



## Chapter 23. Ksheera Dhooma

**Ksheera Dhooma** is a **modified swedana (sudation)** procedure using medicated milk vapor. It is highly effective in managing diseases related to the **upper body** (Oordhwanga) such as **cervical spondylosis, facial palsy**, and other neurological and musculoskeletal conditions.

### Indications

Ksheera Dhooma is indicated for:

- **Cervical Spondylosis**
- **Facial Palsy**
- **Trigeminal Neuralgia**
- **Mastoiditis**
- **Osteoarthritis of the Jaw**
- **Brachial Plexus Disorders**
- **Hanugraha** (lockjaw)
- **Manyaagraha** (neck stiffness)
- **Apabahuka** (frozen shoulder)
- **Visvachi** (neuralgic pain in arms)

### Contraindications

Ksheera Dhooma is contraindicated in conditions where **swedakriya (sudation therapy)** is not advised, such as conditions associated with **high pitta** or **fevers**.

### Infrastructure Facilities and Manpower Required

- **Manpower:** Qualified Ayurvedic technicians
- **Space:** Spacious room with ventilation

### Materials Required

- **Balamoola (root of Sida cordifolia):** 100 gm
- **Milk:** 500 ml
- **Water:** Q.S. (sufficient quantity for decoction)
- **Lotus Bud:** 2 Nos.
- **Medicated Oil:** 30 ml (for oleation)
- **Choorna for Lepa (medicated powder for application):** 5 gm
- **Bandage Cloth:** Q.S.
- **Cotton Pad:** 2 pieces (for covering the eyes)
- **Utensils:** For boiling and preparation
- **Pressure Cooker (3 liters capacity):** For generating steam
- **Rubber Tube (1.5 meters):** To direct steam towards the body
- **Vessel:** To hold the ingredients
- **Stool:** For the patient to sit
- **Blanket:** To cover the patient

### Pre-Operative Procedures (Poorvakarma)

#### 1. Preparation of the Patient:

- Ensure the patient has **relieved natural urges** (bowel and bladder).
- Apply **medicated oil** to the **vertex, face, neck, and shoulders**.
- Perform a gentle **upward massage** for a short duration.



## 2. Preparation for Eye Protection:

- Place **2-3 lotus petals** over the eyes.
- Soak **cotton pads** in cold water and place them over the lotus petals.
- Tie the eyes with a **bandage cloth** to prevent the vapor from irritating them.

## Procedure

### 1. Prepare the Decoction:

- Take **100 gm of Balamoola** and add **1.5 liters of water**.
- Boil it over mild heat until it reduces to **500 ml**.

### 2. Mix with Milk:

- Add **500 ml of milk** to the **Balamoola decoction** in a pressure cooker.

### 3. Generate Vapor:

- Place the pressure cooker on the stove and heat it.
- Attach one end of the **rubber tube** to the nozzle of the pressure cooker to direct the vapor.

### 4. Application of Vapor:

- Ask the patient to sit comfortably on a **stool** and cover the body with a **blanket** to retain heat.
- Direct the vapor to the **oleated areas** (vertex, face, neck, and shoulders) using the **rubber tube**.
- Continue the procedure until the patient shows signs of proper sweating, such as **sweat on the nose and forehead**.

## Post-Operative Procedures (Paschat Karma)

### 1. Clean Up:

- After the treatment, remove the **blanket** and wipe off any excess sweat.

### 2. Application of Rasnadi Choorna:

- Apply **Rasnadi Choorna** to the head, especially around the **vertex** to prevent cold complications.

### 3. Rest:

- Allow the patient to rest for a while in a comfortable position.

## Precautions

- Ensure that **condensed water vapor** does not fall on the patient, as it can cause discomfort.
- If the patient experiences **discomfort** or attains sufficient **sweating**, the therapy should be stopped immediately.

## Complications and Management

### 1. Burns:

- In case of burns, apply **Satadhouta Ghrita** to soothe the affected area.

### 2. Fainting:

- If the patient feels faint, stop the procedure and administer **sthambhana (cold therapy)** or **sheetopachara (cooling treatment)**.

## Clinical Vital Data Recording

- Record the patient's **temperature, pulse rate, blood pressure, and respiratory rate** before and after the treatment.
- Routine **pathological investigations** should be conducted on the first and last day of the procedure.
- Specific **biochemical investigations** such as **blood sugar, blood urea, and serum cholesterol** levels should also be monitored to assess the overall effect of the treatment.

**Ksheera Dhooma** is an effective Ayurvedic treatment for managing **upper body conditions**, particularly those related to the **nervous system** and **musculoskeletal system**. Its gentle yet penetrating steam helps alleviate **pain, stiffness, and inflammation** while promoting overall relaxation and healing.

