

SHASHTIKA SHALI PINDA SVEDA

Shashtika Shali Pinda Sveda is a kind of Sankara Sveda. which comes under the category of Saagni Sveda with Snigdha Dravya as Ksheera(milk) and Shaali (rice) Dhanya.

Shashtika Shali Pinda Sveda is a type of Brumhana Sveda.

INDICATION

Brumhana

Dhatu Kshaya Janya Vata Vyadhi's

Toda

Bheda

Malnutrition of children

Sarvanga Daha

Neurological Disorders

Diabetic Neuropathy

Senile Disorders

MATERIALS REQUIRED

No	Requirements	Quantity
1	Droni	1
2	Shashtika Shali	300 gm
3	Bala Moola	250 gm
4	Water	6 liters
5	Milk	1.5 liter
6	Thread	45 cm long
7	Cotton cloth	18 inches
8	Vessels	Frying pan and spoon
9	Stove	1
10	Oil	200 ml

PREPARATION OF PACK

Balamoola kashaya is prepared by boiling bala moolam and water and reducing to 3 litres. Divide this kashaya into two parts of 1.5 litre each. In one part of kashaya 750 ml milk is added along with 300gm of shastika shali rice and cooked properly. This rice is tied into 2 pottalis.

The other half part of kashaya is mixed with 750 ml of milk and used as drava dravya during procedure.

PREPARATION OF PATIENT

Thalam is kept on patient's vertex followed by Abhyanga in all the 7 positions as poorvakarma.

PRADHANA KARMA

The prepared pottali's are taken and dipped in the mixture of bala moola kashaya and ksheera which is simultaneously boiled. This pottali is rubbed and squeezed mildly on the body of the patient. This is done in 7 postures (5 Min in each Posture).

After the procedure is completed the Shashtika is scrapped from the body using coconut leaf and oil is applied over the body with mild massage.

TIME DURATION

Abhyanga (Poorva Karma) -10min

Shashtika shali pinda sveda :-35 min

Pashchat Abhyanga:- 5 min

Bath :-10min

Total Time Duration:-1hr

PASHCHAT KARMA

Scraping of Rice paste from the body

Oil application

Hot water Bath

PRECAUTION:

During the procedure the rice paste should be frequently wiped out with hand and should not allow the sale to get collected so as to prevent the cold and consequent chills.

Shashtika shali pinda sveda is very useful treatment in cerebral palsy.

The procedure of Shashtika Shali Pinda Svedana not only provides heat but also medicine. Fomentation makes the skin more permeable by opening the skin appendage through Sweating, dilating blood vessels, and helps in absorption of medicine.

Superficial layer of skin is generally impermeable to most of the things. Phospholipids are present in milk, which is an important component of cell membrane. Its amphipathic nature helps in absorption of medicine.

It pacifies the morbidity of Vata, Pitta and Kapha in the skin, afflicted joints muscles and soft tissues. It also improves the movement of joints and enhances the flexibility of the body, soothes the nerves and improves blood circulation.

Also, Vyas, A. G et al studied Etiopathological study in Cerebral Palsy and its management by Shashtika Shali Pinda Sveda and Samvardhana Ghrita. The study was carried out in 16 patients, 8 in each group, namely group A (Shashtika Shali Pinda Sveda externally and Samvardhana Ghrita internally) and group B (Samvardhana Ghrita internally) for 35 days duration. Group A showed better results in improving motor system skills by improving muscle power, and reducing hypertonia and tendon reflexes. This shows a comparatively more beneficial outcome of the Shashtika Shali Pinda Sveda procedure regarding improving motor system components. Major impairment of motor system is occurring in Cerebral Palsy.

Thus, Shashtika Shali Pinda Svedana proves to be an effective.