALI 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 decease. 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

Pañchkarma¹ 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 route¹⁶. 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 phase⁷.⁹. 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 Pradhanama 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.
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 poattali 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:

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<tr>
<th>Indication</th>
<th>Contraindications</th>
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C. Benefits of *Patra-Pottali Sweda*

The *patra-pottali 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 *niya 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 choosen 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.
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 90 mts. 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:

<table>
<thead>
<tr>
<th>Indication</th>
<th>Contraindications</th>
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<tbody>
<tr>
<td>Neuro muscular disorders - Hemiplegia, Paraplegia, Muscular wasting, etc.</td>
<td>Acute fever.</td>
</tr>
<tr>
<td>Diseases of joints - Osteo arthritis and other degenerative disorders, etc</td>
<td>Inflammatory and painful conditions, myalgia, etc</td>
</tr>
<tr>
<td>Gastro intestinal problems like Diarrhea, Digestive disorders, etc</td>
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</tr>
<tr>
<td>Respiratory disorders - cough, Breathing difficulty, infections, etc</td>
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**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 Brihanna 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 Sweda** works on Vata Kaphaja (Upstambhita) vyadi.
- **Shashtika Shali** works on vishudha Vata (Nirupstabhita) vyadi.

In literature, several different medication materials are used asper 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.
REFERENCES


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