Chapter 15. Choorna Pinda Sweda (Powder Poultice Fomentation)

Choorna Pinda Sweda is a type of **Ooshma Sweda** (heat-based sudation therapy) in which fomentation is performed using boluses made of various medicinal powders (**choornas**). This therapy can be classified as **Snigdha (unctuous)** or **Rooksha (dry)** based on the condition of the patient. In **Snigdha Choorna Pinda Sweda**, oil is applied to the body and the boluses are heated in oil. In some cases, **Dhanyamla** (fermented liquid) or other liquid substances may also be used for heating the boluses.

Indications

Choorna Pinda Sweda is beneficial in the following conditions:

- Vatarakta Vikaras (Gout and other Vata-related blood disorders)
- Katisula (Low back pain)
- Gridhrasi (Sciatica)
- Amavata (Rheumatoid arthritis)

Contraindications

- Atirooksha (excess dryness)
- Atisthoulya (excessive obesity)
- Bala (children)
- Sthambhanarha (conditions requiring strengthening therapies)
- Intoxicated individuals
- Skin diseases
- Post-Virechana (after purgation therapy)
- Anaemia
- Greeshma Ritu (during summer season)

Commonly Practiced Medicines

• Kolakulathyadi Choorna is a frequently used herbal powder in Choorna Pinda Sweda.

Infrastructure Facilities

- Full-fledged Panchakarma theatre
- Personnel:
 - A qualified Panchakarma Technician
 - Two attendants

Materials Required

- Suitable choorna (coarse or fine): 1 kg
- Cotton cloth (45 cm x 45 cm): 4 pieces
- Tags: 4 (for tying the boluses)
- **Vessels (iron)**: 2 (for frying the powder and reheating the boluses)
- Rasnadi choorna: 5 g (for application on the head)
- Towel: 1
- Medicated snana choorna: Q.S. (for post-treatment bathing)

Pre-Operative Procedure

- 1. Frying the powder: The selected medicinal powder is fried in a vessel until it turns golden brown.
- 2. Making pottalis: The fried powder is divided into four equal parts and tied into boluses (pottalis) using cotton

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cloth.

3. **Preparation of the patient**: The patient is seated or made to lie down on the **Droni** (Panchakarma table). **Rasnadi choorna** is applied to the head to prevent cold-related issues during the treatment.

Procedure

- 1. **Temperature check**: Ensure that the temperature of the pottalis is between **42°C 45°C** before applying them to the patient's body.
- Application of pottalis: The pottalis are gently pressed on the body in a synchronized manner by two therapists, without kneading or causing discomfort to the patient.
- 3. **Alternating the pottalis**: Both pottalis are used alternately, reheated in between applications to maintain uniform temperature throughout the procedure.
- 4. **Duration**: The procedure is performed for **30-45 minutes**. For whole-body therapy, it is conducted in seven specific positions, as in **Kayaseka**. If applied locally, ensure that the patient exhibits signs of **samyak swinna lakshanas** (proper sweating).

Post-Operative Procedure

- 1. **Talam removal**: After the procedure, the **talam** (medicated paste applied on the scalp) is removed with cotton, and **Rasnadi choorna** is re-applied to the head.
- 2. **Rest**: The patient should rest for at least **30 minutes**.
- 3. **Bathing**: The patient may take a **hot water bath** using medicated snana choorna, depending on the condition being treated.

Precautions

- Prevent **charring** of the powder while frying and reheating the boluses.
- The therapists should work in **synchronization** to ensure uniform pressure and temperature application.
- If the patient experiences discomfort or excessive sweating during the procedure, it should be stopped immediately.
- The ideal time for performing the procedure is between **7-11 a.m.** or **3-6 p.m.**.

Complications and Management

- 1. Shivering: Caused by uneven temperature distribution or exposure to cold air after the procedure.
 - Management: Cover the patient with a thick cloth, offer warm liquids to drink, or provide hot fomentation.
- 2. **Fainting**: Caused by an excessive rise in body temperature.
 - Management: Stop the procedure and treat the patient appropriately.
- 3. Rashes: May occur due to heat or allergic reactions.
 - Management: Apply madhu (honey) and ghrita (ghee) on the affected area.

Clinical Vital Data

- Record the **body temperature**, **blood pressure**, **pulse**, and **respiratory rate** before and after the procedure.
- Biochemical and pathological investigations may be performed as necessary.

Follow-Up Therapy

• Since **Swedana** (sudation) is considered a **Poorvakarma** (preparatory procedure), it should be followed by the appropriate **Pradhanakarma** (main treatment) as indicated for the patient's condition.

Conclusion

Choorna Pinda Sweda is an effective Ayurvedic therapy for conditions such as joint pain, arthritis, and Vata-related

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disorders. By utilizing medicinal powders and heat therapy, it helps alleviate pain, reduce stiffness, and promote better circulation.

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