

## EFFECT OF SNEHAN & SWEDAN ON BLOOD PRESSURE IN HEALTHY INDIVIDUALS

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### ABSTRACT

Snehan & Swedan is one of the procedures to be practiced routinely in the system of once living. It is the most commonly indicated and extensively applied treatment procedure amongst the whole body. It reduces fatigue, bestows good vision, nurtures the body, prolongs life span and induces sound sleep; make the skin healthy and the body strong. For Snehan therapy oil used are fatty acid they absorb readily through skin, massage helps to relieve tension and convey a sense of relaxation. It stimulates the parasympathetic nervous system, allowing further relaxation. In Swedan therapy, sweating helps to eliminate toxins and detoxify the body, increasing body temperature kills tumors, bacteris, viruses, and fungi. Sweating

stimulates normal tissue growth. Considering all above benefits and In our day to day Ayurvedic Practice, we have do Abhyanga & Swedan before Panchkarma Procedure. Due to life style changes now a day's most of the people are suffering from Hypertension. It is unknown that what is the effect of Abhyanga and Swedan on blood pressure. So an attempt was made to evaluate the effect of Abhyanga and Swedan on blood pressure. Patients (age group, 15 to 25 years) attending the Outpatient Clinic of Govt. Ayurved College and Hospital, Nanded, Maharashtra and meeting all the inclusion criteria were randomly selected irrespective of their sex, religion, occupation etc. Firstly blood pressure can be taken and note down in take case paper of each vouanteer. Then snehan & swedan will be given to each voulanteer. Before and after procedure blood pressure can measured. Thus i have measured BP three times a day of each person. Before abhyanga, after abhyanga and after Swedan. Then with statistical analysis the effect of Snehan and Swedan on blood pressure evaulated. To find out the effect of Snehan on blood pressure statistically, i have used paired t test and i found that abhyanga siginificantly lowers systolic blood pressure in people of all. But there is no significant effect on diastolic pressure. To find out the effect of Swedan on blood pressure statistically i have used paired t test and i found that swedan siginificantly decrease diastolic pressure in people of all.

### KEY WORDS:

Abhyanga, Swedan, , Til Tailam.

**INTRODUCTION:**

In our day to day Ayurvedic Practice , we have do Abhyanga &Swedan before Panchkarma Procedure . Due to life style changes now a day`s most of the people are suffering from Hypertension. It is unknown that what is the effect of Abhyanga and Swedan on blood pressure.

There are two types of snehan therapy .These include internal oleation and external oleation . For external oleation ,called abhayanga, different oil preparation are used . Oils are used to stimulate the lymphatic system and to bring the toxic loads to their excretory sites. There are 107 energetic points on the body , called marma points . These points are similar to those used in acupressure . Two technicians usually work simultaneously on the whole body ,rubbing with a special technique on the marma points, while also performing lymphatic drainage massage. The advantages of snehan massage are several . First the oils used fatty acids. They absorb readily through the skin. Second massage relieve tension and convey a sense of relaxtation . Third, with lypmphatic drainage toxins are drained and pushed toward the liver , spleen and lymphatics. Fourth we are stimulating the immune system during snehan massage.

In Swedan therapy, sweating helps to eliminate toxins and detoxify the body, increasing body temperature kills tumors, bacteris, viruses and fungi. Sweating stimulates normal tissue growth. Hyperthemia enhances the immune system, especially the white blood cell count ,and assists in removing toxic materials, bacteria ,viruses,and fungi from the body. Hyprthemia enhaces the effect of chemotherapy and radiation therapy. Sweating helps to stimulate natural killer cells and disrupts the signals of cancer cells. Considering all above benefits of Snehan & Swedan an attempt was made to evaluate the effect of Snehan& Swedan on blood pressure in healthy individuals.

**AIM:**

The effect of Snehan & Swedan on blood pressure in healthy individuals particular in Nanded City.

**MATERIALS:**

- \* The study involved 100 vouldnters with an average age of age 15-25 overall physically fit.
- \* Tii tai for Abhyanga.
- \* Nirgundi Kwath for Swedana.

**INSTRUMENTS:**

- \* B.P.Apparatus.
- \* Bashpswedan Yantra.
- \* Abhyanga Table.

**INCLUSIVE CRITERIA:**

Only Physically fit Vouanteers with age between 15-25 will be selected for the procedure.

**EXCLUSIVE CRITERIA:**

- \* Hypertension
- \* Asthma

**METHODS:**

- \* Firstly blood pressure can be taken and note down in the case paper of each vouanteer.
- \* Then snehan & swedan wii be given to each vouldnter.
- \* Before and after procedure blood pressure can measured. Thus i have measured BP three times a day of each person.

- \* Before abhyanga
- \* After abhyanga
- \* After Swedan.
- \* Then with statistical analysis the effect of Snehan and Swedan on blood pressure evaluated.

## STUDY PROCEDURE:

At the screening visit, following written informed consent, patients were considered for study.

## STATISTICAL ANALYSIS:

Statistical analysis of the study data was performed by an independent statistician using statistical software SPSS 10.0. Data describing quantitative measures were expressed as median or mean  $\pm$  SD or SE or the mean with range. Data was interpreted on Kuskal Wall's test with Dunn's multiple comparison test (one way ANOVA test).

## RESULT & DISCUSSION:

- \* Then with statistical analysis the effect of Snehan and Swedan on blood pressure evaluated. To find out the effect of Snehan on blood pressure statistically, I have used paired t test and I found that abhyanga significantly lowers systolic blood pressure in people of all. But there is no significant effect on diastolic pressure.
- \* To find out the effect of Swedan on blood pressure statistically I have used paired t test and I found that swedan significantly decrease diastolic pressure in people of all.
- \* Age –Maximum People were from between 20-25 years age group.
- \* Sex –most of the male volunteers were present.
- \* Diet-Maximum people were mix Veg.
- \* BMI-maximum people were having BMI 18-21
- \* Objective parameter i.e Blood Pressure between 110-120mmHg & 70-90mmHg.

## CONCLUSION:

- \* Abhyang reduced the Systolic Blood Pressure.
- \* Swedan reduced Diastolic Blood Pressure.

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