

Cha. Chi. 12. Shwayathu Chikitsitam

Cha. Chi. 12 — Śvayathu (Śoṭha) Cikitsitam — Therapeutics of Oedema/Inflammatory Swellings

Learning goal: By the end of this chapter you will be able to classify Śvayathu/Śoṭha, write its nidāna-samprāpti, sāmānya-lakṣaṇa and sādhyāsādhyatā; differentiate Vātaja-Pittaja-Kaphaja śoṭha; outline cikitsā by avasthā (stage) and doṣa-prādhānya; and reproduce classical yogas—Gandirādyāriṣṭa, Aṣṭāsatāriṣṭa, Punarnavādyāriṣṭa, Kāmsaharītakī, Kṣāragutika—with indications.

1) Śvayathu Bheda, Nidāna, Samprāpti

1.1 Bheda (classifications you must remember)

- **Doṣaja:** Vātaja, Pittaja, Kaphaja (tri-doṣa frame for signs & treatment).
- **Udbhava-bheda:** Nija (endogenous—due to ahāra-vihāra) vs Āgantuka (exogenous—trauma/burn/poison/metal etc. affecting skin superficially).
- **Sthāna-bheda:** Sarvāṅga (generalised), Ardha-deha (hemibody), Eka-deśaja (local).
- **Ūrdhva-Madhya-Adho-bhāga** distribution by where the morbid doṣa lodges.

Memorisable śloka (sense-quote):

“सर्वे श्वयथवो दोषत्रितयसमुत्थाः ; नाम तु प्रधानदोषतः ।”

All oedemas arise from tri-doṣic discordance; they are named by the dominant doṣa.

1.2 Nidāna (etiology)

- **Ahāra:** habitual kṣāra (alkalis), amla, tikṣṇa-uṣṇa-guru items; dadhi excess; kācā-bhakṣya (raw/underprocessed); mṛd-bhakṣaṇa (earth), heavy śāka; viruddhāhāra; viṣopasṛṣṭa food.
- **Kāya-bala/Agni context:** state after śodhana, vyādhi or upavāsa with kṣaya; arśa, alpa-vyāyāma, not taking seasonal śodhana; marmanābhighāta; abnormal labour; mithyā-śodhana.
- **Āgantuka nidāna:** superficial tvak-vraṇa/daṃśa/agnidāha/śastra-loha-ādi injuries precipitating local oedema.

1.3 Samprāpti (how swelling forms)

- **Vāta** reaching peripheral vessels vitiates kapha, rakta, pitta; obstructed flow provokes utsedha (rise/swelling). Lodgement in ūrdhva/madhya/adho-bhāga drives regional distribution; if ekāṅga, it's eka-deśaja śoṭha; if widespread, sarvāṅga śoṭha.

Purvarūpa (prodrome):

“उष्मा-दाह-सिरायामाः” — heat, burning and dilatation/tension of vessels.

2) Sāmānya Lakṣaṇa and Sādhyāsādhyatā

2.1 Sāmānya lakṣaṇa (common clinical features)

- **Gaurava (heaviness), cala-acala-bhāva** (variability), **utsedha** (swelling), **spandana** (throb/beat), **tanutā of vessels, romāñca, varṇa-vikāra** (discoloration).

2.2 Sādhyāsādhyatā (prognosis)

- **Asādhyā (grave):** occurs in **kṣīṇa** person; **with serious complications** (list beginning with **chardi**, etc.); spreads to **prāṇa-āśrita** regions; **profuse discharges**; **sarvāṅga śoṭha** in a **debilitated** patient.
- **Sādhyā:** when **bala** is good, **māṃsa** not wasted, **eka-doṣa-prādhānya**, **nava** (recent). **Physician must match therapy to doṣa and season.**

3) Doṣa-bheda: Vātaja, Pittaja, Kaphaja Śoṭha—key differentiators

Doṣa type	Hallmark lakṣaṇa (write at least 5)
Vātaja	Cala (variable), tanu-tvag (thin skin), paruṣa (rough), śyāva-kṛṣṇa varṇa , supti/saṅkoca/rujā , finger-pit springs back quickly , divā-kale bāḍha (worse by day).
Pittaja	Mṛdu (soft), gandha (odor), pīta/lohita varṇa , bhrama-jvara-sveda-tṛṣṇā-mada-dāha , sparśāsahiṣṇutā , raktāvalokanam (injected eyes), supūri-bhāva (suppurative tendency).
Kaphaja	Gaurava , sthira (constant), pāṇḍutā-aruci , praseka (salivation), tandrā-chardi , mandāgni , slow pitting (<i>finger impression persists</i>), rātrau bāḍha (worse at night).

4) Cikitsā—by Avasthā (stage) and Doṣa-prādhānya

4.1 Avasthā-based line (algorithm)

1. **Āma/“chyme-disorder” stage:** **Laṅghana + Dīpana-Pācana** (gentle depletion & digestives).
2. **Doṣa-prādhānya stage:** go to **Samśodhana** specific to seat and doṣa.

Seat-wise “mukhyopakrama”

- **Śiras (head-localised):** **Nasya**.
- **Ūrdhva-āmāśaya (upper GIT):** **Vamana**.
- **Adho-āmāśaya (lower GIT):** **Virecana**.

State of tissues/fluids:

- **Ābhiṣyanda/“viscous element” excess:** **Rūkṣaṇa-Śoṣaṇa** (dehydrating measures).
- **Kṣaya/dehydration:** **Snehana-Oleation**.

Bowel/clog context:

- **Vāta—śakṛt-saṅga/scybala:** **Nirūha-Basti**.
- **Pitta-Vāta mix:** **Tikta-siddha Ghṛta** (pittavirecaka + śamana).
- **Mūrcchā-tṛṣṇā-dāha needing śodhana:** **Kṣīra + Gomūtra** regimen (as indicated).
- **Kaphaja:** **Kṣāra-Kaṭu-Uṣṇa upakrama** with **gomūtra/takra/surā** appropriately.

4.2 Doṣa-wise focus (nutshell)

- **Vātaja:** Rūkṣa but **not** emaciating—favour **mild snehana + nirūha-basti**; **kṣīra-siddha** yogas with **Punarnavā-Pippalī-Nāgara** helpful; consider **Aṣṭāsatāriṣṭa** for vāta-kapha obstipation.
- **Pittaja:** **Śītala-Tikta-Ghṛta** base (e.g., **Tikta-ghṛta**), medicated **kṣīra** with **Trivṛt/Eranda-mūla** in indicated small doses; avoid **tikṣṇa**.
- **Kaphaja:** **Rūkṣaṇa-Kṣāra** front; **Trikaṭu-Kṣāra** combinations; **Takra/Go-mutra** anupāna; **Gandirādyāriṣṭa**, **Punarnavādyāriṣṭa** excel.

Apathya (strict): weak/domestic-jalacara-ānavasthita **māṃsa**, **śuṣkaśāka**, **navadhānya**, **guḍa/śarkara-vikāra**, **piṣṭāna**, **dadhi**, **tila-kalpita snigdha**, **picchila**, **madya-amla**, **divāsvapna**, **maithuna**. **Pathya:** light, warm, digestible, structured meals; buttermilk (properly spiced) when bowels are loose; castor oil with milk/meat-soup if



flatus-feces retention; simple/medicated wines cautiously where **srotorodha** + **mandāgni** predominate.

5) Cikitsā Yogas (as per Charaka's Śvayathu-cikitsā)

Exam tip: Write the name, core ingredients, method/vehicle, indications.

5.1 Gandirādyāriṣṭa (Compound thorny milk-hedge medicated wine)

Key dravyas: Snuhi/Thorny milk-hedge, Bhallātaka, Citraka, Trikaṭu, Vidanga, Kāṅṭakārī, Bṛhatī; cooked in Kūrcikā-takra (whey), blended with prakṛta whey + śarkarā, fermented in a pot smeared with Citraka + Pippalī paste for ~10 days.

Indications: Śvayathu; also bhagandara, arśas, kṛmi, kuṣṭha, mūtrāmayā, etc. Good where kapha-āma-srotorodha dominate.

5.2 Aṣṭāsatāriṣṭa ("800" wine)

Dravyas: Gambhārī (white teak), Āmalakī, Pippalī, Harītakī, Bibhitaka, Drākṣā, Pippalī, old guḍa, water—fermented in madhu-lipta vessel (summer 7 days; winter double).

Indications: Śvayathu with vāta-kapha obstruction; agnidīpana.

5.3 Punarnavādyāriṣṭa (Compound hog-weed wine)

Decoction base: Punarnavā (2 varieties), Bālā, Bṛhatī-Kāṅṭakārī-Pāṭhā, Trivṛt mūla, Guḍūcī, Citraka, Pāruṣaka (?), Ikṣvāku? (Charaka's long list), reduced; sweetened with old guḍa + madhu; māsa-pariseka fermentation in ghṛta-lipta vessel; then fragranced with patra-tvak, elā, marica, usīra etc.

Indications: Hṛdroga, Pāṇḍu, Ghora Śvayathu, Plīhāroga, aruci-mūtrakṛcchra-gulma, atisāra-janya vikāra, kāsa-śvāsa, grahaṇī, kuṣṭha, kāmālā, with bṛmhaṇa gains in varṇa-bala-āyuh-ojas when dieted on māṃsa-rasa.

5.4 Triphala-ādi Ariṣṭa (Compound three-myrobalans wine)

Powders: Triphala, Ajamodā (bishop's weed), Citraka, Pippalī, Loha-cūrṇa, Vidanga + madhu-guḍa; fermented barley-heap for a month in ghṛta-lipta vessel.

Indication: Broad utility in śvayathu (and in arśas-pāṇḍu per Charaka); supports agnidīpana & srotas-śodhana.

5.5 Kṣāragutikā (the "alkali pill")

Sāmagrī (as per text): Two kinds of kṣāra, four salts, loha-cūrṇa, trikaṭu, triphala, pippalī-mūla, vidanga, musta, ajamodā, devadāru, bilva, kūrcci-bīja, citraka-mūla, pāṭhā, yaṣṭī, ativīsā, plus hiṅgu; all finely powdered, cooked with mūlaka-śuṅṭhī until thick; gutikā of ½-tola prepared and administered rightly.

Indications: Kapha-prādhāna śvayathu, chronic tri-doṣa oedema with srotorodha, gaurava, mandāgni; also useful when vāta-mala-vāta-vibandha coexists (with appropriate basti).

5.6 Kāṃsaharītakī (Harītakī prepared/kept in bronze)

While Charaka underscores Harītakī with gomūtra for kaphaja śvayathu (also as a powder-drink), classical teaching also preserves Kāṃsaharītakī—Harītakī processed and kept in a kāmśa (bronze) vessel with guḍa-svarasa/kvātha according to school methods.

Rationale & indication: Lekhana-bhedana-āvarana-hāra for kapha-āma śoṭha, abdominal congestion and obstipation; deploy with care to agnibala and stage (not in pittāgni dāha).

Other textual simple recipes you can write in SAQs:

- Trikaṭu + trivṛt/kaṭuki/lohacūrṇa with Triphala-svarasa (Kapha-śoṭha).



- **Haritakī + Jala/Go-mūtra; Śuṅṭhī-Devadāru-Haritakī** infusion; **Punarnavā-Pippalī-Mustaka** with medicated **kṣīra** in **Vātānubandha** contexts.

6) Eka-deśaja Śoṭha (localised swelling)—what to write

- **Definition:** oedema confined to a **single limb/region** due to **local doṣa aggravation** or **āgantuka** causes. Name the śoṭha after the **region** (e.g., *pāda-śoṭha*, *hastā-śoṭha*, *mukha-śoṭha*).
- **Lakṣaṇa:** carries **doṣa-viśeṣa** signs locally (e.g., *vāta*—rough, variable, painful; *pitta*—hot, red, tender; *kapha*—heavy, pale, constant with pitting).
- **Cikitsā:** **Local + systemic**—if **śīras-sṭha, nasya**; if due to **kapha-āma**, apply **rūkṣaṇa** (dry fomentations), **kṣāra-prayoga** and appropriate **ariṣṭa**; if **pitta-dominant**, **śītala-lepa**, **tikta-ghṛta/kṣīra**; if **vāta**, gentle **snehana-svedana + basti** where indicated; treat **nidāna** (standing long, trauma, bite, band pressure, etc.).

7) Quick-write algorithms (exam friendly)

1. **Identify:** do **doṣa-lakṣaṇa** (V/P/K), stage (āma vs nirāma), distribution (ūrdhva/madhya/adho, sarvāṅga vs eka-deśa).
2. **Avasthā line:** **Laṅghana-Dīpana-Pācana** in āma → then **Samśodhana** by seat (**nasya/vamana/virecana/basti**).
3. **Doṣa care:** **Vāta**—basti + kṣīra-siddha; **Pitta**—tikta-ghṛta/kṣīra; **Kapha**—kṣāra, takra/gomūtra-yukta.
4. **Formulas:** **Gandirādyāriṣṭa** (kapha-āma/oedema with obstruction), **Aṣṭāsatāriṣṭa** (vāta-kapha-agnimandya), **Punarnavādyāriṣṭa** (severe/oedema with hṛd-plihā issues), **Kṣāragutikā** (chronic tri-doṣa śoṭha).
5. **Pathya-Apathya** discipline (avoid dadhi, guru-piṣṭāna, divā-svapna; use buttermilk/castor oil-milk as indicated; consider medicated wines when **srotorodha + mandāgni**).

8) Sanskrit snippets to quote (with sense)

- **Purvarūpa:** “उष्मा दाहः सिरायामः” — *heat, burning, vessel dilatation* (prodrome of śvayathu).
- **Tridoṣaja basis:** “सर्वे श्वयथवो दोषत्रितयसमुत्थाः ; नाम तु प्रधानदोषतः ।” — *All oedemas are tri-doṣic in origin; named by dominant doṣa.*

(The above sense-quotes align with Charaka’s Chapter 12 descriptions; use exact Devanāgarī as written here for answers.)

9) Formulary table (learn these crisp)

Yoga	Core idea & contents	Dose & vehicle (guide)	When to choose
Gandirādyāriṣṭa	Snuhi (thorny milk-hedge) + Bhallātaka + Citraka + Trikaṭu + Vidanga + Kāṅṭakārī + Bṛhatī in kūrcikā-takra , then whey & sugar; fermented in citraka-pippalī-lipta pot	15-25 ml BD after food (adjust to bala)	Kapha-āma Śvayathu with srotorodha/gaurava ; also piles, kṛmi, kuṣṭha etc.



Yoga	Core idea & contents	Dose & vehicle (guide)	When to choose
Aṣṭāsatāriṣṭa	Gambhārī, Triphalā, Pippalī, Drākṣā + old guḍa; madhu-lipta vessel; 7-14 days ferment	15-25 ml BD after food	Vāta-Kapha śoṭha with agnimāndya/viṣṭambha .
Punarnavādyāriṣṭa	Punarnavā (two kinds) + Bālā etc.; sweetened with guḍa + madhu ; māsa-pariseka in ghr̥ta-lipta vessel; fragranced with patra-tvak-elā-marica-uśīra	15-25 ml BD after food	Severe śoṭha incl. hr̥d-plihā involvement; chronic oedema with appetite loss; broad rasāyana-br̥mhaṇa benefits.
Triphala-ādi Ariṣṭa	Triphalā + Ajamodā + Citraka + Pippalī + Loha + Vidanga; barley-heap fermentation	15-20 ml BD	Tri-doṣa śoṭha with mandāgni ; also helpful across arśas-pāṇḍu.
Kṣāragutikā	Two kṣāra , four salts, Loha, Trikaṭu, Triphalā, Pippalī-mūla, Vidanga, Musta, Ajamodā, Devadāru, Bilva, Kūrcī-bīja, Citraka-mūla, Pāṭhā, Yaṣṭī, Ativiṣā + Hiṅgu ; cooked with mūlaka-śuṅṭhī ; pills ½-tola	250-500 mg to 1 g BD/TID with uṣṇa-jala/takra/gomūtra as per doṣa	Kapha-prādhāna or chronic śoṭha with āma-srotorodha .
Kāṃsaharītakī	Harītakī processed and kept in kāṃsa with guḍa/kvātha (school-specific); Charaka also advises Harītakī + gomūtra	3-6 g HS/BD ; vehicles as per doṣa	Kapha-āvaraṇa, udāvarta/viṣṭambha with śoṭha; avoid in tikṣṇa-pitta .

10) Pathya-Apathya (write 4 each)

- **Pathya**: warm light meals; **takra** properly spiced when bowels loose; **castor oil + milk/meat-rasa** if **vāta-vibandha**; **medicated wines** in **srotorodha + mandāgni** after meals; **rest**, avoid standing long.
- **Apathya**: **dadhi**, **guru-piṣṭāna**, **śuṣka-śāka**, **tilādy-sneha**, **madya-amlā**, **divā-svapna**, **maithuna**, **navadhānya**, heavy/irritant foods.

Assessment (Exam-ready)

A. Long Essays (10 marks each)

1. **Classify Śvayathu**, describe **nidāna-samprāpti** (ūrdhva/madhya/adho distribution) and **sāmānya-lakṣaṇa** with **purvarūpa**; add **sādhyāsādhyatā** criteria. Quote any one Sanskrit line.
2. **Write the Cikitsā Sūtra of Śvayathu** by **avasthā** and **doṣa-prādhānya** (nasya/vamana/virecana/basti; rūkṣaṇa vs snehana) with **pathya-apatya**.
3. **Detail any three arisṭas** in Śvayathu—**Gandirādyāriṣṭa**, **Aṣṭāsatāriṣṭa**, **Punarnavādyāriṣṭa**—composition (gist), dose, indications; add **Kṣāragutikā/Kāṃsaharītakī** in short.

B. Short Notes (5 marks each)

- a) **Eka-deśaja śoṭha**—definition, examples, management.
- b) **Vātaja vs Kaphaja śoṭha**—five differentiating lakṣaṇas.
- c) **Purvarūpa** of Śvayathu (write the Sanskrit words).
- d) **Kṣāragutikā**—ingredients (groups) and indications.
- e) **Pathya-Apathya** in Śvayathu (any four each).

C. MCQs (1 mark each)

1. **Finger-pitting persists and is slow to disappear** is hallmark of:
a) Vātaja b) **Kaphaja** c) Pittaja d) Tri-doṣaja.
2. **Heat, burning, vessel-dilatation** are **purvarūpa** of:



- a) Udara b) **Śvayathu** c) Pāṇḍu d) Arśas.
3. **Seat-guided śodhana—nasya/vamana/virecana**—is prescribed in:
a) **Śvayathu** b) Apasmāra c) Kṣataksīṇa d) Rajayakṣmā.
4. **Punarnavādyāriṣṭa** is specially indicated when there is:
a) Pure pitta with tikṣṇāgni b) **Severe oedema with hṛd-plihā issues** c) Dry cough only d) Grahaṇī alone.
5. **Kṣāragutikā** primarily addresses:
a) Raktapitta b) **Kapha-āma śoṭha with srotorodha** c) Bāla-roga d) Kṛmi alone.

D. SAQs (3-4 lines each)

- Enumerate **nija vs āgantuka** nidānas with one example each.
- Write **three Vātaja** and **three Pittaja** śoṭha signs.
- Outline **avasthā-based** approach in śoṭha.
- Short note on **Aṣṭāsatāriṣṭa**—why named so and when used.
- Eka-deśaja śoṭha**—local + systemic measures.

60-second revision

- Tri-doṣic origin**; name by **dominant doṣa**; **nija/āgantuka, eka-deśa vs sarvāṅga**.
- Purvarūpa**: **uṣmā-dāha-sirāyāma**; **sāmānya-lakṣaṇa**: heaviness, variability, pitting etc.
- Prognosis**: grave in **kṣīṇa/complicated/vital-region** spread; **sādhya** when **recent, single-doṣa, bala-yukta**.
- Treat by stage + seat**: **laṅghana-pācana** → **śodhana** (nasya/vamana/virecana/basti); **rūkṣaṇa vs snehana** per tissue state.
- Write 3 arisṭas + 1 pill**: **Gandirādyā, Aṣṭāśata, Punarnavādyā, Kṣāragutikā** (+ **Kāmsaharītakī** add-on).

Note: Core content and formulations are taken from **Caraka Saṃhitā, Cikitsāsthāna 12 (Śvayathu Cikitsā)** in the standard English rendering; Sanskrit cue-lines above reflect the same descriptions for exam quoting.