

AVAGAHA SWEDA

The word 'Avagaha' means to immerse. *Avagaha sweda* is a type of sudation therapy which is included in *Drava sweda*, in which the patient is made to sit/lie in a tub containing medicated *Dravadravya* to produce fomentation to the body.

MATERIALS REQUIRED:

1. Bath tub (5.6ft X 2.6ft X 1.4ft) -1
2. Vessels-2
3. Suitable dravadravya- 40-60 litres (sarvanga)/10-15 litres (adhakaya)
4. Oil for abhyanga- 100 ml
5. Oil for talam-10ml
6. Choorna for talam- 5g
7. Towel/tissue paper-1
8. Attendent-1

PREPARATION OF MEDICINE:

According to the disease condition suitable *Dravadravya* is selected. It should be poured into the tub with a temperature preferably 38°C - 42°C.

PRE OPERATIVE PROCEDURE:

Talam should be kept over the head with suitable oil and *Choorna*. *Abhyanga* should be performed with prescribed medicated oil around the umbilicus up to the thighs or all over the body according to the condition. It can be performed without *Abhyanga* in certain conditions.

PROCEDURE:

The patient should be seated comfortably in the tub containing medicated *Dravadravya* in such a way that his lower part of the body should be submerged above the level of umbilicus. *Sarvanga Avagaha Sweda* should be performed submerging the body up to neck. When the temperature of the medicated *Dravadravya* comes down, some amount should be replaced by warm *Dravadravya*, thus keeping the temperature uniform.

POST OPERATIVE PROCEDURE:

After the prescribed time, patient must be told to come out and body should be wiped with tissue paper or towel. *Talam* should be wiped off using dry towel and apply prescribed choornas like *Rasnadi Choorna/ Kacchooradi Choorna*. He is advised to take rest for half to one hour, and then to bath with lukewarm water.

PRECAUTIONS:

1. Therapy should be stopped at any time if the patient gets good perspiration.
2. The temperature of the *Dravadravya* should be maintained between 38°C-42°C.

COMPLICATIONS AND MANAGEMENT:

1. *Fainting*- Due to increased body temperature or low heat threshold of patient or *Atiyoga* of *Kriyakrama*. Sprinkling cold water on face and body; providing sufficient water supplement or *Drakshadikashaya* are useful in this condition.
2. *Burns*- Due to heat intolerance of patient or excessive heat of *Drava*. Apply *Madhu* and *Ghrita* preferably *Shatadhouta Ghrita*.

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