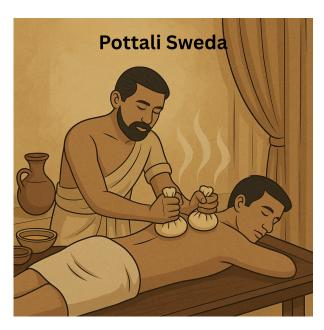
Chapter 13. Patra Pottali Sweda (Leaf Bundle Fomentation)



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 kgGrated 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 mlFor heating potali: 100 ml

For Abhyanga (body massage): 50 ml

For Talam: 10 mlRasnadi choorna: 5 g

• Towels: 2

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

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- 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: Al generated image



Image 2: Source: https://ccras.nic.in/wp-content/uploads/2024/06/Evidence_based_Ayurvedic_Practice.pdf

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