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## **A Review Article on Avagaha Sweda.**

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### **ABSTRACT-**

Ayurveda is a science based on the theory of Pancharmahabhuta where these elements are used wisely to cure the diseases. Swedana is one such therapy that uses primarily the Agni Mahabhuta. The purpose of swedana therapy is not just providing the heat to the body but the amount of heat to the body but the amount of heat, duration and drugs also matters a lot. Avagaha sweda is one such important swedana practice which is mentioned in Sagni sweda by Acharya Charak. The word 'Avagaha' means to immerse. In this article, details of avagaha sweda in classics are described.

**Keywords-** Swedana, avagaha sweda, procedure of avagaha sweda, Indication of avagaha sweda.

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### **INTRODUCTION-**

Panchakarma is unique treatment described by Ayurveda which walks in hand in hand with medicine to improve the health of the patient. At present the human society dealing with environmental factors, mechanical life, frequent changing lifestyle, etc. This get results into many diseases.

In reference to Panchakarma therapy, Swedana is an important purvakarma. Eventhough, swedana is purvakarma, it has its own entity as Pradhan karma in some disease. Acharya Charak has included swedan karma in Shadvidh upakramas. According to Acharya Vagbhat, Avagaha sweda is a type of Dravasweda and Acharya Charak included it in Sagni sweda.

#### ***Definition of Avagaha sweda-***

Immersion of body parts in warm medicated kwath or tail, ghrit, Sneha, etc. kept in a large tub is called as 'Avagaha sweda'.

#### ***Materials required-***

1. Bath tub (5.6ft × 2.6ft × 1.4ft) – 1
2. Vessels 2
3. Suitable dravadravaya- 40-6- litres (Sarvanga)/10-15 litres (adhakaya)
4. Oil for abhyanga- 100ml
5. Oil for talam-10ml
6. Choorna for talam-5g
7. Towel-1

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### **PREPARATION OF MEDICINE-**

According to the disease condition suitable Dravadravaya is selected. It should be poured into tub with a temperature preferably 38°C-42°C.

Preoperative operative procedure-

Talam should be kept over the head with suitable oil and choorna. Abhyanga should be performed with prescribed medicated oil.

## Procedure-

The patient should be seated comfortably in the tub containing medicated dravadravya in such a way that his lower part of the body should be submerged above the level of umbilicus. Sarvang avagaha sweda Sarvang avagaha sweda should be performed submerging the body up to neck. When the temperature of the medicated dravadravya comes down, some amount should be replaced by warm dravadravya, thus keeping the temperature uniform.

## Post Operative Procedure-

After the prescribed time, patient must told to come out and body should be wiped with towel. Talam should be wiped out and then after half to one hour patient is advised to take bath with lukewarm water.

## Precautions-

1. Therapy should be stopped at any time if the patient gets good perspiration.
2. The temperature of the dravadravya should be maintained between 38 C-42C.

Disease	Condition	Type of sweda	References
Arsha	If mala and mutra vega are not present	Avagaha with varunadi kwath mixed with sneha	A.H.Ch.8/12-13
		With Vatanashak dravuya siddha dugdha and taila	A.H.Ch.8/12-13
	If shoola is present in Arsha	Avagaha with decoction of moolaka, triphala, etc.	C.Ch.14/45-47
		Avagaha with hot sauvira and kanji	C.Ch.14/45-47
		Avagaha with biva kwatha	C.Ch.14/45-47
		With takra, dadhimanda, Amlakanji or hot gomutra	C.Ch.14/45-47
	Raktarsha		
	Excessive bleeding	Avagaha with decoction of mulethi, ushira, etc	C.Ch.14/216
	Kleda in guda pradesha	With sheetal kwath of ikshurasa, mulethi, bilva or sheetal dugdha	C.Ch.14/216
	After shastrakarma in arsha	Ushna jala	S.Ch.6/4
Doshapurna, nirgata arsha	Avagaha	S.Ch.6/4	
Ashmari	After elimination of ashmari	Avagaha with ushna jala	A.H.Ch.11/55
	After shastrakarma	Avagaha with ushna jala	S.Ch.7/33
Basti karma	In complication of basti karma (if angamarda is present)	Avagaha with jala	Ch.Si.7/52
Bhagandara	Pakva pidaka	Avagaha	A.H.Ut.28/23
	If pidaka is pakva	Avagaha	S.Ch.8/4
	To alleviate the pain caused due to surgery	Avagaha with hot water	S.Ch.8/36
Bhagna	In fracture of ribs	In droni filled with oil	S.Ch.3/30
Garbhavastha	If rajastrava is present	With siddha jala of ushira, utpala, etc.	A.H.Sh.2/3
	If rajastrava is present	Avagaha with sheet jala	C.Sh.8/24
	If bleeding is present or pain in garbhashaya, kati, vamkshana and basti	Sheetal avagaha	S.Sh.10/61
In Vata prakriti	Samanya chikitsa	Avagaha	Ch.Vi.6/16
Jwara	In jwara	Avagaha with the kwatha of the medicines with amla, Kashaya, Madhura taste; durvadi gana; nyagrodhadi gana; shodhanadi gana; padmakadi gana; sheet veerya or medicines with sheet sparsha that has been mentioned in sutrasthan	A.H.Ch.1/131-134
		With water, Kanji, ghrita, etc.,	A.H.Ch.1/131-134

	Sheetjwara	Avagaha with medicines of ushna veerya, ushna sparsha like tagara,aaguru,keshar,etc.	A.H.Ch.1/137-147
		With shukta,gomutra or mastu	A.H.Ch.1/137-147
	Bahirmargagat jwara	Avagaha	C.Ch.3/175
	In Jeerna jwara	Avagaha	C.Ch.3/174
	If heat sensation is too much	Sheet avagaha	C.Ch.3/174
	In jwara	Jala processed with components of Chandanadi taila	C.Ch.3/258
	To treat coldness in jwara	With madhu,amla milk,curd, ghrita and water	C.Ch.3/259
	To treat daha,trishna,glani and jwara	With pure water of rivers,tanks,ponds,etc	C.Ch.3/264
		Jala processed with components of agurvadi taila	C.Ch.3/267
	If antardaha is there in pitt jwara	Cold decoction of Chandan,etc. mixed with milk or decoction of ksheeri vriksha	S.Ut.39/181
	Jwara associate with cold	Decoction of Vata alleviating medicines	S.Ut.39/264
	If daha is present in jwara	Cold decoction of nyagrodhadi, kakolyadi and utpaladi gana	S.Ut.39/290
Kasa	Vatika kasa	Avagaha	A.H.Ch.3/13
Madatyaya	If Daha and trishna is present	Avagaha with cold water	C.Ch.24/162
	If daha is present	Avagaha with water	S.Ut.46/15
Maharoga	In Samanya chikitsa of pitta dosha	Avahgaha	C.Su.20/16
Murchchha	In general line of treatment of murchchha	Avagaha	S.Ut.46/15
Mutrakrichchhra	In Vatik	Avagaha	A.H.Ch.11/1
	In paittik	Avagaha with decoction of sheetal medicines	C.Ch.26/49
	Due to vidvighat	Avagaha	S.Ut.59/27
Prameha	Prameha	Avagaha with water processed with vijayasara or khadirasara	
Rajayakshma	In rajayakshma	With Sneha, milk or water	A.H.Ch.5/77
	To alleviate srotovibandha in Rajayakshma to increase strength	With Sneha or cow milk	C.Ch.8/173
Raktapitta	In raktapitta	Avagaha	C.Ch.4/91
		With decoction of Shwet Chandan,etc. or svarasa or ghrita or taila processed with the same medicines	C.Ch. 4/102-105
Rutucharya	In Sharad rutu	Avagaha - Hansodak	C.Su.6/47
Shula	In vataj shula	Avagaah with taila	S.Ut.42/74
	In kukshi shula	Avagaha with decoction of vata alleviating drugs	S.Ut.42/131
Snehapana	In complication (trushna)	Avagaha with cold water	S.Ch.31/24
Trushna	In trushna	Avagaha with cold water	C.Ch.22/31
Udar roga	Kshata and baddhodara	(After shastrakarma) tail or ghrita droni	A.H.Ch.15/112
	Baddhagudogara and parisravi udara	After shastra karma (Sneha droni)	A.H. S.Ch.14/17
Vatarakta	In uttan vatarakta	Avagaha	A.H.Ch.22/38
	In all type of Vatarakta	Bala taila as mentioned in Mudhagarbha	S.Ch.5/12
Vatavyadhi	To alleviate Vayu	Avagaha in the liquid that has been prepared by processing mahasneha	A.H.Ch.21/9

		with kulattha,yava,badara and prakshepa of milk, kanji,etc.	
	In bahirayam and antarayam	Avagaha in droni filled with oil	A.H. Ch 21/38
	If Vayu is aggravated in skin	Avagaha	C.Ch.28/91
	In Vatavyadhi	Avagaha in the decoction of Vata alleviating drugs;milk or taila processed with vata alleviating drugs	C.Ch.28/109
	In Shukragata vata	Avagaha	S.Ch.4/10,11
	In apatanak	Avagaha with traivrit taila	S.Ch.5/17
Vamana and Virechana	Atiyoga	Avagaha	A.H.Ka.3/25 and C.Si.6/47
Vegavarodha	In mutravega	Avagaha	A.H.Su.4/5&C.Su.7/7
	Shukravega dharana	Avagaha	A.H.Su.4/20&C.Su.7/11
	Purish vega	Avagaha	C.Su.7/9
Visha	As a general line of treatment of Visha	Avagaha	C.Ch.23/37
	If Visha is present at the site of Pitta	Avagaha	C.Ch.23/62
Vrana chikitsa	If there is blunt trauma on joint, marma or body	Avagaha in droni filled with oil	A.H.Ut.26/57

## CONCLUSION-

Avagaha swedana has a wide range in treating diseases. According to Acharaya Charaka, Acharya Sushruta and Acharya Vagbhata Arsha ,Vatavyadhi, Raktapitta,etc . are the indications for avagaha sweda. This therapy is also mentiond in Rutucharya.

## Abbreviation-

S.Ch- Sushrut Samhita chikitsasthan

S.Ut.- Sushrut Samhita Uttartantra

S.Sh.- Sushrut Samhita Shareersthana

C.Ch.- Charak Samhita Chikitsasthan

C.Su.- Charak Samhita Sutrasthan

C.Si.- Charak Samhita Siddhisthan

C.Sh.- Charak Samhita Shareersthana

A.H.Ch.-Ashtang Hriday Chikitsasthan

A.H.Ut.- Ashtang Hriday Uttarasthan

A.H.K.- Ashtang Hriday Kalpasthana