

# Bashpa Sveda

**T**he word Bashpa in Sanskrit refers to steam. Making the client to perspire, by setting his body below the neck inside a specially designed steam chamber is called by the name Bashpa sveda.

This is the most popular and easiest way of performing the svedana treatment. As the whole body below the neck is subjected to svedana procedure this svedana belongs the category of sarvanga sveda.

While nadi sveda patrapinda sveda and other forms of svedana procedures are ideal for carrying our local svedana.

## BENEFICIAL EFFECTS

Persistent and uniform heating of the body parts is possible by this procedure.

No effort of the therapist is needed to apply heat to the body in bashpa sveda In Shashtika shali pinda sveda, four therapists simultaneously performing the svedana procedure is considered to be the most ideal method.

This procedure is more economical as herbal decoctions are used for generating and applying the heat, unlike in Parisheka sveda medicated oils are used and they comparatively cost more.

Further herbs used in the preparation of the decoction will exhibit the specific pharmacological action and may be selected according to the illness or imbalance of dosha.

A therapy of proved efficacy in sciatica syndrome

Bashpa sveda is beneficial in relieving the discomforts of kyphoscoliosis.

Bashpa weda is very effective in relieving the pain of clients suffering from arthritis, Neurological disorders like hemiparesis, paralysis.

motoneuron disease, muscular contractures are best treated by bashpa sveda.

## Different yoga (formulation)

- Bhadradarvadi gana kashaya

- Dashamula kashaya
- Vidarigandhadi gana kashaya
- Brhitpanchmool kashaya
- Laghupanchamool kashaya
- Devadaryadi gana kashaya
- Eladigana kashaya

## REQUIREMENTS

Requirements of abhyanga table

Medicated oil etc

Specially designed steam chamber

Herbs for preparing decoction according to the prescription

## STEAM CHAMBER

This is the specially designed chamber to carry out sudation by using steam

Horizontal model and the vertical model are the two types of the steam chambers that may be used for the bashpa sveda.

In the horizontal model, sudation is performed in the supine position of the client. Due to diseases like paralysis if the client is not able to sit properly, this horizontal model is ideal for carrying out svedana procedure. In contrast to this in the vertical version of the steam chamber, svedana is performed in the sitting position of the client. Both the versions of the steam chambers are made up of heat and moisture resistant material preferably wood.

The structure of these models of steam chambers is elaborated in the subsequent paragraphs

## HORIZONTAL STEAM CHAMBER

The chamber consists of a lower box and an upper lid.



The lower box, upon which the client is made to lie down during the svedana procedure, is 6.5 feet long, 2.5 feet wide and 2 feet high.

This box is closed at all the sides, except at its surface, which is made up of wooden mesh having plenty of large pores.

Inside the box there will be an electrical steam generator.

This is nothing but a metal chamber of about 5-liter capacity, fitted with electrical heating immersion coil.

This metal chamber has a perforated metal lid. When this chamber is filled with herbal decoction, and the power is switched on the herbal decoction is heated and the steam is generated. This steam escapes in to the steam chamber through the perforations on the lid.

As an alternative the decoction is prepared and the steam generated in a separate steam generating chamber outside the box and steam may be passed into the box with the help of rubber tubing.

At the head end of the box there is a separate wooden head rest, and extends beyond the box. When the client is positioned in the steam chamber for svedana procedure, his head rests on this head rest. Thus, the head of the client will be out of the steam chamber and is not heated during the svedana procedure.

The 1.5 feet high upper lid that exactly fits into the lower box, the upper surface of the lid may be flat, conical or rounded. The lid is fitted to the box through hinges so that it may be easily opened and closed. The sides of the lid may be made up of glass so that observation of the client may be easy during the svedana procedure.

At the head end of the lid there is semicircular or square rent, and this is the space through which the head and neck of the client is kept outside the steam chamber to prevent sudation to this portion of the body.

The simpler version of the horizontal steam chamber is without a lid. And in such type of steam chamber the client is made to lie down on the lower box. The upper surface of the box and the client's body up to the neck is covered by a thick cotton blanket. This blanket entraps the steam from the box and thus this steam heats the client's body.

## **VERTICAL STEAM CHAMBER**

This is made up of a box with an anterior door. About the dimensions, the box is 4.5 feet high, 4 feet long and 3 feet wide.



Inside the box at its bottom there will be an electrical steam generator. This steam generator is similar to the one present in the horizontal model of steam chamber.

Also, inside the box there is a wooden plank, the height of which is adjustable and is used as seat.

During the procedure the client is made to sit on this seat.

The box is closed on all sides except in its upper surface and anterior side.

Except the anterior side all the laterals of the box is vertical. The anterior open side of the chamber is slant towards the front, and is fitted with a flat door.

The upper surface has a semicircular rent of the diameter approximately 10 inches, and is also opened anteriorly.

This is the space where the head of the client is seen outside the box when the body is subjected to sudation procedure.

When the client is made to sit in this steam chamber, his whole body except the head is covered by the steam chamber.

Head is seen outside the chamber at the top. During the svedana procedure, the power to the steam generator is switched on. the decoction gets heated and the steam is generated. The steam escapes into the steam chamber through the pores present in its lid. This steam entrapped in the steam chamber heats the client's body and induces perspiration.

## **PROCEDURE**

To begin with the client is treated with shirorabhyanga and then he is made to sit inside the well steamed steam chamber for certain period.

The details of the procedure are given in the following paragraphs,

### **PREPARATION OF THE CLIENT**

Morning time after the evacuation of the bowel and bladder, and brushing the teeth the client is subjected to svedana procedure.

To begin with the therapist chants svastivachana hymn or prayer.



After warming up exercise the client is undressed to minimum cloths.

He is asked to sit on a knee-high chair and Shiro abhyanga is performed in this position of the client. Then he is made to lie down on the abhyanga table.

Therapist now performs the sharirabhyanga. The

After this treatment of abhyanga the client is ready to undergo the svedana procedure.

## **STEAM IS GENERATED**

About 500 grams of coarsely powdered herb is placed in the steam generator and 4 liters of water is added to it.

The decoction chamber is then closed with its lid.

The electrical heating coil is switched on. As the heating continues, steam starts emitting from the steam generator. The steam chamber is closed so that it is completely filled with steam.

## **CLIENT IS SET INSIDE THE CHAMBER**

In the horizontal steam chamber, the client is made to lie down on the box with his head resting on the head rest. Client's body and the box are then covered by a thick blanket up to the neck. This blanket entraps the warm steam and thus client's body is exposed to steam.

If the chamber has the lid then one need not cover the clients body with a blanket rather closing the lid is more than enough.

When the lid is closed the head will be outside the chamber resting on the head rest.

Any rent between the lid and neck is closed by a cotton towel.

In the vertical steam chamber, client is asked to sit inside the chamber on the seat meant for this.

The height of the seat may be adjusted according to the requirement.

The door of the chamber is closed.

The head of the client will be out of the chamber through the opening on the top of the chamber.

Any rent between the neck and opening is closed with a cotton towel. In this way the client's body is exposed to hot steam and thus this induces perspiration.

## **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 PROCEDURE**

After ascertaining the proper effect of the svedana procedure, the client is asked to come out of the chamber.

He is then allowed to take rest for about 15 minutes. Switching on the fan to reduce the feeling of the heat should be strictly avoided during this time.

The client is allowed to take hot water bath. For cleaning the oil Bengal gram powder should be used instead of toilet soap.

## **PRECAUTIONS**

Excessive sweating may result in syncopal attack; this is frequently possible in debilitated clients that too in a vertical steam chamber.

The therapist should therefore closely observe the general condition of the client during procedure.

If there is any doubt of over sweating the client should be immediately brought out of the steam chamber.