

## Chapter 18. Avagaha Sveda

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Avagaha Sveda is a type of sudation therapy, categorized under **Drava Sveda** (sweating induced by liquids), where the patient is either seated or made to lie in a tub filled with medicated liquid (**dravadravya**) to induce fomentation (sudation) to the body. The word 'avagaha' literally means to **immerse**.

### Indications:

Avagaha Sveda is indicated in the following conditions:

- Arsha (piles)
- Adhakavata (lower body paralysis)
- Katigraha (lumbar stiffness)
- Gridhrasi (sciatica)
- Pangu (paraplegia)

### Contraindications:

Avagaha Sveda is contraindicated in conditions such as:

- Atiroomksha (excessive dryness)
- Atisthoulya (obesity)
- Bala (children)
- Sthambhanarha (those requiring sthambhana therapy)
- Intoxication
- Skin diseases
- Patients who have undergone Virechana (purgative therapy)
- Anemia
- During Greeshma Ritu (summer season)

### Infrastructure Facilities:

- Space: A spacious room is required
- Manpower: One attendant is required

### Materials Required:

- Bath tub (5.6 ft. x 2.6 ft. x 1.4 ft.) – 1
- Vessels – 2
- Medicated dravadravya: 40-60 liters (for Sarvanga), 10-15 liters (for Adhakaya)
- Oil for Abhyanga – 100 ml
- Oil for Talam – 10 ml
- Choorna for Talam – 5 gm
- Towel or tissue paper – 1



## Preparation of Medicine:

- Suitable **dravadravya** (medicated liquid) should be selected based on the patient's condition.
- The liquid should be heated to a temperature between **38°C - 42°C** and poured into the tub.

## Pre-operative Procedure:

1. **Talam:** Apply **talam** (medicated paste) over the head with suitable oil and choorna.
2. **Abhyanga:** Perform abhyanga (oil massage) with the prescribed medicated oil from the umbilicus down to the thighs or the whole body depending on the condition.
  - In some conditions, Avagaha Sveda can be performed without abhyanga.

## Procedure:

1. The patient should sit comfortably in the tub filled with **medicated dravadravya**, ensuring that the lower part of the body is submerged above the level of the **umbilicus**.
2. For **Sarvanga Avagaha Sveda**, the patient is submerged up to the neck.
3. As the temperature of the liquid cools down, some of it should be replaced with warm liquid to maintain a uniform temperature.

## Post-operative Procedure:

1. After the prescribed time, the patient is asked to come out of the tub, and the body is wiped with a **towel or tissue paper**.
2. The **talam** on the head is wiped off, and **Rasnadi Choorna** or **Kachooradi Choorna** is applied.
3. The patient should rest for **30 minutes to 1 hour** before bathing with lukewarm water.

## Precautions:

- The procedure should be stopped immediately if the patient experiences significant perspiration or any discomfort.
- The temperature of the medicated liquid should be consistently maintained between **38°C - 42°C**.

## Complications and Management:

1. **Fainting:** This can occur due to increased body temperature or a low heat tolerance in the patient. Management includes:
  - Sprinkling cold water on the face and body
  - Ensuring sufficient water intake or administering **Drakshadi Kashaya** (a cooling decoction)
2. **Burns:** Due to heat intolerance, burns may occur. Management includes:
  - Applying **madhu** (honey) and **ghrita** (ghee), preferably **Shatadhouta Ghrita** (a hundred times washed ghee)

## Clinical Vital Data:

- It is recommended to record vital signs such as **body temperature, blood pressure, pulse, and respiratory rate** before and after the procedure.
- **Biochemical and pathological investigations** should also be conducted as needed during the treatment.

## Follow-up Therapy:

Since **Swedana** is typically a **Poorvakarma** (preparatory treatment), the primary therapy (**Pradhanakarma**) should follow, as indicated based on the patient's condition.



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