



Review Article

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## CLINICAL APPLICATION OF NIRAGNI SWEDA IN THE MANAGEMENT OF VARIOUS DISEASES – AN AYURVEDIC REVIEW

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### Abstract

Swedana is an important therapeutic procedure in Panchakarma used to relieve stiffness, heaviness and coldness of the body. Apart from Agni Sweda, Ayurveda describes Niragni Sweda, a method of inducing perspiration without direct application of heat. Niragni Sweda includes procedures like exercise, sun exposure, wearing warm clothes, controlled hunger, wrapping and emotional stimuli. Clinically, it is useful in patients where Agni Sweda is contraindicated. Niragni Sweda helps in pacifying Vata and Kapha dosha, improving circulation, loosening morbid doshas and preparing the body for Shodhana therapies. This article highlights the clinical utility of Niragni Sweda in various diseases such as Amavata, Sandhivata, Sthaulya, Katigraha, Gaurava, Pratishyaya and mild neurological disorders. Its role as a safe, economical and effective supportive therapy in Ayurvedic practice is emphasized.

## Introduction

व्यायाम उष्णसदनं गुरुप्रावरणं क्षुधा । बहपानं भयक्रोधावपनौहाहवातपाः ॥६४॥

स्वैदयन्ति दशैतानि नरमग्निगुणादृते ६५ [Ch . Sa .14]

Swedana Karma is one of the most significant Poorvakarma procedures in Panchakarma. It is done to remove Stambha (stiffness), Gaurava (heaviness), and Sheeta (coldness) of the body. Ayurveda divides Swedana into Agni Sweda and Niragni Sweda.<sup>1</sup> Niragni Sweda is special in the sense that it causes sweating without the use of external fire or heat. Acharya Charaka has described ways such as Vyayama (exercise), Ushna Vastra Dharana (wearing warm clothes), Atapa Sevana (sun exposure), Kshut (hunger), Bhaya (fear), and Bandhana (wrapping) for perspiration.<sup>2</sup> Clinically, Niragni Sweda is applied to patients who are weak, Pitta-predominant, children, elderly, and patients with heat intolerance.

## Materials and Methods

### Clinical Applications of Niragni Sweda in Various Diseases

#### 1. Amavata (Rheumatoid Arthritis)

दोष-त्रिदोष (विशेषकर वात प्रधान आमदोष)

- दृष्य-रस, मेद, मज्जा, सिरा, स्नायु, अस्थि, संधि
- स्रोतस-अन्नवह, रसवह, अस्थिवह स्रोतस
- अग्नि-जाठराग्नि एवं धात्वाग्नि की मंदता
- अग्निदुष्टि-मन्दाग्नि
- आम-अग्निमांद्यजन्य
- स्रोतोदुष्टि-संग
- अधिष्ठान-श्लेष्मस्थान (आमाशय, उरः, संधि, कंठ एवं हृदय)
- संचारस्थान-सर्वाङ्ग शरीर (धमनियों द्वारा)
- उद्भवस्थान-आमशयोत्थ
- व्यक्तस्थान-संधिस्थान
- रोगमार्ग-मध्यम रोगमार्ग

- स्वभाव-आशुकारी / कण्टसाध्य
- साध्यासाध्यता
- नवीन आमवात -साध्य
- द्विदोषज. – याप्य
- त्रिदोषज - असाध्य

### चिकित्सा

लङ्घनं स्वेदनं तिक्तं दीपनानि कटूनि च | विरेचनं स्नेहपानं बस्तयश्चाममारुते ॥ सैन्धवाघ्येनानुवास्य क्षारबस्ति प्रशस्यते|| (चक्रदत्त 25/1)

## 2. Sandhivata (Osteoarthritis)<sup>3</sup>

### Dosha -

- Pradhana Dosha: Vata
- Anubandha Dosha: Kapha (kshaya)
- **Dushya** -Asthi ,Majja ,Meda (kshaya),Snayu
- **Srotas Involved** - Asthivaha Srotas ,Majjavaha Srotas
- **Srotodushti Prakara** -Sanga (obstruction)
- **Agni** -Mandagni ,Dhatvagni Mandya
- **Udbhava Sthana** -Pakwashaya (**seat of Vata**)
- **Adhithana** - Sandhi (joints)
- **Vyaktasthana** -Janu Sandhi (knee joint commonly)
- Other weight-bearing joints
- **Rogamarga** - Madhyama Rogamarga
- **Swabhava** -Chirakari (chronic, degenerative)

### Chikitsa

स्नेहोपनाहाग्निकर्मबन्धनोन्मर्दनानि च । स्नायुसन्ध्यस्थिसंप्राप्ते कुर्याद्वायावतन्द्रितः सु.चि. ४१८,

In cases of degenerative joint diseases, Niragni Sweda is used to improve circulation, reduce stiffness, and increase flexibility of joints by inducing mild sweating techniques such as warm clothing and exposure to sunlight.

## 3. Katigraha (Low Back Pain)

- **Dosha** - Pradhana Dosha: Vata
  - Anubandha Dosha: Kapha (causing stiffness)
- **Dushya** -Mamsa,Asthi ,Majja ,Snayu
- **Srotas Involved** -
- Mamsavaha Srotas ,Asthivaha Srotas ,Majjavaha Srotas
- **Srotodushti Prakara-**
  - Sanga (obstruction) ,Margavarodha
- **Agni** -Mandagni ,Dhatvagni Mandya
- **Udbhava Sthana** -Pakwashaya (main seat of Vata)
- **Adhithana** -Kati Pradesha (lumbar region)
- **Vyaktasthana** -Lower back region
- **Rogamarga** -Madhyama Rogamarga
- **Swabhava** – often chirakari ,maybe acute onset

#### **Upanāha Sweda (Poultice Therapy)**

##### **Drugs:**

- Nirgundi
- Eranda patra
- Rasna
- Godhuma chūrṇa
- Saindhava
- Tila taila / Kanji
- Mild Vyayāma (Movements)
- Gentle lumbar flexion–extension exercises.
- Niragni Sweda is used to relieve muscle spasm and increase local blood flow. Bandhana and mild exercise are done to reduce pain and stiffness.

#### **4.Pratishyaya (Rhinitis / Cold)**

प्रतिश्याय की सामान्य चिकित्सा

नवं प्रतिश्यायमपास्य सर्वमुपचारेत्सर्षिप एवं पानैः। स्वेदैविचित्रैर्वमनैश्च युक्तैः कालोपपन्नैरवपीडनाश्च॥

(सु. उ. त. 24/18)

Niragni Sweda, through mild sweating, alleviates congestion, Kapha, and respiratory dysfunction.

### 5. Pakshaghata (Mild Stroke Rehabilitation)

- **Dosha**
- Pradhana Dosha: Vata
- Anubandha Dosha: Kapha or Pitta (sometimes)
- **Dushya** -Rasa ,Rakta ,Mamsa
  - Meda,Majja,Snayu
- **Srotas Involved** -
  - Rasavaha Srotas
  - Raktavaha Srotas
  - Mamsavaha Srotas
  - Majjavaha Srotas
- **Srotodushti Prakara** -
  - Sanga (obstruction)
  - Margavarodha
  - Vimargagamana (in some cases)
- **Agni** - Mandagni
- **Udbhava Sthana** -Pakwashaya (seat of Vata)
- **Adhithana** -
  - One half of the body (Ardha Sharira)
  - Mastishka (brain) involvement
- **Vyaktasthana** -Ekanga (one side of body)
- **Rogamarga** -Madhyama Rogamarga
- **Swabhava** -Chirakari (chronic)

### चिकित्सा

स्वेदनं स्नेहसंयुक्तं पक्षाघाते विरेचनम् । (च.चि.28/100)

- व्यायाम (हल्का, रोगी की क्षमता अनुसार)
- अभ्यंग (तेल मालिश)

- कंबल से ढकना
- गुरु वस्त्र पहनाना
- क्षोभण (हल्की शारीरिक क्रिया से स्वेद)

During the initial stages of rehabilitation, Niragni Sweda is beneficial in improving circulation, alleviating stiffness, and aiding neuromuscular functions without intense heat.

## 6 Kaphaja Disorders

- Vyayama (exercise)
  - Ushna vastra (warm clothing)
  - Guru pravaraana (blanket covering)
  - Kshudha / pipasa (controlled)
  - Bhaya, krodha etc (emotional sweating types)
- Niragni Sweda is beneficial in the following conditions: Kaphaja Kasa, Mandagni, Alasya.

## Results

In clinical practice, Niragni Sweda gives the following results:

- Reduction in stiffness and pain
- Improvement in circulation
- Liquefaction of Doshas
- Srotoshodhana
- Increased metabolism
- Preparation for Shodhana therapies
- It is safe, economical, and easily applicable in OPD and IPD practice.

## Discussion

Niragni Sweda works by stimulating perspiration naturally without using direct heat. This makes it ideal for Pitta dominant patients and those who are Agni Sweda intolerant. It helps to mobilize the morbid doshas from Shakha to Koshtha and increases the efficacy of Panchakarma. It is gentle on the body and hence ideal for chronic musculoskeletal, metabolic, and mild neurological conditions. Niragni Sweda also increases patient compliance because of its ease and comfort.<sup>4</sup>

## Conclusion

Niragni Sweda has broad clinical applications in Ayurvedic practice. It is useful in the management of Amavata, Sandhivata, Katigraha, Sthaulya, Pratishyaya, and Kapha-Vata diseases. It reduces stiffness, heaviness, and pain by inducing sweating naturally without causing heat stress. Therefore, Niragni Sweda is a safe, cost-effective, and useful auxiliary therapy in Panchakarma.

## Conflict of interest -Nil

## Source of Support -None

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