



A Conceptual Study of *Snehapana* Administration and its Types Based on *Karma*

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ABSTRACT:

Panchakarma is backbone of ayurvedic treatment, in which *Snehana* is one of the important procedures. In *Ayurveda* it is mentioned under the heading of *Shadhvidhupkrama*, which shows how *Snehana* is not only limited to *Purvakarma* of *Shodhana* therapy but also as a main treatment in different types of disease. *Snehana* therapy is administrated to a patient in two different ways, *Bahya* (external oleation) such as *Abhyanga* (therapeutic massage), *Unmardana*(manual massage in ascending direction), *Parisheka* (therapeutic streaming), *Janu Basti* (therapeutic retention of oil over knee region), *Kati Basti* therapeutic retention of oil over lumbosacral region) etc. and second one is *Abhyantara*, it is also called as *Snehapana* (internal oleation), which is divided into three varieties on the basis of their effect that is, *Brimhana*, *Shamana* and *Shodhana* (detoxification therapy). If *Snehapana* is done effectively it will give fruitful effect of *Shodhana* therapy, but *Snehapana* if not done properly, it affects *Shodhana* therapy and also leads to various complications. There is a hesitancy in patients for oral intake of *Snehana Dravya* as The present article is an attempt to highlight the effects of *Snehapana* with the help of classical references and mode action according to modern science.

Key words: - *Panchakarma*, *Shadhvidhupkrama*, *Snehana*, *Snehapana*, Hyperlipidemia.

INTRODUCTION

Acharya Sushruta said that human body is essentially made of *Sneha*, it also helps in protecting it from many diseases¹. This shows the importance of *Snehana Karma* in *Ayurveda*. *Acharya Charka* included *Snehana* in *Shadhvidhupkrma*,² which is basic fundamental theory of ayurvedic treatment. Ayurvedic treatment is mainly divided into *Shodhana* and *Shamana Chikitsa*, in which *Shodhana Chikitsa* mainly deals with *Panchakarma* i.e.,

Vaman, *Virechan*, *Niruha Basti*, *Anuvasan Basti* and *Nasya Karma*. *Shamana Chikitsa* mainly deals with internal medication like *Churna*, *Vati*, *Aasav-Arishta*, *Avleha* etc. when we talk about *Shenana*, it is divided into various different types and subtypes.

Definition: -

Snehana is the procedure which brings about *Snigdhatva* (unctuousness), *Vishyandana* (liquefaction), *Mardavata*



(tenderness) and *Kledana* (moistening) in the body.³ The measures adopted to bring about *Snigdhatā* in the body is known as *Snehana*. *Snehapana* (internal oleation) helps in *vatanulomya*, *diptagni*, *snigdha-ashantam varchas* (greasy faeces), *mardavta*, *snigdhatā* of body internally⁴

Types of Sneha: -

- A. Types according to mode of application: -
- a) *Bahya snehana*, in the context of treatment of patients *Snehana* is done externally in the form of *Abhyanga*, *Unmardana*, *Parisheka*, *Janu Basti*, *Kati Basti* etc.
 - b) *Abhyantara snehana*, in the context of treatment of patients *Snehana* is done internally in the form of *Snehapana*. It has been divided into three varieties on the basis of their effect as follows
- B. Types according to mode of action
- a. *Shodhana Sneha*
 - b. *Shamana Sneha*
 - c. *Brimhana Sneha*
- In this review article we are mainly focus on types according to mode of action that is *Shodhana Sneha*, *Shamana Sneha*, *Brimhana Sneha*.

MATERIALS AND METHODS: -

(Table 1 and 2 Shows indications and contraindications)

Materials required: -

1. *Sneha* – according disease
2. Measuring Jar – 1
3. Glass – 1
4. Cloth – 1
5. Water boiled with *Shunthi* and *Dhanyaka*
6. Cotton – as per need
7. Gauze -1

Procedure: -

- a) **Preparation of the patients: -**
Athura Pareeksha, *Agni*, *Matra Pareeksha*, *Vyadhibala Prareeksha* should be done thoroughly. Proper *Rukshana* is to be done with *Rukshana Dravya* and *Deepana-Pachana Dravya*. After the daily routine, patients are prepared for *Snehapana*. Patient’s eyes must be closed with cotton and gauze piece. If proper counselling is given to the patient, there is no need of closing eyes.

Investigation required prior to *Snehapana*: -

Blood- routine examination, Liver function test, Sugar level, Renal function test, Lipid profiles.
Urine – routine examination
Stool – routine examination.

- b) **Main Procedure: -**
Acharya Sushruta described beautifully about *Snehapana*

Viddhi in *Samhita*. He said that, In *Laghu Koshta*, means after *Veg Visarjan* (after doing daily routine) after *Aatura Mangala*, *Swastika Vachana* (For spiritual and psychological well being of patients) is done and at the time of *Udayagirishikhara sansthitte prataptakan* (when sunrise in morning just above the hill) which is look like *Kanikarpeeta Lohitesavitari* (red hot golden color) at that time *Yathabala* (as per the patients capacity) *Taila* and *Ghrita Matra* (dose) is administered, then *Kavala* (gargles) with *Ushnaudaka* (warm water) is advised. After *Snehapana Viddhi*, *Yathasukha Vihara* (comfortable walking) is advised with footwear worn on foot⁵

Shodhana Snehapana: -

Acharya Charka and *Vagbhata* both said that the *Shodhana Snehapana* is administered ‘*Ahare Naishe Jeerane*’⁶ and *Jeerna Annae*⁷ (when the diet of previous night is completely digested in order to expel out the *doshas*). But when it comes to *Matra* (dose) of *Shodhana Snehapana* they had different opinion *Acharya Charka* said that it should be *Madhyama Matra Sneha*⁸ (Medium quantity), where *Acharya Vagbhata* said that it should be *Bahu Matra* (Large quantity)⁹

Shamana Snehapana: -

Acharya Vagbhata said that the *Shamana Sneha* is administered when there is *Kshudvato Ananna* that means at the time when there is urge rise for food intake then *Shamana Snehapana* is given without food. In this *Snehapana*, *Madhyama Matra* (dose) is used. *Sneha* is administered in *Accha Sneha* form i.e., pure *Sneha* without any supporting substance¹⁰

Brimhana Sneha: -

The *Brimhana Snehapana* is administered along with *Rasa* (Flesh soup), *Madhya* (Alcoholic preparation), *Sabhakta* (with meals). *Brimhana Snehana* helps in *Brimhana Karma* of *Shareer* (body). *Brimhana Sneha* is given *Alpa Matra* (Lesser dose)¹¹

Duration: -

For *Shodhana Snehapana* may be continued till *Samyak Snigdha Lakshanas* like *Vatanulomana*, *Agnideepti*, *Snigdha* and *Asamhatam Varchs* (Unctuous and Unformed Stool), *Snehodvega*, softness and *Snigdhatā* of body are seen within 3 to 7 days¹²

For *Shamana* and *Brimhana Snehapana* will be continued till expected results found.

Post-Operative Procedure: -

Patients are advised to take rest during the *Snehapana* period and avoid sleep during day time and warm food intake when *Sneha* is completely digested and good

appetite occurs. Patients are advised to stick to their diet regime given by doctor as only eat warm and liquid fat free diet. Avoid exercise, loudly speaking, anger, sorrow, cold and hot weather, wind¹³

Complication and it's management: -

Tandra (sleepiness), *Utklesh* (nausea), *Aanah* (Flatulence), *Jwar* (Fever), *Sthambh* (stiffness), *Visngyata* (Confessor), *Kushtha* (skin disease), *Kandu* (itching), *Pandu* (anaemia), *Shoph* (swelling), *Arsh* (haemorrhoid), *Aruchi* (anorexia), *Trishna* (thirst), *Jathar* (ascites), *Grahani* (IBS), *Sthairitya* (wet feeling all over body), *Vakyanigraha* (difficulty in speaking), *Shula* (pain), *Aamadasha* (indigestion) are the complication of *Snehapana*. In such condition stops *Snehapana* immediately and wait until *Vamana* and *Swedana*. If symptoms are not subsided then according to condition *Sanstran* (purgation), *Takrarishtha*, *Rukshpanaanam sevanam* (drinking and eating food which is having properties of dryness), *Gomutra* (cow's urine), *Triphala* can be given.¹⁴

DISCUSSION

Therapeutic Action of *Snehapana*: -

***Shodhana Snehapana*: -**

Shodhana Snehapana helps to eliminate aggravated *Dosha*. *Snehapana* mobilising the *Dosha* from *Shakha* (periphery) to *Koshtha* (a hollow space made of organ) through *Vridhhi*, *Vishyandata*, *Pakata*, *Strota mukhavishodhanata* and *Vayu Nigrahata*, ultimately remove the *Vitiated Dosha* from the body with the help of *Shodhana*¹⁵ *Sneha* is a good medium to accumulate toxins and act as a vehicle to travel from one part to another part of the body. *Sneha* is amphiphilic in nature, hence after appropriate oral administration of the large quantity or *Vardhaman Sneha* interferes with the chain of free radicals and produces the metabolite in the cell after reaching the threshold, the cell of body become saturated with fat then the fat material then is trans passport and come out of the same to the extracellular fluid by process of osmosis. Metabolites enter into the systemic circulation and reach to the liver. These metabolites are detoxified within the liver and excreted via bile. So, the quantity of bile changes and further fat may not be digested and appear in the stool i.e *Adhastad Snehadarshana*. The procedure of *Abhyang*, *Swedana* and diet before *Shodhana* therapy facilitates the excretion of metabolites into alimentary canal which are available for *Shodhana* therapy.

***Shamana Snehapana*: -**

Shamana Sneha is administered with an intention to

normalize the aggravated *Doshas* without expelling them out or disturbing the normal one. It has been very well explained by *Hemadri* in his commentary that *Shamana Snehapana* is given when there is urge rise for food intake without food, if *Shamana Sneha* is administered before *Jirnaahare* (before the digestion of previous diet), due to vitiated *Kaphadi Doshas* present in the *Srotasas*, *Sneha* will not spread in the whole body and its function of *Shamana* of *Doshas* will not occur¹⁶. Various type of *Shamana Sneha* which specially indicated in various diseases normalise aggravated *Doshas* and stimulate and modify metabolic reaction.

***Brimhana Snehapana*: -**

Acharya Vagbhata described that when the *Brimhana Sneha* is administered before meals it pacifies the disorders of lower body. When the *Brimhana Sneha* is administered between meals it pacifies the disorders of middle body. When the *Brimhana Sneha* is administered after meals it pacifies the disorders of upper body and strengthen it¹⁷. In *Brimhana Sneha*, *Krishna* (lean patients), *Bala* (Children), *Vridhha* (aged), etc. that have needed *Brimhana Karma*, Fats are organic compounds and are the source of energy. Fat provides 9 calories per gram. fat is essential for our body to perform for proper function. Essential fatty acids i.e. linoleic acid and linolenic acid are important for controlling inflammation, blood clotting, brain development. healthy skin and hair can be maintained by fat. Thus, it is used for building up cellular components.

CONCLUSION

Snehapana is an important *Panchakarma* procedure. It can be used independently as *Shamana* and *Brimhana Snehapana* or used as *Purv Karma* of *Shadhana* therapy according to various type of disease. Mode of action of *Snehapana* shows even if the lipid levels increase during *Snehapana* it is transient and come to normal after *Shodhana* therapy. The fear associated with *Snehapana* that may lead hyperlipidaemia might be dispelled thus *Snehapana* might be better acceptable. But the guideline mentioned in the classics should be taken in consideration while posting the patients for *Snehapana*. It will be done under the supervision of *Panchakarma Vaidya* otherwise complication like hyperlipidaemia may occur.

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Table 1 Indication of *Snehana*: -

Sr. No.	Disease Name	<i>Charak Samhita</i>¹⁸	<i>Shushrut Samhita</i>¹⁹	<i>Astang Hridaya</i>²⁰
1.	<i>Swedhya</i>	+	-	+
2.	<i>Shodhitavya</i>	+	-	+
3.	<i>Ruksha</i>	+	+	+
4.	<i>Vatavikarina</i>	+	-	+
5.	<i>Vyayamanitya</i>	+	-	+
6.	<i>Madhyanitya</i>	+	-	+
7.	<i>Strinitya</i>	+	-	+
8.	<i>Chintaka</i>	+	-	+
9.	<i>Ruksha grathita purisha</i>	-	+	-
10	<i>Krichata anna pachyate</i>	-	+	-
11	<i>Uraha vidhyate vayu</i>	-	+	-
12	<i>Koshkata upari dhavati</i>	-	+	-
13	<i>Durvarna</i>	-	+	-
14	<i>Durbala</i>	-	+	+
15	<i>Vridhha</i>	-	-	+
16	<i>Baala</i>	-	-	+
17	<i>Krishya</i>	-	-	+
18	<i>Ksheena asra retasa</i>	-	-	+
19	<i>Timira</i>	-	-	+
20	<i>Daruna prabhodaka</i>	-	-	+

Table 2 Contraindication of *Snehana*: -

Sr. No.	Disease Name	<i>Charak Samhita</i> ²¹	<i>Shushrut Samhita</i> ²²	<i>Astang Hridaya</i> ²³
1.	<i>Rukshanaarhya</i>	+	-	-
2.	<i>Abhishynna guda</i>	+	-	-
3.	<i>Nitya mandagni</i>	+	-	-
4.	<i>Trishna</i>	+	+	+
5.	<i>Murchha</i>	+	+	+
6.	<i>Garbhini</i>	+	-	-
7.	<i>Talushosha</i>	+	-	-
8.	<i>Annadwesa</i>	+	-	-
9.	<i>Chardi</i>	+	+	+
10.	<i>Udara roga</i>	+	-	+
11.	<i>Aamdosha vyadhi</i>	+	-	+
12.	<i>Durbala</i>	+	+	+
13.	<i>Pratant(dehydration)</i>	+	-	-
14.	<i>Snehaglani</i>	+	-	-
15.	<i>Mada</i>	+	+	-
16.	<i>After Basti Karma</i>	+	+	+
17.	<i>After Nasya Karma</i>	+	-	+
18.	<i>Ajirna</i>	-	+	-
19.	<i>Tarun Jwara</i>	-	+	-
20.	<i>Arochaka</i>	-	+	+
21.	<i>Shuthla</i>	-	+	+
22.	<i>Shranta</i>	-	+	-
23.	<i>Madyapana(Alcohol in toxification)</i>	-	+	+
24.	<i>After Vaman and Virechan Karma</i>	-	+	+
25.	<i>Durdina</i>	-	+	-
26.	<i>Atimandagni</i>	-	-	+
27.	<i>Urustambha</i>	-	-	+
28.	<i>Atisaar</i>	-	-	+
29.	<i>Gal roga</i>	-	-	+
30.	<i>Shleshmaj roga</i>	-	-	+
31.	<i>Apaprasuta(female had recurrent abortion)</i>	-	-	+