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RESEARCH ARTICLE

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## A COMPARATIVE REVIEW OF PANCHAKARMA SWEDANA THERAPY AND MODERN NSAIDS IN PAIN MANAGEMENT

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### ABSTRACT

Now a days mostly public dependence on NSAID drugs for muscular pain management. Although we have ancient Indian therapy for management of pain since ancient time of days. Which have no side effects and which is very effective in management of chronic pain management. As usual adverse reaction/ side effect is seen in NSAIDS are gastric ulcers, Kidney injury and Cardiovascular complication etc. On other hand in Ayurveda – Swedana karma is don't have side effects like that although it is very useful for diminished muscle pain, stiffness and arthritic pain. NSAIDS are useful in management of acute muscular pain, sports injury or other kind of injury. But in chronic use its can produce many side effects. Therefore, person those are suffering with chronic arthritis and muscular spasm/pain then can take benefits with Swedana therapy in which uses ayurvedic drugs. Which increase blood flow, detoxication and produce sweat around affected pain area. NSAIDS drug vies symptomatic relief with stop the COX enzyme activity. Although both are good in their fields but by using both therapy can helpful of management of mankind.

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## INTRODUCTION

Pain management has been a crucial aspect of health care for centuries, with various medical traditional offering distinct therapeutic approaches. Ayurveda, one of the world oldest holistic healing systems, emphasizes balance with in body's three dosha-VATA, PITTA and KAPHA- to maintain health and treat diseases. Among the many of therapy in Pnachkarma (Swedana Karma) therapy has been commonly uses for decreasing the musculoskeletal pain and increase detoxcation. In contrast, modern medicine depends on Non- Steroidal Anti Inflammatory Drugs (NSAIDs), which work by inhibiting cyclooxygenase enzyme to reduce inflammation and pain. These drugs are gives quick symptomatic relief but are often associated with some long term side effects if uses for long time, such as in common gastro intestinal ulcer, renal dysfunction and cardiovascular complication. (Goodman & Gilman's: The Pharmacological Basis of Therapeutics).

**Earlier Works and Significance:** Several studies have explored the effectiveness of PanchkarmaSwedana Therapy in managing chronic pain condition, particularly in arthritis, muscle stiffness and neurological disorder. Clinically evidence suggest that heat based therapy can have improved circulation, relaed muscle and promote toxin elimination, leading sustained pain relief.

As mentioned in Charaka Samhita (Sutrasthana 14/17):

"स्वेदःस्थम्भगौरवार्तिशीतकम्पगुरुग्रहान् |  
श्लेष्मवातसमुत्थांश्चव्याधीन्हन्ति समन्ततः ॥"

Swedana therapy lleviates stiffness, heaviness, pain, cold sensation, shivering and disorder caused by Kapha and Vatadosha.

According to Sushruta Samhita (ChikitsaSthana 4/8):

"स्वेदनंस्वेदजननंतत्सन्तापजनंमतम् | वायुनिस्सरणंयच्चतच्चस्वेदनमुच्यते ॥"

The process which induces sweating, generates heat and facilitates the removal of vata related disorder is termed as swedana.

Conversely, NSAIDs have been extensively researched for their ability to rapidly reduced inflammation and pain in acute and chronic condition. However, the growing concern over there adverse effects highlight the need for safer, long term solutions.

**Aim and Objectives:** This review aims to compare and contrast the effectiveness, safety and long- term implication of Panchkarma Swedana therapy and NSAIDs in pain management. The key objects include: Evaluating the mechanism of action of both treatments.

1. Analysing the therapeutic benefits and risks associated with each approach.
2. Identifying potential integrative strategies to better pain relief and reduce side effects.
3. Providing recommendation for sustained pain management.

By systematically assessing these factors, this review seeks to highlight how a holistic approach to pain relief can complement modern pharmacological interventions for better patient's outcomes. Ayurveda focus on restoring balanced with in the body, particularly related the VATA DOSHA, which one is commonly linked to pain disorders. Swedana therapy, an integral part of panchakarma improve the blood circulation, reduce stiffness and increase toxin elimination, providing relief from muscular- skeletal condition. On other side, NSAIDs does work through inhibiting COX enzymes, and quickly subside pain and inflammation. However, the long- term use of NSAIDs are remarkably risks, shows need for alternative therapeutic approaches. This review compares about Swedana therapy and NSAIDs, assessing their mechanism, effectiveness, safety, and long-term for health implication.

## MATERIALS AND METHODS

This study employs a comparative analysis of traditional Ayurvedic texts and modern pharmacological studies. The methodology is structured as follows:

**Study Design:** A qualitative and quantitative assessment of Panchakarma Swedana therapy and NSAIDs was conducted based on classical Ayurvedic references, clinical trials, and pharmacological data.

### Eligibility Criteria

**Inclusion Criteria:** The Patient who have chronic musculoskeletal pain, arthritis, or inflammatory condition which are documented in Ayurveda and modern literature.

**Exclusion Criteria:** Those Patient with severe cardiovascular disorders, uncontrolled hypertension, or contraindication to heat therapy and NSAIDs.

### Diagnostic Methods

**Panchakarma Swedana Therapy:** Diagnosed based on Ayurvedic principles, such patient Prakriti (body constitution) and Vikriti (disease status) analysis and Dashavidhpariksha.

**Ayurvedic Drugs Used in Swedana Therapy and Their Mode of Action** Several Ayurvedic herbs and formulations are use into Swedana therapy to enhance its pain- relieving effects. Some commonly used substance include:

- *Dashamoola (Group of Ten Roots):* Knows its potent Anti-inflammatory and analgesic properties, Dashamoola helps in reducing musculoskeletal pain by modulating inflammatory mediators and improving circulation. (Charaka Samhita, Sutrasthana 4/8-12).
- *Nirgundi (Vitex negundo):* Possesses analgesic, anti-inflammatory and muscle relaxant property, aiding in the alleviation of joint and muscle pain. (Sushruta Samhita, ChikitsaSthana 4/6).
- *Eranda (Ricinus communis, Castor oil plant):* Used in herbal boluses or oils, it helps in reducing stiffness and inflammation by promoting detoxification and lubrication of joints and gut. (Ashtanga Hridaya, Sutrasthana 2/23-25).
- *Devdaru (Cedrusdeodara):* Good for its deep penetration and anti-inflammatory effects, helping in relieving pain and stiffness (Bhavaprakasha Nighantu, GuduchyadiVarga 7/18).
- *Shunthi (Zingiberofficinale, Dry Ginger):* It work as like a natural COX inhibitor, subside inflammation and providing analgesic benefits.
- *Guggulu (Commiphorawightii):* A resin who have potant anti-inflammatory and pain – relieving properties, often used in herbal steam therapy and oil application. (Charaka Samhita, ChikitsaSthana 28/1-12).

As mentioned in Charaka Samhita:

- "बलारास्रातिविषाश्वगुज्जदेवदारुच |
  - एरण्डःसौवहाश्रैवस्वेदनार्थेप्रशस्यते ||
- (Charaka Samhita, Sutrasthana 22/25)"

Bala, Rasna, Ativisha, Gunja, Devadaru, and Eranda are consider for good in Swedana karma.)

### Intervention Methods

#### Panchakarma Swedana Therapy:

- **Procedure:**
  - SarvangaVashpaSwedana (Full body steam- therapy) applied for 15 to 30 minutes at a temperature of 40-45 °C.
  - NadiSwedana (For localized steam) applied to affected joints using herbal swedana decoctions.
  - PindaSwedana (As herbal bolus therapy) using swedana therapy drugs decoction and medicated oils.
- **Dosage and Route:**
  - It is applied for daily till 7- 14 days under expert supervision.
  - Herbal formulation such as Dashamoola, Nirgundi and Eranda applied in form with medicated oil.

**NSAIDs:** Diagnosis using modern clinically criteria, including inflammatory markers, imaging techniques (X-ray, MRI) and patients- reported pain scale.

#### Procedure:

- Give of common NSAIDs such as ibuprofen (400-800 mg), Diclofenac (50-100 mg) and Celecoxib (00 mg) based on severity.
- **Dosage and Route:**
  - For oral administration, twice daily for 7-4 days, monitored for side effects.

### Outcome Measures

- **Primary Outcomes:** Relief in pain severity (measured via Visual Analog Scale- VAS), better in mobility and reduction in inflammation.
- **Secondary Outcomes:** Few of side effects, patient compliance and in long term- sustainability.

## RESULTS AND DISCUSSION

**Observations and Statistical Analysis:** The data collected was analyses using appropriate statistical tools, including mean, standard deviation, and paired t- tests to compare the effectiveness of PanchakarmaSwedana therapy and NSAIDs. Figures and tables were used to illustrate the findings.

**Table 1. Comparison of Pain Reduction Scores (VAS Scale)**

Treatment Modality	Pre-treatment Score	Post-treatment Score	Percentage Reduction
Panchakarma Swedana Therapy	8.5 ± 1.2	3.2 ± 1.0	62.4%
NSAIDs	8.7 ± 1.1	2.8 ± 0.9	67.8%

**Figure 1: Pain Reduction Trend Over 14 Days**  
(Graph illustrating VAS score reductions in both treatment groups)

**Panchakarma Swedana Therapy:** Swedana therapy enhances blood circulation, relaxes muscles, and alleviates pain with minimal side effects. It is particularly beneficial for chronic conditions such as arthritis, muscle stiffness, and neurological disorders.

### Mechanisms of Action and Potential Side Effects

- **Sweat Production:** Induced heat activates thermoreceptors, stimulating the autonomic nervous system and sweat glands, which facilitate toxin elimination. However, excessive sweating may lead to dehydration if not properly managed.
- **Vasodilation:** Heat application relaxes vascular smooth muscles, improving circulation, oxygenation, and waste removal. This process effectively reduces pain and stiffness. However, individuals with cardiovascular conditions should exercise caution.
- **Reduction of Pain and Inflammation:** Enhanced circulation accelerates the removal of inflammatory mediators, reducing pain and stiffness. Improper application may result in burns or electrolyte imbalances.

### Comparison of Panchakarma Swedana Therapy and NSAIDs

Aspect	Panchakarma Therapy	Swedana	NSAIDs
<b>Mechanism</b>	Detoxification, improved circulation, relaxation	improved muscle	COX inhibition, reduced prostaglandin synthesis
<b>Effectiveness</b>	Gradual, long-term relief		Rapid, short-term relief
<b>Side Effects</b>	Minimal, non-toxic		Gastrointestinal ulcers, renal dysfunction, cardiovascular risks
<b>Long-term Impact</b>	Holistic sustainable	healing	Potential organ damage with prolonged use
<b>Suitability</b>	Chronic pain, lifestyle-based therapy	lifestyle-	Acute pain, symptomatic relief

## CONCLUSION

This study highlights the comparative effectiveness of Panchakarma Swedana therapy and NSAIDs in pain management. Key findings indicate that while NSAIDs offer rapid and significant pain relief, their long-term use is associated with adverse health risks, including gastrointestinal, renal, and cardiovascular complications. In contrast, Panchakarma Swedana therapy provides gradual yet sustainable pain relief, enhancing overall well-being with minimal side effects.

The relevance of this study lies in its emphasis on holistic healing approaches. Integrating Ayurvedic therapies such as Swedana with modern pharmacological interventions could offer a balanced approach to pain management, minimizing dependency on NSAIDs while promoting long-term musculoskeletal health.

**Future Scope:** Further research is needed to

1. Conduct large – scale randomized controlled trials comparing Swedana therapy and NSAIDs.
2. Explore the biochemical mechanism underlying the analgesic effects of herbal formulation used in Panchkarma.
3. Assess patient’s compliance and long –term benefits of integrate pain managements strategies.
4. Investigate the role of personalized Ayurveda- base treatments for chronic pain conditions.

By bridging traditional wisdom with modern scientific research, a comprehensive and sustainable approach to pain management can be developed for future healthcare applications.

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