

# PATRA-PINDA SWEDANA

This therapy involves massage with pottali made of rice & herbs dipped in medicated warm oil or milk



## • INDICATIONS:

- Acute Pain
- Weakness of Nerves
- Weakness of Muscles
- Joint Pains
- Neuralgia
- Myasthenia
- Bodyache
- Paralysis



- This type of Swedana helps in giving strength to muscles & ligaments.
- As it involves rice, milk and other herbs that give strength to muscles, it is very much helpful in muscle laxity, weak muscles post paralytic attack, myasthenias.
- It improves muscle power as well as bulk of muscles.
- It gives strength to body.