

Chapter 15. Choorna Pinda Sweda (Powder Poultice Fomentation)

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

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