

INDICATIONS, CONTRAINDICATIONS, PROCEDURAL PROTOCOL AND CLINICAL
SIGNIFICANCE OF SNEHANA KARMADr. Rushikesh Tejrao Dahake^{1*} and Dr. Ashish Bade²¹Assistant Professor, Department of Panchakarma, SVNH Ayurved Mahavidyalay, Rahuri, Maharashtra, India.²Assistant Professor, Department of Kaychikitsa, SVNH Ayurved Mahavidyalay, Rahuri, Maharashtra, India.

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ABSTRACT

Snehana Karma is an essential preoperative procedure performed before the primary purification treatment, or *Shodhana Karma*. Generally, oleation is administered gradually over three to seven days, or until the appropriate oleation symptoms are seen. The vitiated *Doshas* are mobilized from peripheral tissues to the *Koshtha* by this therapy, which makes it easier for them to be expelled. It prepares the *Doshas* for removal by inducing *Utklesha*. *Snehana* is regarded as the most important of all the preparatory steps, and *Acharya Charaka* has written a great deal about its significance and approach. It can be done for three days on *Mridu Koshtha* and for seven days on *Krura Koshtha*. If the recommended period is exceeded, *Atiyoga* may lead to problems like diarrhea and diminished digestive fire. The *Taila* used in therapy considered best oleation ingredient and it generally offers *Vatahara* quality. *Snehana* is recommended for the people receiving treatments for *Swedana* and *Shodhana*. It can also be indicated for individuals with eye disorders as well as those with *Vata* disorders.

KEYWORDS: *Ayurveda, Snehana, Swedana, Shodhana, Taila.*

INTRODUCTION

In Ayurvedic cleansing protocols, *Snehana*, is the process that gives the body softness and relieves dryness, it is the first step in the detoxification process. As advised by ancient sages, it uses *Majja, Vasa* and *Ghrta*, as well as *Taila*. *Snehana* is regarded as an essential part of *Shadupakrama* and can be given either internally or externally. It functions as *Purva Karma*, which is a prelude to the primary *Shodhana Karma*. The main goal of this treatment is to calm the vitiated *Vata Dosha*, which also helps the body to become stronger and more unctuous. Thus the process that gives the body *Sneha*, *Vishyanda*, *Mardava* and *Kleda* is known as *Snehana*.^[1-3]

Sneha helps to rid the body of unhealthy *Tridosha* while also granting essential attributes like life, strength, sustenance, energy and luster, etc. Enhancing tissue development, boosting skin tone and texture, and calming *Vata* problems are all made possible by the *Abhyanga*. It makes the body more resilient to physical strain and effort. According to the *Panchamahabhuta* hypothesis, touch sensation originates through the skin, which is also the primary location of *Vayu Mahabhuta*. *Taila* is also useful for treating skin conditions because it is said to be the best medium for calming *Vata*.^[4-6]

Types

Based on mechanism of action *Snehana* can be divided into three categories as mentioned in **Figure 1**. Amongst them *Shamana Sneha* is considered useful for its swift action and quick diffusion across the body's channels, to calm the irritated *Doshas*, particularly *Vata*. It should be taken on an empty stomach, when the patient is truly hungry, and when the previous day's food has been fully digested.

In order to prepare for significant purification operations (*Shodhana Karma*), vitiated *Doshas* are supposed to be mobilized and expelled by *Shodhana Sneha* which also known as *Mandavibhransa Sneha*. It is usually administered in a moderate amount and mainly employed before *Shodhana Karma*.^[5-7]

Brimhana Sneha is third type which also known as nourishing *Sneha*, this is helpful for boosting *Vrishya Karma* and is given in little amounts. The amount of this kind of *Sneha* should be enough to be broken down in a half-day.

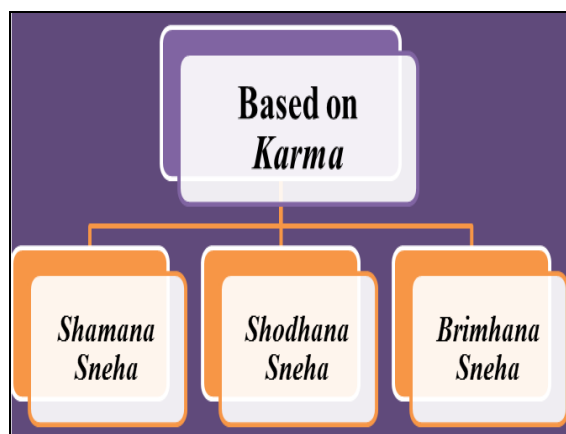


Figure 1: Types of Sneha Based on Karma.

Two other varieties of *Snehana* are distinguished based on how they are applied; *Abhyantara Snehana* and *Bahya Snehana*. *Abhyanga*, *Unmardana*, *Parisheka*, *Janu Basti* and *Kati Basti* are some of the external methods used to deliver *Bahya Snehana* to patients. This contrasts with *Abhyantara Snehana*, which uses *Snehapana* to administer unctuous substances.^[6-8]

MATERIAL AND PATIENT PREPARATION

Measuring jar, a glass, a piece of cloth, water heated with *Shunthi* and *Dhanyaka*, cotton and piece of gauze are among the supplies needed for the procedure. *Athura Pareeksha*, *Agni*, *Matra Pareeksha* and *Vyadhi Bala Pareeksha* are among the first steps in the process. In order to prepare the body for *Rukshana*, *Deepana-Pachana dravyas* should be used. For *Snehapana*, the eyes are covered with gauze and cotton to keep them safe throughout the process.

Significance of Snehana Karma

Snehana treatment serves a number of vital physiological and therapeutic purposes, making it an essential part of Ayurvedic practice. *Snehana* treatment causes body to produce *Vishyandata*, *Kledata*, *Mardava* and *Snehatva*. This therapy reduces *Vata Dosha* which is the main *Dosha* in cases of stiffness and dryness. *Snehana* treatment improves body tissues suppleness and smoothness, removes obstructions to help in the removal of metabolic waste. Enhances skin tone and builds physical strength. *Sneha* improves digestive ability, gastrointestinal system gets cleansed and increases general strength. *Sneha* support long and healthy life to provide *Shatayu*.^[7-9]

Probable Mode of Action of Sneha

Snehana Karma improves body's *Apya ansha*, loosening and liquefying morbid *Dosha* by acting as a natural solvent. The majority of *Sneha dravyas* are made up of *Jala* and *Prithvi Mahabhutas*. The *Snigdha*, *Sara*, *Drava*, *Sukshma*, *Pikchhila*, *Guru*, *Sheetala* and *Mirdu* properties of *Sneha dravyas* nourishes and strengthen muscles, as well as prepared body for further purification process. There are several ways to administer *Sneha*, which includes *Shaka*, *Kambalika*, *Khada*, *Tila Pishta*,

Madya, *Leha*, *Mamsa*, *Payo*, *Yavagu* and *Vilepi*. These can be modified according to the individual's constitution (*Satmya*), state of *Roga* and *Ritu*.

Indications for Snehana Karma

- ✓ *Snehana* is recommended for the people receiving treatments for *Swedana* and *Shodhana*.
- ✓ Also indicated for individuals who engage in excessive alcohol consumption and strenuous physical activity.
- ✓ Indicated for conditions like *Shukrakshaya* and *Raktakshaya*.
- ✓ Used for treating eye disorders such as *Abhishyanda* and *Timira*.
- ✓ Considered useful for treating *Vata* disorders.
- ✓ Indicated for children and elderly people with disabilities.

Contraindications for Snehana Karma

- ✓ Contradicted in high levels of *Kapha* and *Meda* condition.
- ✓ Recently undergone *Virechana* and *Basti Karma*.
- ✓ Contradicted in condition of *Krishna* and *Sthula*.
- ✓ Illnesses such *Jalodara*, *Ajirna*, *Atisara*, *Chhardi*, *Talushosha*, *Trishna*, *Murchha* and *Urustambha*.

Precautions during Snehana Karma

Ushna, *Anabhishtyandi* and *Asankirna bhojana* meals should be had both before and after *Sneha pana*. It is recommended to drink lukewarm water both before and after *Sneha* ingestion. One should adhere to *Brahmacharya*, which is celibacy or moderate sexual behavior. It is advises to avoid sleeping during the day and make sure to get enough sleep at night. One should also avoid repressing normal desires to urinate and defecate, etc. It is suggested to preserve emotional equilibrium by managing *Shoka* and *Krodha*. *Agni Deepana* medicines should be administered to improve metabolism and prepare the digestive system prior to administering *Sneha*.^[8-10]

CONCLUSION

A crucial prelude to *Panchakarma* therapy, *Snehana Karma* improves the efficacy and security of the primary purifying techniques. Without putting the tissues under stress or inflicting damage, it mobilizes vitiated *Doshas*. Similar to ripening fruit before extracting its juice, administering *Sneha* before *Shodhana* facilitates excretion and avoids problems. Therefore, by encouraging *Dosha* liquefaction, tissue nourishing, and systemic preparedness, *Snehana* guarantees the best possible therapeutic results. *Snehana* therapy is a crucial component of Ayurvedic practice since it fulfills several important physiological and therapeutic functions. The body produces *Vishyandata*, *Kledata*, *Mardava* and *Snehatva* after receiving *Snehana* therapy. *Vata Dosha*, the primary *Dosha* in situations of stiffness and dryness, is decreased by this therapy. Treatment with *Snehana* increases the smoothness and suppleness of bodily

tissues and eliminates blockages to eliminate metabolic waste.

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