

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Chapter 23. Ksheera Dhooma

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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

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Stool: For the patient to sitBlanket: To cover the patient

Pre-Operative Procedures (Poorvakarma)

- 1. Preparation of the Patient:
 - o Ensure the patient has **relieved natural urges** (bowel and bladder).
 - Apply medicated oil to the vertex, face, neck, and shoulders.
 - o Perform a gentle **upward massage** for a short duration.
- 2. Preparation for Eye Protection:
 - Place **2-3 lotus petals** over the eyes.
 - $\circ~$ 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.
 - o Attach one end of the **rubber tube** to the nozzle of the pressure cooker to direct the vapor.
- 4. Application of Vapor:
 - o Ask the patient to sit comfortably on a stool and cover the body with a blanket to retain heat.
 - o 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:
 - o 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).

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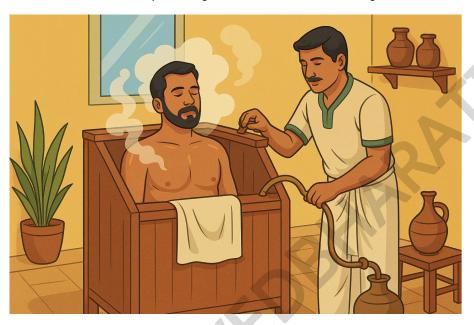


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Clinical Vital Data Recording

- 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.



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