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A Review on the *Ksheerdhooma* – a Unique Modality of Panchakarma

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Abstract: ***ksheerdhooma is a sort of Swedana that falls under the umbrella of Nadi Sweda and Bashpa Swedana. A decoction of herbal medicines and cow's milk is blended and heated in this therapy. Steam vapours arise from the tube and are applied to the afflicted area of the patient's body or the entire body.***
It is commonly used to treat Jatrurdhwagata Vata Vyadhi. Swedana is also known as dhuma because steam is breathed via a gaping mouth. However, the process is similar to Swedana's. It can be classified as bashpa sweda, in which the face is fomented by vapours of the decoction.
Ksheera dhuma with milk decoction vapours causes the body part to sweat, which opens the pores. This aids in the relief of inflammation and stiffness in the afflicted areas. This stimulates nerve endings and opens micro channels beneath the skin. Ksheera Dhooma is a Snigdha variant of Nadi Sweda, and its mode of action is determined by the drug used for therapy as well as procedural effects.
Ksheerdhooma is an important swedana procedure, thus in this publication, we strive to establish a standard operative process and determine the efficacy of ksheerdhooma.
Keywords: Ksheerdhooma, Jatrurddhwagata vata, Bashpa sweda, Nadi swedana

I. INTRODUCTION

The fundamental concept of *Ayurveda* is to preserve people's health by preventing illnesses and treating those that have already occurred.[i] A decoction of herbal medicines and cow's milk is blended and heated in this therapy. Steam vapours arise from the tube and are applied to the afflicted area of the patient's body or the entire body.[ii] The use of heat and steam to induce sweating has long been considered as a natural and efficient technique to promote the detoxification process. [iii] According to the numerous forms of *Swedana* classifications outlined in our classics, *ksheerdhooma* is a sort of *Swedana* that falls under the umbrella of *Nadi Sweda* and *Bashpa Swedana* according to the different types of classifications of Swedana explained in our classics. Swedana therapy is one of the most important therapeutic methods described in *Vata Vyadhi Chikitsa*.[iv] It's also known as *snigda sweda*. This therapy primarily operates as *snehana, swedana,* and *bruhmana,* all of which are essential for *Vata Vyadhis. Swedana* is *Stambhaghnata, Gouravaghnata, Sheetaghnata,* and *Svedakarakata* in nature.[v] *Ksheera Dhuma* is known as *Palpuka*. Steam is produced in Ksheera dhoma by milk and Bala moola/Rasna/Dashamoola/Vacha decoction. *Ayurveda* hypothesises the unique notion of *Dosha, Dhatu,* and *Mala* harmony in a healthy living organism.[vi] It is a simple day-to-day treatment that may even be conducted by the patient. The following clinical conditions are treated with *ksheerdhooma*: It is commonly used to treat *Jatrurdhwagata Vata Vyadhi* ailments such as *Jihwastambha, Hanustambha, Swarabhanga, Anantavata,* and others.[vii] The technique is carried out after an appropriate therapeutic oil or ghee is applied as needed.

A. Objectives

1) To understand the usage of *ksheerdhooma* as a therapeutic measure.
2) To understand the mechanism of action of *ksheerdhooma.*

II. MATERIALS

Go Dugdha 2 litre, *Bala moola kwatha churna* 576gm (12 *pala*), water 10 litre (12 *Prastha*), *amalaki churna* therapeutic oil for abhyanga, big vessel for heat, sterile cotton pads, *Nadi sweda* device, sponges, napkins or tissue papers for cleaning, Massage table, reclining chair, and so on.

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III. PREPARATION OF MEDICINE

12 *pala* of crushed *Balamoola* is heated with 10 litres of water till 3 *prastha* of liquid is obtained.
2 litres of milk are placed in the large vessal and brought to a boil, after which the boiling milk and filtered *bala mula* decoction are added and the cap is closed, and the heating is continued on a low flame to produce *ksheerdhooma* steam.
This is used to generate steam for the therapy.[viii]

IV. PREPARATION OF PATIENT

1) The patient is thoroughly evaluated to determine the *Prakriti* and *Vikriti*.
2) The patient and ailment are also evaluated for procedure compatibility.
3) The patient should lie down on the massage table.
4) *Aamlaki thalam* should be used- A small ring is made over the crown of the head using paste of *Amalaki* (Emblica officinalis) and freshly churned buttermilk. Cooling oils such as *ChandanaBala lakshadi taila KsheeraBala Taila, Lakshadi Taila*, etc fill the space within the ring. Over this, *Vatahara patra* such as *Nirgundi* (Vitex nigundo), *Eranda* (Ricinus communis), *Kadali* (Musa paradisiaca), and others are placed and wrapped around the created ring with a bandage cloth and a knot is knotted behind the ear. Tala Dharana has a cooling impact on the body and psyche, preventing the negative effects of overheating.
5) Appropriate medicated oil Abhyanga is performed on the *Ekanga* or *Sarvanga* depending on the illness situation. *Abhyanga* should be performed gently and deliberately for 15 to 20 minutes.
6) *Netra bandhana*- If the region of *swedana* involves the face in the case of *ardita*, the eyes should be covered with a cotton pad after placing water-dipped lotus petals over both eyes.
7) *Hridaya Pradesha Rakshana – Swedana* should be directed to the chest area, and the pericardial region should be covered with water-dipped lotus patels.

V. METHODS

The patient is positioned on the massage table in a comfortable position. Based on the medical state, *Ekanga* or *Sarvanga Abhyanga* is administered with medicinal oil. Typically, a soothing massage is given for 20-30 minutes.

A. *For Sarvanga Ksheerdhooma Sweda*

The vapor from the pressure cooker is directed to the desired portion, such as joints or the face according to necessity using the rubber tube connected to the cooker's nozzle. The equipment is then directed across the face, neck, chest, and shoulder. Special precautions should be taken to avoid burns and uniform steam. The process is repeated until sweating appears. It takes approxly 15 minutes. It is necessary to open the mouth intermittently

B. *For Ekanga Sweda (Facial Region)*

This treatment is mostly used for disorders that affect the area above the neck. As a result, the individual is recommended to gently inhale the vapours flowing from the rubber tube into his mouth while maintaining his lips wide open to expose the tongue. The remaining of the patient's body is covered with a blanket up to the shoulders while *Ksheera Dhooma* is given. 6. The practise is repeated for 25-30 minutes, or until *Samyak Swinna Lakshanas* such as *Sweda Pradurbhava* over the forehead, and so on, are attained.

C. *Samyak Swedana Lakshana*

1) *Sheetoparama*- relief from cold feeling
2) *Shooloparama*- relief from of pain
3) *Stambha Nigraha*- reduction of stiffness
4) *Gaurava Nigraha*- reduction of heaviness
5) *Mardava* – body or bodily parts' smoothness
6) *Sweda Pradurbhava*- causes perspiration in fomented body areas long after Swedana is stopped.
7) *Roga Lakshana Prashamana*- alleviation or decrease of illness symptoms
8) *Sheetarthitvam*- preference towards cold items [ix]

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D. Ayogjanya Swedana Lakshana

1) *Dehasya Gurutva*- heaviness in body
2) *Dehasya Kaathinya*- body hardness or loss of smoothness
3) *Ushnabhilasha*- preference for warm items [x]

E. Atiyogjanya Swedana Lakshana

1) *Pitta Prakopa*- pitta aggravation
2) *Murcha*- consciousness reduction
3) *Shareera Sadana*- body weakness
4) *Bhrama*- giddiness
5) Daha- feeling of burning
6) *Swara Dourbalya*- voice weakness
7) *Sandhi Peeda*- joint discomfort
8) *Sphototpatti*- development of blisters across the Swedana-treated area
9) *Trishna*- extreme thirst [xi]

F. Precaution during Procedure

1) The patient must be physically fit for the procedure.
2) The temperature of the oil should not exceed 99 degrees Fahrenheit.
3) Avoid *ksheerdhooma* in these conditions like skin thermosensitivity, an open cut on facial region, *Dustyavran* of the head, *Ajeerna, Aamavastha.* Tuberculosis and a Brain Tumor.

G. Ksheerdhooma Sweda Indications: - [xii]

Muscular atrophy and weakness *Manyastambha, Greevagraha, Ardita* (facial paralysis), *Hanugraha, Apabahuka* (frozen shoulder), *Pakshaghata* (post-polio paralysis), Conditions that are traumatic, Muscle atrophy, joint stiffness, and discomfort Spinal myelopathy, frozen shoulder, *Vata Vyadhi*.

H. Ksheerdhooma Sweda Contra-indications: - [xiii]

Garbhini, *Madhumehi*, *Oja-Kshaya*, *Madhya-Vikara* (also one who has consumed alcohol), *Kamala* (jaundice*), Taruna Jwara* (Acute fever*), Atisara* (Diarrhoea*), Raktapitta* (Hemorrhagic disorders), *Twak Vikara* (Infective eczema, Psoriasis etc.) All the contraindications for *Swedana* are to be avoided.

I. Probable Mode of action of ksheerdhooma:

The mode of action of *ksheerdhooma* can be perceived both locally and systemically. *Ksheera Dhuma* is a form of *Snigdha Sweda*, and *Abhyanga* with medicinal oil helps to strengthen the face muscles. Face is fomented with *Nadi Sweda* in the form of *Ksheera-dhooma* by vapours of the decoction.

This is done to stimulate nerve endings and open micro channels beneath the skin. *Abhyanga*, followed by *Snigdha Sweda* in the form of *Ksheera Dhuma*, relieves *stabdata* caused by *ushna guna, Rukshata* by *Snigdha Guna*, *Sthanika Srotovikasana* by *ushna guna mrudutwa*, and *balya* qualities produced by a blend of *balamoola kwatha* and *ksheera. Dhooma* of *Ksheera* and *Balamoola Kashaya* is one of the most effective *Brimhana Chikitsa* which can normalising by *Bodhaka Kapha Vikruti*.[xiv] *Swdana karma's ushna guna* stimulates the sympathetic nervous system and causes vasodilation. *Ushna guna* boosts *Rasa* and *Rakta i*n the body as well. When *Abhyanga* is performed as a *poorva karma*, it enhances blood circulation to the place where it is administered. It also has an impact on one's emotional state. The effectiveness can be increased by utilising a specific medicated oil. The *Abhyanga* is acting on the skin, which is *Vata* and *Lasika's* seat. Moist heat may assist reduce discomfort, relax muscles, and make moving the facial muscles easier. This procedure promotes vasodilation and is useful in diseases such as paralysis, where vasoconstriction is the underlying pathology.

J. Kala of ksheerdhooma (Time to administration)

The optimum time to conduct *ksheerdhooma* is in the early morning at time of sunrise.

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VI. DISCUSSION

Because we utilise fire to heat milk or create therapeutic milk used for giving vapours, *ksheeradhuma* is a form of *sa-agni sweda*. *Ksheera dhuma* with milk decoction vapours causes the body part to sweat, which opens the pores. This aids in the relief of inflammation and stiffness in the afflicted areas. The treatment also permits the passage of materials through the channels. It is commonly used in the treatment of facial palsies, speech difficulties, and other conditions. *Swedana* is also known as *dhuma* [smoking] because steam is breathed via a gaping mouth. However, the process is similar to *Swedana's*. It can be classified as *bashpa sweda*, in which the face is fomented by vapours of the decoction. This stimulates nerve endings and opens micro channels beneath the skin, allowing *Nasya dravya* to be absorbed more effectively. To enhance the impact of *Swedana*, a decoction of different *Vatashamaka (Vata*-relieving) medications with milk is consumed. All of the medications listed here are nervine tonics, meaning they activate nerve ends while simultaneously suppressing nerve inflammation. *Stabdhata* is relieved by *Ushna Guna, Rukshata* by *Snigdha Guna*, *Sthanika Srotovivarana* by *Ushna Guna*, *Mridutva* and *Balya* effects are accomplished by steam of a mixture of *Ksheera* and *Balamoola Qwatha. Dhooma* of *Ksheera* and *Balamoola Kashaya* is one of the most effective *Brimhana Chikitsa* for normalising *Bodhaka Kapha Vikruti*.[xv]. The vasomotor nerve effect causes primary dilation of capillary vessels. Swedana also strengthens the striated voluntary muscles. This treatment promotes vasodilation and is useful in disorders such as paralysis, when vasoconstriction is the underlying pathophysiology.

VII. EFFECT OF DRUGS USED IN *KSHEERDHOOMA* PROCEDURE

A. Qualities of goksheera[xvi] *:-*

Dravya	*Rasa*	*Guna*	*Veerya*	*Vipaka*	*Karma*
Go ksheera	*Madhur*	*Sheet, mridu, bahala, snigdha, shlakshana, picchila, guru, manda, Prasanna,*	*Sheeta*	*Madhura*	*Jeevaniya, rasayana, medhya, balya, stanya, Sara,*

Milk is advised for external use in degenerative disorders such as *Sandhivata* to quiet burning sensations to pacify nerve irritation and discomfort to nourish and build muscles and ligaments. *Ksheera* possesses qualities like *Madhura, Snigdha* and *Sheeta*. *Ksheera* is *Preenana, Brihmana, Vrishya, Medhya, Balya, Jeevaneeya, Shramahara, Deepaneeya, Pathya, Satmya* and it is indicated in *Shwasa, Kasa, Raktapitta, Trishna, Pandu, Amlapitta, Gulma, Shosha, Udara, Atisara, Jwara, Daha, Shwayathu, Yonivikara, Shukravikara, GrathitaPurisha, Vata-Pitta vikaras.* It is also used for *shodhana, Shamana, Alepa, Avagaha* etc in *panchakarma*[xvii] *Goksheera's Madhura rasa* is *saptadhatu vardhaka,* and *indriya prasadak* aids in *DhatuKshaya* and increases sensory processes. It will reduce *Vatadosha* due to its *Snighdha* function. *Guru Guna* of *Go Ksheera* restores *Kapha Dosha* to normality.

B. Qualities of drugs for Urdhwa Jatru Gata Vata Vikara (in diseases affecting parts above neck region)

Dravya	*Rasa*	*Guna*	*Veerya*	*Vipaka*	*Karma*
Balamoola (Sida cordifolia)	*Madhur*	*Laghu, Snigdha, Pichhila*	*Sheeta*	*Madhura*	*Balya, Brimhaneeya, Vatashamana*
Rasna (Plucha lanceolata)	*Tikta*	*Guru*	*Ushna*	*Katu*	*Kaphavatashamana, Vayasthapana*
Vacha (Acorus calamus)	*Katu, Tikta*	*Laghu, Teekshna*	*Ushna*	*Katu*	*Vakswaraprada, Sheetaprashamana, Medhya, Kanthya*
Ashwagandha (Withania somniferaa)	*Katu, Tikta,*	*Kashaya Snigdha, Laghu*	*Ushna*	*Katu*	*Balya, Pushtiprada, Vrushya, Rasayani*

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The medications used include *Vatashamaka,* which promotes strength and works to reduce inflammation of the facial nerve. *Vacha* is very useful in treating slurred speech since it prevents neurodegeneration and improves speech function.

C. Qualities of drugs for neuralgia associated with stiffness

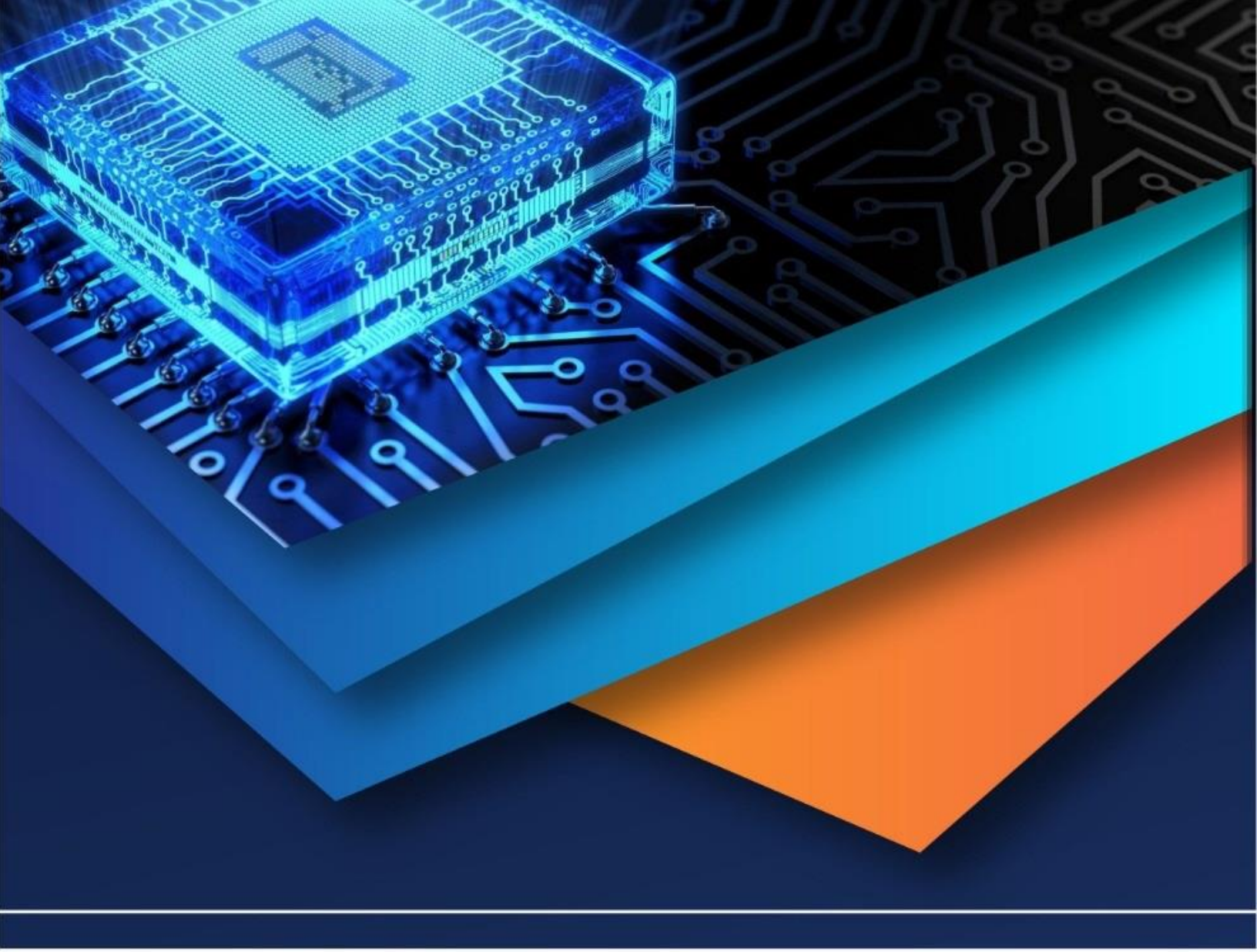
Ingredients in *Dashmula* pacify *Vata* Aggravation and works as an anti-inflammatory, analgesic, and anti-rheumatic agent.[xviii]

VIII. CONCLUSION

Ksheerdhooma calms *Vata* and has a *Brimhana* effect. mostly used in *VataVyadhi*, effecting regions above the neck such as *Ardita, Hanugraha*, and so on *Stabdhata* is relieved by *Ushna Guna, Rukshata* by *Snigdha Guna*, *Sthanika Srotovivarana* by *Ushna Guna, Mridutva* and *Balya* effects are accomplished by steam of a mixture of *Ksheera* and *Balamoola Qwatha. Ksheera dhuma* with milk decoction vapours causes the body part to sweat, which opens the pores. This aids in the relief of inflammation and stiffness in the afflicted areas. *Ksheera Dhooma* is a *Snigdha* variant of *Nadi Sweda,* and its mode of action is determined by the drug used for therapy as well as procedural effects. It can be used as a standalone therapy or in conjunction with other external treatments and oral drugs. The method includes a wide range of unique therapy options based on illness condition and *Dosha Avastha*. It is a one-of-a-kind traditional practise with several applications, as well as an area where detailed study may be conducted.

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