

**A FUNDAMENTAL AND APPLIED STUDY OF SWEDANA IN
BRIHATRAYEE W.S.R.TO SHISHIR RITU SWEDANA IN
PRADHANA DEHA PRAKRITI**



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ABSTRACT

Different *Prakruti* predominant individuals have different range of *Swedagama*. *Prakruti* is defined as the innate constitution of the individual in relation with his *Dosha* predominance which is determined at the time of conception i.e. during the *Shukra* and *Shonita Samyoga* and which cannot be changed from birth till death. Therefore an effort has been done to assess the variation of *Swedagama* in different *Prakruti*

Aims and Objectives:

1. To assess the status of *Swedagama* in different *Prakruti*.
2. To assess in which *Prakruti Swedagama* occurs in small duration.

Study Design:

The survey was conducted on the healthy volunteers from Parul Institute of *Ayurveda* Vadodara with the age group of 18-30 yrs. 30 students each of *Vata pradhana Pitta Prakruti*, *Kapha Pradhana pitta Prakruti* ,*vata pradhana kapha Prakruti* ,and *kapha pradhana vata Prakruti* they were selected randomly based on the standard questionnaire which was prepared for the *Prakruti* analysis. Thereafter *Swedagama* was analysed in these *Prakruti* with the help of *Swedana* Procedure in the *Sishira Ritu* and was properly noted in the concerned questionnaire.

Results: The results show significant relationship between *Prakruti* and *Swedagama*.

- Interpretations: Among the different *Prakruti* , *vata pradhan pitta Prakruti* takes less time for *swedagana* which may be due to *Sukshma Guna, Sheegra Guna, Chala Guna* of *vata dosha* with *Teekshna Guna, Ushna Guna & Drava guna* of *pitta dosha*
- 2nd *kapha-pitta* may be due to *sthira guna, manda guna* of *kapha dosha* and *teekshna guna, ushna,drava guna* of *pitta dosha*.
- 3rd *vata-kapha* may be due to *sukshma guna sheegra guna, chalaguna* of *vata dosha* and *sthira guna, manda guna* of *kapha dosha*.
- 4th *kapha-vata* may be due to *sthira guna, manda guna* of *kapha dosha* and *sukshma guna sheegra guna, chala guna* of *vata dosha*.
- Among the different *Prakruti*, *Kapha-vata Prakruti* takes more time for *Swedagama* may be due to *Sthira Guna,Manda Guna* of *Kapha Dosha* and *Sukshma Guna, Sheegra Guna, Chala guna* of *Vata Dosha*.
- 2nd *vata-kapha* may be due to *Sukshma Guna, Sheegra Guna, Chala guna* of *Vata Dosha* and *Sthira Guna, Manda Guna* of *Kapha Dosha*.

Keywords: *Swedagama, Prakruti, Gunas, Doshas*.

Conclusion:

- The study reestablishes the relationship between *Prakruti* and the *Swedagama*.
- There is an identical significant relation between the *swedagama* and different *Prakruti*, because of *gunas* which naturally resides in *Dosha* and *Mahabhuta* causes the early or delayed duration of *swedagama* in different *Prakruti*.