



Review Article

A CONCEPTUAL STUDY OF *PARISHEKA SWEDA* IN *URDWAJATURGATA ROGAS*

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ABSTRACT

Ayurveda is a holistic system of medicine. Ayurveda Prescribed many a number of treatment modalities like *Shodana* and *Shamana*. Keeping in view of severity of *Dosa*, *Dhatu* and *Mala* vitiation. Among these *Snehana* and *Swedana* are prime with respect to *Shodana* therapies. *Sweda* acts as both primary therapy and adjuvant/secondary therapy as per the need of the *Rogi*, *Roga Avastha* and *Upashaya*. The process by which relieves *Stambha* (rigidity), *Gourava* (heaviness), *Shita* (cold) and produces sweating is called *Swedana*. *Acharya Sushruta* and *Vagbhata* have explained 4 varieties of *Swedana karma*- *Tapa*, *Upanaha*, *Ushma* and *Drava sweda*. *Parisheka* is one variety of *Drava sweda* in which medicated liquid (oil, milk, *Takra*, *Ghrita*, *Kvatha*) filled into pot, jug with spout, or a tube and poured slowly and steadily over the affected part of the body or whole body. An effort has been made to highlight the importance of *Parisheka sweda* in *Urdwajaturgata rogas*. Diseases like *Vataja abhishyanda* and *Adhimantha*, *Arjuna*, *Karnashula*, *Shankaka* etc.

INTRODUCTION

Sweda karma is one of the important and essential *Purva karma*. It is also important *Pradhana karma* for the treatment of many diseases. *Swedana* which is a major procedure of *Panchakarma* acts unanimously as *Purva karma*, *Pradhana karma* and *Paschat karma* by its versatility it shows its effectiveness in diseases of almost all the system by mostly causing vasodilation and improved general circulation leading to healthy return in the condition. Among the *Sweda karmas* mentioned in classics *Parisheka* is one of the easy and comfortable methods. *Parisheka sweda* is effective in various diseases. It is most commonly used in *Urdwajaturgata rogas* like *Vataja abhishyanda* and *Adhimantha*, *Arjuna*, *Karnashula*, *Shankaka* etc.

According to *Acharya Charaka*- 1. *Agni sweda* 2. *Niragni sweda*.

According to *Acharya Sushruta* and *Vagbhata*

1. *Tapa sweda*
2. *Ushma sweda*
3. *Upanaha sweda*
4. *Drava sweda*

Tapasveda is carried out by the use of hands (palms), sheet of bronze, balls (of mud, metal etc), pot sherds, sand and cloth (all these made hot by fire earlier and applied on the body). Sudation of the body of the person lying recumbent is done generally by using burning coal of *Khadira* wood.

Ushma sveda (sudation by steam) is done by heating potsherd, stone, brick or iron ball, making them red in colour like fire and then sprinkling water or any fermented liquid on them; the steam emanating from these made to touch the body part, covered with moist paste of *Alaktaka* (lac).

Meat soup, milk, curd, fats, fermented rice-wash, or decoction of pieces of leaves or powder of *Vata* mitigating drugs should be filled into a pot and heated (boiled), the mouth of the pot being covered with a lid (loosely); or by keeping another pot with its mouth down (the mouths of both pots sealed tight) a hole made in the side of the upper pot, and a *Nadi* (tube) resembling the trunk of the elephant fixed to the hole, the steam coming through the pipe allowed on the body.

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Upanaha sveda is done by tying on the body, the paste of roots of *Vata* mitigating drugs macerated with a sour liquid and added with more of salt and fats, made unctous and then tied on the body comfortably warm. In this way it may be done with paste of drugs of *Kakolydadi*, *Eladi* and *Surasadi gana* (group of drugs) *Tila* and *Atasi*; or *Sarsapa* or *Krshara* (rice cooked with pulses); *Payasa* (milk pudding) *Utkarika* (pan cake prepared from flour) *Vesavara* (meat broth added with spices) or with *Salvana* covered with thin cloth.

Drava Sveda: Sudation through warm liquids-is administered by immersing the person in a big cauldron or bath tub filled with decoction of *Vata* mitigating drugs; or in the same way with either water (or milk) meat soup, soup of pulses, oil, fermented wash of grains, ghee, muscle-fat or urine (of animals). *Parishecana* (*Parisheka/Seka*) can be done by these liquids or by decoctions of drugs.^[3]

Shigru, *Varuna*, *Eranda*, *Karanja*, *Surasa*, *Arjaka*, *Shirisha*, *Vasa*, *Vamsha*, *Arka*, *Malati*, *Dirghavrinta*, drugs of *Vachadigana*, flesh of animals of marshy lands and aquatic region, decoctions of *Dashamula*, each one separately or altogether mixed with *Sneha*, *Sura*, *Shukta*, water or milk as required considering the diseased state.^[4]

Duration

a) In *Ruksha* and in *Vata* associated with *Pitta*, 2 ½ *Muhurta* (about seventy two minutes).

b) *Snigdha* and *Kapha* condition: quarter to one *Muhurta* (36 minutes) or until the sudation occurs.

Change of Medicine

- Dugdha dhara** - Milk should be replaced regularly.
- Dhanyamla dhara** - It should be replaced in every fourth day.
- Sneha dhara** - In this *Dhara*, some amount of fresh *Sneha* should be added after three days in the main stock and the total amount should be replaced after seven days.^[5]

Method of Parisheka Sweda

वातिकोत्तरवातिकानां पुनर्मूलादीनामुत्काथैः सुखोष्णैः कुम्भीवर्षणिकाः प्रनाडीर्वा पूरयित्वा यथार्हसिद्धस्नेहाभ्यक्तगात्रं वस्त्रावच्छन्नं परिषेचयेदिति परिषेकः॥ (Ch.Su 14/44)

- Initially take the roots and other parts of the drugs of *Vatahara* and *Vata- Kapha hara* and should prepare the decoction.
- Fill these decoctions into the pitchers or earthenware or tube having number of holes at the bottom. See that the decoctions should be in lukewarm condition.
- Then it is used it to sprinkle over the affected part of the body or whole body, which is already anointed with suitable oils and also being covered with cloth.^[6]

Table 1: Parisheka sweda in Urdwajaturgata rogas

Disease	Condition	Type of Sweda	Reference
<i>Akshiroga</i>	In <i>Vataja Abhishyanda</i> and <i>Adhimantha</i>	<i>Parisheka</i>	(Su. Ut 9/4)
		With <i>Kvatha</i> of <i>Vataghna Dravya</i> , <i>Anupa Mamsa</i> and <i>Amla Dravya</i>	(Su. Ut 9/5)
		<i>Dugdha</i> processed with <i>Kantakari mula kalka</i> and <i>Kvatha</i> or <i>Dugdha</i> processed with <i>Kalka</i> and <i>Kvatha</i> of <i>Musta</i> , <i>Yastimadhu</i> , <i>Pippali</i> and <i>Saindava</i>	(Su. Ut 9/12)
		<i>Dugdha</i> mixed with hot water (half of the amount of <i>Dugdha</i>) or <i>Dugdha</i> processed with <i>Kalka</i> and <i>Kvatha</i> of <i>Tagara</i> , <i>Manjista</i> and <i>Udumbara tvak</i>	(Su. Ut 9/13)
	<i>Shushkakshipaka</i>	<i>Saindva</i> with <i>Dugdha</i>	(Su. Ut 9/22)
	<i>Pittaja Abhishyanda</i> and <i>Adhimantha</i>	<i>Gundradi dravya sadhita dugdha</i> or <i>Ghrita</i>	(Su. Ut 10/5)
	<i>Kaphaja Abhishyanda</i> and <i>Adhimantha</i>	<i>Parisheka</i>	(Su. Ut 11/3)
	<i>Raktaja Abhishyanda</i> and <i>Adhimantha</i>	<i>Parisheka</i>	(Su. Ut 12/3&6)
	<i>Arjuna</i>	<i>Ikshu</i> , <i>Madhu</i> , <i>Sharkara</i> , <i>Dugdha</i> , <i>Daruharidra</i> , <i>Manjista</i> , <i>Madhuka</i> and <i>Saindava</i> for <i>Parisheka</i>	(Su. Ut 12/21)

	After <i>Raktamokshana</i> in <i>Sashopha</i> and <i>Ashopha netrapaka</i>	<i>Seka</i>	(Su. Ut 12/38)
	<i>Praklinna vartma roga</i>	<i>Seka</i> (after <i>Shodana</i>)	(Su. Ut 12/47)
	<i>Pitta vidagdhadrishti</i>	<i>Seka</i>	(Su. Ut 17/5)
	After <i>Vedhana</i> in <i>Linganasha</i>	With <i>Sthanya dugdha</i>	(Su. Ut 17/61)
	If <i>Tivra Vedana</i> and <i>Nashta darshana</i> is present due to surgery in premature stage of <i>Linganasha</i>	With lukewarm <i>Siddha ghrita</i> processed with <i>Kalka</i> and <i>Kvatha</i> of <i>Madhuragana Dravya</i>	(Su. Ut 17/71)
	If eye is filled with bleed due to wrongful <i>Siravyadha</i> of <i>Daivakrita chidra</i>	<i>Stri dugdha Mulethi kalka</i> and <i>Kvatha siddha ghrita</i>	(Su. Ut 17/72)
	If <i>Shopha, Lalima, Shula</i> and <i>Ashrusrava</i> is present due to <i>Vedana</i> in <i>Apanga pradesha</i>	With <i>Ushna ghrita</i> (at <i>Bhrumadhya pradesha</i>)	(Su. Ut 17/73)
	<i>Lalima & Shopha</i> due to <i>Vedana</i> done very near to <i>Krishna mandala</i>	With <i>Mandoshna ghrita</i>	(Su. Ut 17/74)
	If <i>Vedana</i> is present after <i>Vedana</i> above <i>Devakrita chidra</i>	With lukewarm <i>Ghrita</i>	(Su. Ut 17/75)
	if <i>Shulaa, Srava</i> and <i>Lalima</i> appears after <i>Vedana</i> done very lower to <i>Devakrita chidra</i>	With lukewarm <i>Ghrita</i>	(Su. Ut 17/76)
	In complications due to improper <i>Vedhana</i> in <i>Linganasha</i>	<i>Ajadugdha</i> processed with <i>Kalka</i> or <i>Kvatha</i> of <i>Rodhra, Saindava, Mridvika, Madhuka</i>	(Su. Ut 17/91)
	If <i>Dusta shalaka</i> is used		
	If pain and <i>Lalima</i> is present	<i>Siddha ajadugdha</i> with <i>Kalka</i> and <i>Kvatha</i> of <i>Lodhra, Saindava, Munaka, Mulethi</i> , or <i>Ajadugdha</i> with <i>Kalka</i> and <i>Kvatha</i> of <i>Utpala, Kushta, Draksha, Laksha, Sharkara</i> and <i>Saindava lavana</i>	(Su. Ut 17/91-92)
	If <i>Daha</i> and <i>Shula</i> is present due to the use of <i>Dusta shalaka</i>	<i>Kalka, Kvatha</i> of <i>Shatavari, Prishtaparni</i> , processed with <i>Ajadugdha</i> and <i>Ajaghrita</i>	(Su. Ut 17/93)
	Due to trauma in eye	<i>Parisheka</i>	(Su. Ut 19/3)
	If <i>Shota, Raga</i> and <i>Vedana</i> is present	<i>Parisheka</i>	(Su. Ut 19/3)
	<i>Pravista netra</i>	<i>Shitala jala parisheka</i> overhead	(Su. Ut 19/8)
	After <i>Pratisarana lekhana</i> is done in <i>Kumbikavartma</i>	With decoction of <i>Yastimadhu, Amla</i>	(A.H. Ut 9/2)
	After <i>Vartma lekhana</i>	<i>Ghrita seka</i>	(A.H. Ut 9/7)
	(Dressing should be done after <i>Lekhana karma</i>) after removal of dressing	<i>Parisheka</i> over eyelids	(A.H. Ut 9/7)

	<i>Ati lekhana</i>	<i>Sabar lodhra</i> is to be mixed with butter and <i>Lepana</i> is done by <i>Erandamula</i> . <i>Kalka</i> and <i>Churna</i> is formed by <i>Putapaka vidhi</i> and <i>Pottali</i> is formed this <i>Churna</i> . This <i>Pottali</i> is mixed with in <i>Nari dugdha</i> or <i>Ajadugdha</i> . <i>Seka</i> is done with this <i>Dugdha</i> .	(A.H. Ut 9/12)
		<i>Sabar lodhra churna pottali</i> formed by above procedure (<i>Lepana</i> done by <i>Shali</i>) <i>Pottali</i> is mixed in <i>Dadhimastu</i> and <i>Seka</i> is done with this <i>Dadhimastu</i> .	(A.H. Ut 9/14)
		<i>Parisheka</i> with <i>Mastu</i>	(A.H. Ut 9/14)
	After <i>Lekhana</i> in <i>Pittaraktothlishta</i>	<i>Chandanasadhita dugdha</i>	(A.H. Ut 9/17)
	After <i>Lekhana</i> and <i>Pratisarana</i> in <i>Pothaki</i>	With decoction of <i>Khadira</i> , <i>Haridra</i> , <i>Shigru</i> etc	(A.H. Ut 9/21)
		With honey mixed with decoction of <i>Haridra</i> , <i>Daruharidra</i> and <i>Triphala</i>	(A.H. Ut 9/21)
	In <i>Kukunaka</i> after <i>Lekhana</i> and <i>Raktamokshana</i> done over eyelids of child	With decoction of <i>Amla</i> , <i>Ashmantaka</i> and <i>Jambupatra</i>	(A.H. Ut 9/27)
	If <i>Vedana</i> is present in <i>Pakshmarodha</i>	With decoction of <i>Nyagrodhadigana</i> and <i>Dugdha</i>	(A.H. Ut 9/38)
	After <i>Chedana karma</i> in <i>Arma roga</i>	<i>Seka</i> with <i>Ushna ghrita</i>	(A.H. Ut 11/20)
	3 rd or 4 th day aft removal of dressing	<i>Karanja bija sadhitadugdha</i>	(A.H. Ut 11/21)
		Honey mixed with decoction of <i>Haridra</i> , <i>Daruharidra</i> , <i>Lodhra</i> , <i>Patola</i> , <i>Mulethi</i> , <i>Dhaka</i> etc.	(A.H. Ut 11/22)
	Complications of <i>Hina</i> and <i>Ati chedana</i>	<i>Seka</i>	(A.H. Ut 11/23)
	In <i>Shukra</i>	<i>Seka</i>	(A.H. Ut 11/29)
	After <i>Siravedhana</i> and <i>Raktamokshana</i> in <i>Kshatajashukra</i>	<i>Netra seka</i> done by <i>Utpala</i> , <i>Kakoli</i> , <i>Draksha</i> , <i>Mulethi</i> , <i>Vidarisadita ajadugdha</i> mixed with <i>Sharkara</i> or <i>Utpaladi siddhajala</i>	(A.H. Ut 11/31)
	<i>Samanya chikitsa karma</i> of <i>Timira</i>	<i>Seka</i>	(A.H. Ut 13/47)
	In <i>Pittaja timira</i>	<i>Shitala seka</i> over <i>Netra</i> , <i>Mukha</i> and <i>Shira</i>	(A.H. Ut 13/64)
	After <i>Vedana karma</i> in <i>Linganasha</i>	With <i>Stri stanya</i>	(A.H. Ut 14/14)
	If <i>Vedana</i> is present (<i>Linganasha</i>)	<i>Koshnaghrita</i>	(A.H. Ut 14/19)
	3 rd day after removal of dressing	With <i>Vataghna kvatha</i>	(A.H. Ut 14/21)
	<i>Abhishyanda</i>	<i>Seka</i> with decoction of <i>Manjista</i> , <i>Haridra</i> , <i>Laksha</i> , <i>Riddhi</i> , <i>Madhuka</i> <i>Utpala</i> added with <i>Sharkara</i>	(A.H. Ut 16/13)
	<i>Shushka akshipaka</i>	<i>Koshna dugdha</i> added with <i>Saindava</i>	(A.H. Ut 16/29)
	<i>Sashopha</i> or <i>Alpashopha</i>	<i>Seka</i> with <i>Ghritabhrista lodhra pottali mesh</i>	(A.H. Ut 16/32)

		in hot water	
	<i>Pilla roga</i>	<i>Seka</i> done with <i>Mustaka, Shweta Marica</i> caused in <i>Kanjika</i> and kept in <i>Tamra patra</i>	(A.H. Ut 16/32)
<i>Karnaroga</i>	<i>Karnashula</i>	<i>Parisheka</i> with <i>Shatapaka bala taila</i>	(Su. Ut 21/13)
	<i>Karnapali</i>	<i>Parisheka</i>	(Su. Ch 25/13)
	<i>Durvidha karnapali</i>	With decoction of <i>Ashmantaka, Amra, Jambu patra</i>	(A.H. Ut 18/46)
<i>Karna Vedana samskara</i>	<i>Karnapali sandhana</i>	With <i>Ama taila</i>	(Su. Su 16/20)
	After <i>Vedana karma</i>	With <i>Ama taila</i>	(A.H. Ut 1/35)
3. <i>Pratishyaya</i>	<i>Pittaja & Raktaja pratishyaya</i>	<i>Shitala parisheka</i>	(Su. Ut 24/26)
<i>Nasa roga</i>	In <i>Nasasandhana</i>	<i>Parisheka</i> with <i>Ama taila</i>	(A.H. Ut 18/63)
	<i>Pratishyaya</i>	<i>Parisheka</i> with <i>Shitavirya, Sarivadigana</i> or <i>Nyagrodhadigana</i>	(A.H. Ut 20/11)
<i>Pratishyaya</i>	If <i>Nasapaka</i> is present in <i>Pratishyaya</i>	<i>Shitala parisheka</i>	(Ch. Chi 26/146)
	In <i>Kaphaja pratishyaya</i>	<i>Parisheka</i> , after <i>Ghrita lepa</i>	(Ch. Chi26/149)
<i>Nasa paka</i>	<i>Nasa paka</i>	With <i>Kshirivriksha tvak kvatha</i>	(Su.Ut.23/5)
4. <i>Shiroroga</i>	<i>Vataja shiroroga</i>	With <i>Kalka</i> and <i>Kvatha</i> of <i>Vatanashaka aushada siddha dugdha</i>	(Su. Ut 26/5)
	<i>Shiroroga</i>	<i>Parisheka</i> with <i>Trivrit ghrita</i> and <i>Bala taila</i>	(Su. Ut 26/10)
	<i>Paittika shiroroga</i>	With <i>Hita Dravya svarasa</i> or <i>Kvatha</i>	(Su. Ut 26/12)
		With <i>Dugdha, Ikshurasa, Dhanyamla, Mastu, Madhu, Sharkara</i>	(Su. Ut 26/12)
	<i>Shankaka</i>	<i>Shitala parisheka</i>	(Su. Ut 26/41)
		<i>Parisheka</i>	(Ch. Si 9/73)
	<i>Surya varta</i>	<i>Parisheka</i> with <i>Dugdha</i> and <i>Ghrita</i>	(Ch. Si 9/80-83)
	<i>Vataja shiroabhitapa</i>	<i>Parisheka</i> with <i>Vataghna</i> and <i>Dashamuladi siddha dugdha</i>	(A.H. Ut 24/3)
	<i>Paittika shiroabhitapa</i>	<i>Shitajala seka</i>	(A.H. Ut 24/12)
	<i>Arumshika</i>	(After <i>Raktamokshana</i>) with <i>Nimbivari</i>	(A.H. Ut 24/21)

DISCUSSION

Most of the diseases which are not well addressed with contemporary practices diseases viz. dryness of eyes, inflammatory conditions of eyes, conjunctivitis and in glaucoma conditions Ayurvedic therapies like *Pariseka/Seka* with *Dugdha* or *Triphala Kashaya* play a major role in curing of the diseases. Ayurveda classics have mentioned many therapies. One of the most important and effective therapy is *Swedana karma*. Before going to any *Shodhana karma* one has to undergo *Purvakarmas* like *Snehana* and *Swedana*. It is one of the main therapies of *Purvakarma*. It is mainly effective in *Vata* or *Vata-kapha* disorders. *Acharya Charaka* has mentioned *Agni sweda* and *Niragni sweda*. *Acharya Susrutha* and *Vagbhata* has mentioned *Tapa, Ushma, Upanaha, Drava sweda*. *Pariseka* is one variety of *Drava sweda* in which

medicated liquid (oil, milk, *Takra, Ghrita, Kvatha*) filled into pot, jug with spout, or a tube and poured slowly and steadily over the affected part of the body or whole body.^[8]

CONCLUSION

Parisheka sweda should be done with *Vataghna dravyas, Aja dugdha, Stridugdha, Mandoshna ghrita, Shitala jala* in *Akshirogas* like *Abhishyanda* and *Adhimanta, Lingnasha, Arjuna, Vartmaroga, Timira, Sashophaorashopha, Shuskakshipaka, Pilla roga* and *Karna rogas* like *Karnapali, Karnashula* and *Karna sandhana vidhi parisheka* should be done with *Ama taila* and in *Nasarogas* like *Pratishyaya parisheka* should be done with *Shitavirya dravyas* and *Shirorogas* like, *Shankaka, Suryavarta, Arumshika parisheka*

should be done with *Dugdha*, *Ghrita* and *Nimba jala* etc. *Acharya Susruta* has explained the importance of *Parisheka sweda* Just as the fire becomes extinguished by pouring water on it, similarly the heat of the *Doshas* get subsided by *Parisheka*, as *Parisheka* is widely used in *Vata* and *Vata-kapha* disorders in olden days. It is the need of hour to explore the above mentioned formulations of *Parisheka* for better and sustainable results.

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