

Pariseka Sveda

Induction of perspiration by the unique procedure of pouring warm medicated Oil on the body is known as Pariseka sveda. Depending upon the requirement this procedure may be performed to a portion of the body or whole body. When Pariseka sveda is performed to the whole body it is also called as kayaseka or Pisichil. Instead of the oil, warm herbal decoctions, medicated ghee, milk or such other liquids may be used for applying heat to the body. Cold medicated liquids may be used for in the similar manner, especially in conditions like the imbalances of pitta dosha. And in such conditions, as the procedure does not cause perspiration, instead of Pariseka sveda it is simply referred by the name Pariseka sneha.

BENEFICIAL EFFECTS

Improves stability as well as stamina of the body.

Increases the functioning of the gastric fire.

Complexion of the skin becomes lustrous.

Efficiency of the sense organs is improved.

Reverses the aging process.

Useful in cases of fractures.

Alleviates vitiation of vata and other dosha.

Proved to be efficacious in clients suffering from different form of paralysis like monoplegia, hemiplegia, diplegia, paraplegia etc

Used effectively in the treatment of traumatic pain, contusion, pain and stiffness of the joints. Abdominal pain, ulcerations, splenic enlargement etc.

To facilitate the normal labour, Pariseka sveda is performed during the 9th month of pregnancy.

Indications

Vata prakriti Himasagar taila

Pitta prakriti Candanadi taila, Candana bala lakshadi taila, Ksheera bala taila

Kapha prakriti Triphaladi taila

Where the prakriti of the person is formed by the combination of dosha, mixture of the above oil in equal amounts may be effectively used in accordance with the dosha involved in the formation of prakriti.

Further, if the client is suffering from any disease, medicated oil may be used as mentioned in the following list:

Obstinate skin diseases: Marichadi taila.

Neurological disorders: Mahanarayana taila, Mahamasha taila, Dhanvantara taila, Karpasasthyadi taila.

Ischaemic limb disease: Pinda taila.

Sciatica: Mahavishagarbha taila.

Degenerative joint disease: Karpuradi taila

If these specific oils are not available, simple murchhita taila may be used to get the benefits of Pariseka sveda.

REQUIREMENTS

Abhyanga table:

This is a waist high special table used for performing the abhyanga as well as dhara procedure. It has a shallow concave upper surface. To carry out abhyanga client is made to lie down on this table. At the foot end of the table there is an outlet.

During the procedure any oil that falls on the surface collects and flows out of the table through this outlet located at the foot end.

Two liters of medicated oil.

18 inches square pieces of cloth. 4 in numbers.

Gindi-vessel with tubular outlet.

PROCEDURE

To begin with the client is subjected to head massage.

Then the taladhara is applied to the head.

This is followed by pouring of warm oil on different parts of the client's body.

PREPARATION OF THE PATIENT

Morning hour after the evacuation of the bowel and bladder as well as brushing the teeth is the ideal time for the pariseka sveda.

Subsequently the client is allowed to do some warming up exercise.

The therapist should initially chant the svastivachana hymn or prayer and then begin to treat the client. The client in minimum dress is made to lie down on this abhyanga table.

POSITION OF THE PATIENT

Pariseka sveda is then performed in both the supine and prone position of the client.

Therapists stand at the sides of the table.

Anterior part of the body is subjected to pariseka sveda in the supine position. The back of the body is treated in the prone position of the client.

4 therapists, two each performing the procedure on either side is ideal.

One therapist may also carry out this procedure but it takes longer time to complete the procedure.

OIL IS HEATED

Two liters of the medicated oil is heated approximately up to 45 degree centigrade.

OIL IS POURED

The cloth piece is folded many times to reduce its size to approximately 3 inches

This cloth piece is soaked in warm oil. For pouring the oil, therapist should hold this cloth between the fingers and flat of the palm with the thumb extended.

The hand is then pronated so that the thumb is pointing downwards.

In this position, the cloth may be easily squeezed between the fingers and the flat of the palm, and the oil flows down through the tip of the thumb.

While pouring the oil the thumb is held at a height of 9 inches from the surface of the client's body.

This is the method used for pouring the oil on the client's body.

In this way oil is poured to every part of the anterior of the body below the neck in the supine position of the client.

Then the client is placed in the prone position.

Pouring of the oil is continued in the similar manner to the whole of the posterior aspect of the body below the neck.

For pouring the oil on to the clients body instead of the cloth; small special vessel known as gindi having a tubular outlet may be used; also this is more convenient to pour the oil during the procedure of pariseka sveda.

Even a vessel having multiple minute pores may be conveniently used for pouring the herbal decoction.

GENTLE MASSAGE

As the oil is poured with one hand on to the client's body, therapist gently moves his other palm over the skin following the path of oil poured. This maneuver has the effect of abhyanga and also prevents over heating due to the stasis of the warm oil on the skin. The direction of moving the palm is from above downwards in extremities and from below upwards in the trunk. This direction of soft massage is similar to the one carried out in sharirabhyanga.

REUSING THE OIL

As the pouring of the oil is continued, the oil starts collecting in the vessel kept at the foot end of the table.

And the oil collected that has lost its heat during the procedure, before reusing for pariseka sveda it should be once again heated .

By the end of the procedure, the oil collected in the vessel is preserved for reusing for the next day. When oil or dhanyamla is used for the pariseka sveda, it may be reused for a maximum of consecutive three days, and then fresh oil should be used for the procedure.

If it is the milk or decoction of the herbs is used for the pariseka sveda, it can be used only for one day.

Every day fresh milk or decoction of the herbs should be used as these liquids become stale on keeping overnight.

OBSERVATIONS

The therapist should closely observe the client for the symptoms indicative of proper effect of svedana.

If the client develops any symptoms indicative of deficient svedana or excessive svedana it should be treated accordingly.

AFTER THE PROCEDURE

Client is allowed to take rest for about 15 minutes and then he may be allowed to take hot water bath.

For cleaning the oil Bengal gram powder should be used instead of toilet soap.

During the course of the pariseka sveda the client should strictly avoid the following:

- All forms of sexual behaviour.
- Physical exercise.
- Exposure to sunshine.
- Withholding the naturally manifesting urges,
- Exposure to cold weather.
- Smoking.
- Using unusually thick or thin pillow.
- Excessive sleep,
- Exposure to dust.
- Exposure to breeze.
- Prolonged sitting.
- Emotional disturbances like grief and anger.
- Keeping awake at night.
- Excessive walking.
- Loud and continuous speech for a prolonged period.
- Use of cold water for wash and bath

DURATION OF THE PROCEDURE

In a single sitting pariseka sveda is continued till the client develops the symptoms of proper svedana. Or else as a general rule pariseka sveda is carried out for 72 minutes in clients suffering from imbalances of vata dosha or pitta dosha.

Pariseka sveda for 36 minutes is more than enough in clients suffering from diseases of kapha dosha. More over if the physical strength of the client is good pariseka sveda may be performed regularly. And if the physical strength is not adequate pariseka sveda may be performed on alternate days or once in three days.

Depending upon the severity of the illness or requirement the course of the pariseka sveda may be extended to 7, 14, 21 or 28 days.