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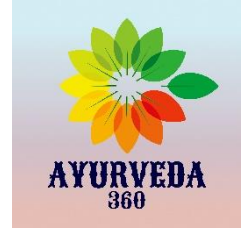
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DOI: [10.63247/3048-7390.vol.1.issue6.5](https://doi.org/10.63247/3048-7390.vol.1.issue6.5)**Therapeutic Insights into *Nadi Swedana*: Traditional Practice and Modern Perspectives**Mangal G.¹ Lamichhane S.² Garg G.³ Narine A.⁴ Adhikari P.⁵

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ABSTRACT**Introduction:**

Nadi Swedana, commonly referred to as kettle sudation or pot sudation, is a traditional therapeutic practice of ancient Ayurvedic medicine. This procedure is designed to promote detoxification and healing through the application of steam to specific areas of the body. The practice is widely valued for its role in enhancing circulation and inducing sweating, contributing to overall detoxification and wellness.

Method:


The *Nadi Swedana* procedure involves a two-step process. First, oil (*Snehana*) is applied to the targeted body parts to prepare the skin and muscles for the treatment. Following this, steam generated from herbal decoctions is directed to the specific areas using a tubular structure (*Nadi*) attached to a kettle or pot. The steam application induces sweating and facilitates the absorption of therapeutic herbs into the skin.

Results: The application of steam through *Nadi Swedana* results in heat transfer to the targeted areas, leading to vasodilation. This increase in blood flow enhances the detoxification process, relieving muscle stiffness and promoting relaxation. The localized sweating induced by the steam helps in expelling toxins from the body, further contributing to its therapeutic effects.


Discussion:

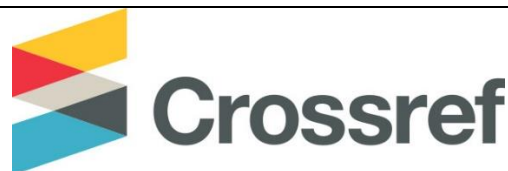
Nadi Swedana's therapeutic efficacy lies in its ability to combine the benefits of steam therapy with herbal medicine. The heat transfer and vasodilation effects improve circulation and aid in the removal of toxins, which are key to the detoxification process. This practice not only aligns with Ayurvedic principles but also offers a natural, non-invasive method to support the body's healing mechanisms. Further studies could explore the long-term benefits and potential applications in modern integrative medicine.

Keywords: *Ayurveda*, Kettle sudation, *Nadi Swedana*, *Panchkarma*, *Sagni sweda*, *Snehana*, *Swedana*, sudation using pipe like instrument/SAT-I112), *Ushma sweda*

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