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Evaluation of Patient Satisfaction with *Swedana* Therapy at Ayurveda Teaching Hospital, Kirtipur, Nepal

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Abstract

INTRODUCTION

Swedana therapy is a fundamental component of *Ayurveda*, aimed at inducing perspiration through steam-based treatments to detoxify the body and restore balance. It plays a crucial role in *Ayurveda*'s *Panchakarma* regimen and is utilized for various health conditions, including musculoskeletal disorders and stress-related ailments. Despite its historical significance, patient satisfaction with *Swedana* therapy in modern healthcare settings remains understudied. This study aims to evaluate patient satisfaction with *Swedana* therapy at the *Ayurveda* Teaching Hospital in Kirtipur, Nepal, with a focus on identifying areas for improvement.

METHODS

A cross-sectional study design was used, where structured questionnaires were distributed to patients who received *Swedana* therapy at the *Ayurveda* Teaching Hospital. The questionnaire assessed patient perceptions, demographic influences, and factors affecting satisfaction. Data were analyzed to identify patterns and correlations between patient

satisfaction and various service aspects, including waiting times, facilities, and overall organization of the therapy sessions.

RESULTS

The study found that the majority of patients expressed satisfaction with the outcomes of *Swedana* therapy. However, several areas of concern were highlighted, including long waiting times, inadequate facilities, and organizational inefficiencies. While therapeutic results were generally positive, these operational challenges impacted the overall patient experience and satisfaction levels.

DISCUSSION

The findings suggest that while *Swedana* therapy is effective in achieving its intended therapeutic outcomes, certain aspects of service delivery require attention. Improvements in patient flow, facility upgrades, and better organization of therapy sessions could significantly enhance patient satisfaction and the overall effectiveness of the treatment. Addressing these concerns would not only improve therapeutic outcomes but also contribute to a more positive patient experience at the *Ayurveda* Teaching Hospital.

Keywords: *Swedana* therapy, Patient satisfaction, *Ayurveda*, Therapeutic care, Healthcare quality.

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