



Review Article

CLINICAL APPLICATION OF THE CONCEPT OF *SNIGDHA* AND *RUKSHA SWEDA*

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ABSTRACT

Sweda Karma is included under *Purvakarma* of *Panchakarma*. *Swedana* helps to remove stiffness, heaviness, coldness of the body and makes the body to perspire. It also helps to convert the *Doshas* in a form so that, they can be removed from the body through *Vamana* and *Virechana*. Ayurvedic classics have described a wide range of *Swedas* which are classified into different categories depending upon various factors. One of those classifications made based on *Guna* of the *Sweda Dravya* which plays an important role in pacifying the *Dosas*. *Guna* means quality or property which has inseparable relationship with the *Dravya*. *Gunas* are 41 and classified into 4 types. They are *Artha Gunas* - 5; *Gurvadi Gunas* - 20; *Atma Gunas* - 6; *Paradi Gunas* - 10. But for treatment purpose, *Gurvadi Gunas* are widely used. Among *Gurvadi Gunas* like *Guru, Laghu, Sita, Ushna, Snigdha, Ruksha, Slakshna, Khara* etc., *Snigdha - Ruksha* properties have a very important role in *Swedana*. Charaka also classified *Sweda* based on *Snigdha - Ruksha* properties. The goal of the study is to collect various references of the drugs mentioned for *Sweda* and categorize them based on their *Snigdha* and *Ruksha* property so as to use them appropriately for therapeutic purposes.

INTRODUCTION

The '*Swedana*' *Shabda* is derived by adding the *Prathyayas 'Nich'* and '*Iyut*' with the term *Sweda*. The literary meaning of this term is to make the body sweat. Charaka defined *Sweda Karma* as the therapy which relieves stiffness, heaviness and coldness of the body and make the body to perspire [1]. It can be achieved by many methods. *Sweda karma* is classified in to two types based on involvement of fire, *Saagni* and *Niragni sweda*. *Saagni sweda* is again classified into various types which includes *Ruksha sweda* and *Snigdha sweda*.

In the management of certain diseases like *Amavata* and *Manyastambha*, *Ruksha sweda* has been indicated. However, the method adopted for *Ruksha Sweda* is usually in the form of *Valuka Sweda*, which is making a *Pottali* made of sand or salt. But on many occasions patients have some difficulty in applying

Valuka Sweda on daily basis. Also limiting *Ruksha Sweda* only for *Valuka Sweda* seems to be inappropriate as very clearly it has been mentioned in *Charaka Sutra Sthana Swedadhyaaya* that *Ruksha Sweda* can be performed by the use of certain *Ruksha Dravyas* mentioned for fomentation. Hence, primary goal of this study has been to identify and categorise *Ruksha* and *Snigdha Dravyas* helpful for *Swedana* purpose. The clinical application of the study is to utilize the said drugs in the form of both *Nadi sweda* or *Pottali sweda*.


Depending on the *Gunas* of the *Dravya* utilized for the *Sweda Karma* is of three types *Snigdha - Ruksha Sweda, Snigdha Sweda and Ruksha Sweda* which are adopted mainly for *Vata-Kapha, Vata and Kapha* respectively. So we can categorize *Sweda* based on the qualities of *Dravyas* used [2].

AIM OF THE STUDY

Aim of the study has been to identify, categorize and to enhance the scope and utility of *Snigdha* and *Ruksha Sweda* in clinical settings.

Sweda Mentioned Based on the Sthana of the Dosa

If *Vata* is accumulated in the *Amashaya* then first measure is to perform *Ruksha Sweda* which is followed by *Snigdha Sweda*. If *Kapha* is accumulated in

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the *Pakwashaya*, first *Snigdha Sweda* is applied followed by *Ruksha Sweda* [3].

Properties or Qualities of *Swedana Dravyas*

Ushna, Tikshna, Sara, Snigdha, Ruksha, Sukshma, Drava, Sthira and *Guru* [4].

Among the various properties listed above, we will discuss about *Snigdha* and *Ruksha gunas* or qualities.

Importance of *Snigdha* and *Ruksha Gunas* in *Sweda Karma*

According to *Samanya - Vishesh Siddhanta*, *Snigdha Guna* alleviates *Ruksha Guna* of *Vata* and aggravates *Kapha*. *Ruksha Guna* alleviates *Snigdha Guna* of *Kapha* and aggravates *Vata*.

Snigdha quality is the special quality of *Jaliya Mahabhuta* [5]. Therefore *Snigdha* quality is defined in

Table 1 : Showing Clinical Conditions where *Snigdha* and *Ruksha Sweda* are Indicated

S.No	<i>Snigdha sweda</i>	<i>Ruksha sweda</i>
1.	<i>Pakshagata</i>	<i>Amavata</i> [7]
2.	<i>Viswachi</i>	<i>Manyastamba</i> [8]
3.	<i>Kati sula</i>	<i>Urustamba</i> [9]
4	<i>Janu sandhi gata vata</i>	<i>Amasaya gata vata</i> [10]
5	<i>Khalli vata</i>	<i>Trika sula</i> [11]

Sweda Mentioned According to *Dosas* [12]

- Vata Dosa Prakopa - Snigdha Sweda*
- Kapha Dosa Prakopa - Ruksha Sweda*
- Vata - Kapha Dosa Prakopa - Snigdha - Ruksha Sweda*

Table 2: Showing Probable Classification of *Sweda* according to *Guna* of *Dravyas* Used

S.No	<i>Snigdha - Ruksha Sweda</i>	<i>Snigdha Sweda</i>	<i>Ruksha Sweda</i>
1.	<i>Patra Pottali Sweda</i>	<i>Sastika Sali Pinda Sweda</i>	<i>Valuka Sweda</i>
2.	<i>Jambeera Pinda Sweda</i>	<i>Kukkutanda Pinda Sweda</i>	<i>Istika Pinda Sweda</i>
3.	<i>Churna Pinda Sweda with Snigdha and Ruksha Dravyas</i>	<i>Ksheera Dhuma</i>	<i>Churna Pinda Sweda with Ruksha Dravyas</i>

Other than this classification, there are some more drugs specially mentioned for the *Sweda*. We can classify them on the basis of *Guna* and can use according to the *Dosa Prakopa* in the patient.

Attempt has been made to identify *Snigdha* and *Ruksha Dravyas* and their frequency of usage from various types of *Sweda Dravyas* as per *Samhitas* are mentioned in the following table.

MATERIALS AND METHODS

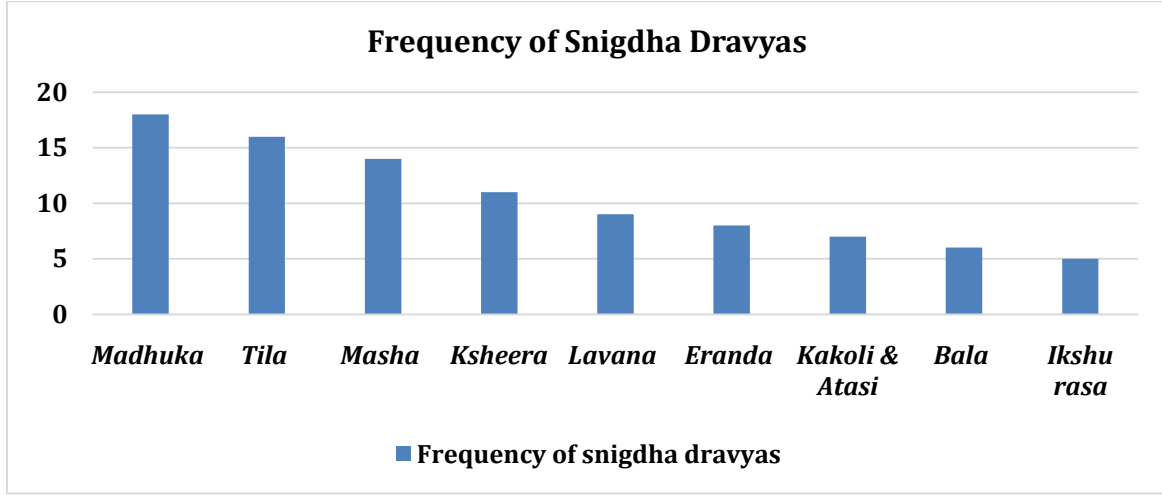
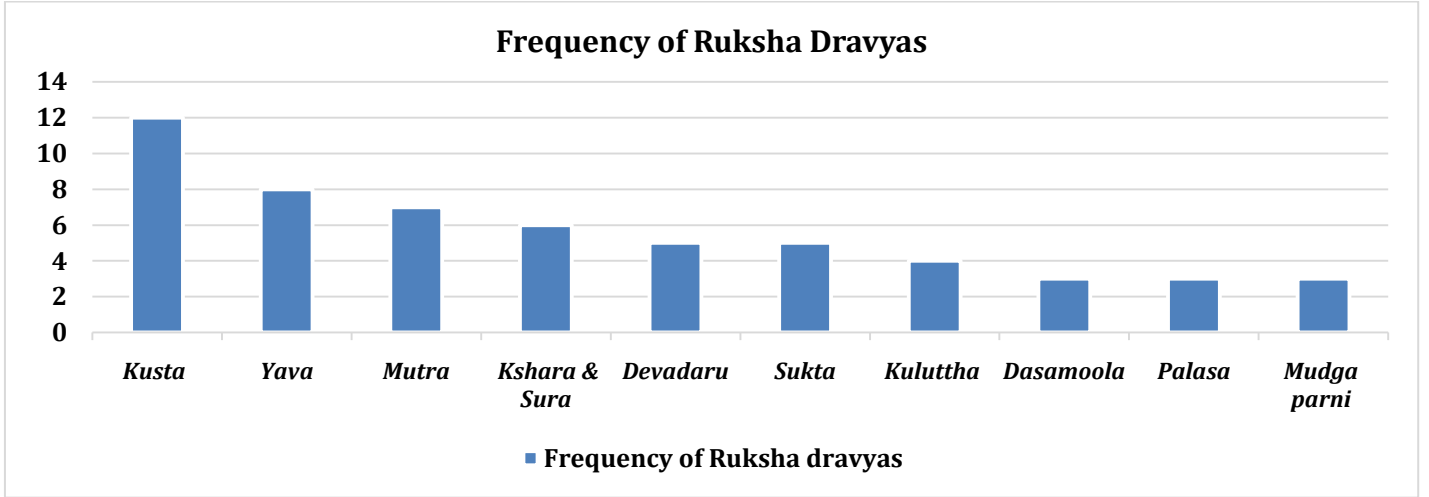
Table 3: Showing *Snigdha* and *Ruksha Dravyas* Used for *Sweda Karma* Mentioned in *Samhitas* and Also Their Frequency (number of times each drug is repeatedly mentioned in all available references)

S.No	<i>Snigdha Dravyas</i>	frequency of drug	S.No	<i>Ruksha Dravyas</i>	Frequency of drug
Useful for <i>Nadi Sweda</i> and <i>Upanaha</i>; Ref: <i>Ca. Vata Vyadhi Cikitsitam</i> (28/110-113) [13]					
1.	<i>Masa</i>	14	1.	<i>Dasamoola</i>	3
2.	<i>Badara</i>	3	2.	<i>Kulutha</i>	4
3.	<i>Tila</i>	16	3.	<i>Yava</i>	8
4.	<i>Aranala</i>	1	4.	<i>Musta</i>	2
5.	<i>Eranda</i>	8	5.	<i>Kusta</i>	12
6.	<i>Shatavari</i>	1	6.	<i>Kola</i>	2
Useful for <i>Seka</i> and <i>Lepa</i>; Ref: <i>Ca. Vata Sonitha Cikitsitam</i> (29/127-148) [14]					
7.	<i>Draksha Swarasa (seka)</i>	1	7.	<i>Daru haridra</i>	1

8.	<i>Ikshu Rasa (Seka)</i>	5		8.	<i>Udumbara</i>	1
9.	<i>Padmaka (Pariseka)</i>	5		9.	<i>Aswattha</i>	1
10.	<i>Maduka (Lepa)</i>	18		10.	<i>Manjistha</i>	1
11.	<i>Sarsapa</i>	2		11.	<i>Candana</i>	1
				12.	<i>Usira</i>	2
				13.	<i>Nimba</i>	1
				14.	<i>Arka</i>	3
Useful for Pradeha; Ref: Ca. Rajyakshma Cikitsam (8/77-81) ^[15]						
12.	<i>Bala</i>	6		15.	<i>Punarnava</i>	3
13.	<i>Vidari</i>	1		16.	<i>Guggulu</i>	1
14.	<i>Nilotpala</i>	1		17.	<i>Devadaru</i>	5
15.	<i>Madhuka</i>	18		18.	<i>Karavira</i>	1
Useful for Ushma, Upanaha and Drava Sweda; Ref: A. H. Su. Sveta Vidhi Adhyaya (17/2-10) ^[16]						
16.	<i>Masa</i>	14		19.	<i>Shigru</i>	3
17.	<i>Atasi</i>	7		20.	<i>Vasa</i>	2
18.	<i>Jatamamsi</i>	2		21.	<i>Vamsa</i>	1
19.	<i>Lavana</i>	9		22.	<i>Arka</i>	3
20.	<i>Paya</i>	1		23.	<i>Vanatulasi (Arjaka)</i>	1
21.	<i>Sneha</i>	3		24.	<i>Sirisa</i>	1
Useful for Pariseka; Ref: Su. Dvivraniya Cikitsa (1/17) ^[17]						
22.	<i>Ksheera</i>	11		25.	<i>Madhu</i>	1
23.	<i>Ikshu Rasa</i>	5		26.	<i>Sura</i>	6
				27.	<i>Sukta</i>	5
				28.	<i>Mutra</i>	7
				29.	<i>Kshara</i>	6
Useful for Upanaha; Ref: Su. Bhagna Cikitsa (3/11) ^[18]						
24.	<i>Madhuka</i>	18		30.	<i>Nyagrodha</i>	2
25.	<i>Kapitana</i>	1		31.	<i>Udumbara</i>	2
26.	<i>Priyala</i>	2		32.	<i>Asvattha</i>	2
27.	<i>Bhallataka</i>	2		33.	<i>Plaksha</i>	2
28.	<i>Badari</i>	3		34.	<i>Kakubha</i>	2
				35.	<i>Jambu</i>	2
				36.	<i>Rohini</i>	2
				37.	<i>Kadamba</i>	2
				38.	<i>Shallaki</i>	2
				39.	<i>Rodhra</i>	2
				40.	<i>Palasa</i>	3
Useful for Upanaha; Ref: Su. Maha Vata Vyadhi Cikitsa (5/7) ^[19]						
29.	<i>Tagara</i>	3		41.	<i>Devadaru</i>	5
30.	<i>Sarala</i>	1		42.	<i>Harenu</i>	1
				43.	<i>Kusta</i>	11
				44.	<i>Ela</i>	1
				45.	<i>Sura</i>	6
Useful for Nadi Sweda; Ref: Su. Bhagandara Cikitsa (8/15) ^[20]						
31.	<i>Tila</i>	16		46.	<i>Yava</i>	8
32.	<i>Eranda</i>	8				
33.	<i>Masa</i>	14				

34.	<i>Godhuma</i>	3				
Useful for Upanaha; Ref: Su. Svedavacaraniya Cikitsita (32/12) [21]						
35.	<i>Kakoli</i>	7		47.	<i>Mudga parni</i>	3
36.	<i>Masaparni</i>	5		48.	<i>Karkatasrangi</i>	3
37.	<i>Chinnaruha</i>	5		49.	<i>Ela</i>	1
38.	<i>Tugakshiri</i>	3		50.	<i>Kusta</i>	12
39.	<i>Padmaka</i>	5		51.	<i>Tvak</i>	2
40.	<i>Vrddhi</i>	3		52.	<i>Patra</i>	1
41.	<i>Mrdhika</i>	3		53.	<i>Priyangu</i>	1
42.	<i>Jivanti</i>	3		54.	<i>Vyagranakha</i>	1
43.	<i>Madhuka</i>	18		55.	<i>Usira</i>	1
44.	<i>Tagara</i>	3		56.	<i>Bhadradharu</i>	1
45.	<i>Jatamamsi</i>	2		59.	<i>Punnaga</i>	1
				60.	<i>Nirgundi</i>	1
Useful for Upanaha; Ref: Su. Udara Cikitsita (14/7) [22]						
46.	<i>Atasi</i>	7		61.	<i>Dhataki</i>	1
47.	<i>Sarsapa</i>	2				
Useful for Upanaha; Ref: Su. Vidradhi Cikitsita (16/5-6) [23]						
48.	<i>Kakoli</i>	7				
49.	<i>Masaparni</i>	5				
50.	<i>Chinnaruha</i>	5				
51.	<i>Tugaksiri</i>	3				
52.	<i>Padmaka</i>	5				
53.	<i>Vruddhi</i>	3				
54.	<i>Mrdvika</i>	3				
55.	<i>Jivanti</i>	3				
56.	<i>Madhuka</i>	18				
Swedopaga Dasemani; Ref: Ca. Sutra Shadvirechana Shatasriya Adhyaya (4/13) [24]						
57.	<i>Erandaka</i>	10		62.	<i>Shobanjana</i>	3
58.	<i>Masa</i>	14		63.	<i>Arka</i>	3
59.	<i>Badara</i>	3		64.	<i>Punarnava</i>	2
				65.	<i>Vrscira (white variety of Punarnava)</i>	2
				66.	<i>Yava</i>	8
				67.	<i>Kuluttha</i>	4
Dhanyamla Dravyas; Ref: A.H Sutra Sthana. Drava Dravya Vijnaniya Adhyaya (5/79-81) [25]						
60.	<i>Prthuka</i>	1		68.	<i>Kuluttha</i>	4
61.	<i>Nimbuka</i>	1		69.	<i>Kodrava</i>	1
				70.	<i>Nagara</i>	1
				71.	<i>Deepyaka</i>	1
Kola Kuluttha Churna; Ref: Ca. Su. Aragwadadhi Adhyaya (3/18) [26]						
62.	<i>Masha</i>	14		72.	<i>Kola</i>	2
63.	<i>Atasi</i>	7		73.	<i>Kuluttha</i>	4
64.	<i>Eranda</i>	10		74.	<i>Devadaru</i>	5
				75.	<i>Yava</i>	8
				76.	<i>Kusta</i>	12

RESULTS AND DISCUSSION

Graph 1: Showing Most Frequently Mentioned *Snigdha Dravyas*Graph 2: Showing Most Frequently Mentioned *Ruksha Dravyas*

CONCLUSION

Sweda Karma is important therapy which is performed before *Sodhana Karma*. But *Sweda Karma* itself may produce complete relief to a patient suffering from some of musculoskeletal and rheumatological disorders. Before *Sneha* and *Sweda*, it is always prudent to make *Ama- Nirama* assessment. For the reason that certain diseases like *Amavata*, *Manyastambha* etc., may require *Ruksha Sweda* and most of the *Vata Vyadhis* may need *Snigdha Sweda*.

Therefore in the present conceptual study of identification of *Snigdha* and *Ruksha Sweda Dravyas* has been made from all available sources of literature related to *Sweda Karma*.

This may help to utilize more frequently mentioned drugs for the purpose of obtaining a better therapeutic result.

❖ More frequently used *Snigdha Dravyas* are *Madhuka*, *Tila*, *Masha*, *Ksheera*, *Lavana*, *Eranda*, *Atasi*, *Kakoli*, *Bala* and *Ikshu Rasa*.

❖ Most frequently used *Ruksha Dravyas* are *Kusta*, *Yava*, *Mutra*, *Kshara*, *Sura*, *Devadaru*, *Sukta*, *Kuluttha*, *Dasamoola*, *Palasa* and *Mudga parni*.

This study may also help to increase the utility of *Sweda Dravyas* based on their *Snigdha* and *Ruksha* property.

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