

Review Article

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A CRITICAL ANALYSIS ON PHARMACODYNAMICS OF RUKSHA SWEDAN

Vrinda Puri¹, *Dr. Sonika²

¹BAMS 3rd Prof, Dept of Panchkarma, Smt. Urmila Devi Ayurvedic College, Shri Guru Ravidas Ayurvedic University, Punjab 146110 **Email:** puriivrinda3@gmail.com

²Assistant Professor, Dept of Panchkarma, Smt. Urmila Devi Ayurvedic College, Shri Guru Ravidas Ayurvedic University, Punjab 146110

***Corresponding Author** – Dr. Sonika, Assistant Professor, Dept of Panchkarma, Smt. Urmila Devi Ayurvedic College, Shri Guru Ravidas Ayurvedic University, Punjab 146110

Email: drsonikajarial@gmail.com

Abstract

Swedana (Sudation) is a treatment procedure in which sweat is induced employing heat in the form of steam or by contact of the body with heated medicaments. The effect of Swedan is to relieve stiffness, heaviness and coldness in the body. After Swedana, the body starts sweating and has the feeling of lightness. The word PINDA means bolus Pinda swedan is a traditional Ayurvedic procedure with the property of profound healing renewal potential, in this procedure, warm cloth boluses massaged onto the whole body. Pinda Sweda help to increase circulation improves muscle tone and strength nervous system. According to the patient condition, one can select combinations as per the need, accessibility and properties of drugs.

Keywords – *Swedana, Pinda Sweda, Ruksh*

Introduction

All the Panchakarma procedures divided into three karma Poorva karma (Pre-operative), Pradhan Karma (operative) and Paschat karma (post-operative). The Swedan karma is included in Poorav karma for Panchakarma procedures Swedan is the karma that causes the body to perspire. It can be achieved by many methods.¹ The Swedan karma classified into

two types as sagni Sweda (direct contact with fire) and Niragni Sweda (without the direct contact of fire). Sankara Sweda is one among the 13 Sagni Sweda. In our classical text Sankaradi sweda is mentioned as one of the most ancient treatments in Ayurveda. Pinda Swedan works on the principles of sankara Sweda. Pind Sweda falls into the category of Tapa Sweda of four types of Swedan. Sankara Sweda is the method in which the materials are wrapped in a cloth and used for Sevdana purpose and it is known as Pind Sweda.² The Sankara Swedan is again classified based on drugs used as Rooksh Sankara Sweda and Snigdha Sankara sweda. In the case of Rooksh (dry) Sankar Sweda, hot solid substances which are used as the stool of different animals like Cow, horse, Camel, Sand, brick, Stone and this type Swedan mainly practised in Kapha vitiated patients. In Snigdha Sankar Sweda, the thick gruel is prepared from the materials like tila (Sesame), Masha (Black gram), Kulatha (Horse gram), Amla Dravya (Citric fruits,) (ghee), rice and milk and this Swedana is more practised in the condition of Kevala vata .There are varieties of Pinda swedan as Shashtikshali Pinda swedan Nirgundi Patra.³

Jambeera pind sweda

जम्बीरफलसंयुक्तं सैन्धवाज्यसमन्वितम् । सुरदावादि संयुक्तं पिण्डस्वेदं प्रचक्षते ॥ (भैषज्यरत्नावली – स्वेदाधिकर)

The word “Jambira Pinda” is made up of two words Jam-bira means Lemon and Pinda means bolus. Jambira Pinda Sweda is assigned to the Pinda Sweda performed by the specially prepared bundles of Jambira and other drugs. This is mainly used in Vata-Kapha morbidity conditions. It is usually practised in Rheumatoid Arthritis, Osteoarthritis, Lumbar Spondylosis, frozen shoulder, plantar fasciitis, and traumatic conditions. It is used in pain, swelling and stiffness associated with joints, spine, nerves etc.⁴

Material required:-

Drugs/Materials

- | | |
|--|------|
| • Jambeera (Lemon) (around 20 in number and chopped into pieces) | 750g |
| • Saindhava (Rock salt) | 30g |
| • Lashuna (Garlic) | 200g |
| • Turmeric Powder | 60g |

Churna pind sweda

कोल कुलत्थ चूर्णाद्यैः स्नेहयुक्तैः समाहृतैः । बद्ध्वा पिण्डं ततः स्वेदः चूर्णपिण्डः स उच्यते ॥

(भैषज्यरत्नावली – स्वेदाधिकर)

Choorna pinda sweda is one of the types of Ushma sweda. The Churna Pinda Sweda is the treatment in which with the mixture of various choorna combinations like Methika (Fenugreek), Sarshapa (Mustard), Shatapushpa (Anethum graveolens), Jatamansi (Nardostachys jatamansi), Alasi (flax seeds) are used.

This procedure can be done in **two way**; Snigdha and Rooksha.

In Snigdha pinda sweda, first Abhyanga with oil is done all over the body and the Pottalis are also heated in oil. In Rooksha Pinda Sweda the Pottalis are directly applied all over the body without Abhyanga. The Procedure can also be modified by dipping Pottali into the steam of different Drava (liquid) - dravyas like Dhanyamla in some specific conditions.

Material required:-

Materials/Drugs

- Suitable choorna 1kg
- Cotton Cloth (45cm ×45cm) 2
- Rasna churna. 5kg
- Tags. 2

Valuka pind sweda

वालुकां शुष्कतप्तान् तु बद्ध्वा पोट्टलिकां भिषक् । स्वेदनं यत् प्रयोक्तव्यं बालुकापिण्ड उच्यते ॥

(भैषज्यरत्नावली – स्वेदाधिकर)

Valuka sweda is one among the Ruksha sweda. Valuka Sweda is the treatment in which sand is used for fomentation (sweat-inducing) of painful parts. It can be done using Sarvang (whole-body) or ekanga (locally) Swedan procerdure. It provides relief from pain, inflammation, swelling and stiffness. It is mainly used in Sandhigata vata (osteoarthritis), Amavata (rheumatoid arthritis), urshambha (stiff ness of the thighs) Obesity, Granthi, Kapha Medavritavata .

Material required:-

Ingredients

- Sand 1kg
- Cotton cloth(45 cm×45cm). 4
- Tag. 4
- Rasnadi churna 5kg

- Vessel. 1

Dhanyamla sweda

धान्याम्लेन संयुक्तेन स्वेदनं यत् प्रयोच्यते । कफवातहरं स्वेदं धान्याम्लं तद् उच्यते ॥

(भैषज्यरत्नावली – स्वेदाधिकर)

Material required:-

Materials/Drugs.

- Kottamchukkadi choorna. 200g
- Kulatha choorna. 200g
- Dhanyamla. 2l
- Kora Cotton cloth. 4
- Tag. 4

Mode of action of Swedan

Swedakarma has the following major actions over the body: *Stambhaghata*, *Gouravaghata*, *Sheetaghata*, *Swedakaraka*, *Dosha Draveekarana*. *Stambhaghata* *Stambha* means of stiffness/hindering/obstruction/paralyzing/suppression any of bodily faculties / making rigid / immovable as a resultant of increased *Sheeta Guna* and also influence of factors such as *Samanavata*, *Sleshakakapha*, *Mamsa*, and *Medas*. *Samanavata* is *Ruksha Gunapradhana* and hence if vitiated does excessive *Shoshana* of *Shareera*, thereby producing contractures and stiffness. *Sleshakakapha* is *Snigdha* and *Pichila* and if decreased, results in less lubrication of joints causing stiffness. *Swedakarma* is *Snigdha* and *Ushna*, which corrects both deranged *Dosha Ghataka* and relieves stiffness. *Acharya Chakrapani* has stated that *Stambha* also means obstruction or block. Therefore, *Swedana* not only relieves stiffness but also clears blockage of passages (*Srotorodha*).

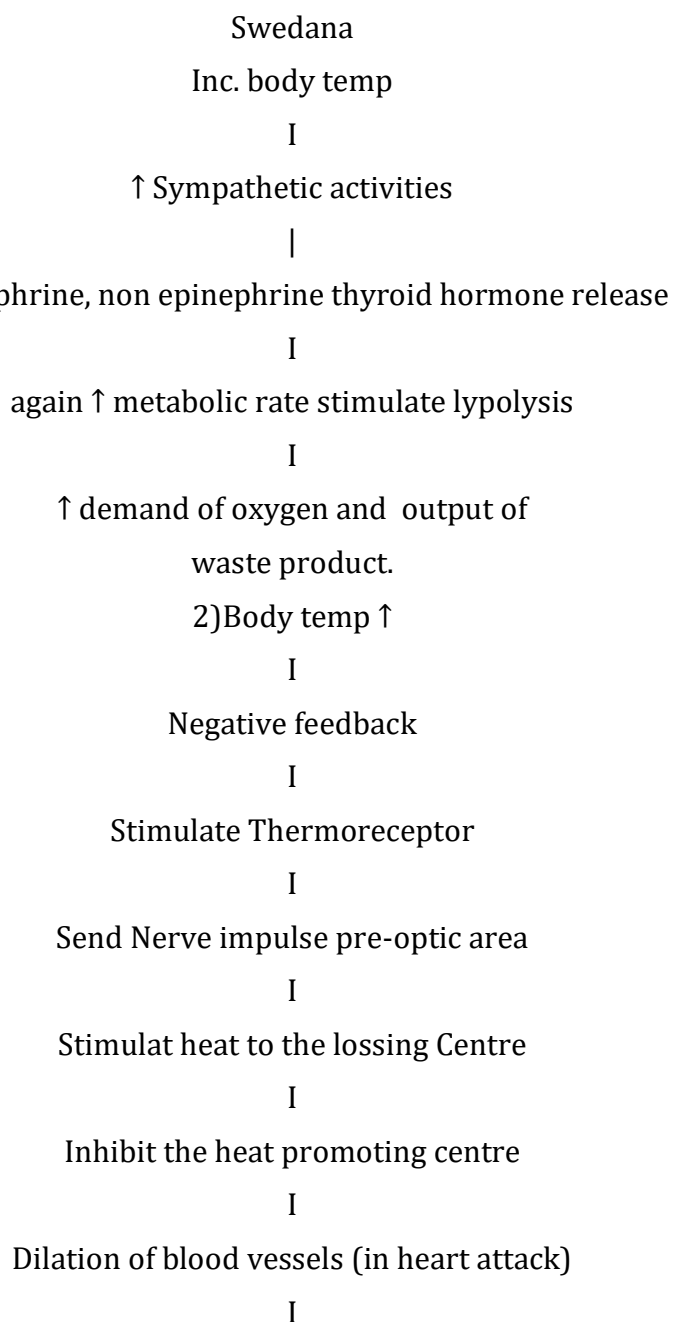
Gouravaghata *Gourava* can be seen in aggravated *Kapha* condition and *Ama Avastha*. *Swedana* will help to reduce the *Kapha Dosha* as well it relieves the *Ama Avastha* thereby the person will feel lightness of the body.

Sheetaghata *Swedana* reduces the *Sheeta Guna* and thereby it relieves the diseases or symptoms by *Ushna Guna*. *Swedakaraka* *Swedana* produces perspiration which eliminates the *Mala* (excretory product). Therefore, it is a mechanism of excreting the metabolic wastes

from the body tissues. Dosha Darveekarana Ushna Veerya of Swedana Dravya penetrates to each and every channel in the body and liquefies the Dosha. This liquefied Dosha will move from Shakha to Koshta and is eliminated by Shodhana Karma.⁵

Modern

- 1) Increased Metabolic rate
- 2) Vasodilation
- 3) Stimulation of Sweat gland



Inreased blood flow to area

I

Maximum oxygen and nutrients and removal of Waste products

3) Increased body temp

I

Stimulate sweat gland Via hypothermic action of Sympathetic nerve

I

Increased sweat production and More waste removal

Diseases

1) Aamvata

a) Definition

युगपत्कुपितावन्तस्त्रिकसंधिप्रवेशकौ | स्तब्ध च गुरुतो गात्रमामवातः स उच्यते | ' (मा.नि.25/5)

b) *Swedan -Valuka Sweda*

Mode of action:-

Rukshana & Amapachana (Drying & Digestion of Toxins):-The dry, coarse heat (Ruksha guna) penetrates the joints, reducing the "Ama" (thick waxy metabolic waste) that causes joint blockage.

Vata-Kapha Hara (Pacifying Vata & Kapha): Heated sand balances Vata (responsible for pain) and reduces Kapha (responsible for swelling/rigidity).

Vasodilation & Improved Circulation:

The heat increases blood circulation in the joints, which helps in flushing out inflammatory mediators and reducing joint effusion.

Relief of Stiffness (Stambha): The heat relaxes ligaments, muscles, and joint capsules, improving joint mobility.

2) *Sandhigata Vata*

a) Definition

Painful condition of joints involving single or multiple joints restricting the movements, with or without swelling and crepitus (Sandhi Sphutana).

b) *Swedan:- Churna Pind Sweda*

1) Vāta Śamana

Chūrṇa Pinda Sveda uses uṣṇa and snigdha guṇa, which directly pacify aggravated Vāta.

2) Śūla Hara (Analgesic Effect)

The heat of sveda improves local circulation.

Reduces sandhi śūla (joint pain) and tenderness.

3) Stambha Nāśana

Warm fomentation relaxes muscles and peri-articular tissues.

Relieves stambha (stiffness) and improves joint flexibility.

4) Srotoshodhana

Swedana dilates srotas, improving flow of rasa and rakta dhātu.

Removes subtle obstruction responsible for pain and restricted movement.

5) Brimhana & Poshanā

Chūrṇa is often mixed with sneha (taila/ghrta).

Provides local nourishment to joints, counteracting dhātu kṣaya seen in Sandhigata Vāta.

6) Improves Joint Mobility

Reduction in pain and stiffness leads to:

.Increased range of movement

.Better functional ability of the joint

3) Urustambha

1) Definition The word "Urustambha" is made up of "Uru (thigh)" and "Stambha (cramping/spasticity/rigidity/stiffness)." Urustambha is a grave condition, in which the patient thighs become painful, numb, and immobile.

b) Swedan :- Jambeera Pind Sweda

1) Kapha-Meda Vilayana

Urustambha is a Kapha-Meda pradhāna vyādhi with srotorodha in uru pradeśa.

Jambeera Pinda Sveda has uṣṇa, tīkṣṇa and rūkṣa properties.

Helps in liquefaction and breakdown of Kapha and Meda.

2) Āma Pācana

Presence of Jambeera rasa (āmla) and lavaṇa promotes āma digestion.

Reduces kleda and gaurava of thighs.

3) Srotoshodhana

Uṣṇa sveda causes srotas dilation.

Removes obstruction in māmśa-medovaha srotas, improving circulation.

4) Stambha Hara

Heat and tīkṣṇa guna relieve stambha (rigidity/heaviness) of uru pradeśa.

Improves movement and flexibility

5) Vāta Anulomana

Though Kapha-Meda dominant, Vāta gets obstructed in Urustambha.

Jambeera Pinda Sveda normalizes Vāta gati, reducing discomfort.

6) Lekhana Effect

Rūkṣa and tīkṣṇa qualities help in lekhana (scraping) of excess meda.

Useful in sthūlatā-associated Urustambha.

4) Vatarakt

a) definition

वातरक्ताभ्यां जनितो व्याधिः वातरक्तं । Ca Ch 29/1 (Chakrapani)

b) Swedan:- Dhanyamla Sweda

1) Āma Pācana

Vātarakta often presents with āma association, especially in early or acute stages.

Dhānyāmla, being uṣṇa and amla, helps in digestion and elimination of ama.

Reduces srotorodha caused by āma.

2) Vāta Śamana

The usṇa guṇa of Dhānyāmla pacifies aggravated Vāta, which is responsible for pain and stiffness. Helps in relieving śūla and stambha.

3)Kapha-Meda Hara

Dhānyāmla has rūkṣa and laghu properties.

Reduces kapha and meda involvement, especially in chronic Vātarakta.

4) Śoṭha Hara (Anti-inflammatory Effect)

Warm fermented liquid improves local circulation. Reduces sandhi śoṭha, daha (burning) and tenderness.

5)Srotoshodhana

Sveda causes dilation of channels. Improves circulation of rakta and rasa dhātu, correcting the pathology of Vātarakta.

6) Kleda Śoṣaṇa

Dhānyāmla helps in drying excess pathological moisture. Prevents further dosa prakopa.⁶

Conclusion

Swedana is one of the crucial treatment modality which is useful in the treatment of diseases in the form of Poorva karma. Pradhan karma as well as Paschata krma. The Materials and drugs mentioned for Swedan each of them have their specific properties and actions, so it should be used depending upon the condition. Already there are many Dravya mentioned by our Acharya, we should select them depending upon Desh, Roga, and availability of Drugs. Pinda Sweda is a widely and mostly practised Swedana procedure where the principle of treatment is based on the combined effect of heat and the medicinal properties of drugs. Hence, based on Rog (disease) and Rogi (patient) one can opt for different combinations of Pinda Sweda according to dose availability and properties of the drugs.

Conflict of interest –Nil

Source of Support –None

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