



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: 2
 - Attendant: 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**.



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.