

## Chapter 16. Shashtika Shali Pinda Sweda (Rice Bundle Fomentation)

**Shashtika Shali Pinda Sweda** is a type of **Ushma Sweda** (heat-based sudation therapy) in which fomentation is performed using boluses of **Shashtika Shali** (a type of rice) cooked in **Balamoola Kwatha** (decoction of Bala roots) and **Ksheera** (milk). This therapy is considered **Brihmana** (nourishing) in nature and is primarily used to treat conditions of muscle dystrophy, rigidity, and mobility issues.

### Indications

This therapy is beneficial in conditions such as:

- Spasticity
- Reduced mobility and rigidity
- Low backache
- Sciatica
- Scoliosis
- Kyphosis
- Perthes disease
- Cervical myelopathy
- Hemiplegia
- Post-polio residual paralysis
- Muscle dystrophy and emaciation

### Contraindications

- Sthoulya (obesity)
- Sopha (swelling)
- Conditions where Ama (undigested toxins) is predominant

### Infrastructure Facilities

- Full-fledged Panchakarma theatre
- Manpower: 2 qualified Panchakarma technicians and 1 attendant

### Materials Required

- Shashtika Shali (red rice): 500 g
- Balamoola (root of *Sida cordifolia*): 750 g
- Water: As required
- Cow's milk: 3 liters
- Cotton cloth (45 cm x 45 cm): 8 pieces
- Threads (75 cm): 8 (for tying the boluses)
- Vessels:
  - For preparing Balamoola Kwatha (decoction)
  - For cooking Shashtika Shali
  - For heating the boluses in the mixture of Kwatha and milk during the procedure (5-liter capacity bronze vessel)
- Stove: 1
- Oil for Talam: 10 ml
- Rasnadi Choorna: 5 g
- Suitable oil for Abhyanga: 100 ml
- Coconut leaves or tongue cleaner: 2 (for scraping off the rice after the procedure)
- Tissue paper or towels: 2
- Masseurs: 2



- Attendant: 1

## Preparation of Medicine

### 1. Balamoola Kwatha:

- Take 750 g of Balamoola and clean and crush it.
- Boil in 12 liters of water and reduce it to 3 liters.

### 2. Shashtika Rice:

- In 1.5 liters of Balamoola Kashaya and 1.5 liters of milk, add 500 g of Shashtika rice and cook until it becomes a thick, semi-solid paste.
- If necessary, add hot water for proper cooking.

Alternatively, semi-cook the rice in pure water first, then gradually add milk and kwatha, cooking again until properly blended.

## Preparation of Boluses

1. Divide the cooked rice into 8 equal parts.
2. Place the rice portions into 8 pieces of cotton cloth.
3. Fold the cloth corners neatly and tie them into tight boluses using thread. The size of the bolus should be comparable to half the size of a coconut kernel.

## Pre-Operative Procedure

1. **Seating:** The patient is seated or laid down on the Droni (Panchakarma table), with legs extended.
2. **Talam:** Apply Talam (medicated paste) to the scalp using suitable oil.
3. **Abhyanga:** Perform an oil massage (Abhyanga) using prescribed medicated oil for **10 minutes** to prepare the body for the Swedana procedure.
4. Out of the 8 boluses, 4 are kept in a mixture of Balamoola Kwatha and milk (1.5 liters each) on a stove with moderate heat.

## Procedure

### 1. Application:

- Two therapists, standing on either side of the patient, apply two warm boluses in a synchronized manner.
- The therapists must ensure that the boluses' heat is bearable by touching them to their own hands before applying them to the patient.
- The boluses are applied in 7 positions, as in Kayaseka (whole body oil pouring therapy), or as directed by the physician.

### 2. Temperature Maintenance:

- The boluses are reheated in the Kwatha-milk mixture to maintain a constant temperature.
- Once the first four boluses are exhausted, the remaining four boluses are used in the same manner.

### 3. Duration:

- The procedure continues for 45 minutes to 1 hour until the patient exhibits Samyak Swinna Lakshana (signs of proper sweating).
- The ideal time for this therapy is between 7-11 a.m. and 4-6 p.m.

## Post-Operative Procedure

1. **Scraping:** The remaining rice and medicine on the body are scraped off using coconut leaves or a similar device.
2. **Drying:** Wipe the body dry with tissue paper or towels.
3. **Abhyanga:** Reapply medicated oil on the body.
4. **Talam removal:** Remove the Talam from the head and apply Rasnadi Choorna.
5. **Post-Procedure Rest:** The patient should rest for at least 30 minutes.
6. **Warm Water Bath:** The patient is advised to take a warm water bath after the procedure.

7. **Internal Medication:** Gandharvahastadi Kashaya can be given for drinking to aid digestion.

## Precautions

1. **Rice Cooking:** Take care to avoid over or under-cooking the rice. Stir frequently for proper consistency.
2. **Bolus Tying:** Ensure the boluses are tied securely to avoid leakage during the procedure.
3. **Synchronized Application:** Both therapists should apply the boluses in a synchronized manner to maintain uniform pressure and temperature.
4. **Heat Monitoring:** The temperature of the boluses should be kept between 45°C - 50°C and checked regularly.
5. **Discontinue if Necessary:** If the patient perspires sufficiently or experiences discomfort, the procedure should be stopped.

## Complications and Management

1. **Shivering:**
  - Occurs due to uneven temperature distribution or exposure to cold air.
  - **Management:** Cover the patient with a blanket and give warm liquids to drink.
2. **Fainting:**
  - May occur due to high temperature or overexertion.
  - **Management:** Sprinkle cold water on the patient's face, apply Talam, and give Drakshadi Kashaya.
3. **Rashes:**
  - May occur in patients with Pitta Prakriti (body constitution prone to heat intolerance).
  - **Management:** Apply Madhu (honey) and Ghrita (ghee), preferably Shatadhouta Ghrita or Murivenna.

## Clinical Vital Data

- Record the patient's body temperature, blood pressure, pulse, and respiratory rate before and after the procedure.
- Biochemical and pathological investigations should be carried out, especially for patients with neurological conditions. In special cases, tests such as nerve conduction tests and myelograms may be recommended before and after the procedure.

**Shashtika Shali Pinda Sweda** is a highly effective treatment for conditions involving muscle dystrophy, paralysis, and various neurological disorders. By providing nourishment through medicated rice boluses and gentle heat therapy, it helps to restore muscle tone, reduce pain, and improve mobility in affected individuals.

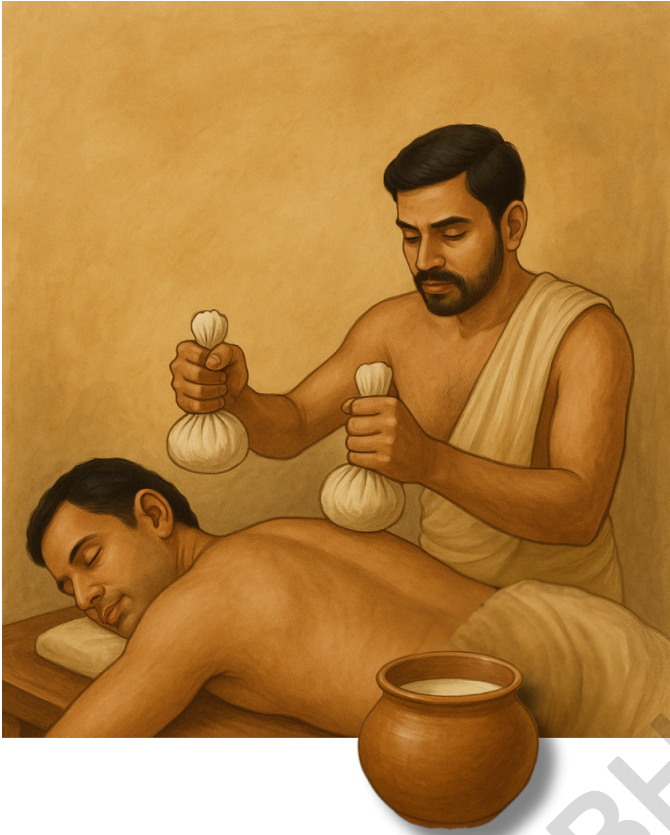


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