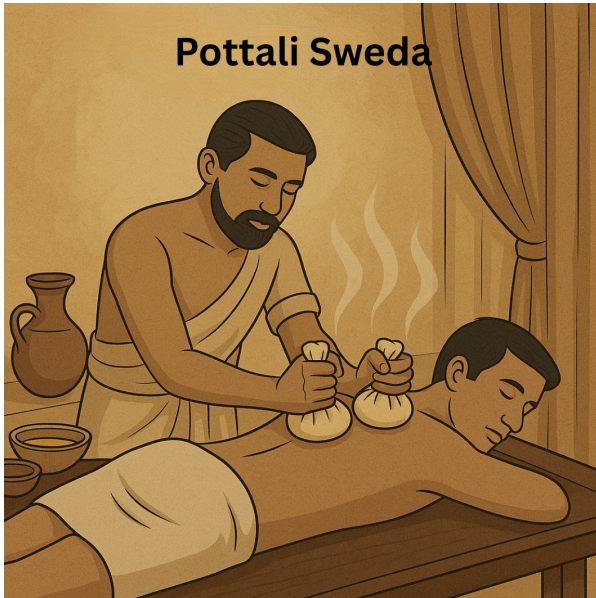


## Chapter 13. Patra Pottali Sweda (Leaf Bundle Fomentation)



Patra Pottali Sweda also termed as **Patra Pinda Sweda** is a type of **Ushma Sweda** (sudation therapy) where medicinal leaves are fried, bundled in cloth, and used for fomentation to relieve **Vata disorders**. It is especially beneficial in conditions where **Snigdha Sweda** (oleation-based sudation) is required. [A.H.Su.17-6]

### Indications

- **Indicated in:** Vata-related disorders that require warmth and oleation.
- **Contraindicated in:** Conditions where fomentation or heat-based treatments are not advisable.

### Infrastructure Facilities

- **Personnel:**
  - Masseurs: 2
  - Attendant: 1
- **Space:** Full-fledged Panchakarma theatre

### Materials Required

- **Leaves (chopped):** 1 kg
- **Grated Coconut:** 100 g
- **Sliced Lemon:** 2
- **Cotton cloth (45 cm x 45 cm):** 4 pieces
- **Tags (for tying bundles):** 4
- **Vessels:** For frying leaves and heating potalis (2 vessels)
- **Oils:**
  - For frying leaves: 100 ml
  - For heating potali: 100 ml
  - For Abhyanga (body massage): 50 ml
  - For Talam: 10 ml
- **Rasnadi choorna:** 5 g
- **Towels:** 2



- **Saindhava (rock salt):** 5-10 g
- **Commonly used oils for Abhyanga:**
  - Dhanwantaram Tailam
  - Prabhanjana Vimardhanam Tailam
  - Vahya Narayana Tailam
  - Mahamasha Tailam
  - Kottamchukkadi Tailam
  - Pinda Tailam
  - Karpasasthyadi Kuzhambu
  - Sahacharadi Kuzhambu

## Preparation of Potali

1. Fresh leaves should be washed, chopped, and mixed with grated coconut and sliced lemon.
2. The mixture should be fried in 100 ml of oil until the coconut turns brown.
3. Divide the mixture into 4 equal parts and tie them in cloth to form potalis. Each potali should weigh around 300-350 g.

## Pre-Operative Measures

- The patient is seated or laid down on a **droni** (Panchakarma table) facing east with legs extended.
- **Abhyanga** (oil massage) is performed using prescribed medicated oil for 10 minutes.
- **Talam** (application of medicated paste) is applied using suitable oil or powder.

## Season and Time

- The procedure is ideally done between **7-11 am** or **3-6 pm**.
- **Avoid** during **Greeshma Ritu** (summer) if the temperature exceeds 40°C.

## Duration

- The procedure lasts **45 minutes to 1 hour**, repeated for **7 to 14 days** depending on the condition.

## Dietary and Other Guidelines

- Light and easily digestible food should be provided, tailored to the patient's condition.

## Procedure

- The potali is heated with oil to **42-46°C** in an iron pan.
- The potali is applied over the body with mild pressure in seven prescribed positions by two attendants standing on either side.
- The temperature of the potali is maintained by reheating during the procedure.

## Post-Operative Procedure

- After the procedure, the patient is given **Gandharvahastadi Kashayam**.
- Wipe the oil off the body using a clean, dry towel and cover the patient with a thin blanket for 10-15 minutes.
- **Rasnadi choorna** is applied after removing the **Talam**.
- The patient should take a **hot water bath** after half an hour.

## Precautions

- Prevent charring while frying leaves and reheating the potali.

- Always check the temperature of the potali on your hand before applying it to the patient.
- Stop the therapy if the patient feels discomfort or if sufficient perspiration has been achieved.

## Complications

- **Burns:** Apply **Satadhouta Ghrita** (clarified butter washed 100 times).
- **Fainting:** Stop the procedure and perform **sthambana** (stopping therapy) or use cooling methods (**seetopachara**).

## Clinical Vital Data Recording

- Record **temperature, pulse rate, blood pressure, and respiratory rate** before and after the procedure.
- Perform routine pathological investigations on the first and last day.
- Conduct specific biochemical investigations like **blood sugar, blood urea, and serum cholesterol** if necessary.



Image 1: AI generated image



Image 2: Source: [https://ccras.nic.in/wp-content/uploads/2024/06/Evidence\\_based\\_Ayurvedic\\_Practice.pdf](https://ccras.nic.in/wp-content/uploads/2024/06/Evidence_based_Ayurvedic_Practice.pdf)