

## Chapter 31. Pizhichil (Kayasekam) [VIDEO]

Pizhichil, also known as **Kayasekam**, is a form of Snigdha Sweda (oleation and sudation therapy) where warmed medicated oil is poured all over the body in a continuous stream. This therapy provides simultaneous **Snehana** (oleation) and **Swedana** (sudation), offering both nourishing and soothing effects.

### Indications:

Pizhichil is indicated in conditions that require **Snigdha Sweda**, such as:

- **Pakshaghata** (hemiplegia)
- **Vatarakta** (gout)
- **Pangu** (paralysis of lower limbs)

It is particularly effective for diseases caused by **Vata** imbalance.

### Contraindications:

It is not advisable in conditions where **Snehana** is contraindicated, particularly when **Ama** (toxins or indigestion) is predominant, as well as during the hot seasons like **Greeshma Ritu** (summer).

### Infrastructure Facilities:

#### Manpower:

- Two masseurs
- One attendant

#### Space:

- A full-fledged Panchakarma therapy room

### Materials Required:

1. Suitable medicated oil: 3 litres
2. Cotton cloth (40 cm x 40 cm): 4 pieces
3. Vessels (5 litres): 3
4. Soft towels: 2
5. Oil for talam: 10 ml
6. Rasnadi choorna: 5 g
7. Gauze (60 cm): 1 piece
8. Earplugs: 2
9. Hot water bath: 1 unit
10. Coconut leaves/tongue cleaners: 2 pieces
11. Gandharvahastadi Kashaya: 90 ml
12. Medicated water: Q.S.

### Commonly Practiced Oils:

- Dhanwantaram Kuzhumbu
- Prabhanja Vimarddanam Taila
- Valiya Sahacharadi Taila
- Valiya Narayana Taila
- Mahamasha Taila
- Ksheerabhala Taila



## Pre-operative Procedure:

1. The patient should sit on the **Droni** (treatment table) with legs extended, wearing minimal clothing.
2. **Talam** (application of medicated oil) is applied to the head with suitable oil and choorna.
3. **Karnapoorana** (filling of the ears) is done with cotton or oil to prevent oil from entering the ears.
4. **Gauze** is tied around the head, above the eyebrows.
5. A mild **Abhyanga** (massage) is performed on the body with warm oil before starting the procedure.

## Procedure:

1. **Heating the oil:** Medicated oil is warmed in a vessel placed in a hot water bath. The temperature should be maintained at 42-45°C.
2. **Pouring the oil:** Cotton pieces dipped in the warm oil are used to pour the oil over the body in a uniform stream. The stream should come from a height of 6-9 inches.
3. **Massage:** A gentle massage is given along with the pouring of oil. The procedure is performed in seven specific positions:
  - Sitting
  - Supine
  - Right lateral
  - Supine (again)
  - Left lateral
  - Supine (again)
  - Sitting
  - *Prone position* can also be used if needed, particularly for back issues.
4. **Reheating the oil:** Oil that flows off the body is collected, reheated, and reused during the session.
5. **Oil Usage:** The same oil can be used for up to three days after removing any sediment and moisture. Fresh oil is recommended on the fourth day.

## Post-operative Procedure:

1. The oil is wiped off using coconut leaves or tongue cleaners.
2. The body is cleaned with a soft towel.
3. **Talam** is removed, and **Rasnadi choorna** is applied on the head.
4. **Gandharvahastadi Kashaya** is administered to drink after the procedure.
5. Rest is recommended for half an hour, followed by a warm bath. The head bath can be done using **Amalaki Kwatha**, and the body can be washed with **Eranda Kwatha**.

## Precautions:

- Ensure the oil's temperature remains uniform throughout the procedure.
- The stream of oil should be continuous and steady.
- The patient should avoid cold exposure, cold food items, and extreme physical activities after the treatment.

## Complications and Management:

- **Fainting:** Stop the procedure and manage accordingly.
- **Fever:** Stop the procedure and manage accordingly.
- **Fatigue:** Treat with rest and supportive therapies.
- **Burns:** Apply **Shatadhouta Ghrita** to manage burns.

## Duration:

- 45 minutes to 1 hour.
- The treatment is typically done for 7, 14, or 21 days depending on the condition.



## Clinical Vital Data Recording:

- Record **temperature**, **pulse rate**, **blood pressure**, and **respiratory rate** before and after the procedure.
- Pathological and biochemical investigations, including **blood urea**, should be done before and after the procedure. Pizhichil is not advisable when blood urea levels are elevated.

## Follow-up and Dietary Guidelines:

- Light and easily digestible food should be provided.
- Avoid food that causes bloating or indigestion (Vishama Ahara).

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