Chapter 14. Jambeera Pinda Sweda (Lemon Bundle Fomentation)

Jambeera Pinda Sweda involves the use of **Jambeera** (lemon) in a pottali (bundle) to treat **Vatakapha** predominant conditions such as frozen shoulder, plantar fasciitis, and traumatic conditions.

Indications

- Indicated in: Sopha (swelling), Vatakapha predominant diseases, plantar fasciitis, frozen shoulder, and traumatic conditions
- Contraindicated in: Vatapitta conditions.

Infrastructure Facilities

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

Materials Required

- Jambeera (chopped): 750 g
 Saindhava powder: 30 g
 Turmeric powder: 60 g
- Cotton cloth (45 cm x 45 cm): 4 pieces
- Vessels: For heating
- Oil for Talam: As prescribed
- Rasnadi choorna
- Oil for Abhyanga
- Oil for reheating potali
- Soft towels

Preparation of Potali

- The ingredients (Jambeera, Saindhava, turmeric) are fried in suitable oil and divided into four equal parts.
- Potalis are made by tying the ingredients in cotton cloth.

Pre-Operative Procedure

- The patient is seated with legs extended over the **droni**.
- Talam is applied using appropriate oil or powder.
- Abhyanga is performed using medicated oil for 10 minutes.

Procedure

- Two of the four potalis are heated to 40-45°C on a hot pan with oil.
- The potalis are applied over the affected area in a synchronized manner by two therapists for 30-45 minutes.

Post-Operative Procedure

- After the procedure, wipe the body with a clean towel.
- Remove Talam and apply Rasnadi choorna.
- The patient is advised to take complete rest for **30 minutes to 1 hour**.

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Precautions

- Prevent charring of ingredients during preparation.
- Tie the potalis tightly to prevent the contents from leaking.
- The bolus should be applied in a synchronized manner by the therapists.

Complications and Management

- Fainting: Sprinkle cold water on the face, apply Talam with suitable oil, and administer Drakshadi Kashaya internally.
- Burns: Apply Madhu (honey) and Ghrita, preferably Satadhouta Ghrita.

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.

These therapies, **Patra Pottali Sweda** and **Jambeera Pinda Sweda**, are important Ayurvedic treatments for **Vata** and **Kapha** disorders, promoting overall health and relief from localized pain and stiffness. Proper execution of these therapies ensures therapeutic benefits and prevents complications.

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