

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### Chapter 18. Avagaha Sveda

#### <u>AD</u>



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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:

- Atirooksha (excessive dryness)
- Atisthoulya (obesity)
- Bala (children)
- Sthambhanarha (those requiring sthambhana therapy)
- Intoxication
- Skin diseases
- Patients who have undergone Virechana (purgation 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 Adhahkaya)
- Oil for Abhyanga 100 ml
- Oil for Talam 10 ml
- Choorna for Talam 5 gm
- Towel or tissue paper 1

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# **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.
  - o 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:**

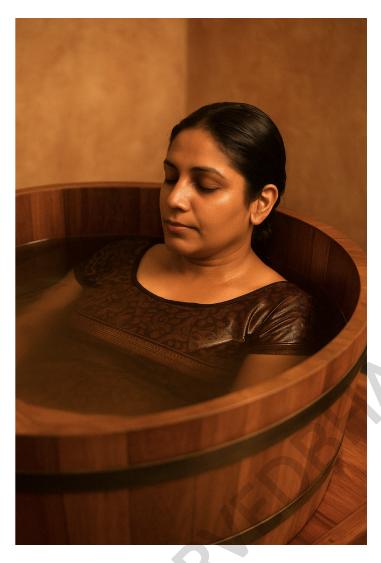
- It is recommended to record vital signs such as **body temperature**, **blood pressure**, **pulse**, and **respiratory rate** before and after the procedure.
- Biochemical and pathological investigations should also be conducted as needed during the treatment.

# 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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