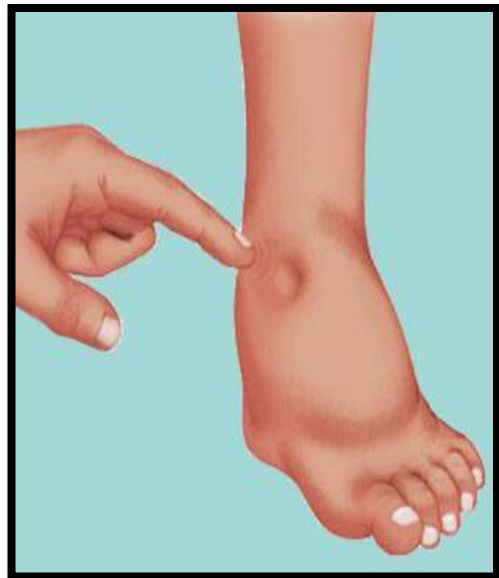


68 - TREATMENT OF EDEMA WITH AYURVEDA

• What is the cause of swellings

- The swelling is caused by fluid accumulation between cells in a particular part of the body, resulting in a **change of the size and shape of the particular body part**. Swelling can appear anywhere in the body – *edematous eyes, legs, hands, nose, often accompanied by itching or pain*.
- In general swelling is associated with an imbalance of the **body energy Kapha**, which is responsible for fluids in the organism. However, the cause of the swellings may be an imbalance of another Dosha. Moreover, the deviations of energy are usually complex and **disturbances in one of the energies** cause disturbances in the other two.
- Edema can occur, for example, if **blood circulation is disturbed**, and the blood flow, as well as all body movements, are related to **Vata**. The swellings can be caused also by **Pitta**, which is the “fiery” **Dosha** and if it is highly increased, it can “burn” somewhere the fine channels for energy movement, and thus stop them to a certain degree.
- Swellings are more common for people with **Kapha body type**, but this energy can cause swellings without being the leading in the energy balance of the particular person. In the **edema of the Kapha type**, the swelling is stronger, as mark remains for a while on the body part which is pressed, the skin is pale and moist. When there is a **swelling of the Vata type** the veins are protruding, the skin is dry, it may peel, there are no marks on the body part if pressed.
- In edema of the Pitta type there is a sense of burning and the skin gets red. Sometimes the swelling can be due to **external factors** – such as trauma caused by dislocation or injury, or contusion. It can be caused by an **insect bite**, or it can be caused also by an allergic reaction to food and so on.
The treatment depends on the
- cause – external or internal, and when there is a **Dosha imbalance**, the specific deviations of the three energies need to be diagnosed and adequate measures have to be taken in order to return them to the proper balance.



- **Ayurveda treatment of edema**

- The methods and [measures of Ayurveda](#) for treatment of edema are varied according to the causes of swelling. The excess fluids are successfully removed with **Punarnava**. The plant is widely used for treatment of edema associated with **gastric, cardiac or kidney problems**.
- Actually it is applied to a number of other problems – joints, muscles, menstruation and so on, because besides being a very good diuretic, reducing the retained fluid, it also has antibacterial and anti-inflammatory properties.
- Punarnava has a **cooling, cleansing and firming effect**. In order to reduce the swelling, it is very effective to smear the place with a paste of mixed in equal quantities **sandalwood powder and turmeric, mixed with water**. If the **swelling is on the face**, you should be very careful with the paste not to enter the eyes area.
- If your feet are swollen, **essential oils such as eucalyptus, mint, lemon and water can be used**. In case of feet edema it is useful to mix **rice, water and baking powder** – the rice water improves the blood circulation in the capillaries and reduces the swelling. Soothing effect for the **feet edema** has also the **sandalwood oil**, as well as the lavender baths accompanied with massages.
- If the body part is swollen because it is bitten by an insect, an effective way to reduce the edema and eliminate the itching is to smear it with **tea tree oil and neem** in equal parts. They will **neutralize the venom**, the skin irritation will be removed and the edema will disappear. Neem can also be used separately.
- In case of intestinal parasites it is possible to get a puffy face. In this case should be used a mixture of equal parts of **vidanga, neem and gymnema**. The mixture – half the teaspoon should be consumed in the afternoon and after dinner. The main effect is **antibacterial and it soothes the inflammations**, it improves **digestion**, which in turn affects the swelling. If there is swelling of the nose, **Ghee oil** can be used.

