

Nadi Sveda

Nadi sveda is a unique form of svedana procedure, where perspiration is induced by passing steam over the body parts by using a special instrument. This special instrument is known as nadi sveda yantra. Herbs added with water are boiled in this instrument to generate steam. Thus, generated steam is allowed to escape through a tube fitted to the instrument. This steam is made to fall on the body part, which is to be subjected for sudation. In this way heat is applied and perspiration is induced to get the beneficial effect of svedana treatment. Also, this is one among the easy methods of applying heat to a localized part of the body.

INDICATIONS

Nadi sveda is indicated in all the conditions where svedana is indicated. In the following list some of the diseases are mentioned, where this procedure is specially indicated:

- Nadi sveda when applied to the chest in clients suffering from respiratory congestion causes liquefaction of sputum, and there by rendering uninterrupted passage of air. Hence nadi sveda is proved efficacious in diseases related to the respiratory system like bronchial asthma, bronchitis and other chronic respiratory disorders.
- Nadi sveda alleviates pain and swelling in clients suffering from arthritis. In clients suffering from gulma roga characterized by abdominal pain and swelling, nadi sveda is very effective in relieving the pain.
- In different forms of paralysis affecting a portion of the body nadi sveda is found to be beneficial.
- Nadi sveda improves blood circulation in cases of Vatarakta, more particularly in conditions like ischemic limb disease.

Different formulation

Bhadradarvadi gana kashaya

Panchamuladi gana kshay

Vidarigandhadi gana kashaya

Brhitpanchmool kashay

Devadaryadi gana kashaya

Eledi gana kashaya

REQUIREMENTS

Nadi sveda yantra(instrument)

Herbs for preparing the decoction

Medicated oil for abhyanga

NADI SVEDA INSTRUMENT

The instrument used for nadi sveda consists of a vessel, rubber tube and a nozzle.

About the vessel, it is a five-liter capacity vessel with a wide mouth. The vessel may have an in-built electrical heating coil.

The mouth is fitted with an air tight lid. In its summit the lid has a nozzle with a lumen of approximately 2mm. The 5 feet long rubber tubing tightly fits into this nozzle.

Also, this tube is fitted with a nozzle of corresponding size, and this nozzle has facility to increase or decrease the lumen of its mouth.

About the mechanism, vessel containing herbs and water is heated to generate steam. This steam reaches the lid, tubing and then escapes through the nozzle.

The steam is then made to fall on the required body part to induce perspiration. The flow of steam may be adjusted by narrowing or widening the mouth of the nozzle.

PROCEDURE

To begin with oil is applied to the body part that is to be subjected to svedana treatment, followed by passing the steam to the same part is the procedure of the nadi sveda.

The step-by-step procedure is detailed in the following paragraphs.

PREPARATION OF THE CLIENT

Morning time after evacuating the bowel and bladder, as well as brushing the teeth is ideal time for the nadi sveda.

Following chanting of svastivachana hymn or prayer the therapist continues the administration of nadi sveda.

After undressing the area of the body to be subjected to nadi sveda, the client is asked to lie down on the abhyanga table.

Lukewarm medicated oil is applied to the area followed by massage.

As a rule, the direction of massage should be sim to the orientation of the hair if the part to be treated is in between the joints. At joints the massage is carried out in circular fashion.

Now it is time for passing steam. In case nadi sveda is to be carried out to the face, as a protective measure eyes are covered with cotton pads and then bandaged. This prevents exposing eyes to steam and heat.

PASSING THE STEAM

The decoction in the nadi sveda yantra is boiled to generate the steam.

The flow of the steam through the nozzle is adjusted.

Then the steam is made to fall on the body part to be subjected to svedana, from a convenient distance.

Considerable distance between the nozzle and body part is maintained so as to prevent over heating as well as to prevent any drop of hot water collected in the nozzle falling on the client's body.

Passing of the steam is continued till the desired therapeutic effect is observed.

OBSERVATION OF THE CLIENT

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

Client is allowed to take rest for few minutes and then he may be allowed to take bath. For cleaning the oil instead of the toilet soap, Bengal gram flour should be used.