

**A REVIEW ON LITERARY CONCEPTUAL STUDY AND IMPORTANCE OF SNEHANA
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ABSTRACT

Sneha is defined as the soft, lubricating and oily substance and the procedure, which makes use of the sneha, is known as the Snehana. Snehana therapy is also known as the oleation therapy in the field of Ayurveda. Oleation (Snehan) is a major preparatory procedure performed before bio-purification method (Shodhana karma). Oleation leads and decides the total outcome of the bio-purification therapy; hence standard guidelines are needed for performing the oleation in an effective manner and also for avoiding the inadequate and excess oleation. It is obligatory to start and increase the dose of snehana in an appropriate matra, considering the agni and kosta of a person. The outcome of Shodhana Karma depends upon proper mobilization of Dosha from the periphery to GIT which is achieved with the help of oleation therapy and Sudation therapy. This therapy is basically a pre-operative or Poorva karma procedure of Panchakarma. It is basically a type of lubrication system for the human body. It works by administering the fatty products externally or internally. The internal process of administering the oil or the sneha is known as Snehanam. This procedure is extremely mandatory for Panchakarma. This therapy is used prior to the detox therapy. Ghee, taila, vasa and majja are used for the snehana karma either externally or internally as per requirement.

INTRODUCTION

Snehana therapy is also known as oleation therapy in the field of Ayurveda. This therapy is basically a pre-operative or Poorva karma procedure of Panchakarma.^[1] It is basically a type of lubrication system for the human body. It works by administering the fatty products externally or internally. The internal process of administering the oil or the sneha is known as Snehanam. Sneha is defined as the soft, lubricating and oily substance and the procedure, which makes use of the sneha is known as the Snehana.^[2] This internal procedure is extremely mandatory for Panchakarma. This therapy is used prior to the detox therapy.^[1] This process of the body makes use of the oils and Ghees by consuming them or using them externally as well.

Before the actual operation of purification begins, there is a need to prepare the body in prescribed methods to encourage the body to let go of the toxins. The two procedures are used for this i.e 'snehan' and 'swedan'. Snehan is the oil massage.^[1] Oil is applied to the entire body with a particular type of massage which helps the toxins (dosha) to move towards the gastro-intestinal tract.^[2] Oil massage also makes the superficial and deep tissues soft and supple. Abhyantra Snehan is given daily for three to seven days,^[2-3] for movement of toxins into the gastro-intestinal tract. After three to seven days of snehan and swedan, the doshas become well "ripened". A particular panchakarma method is then given according

to the individual's constitution and disorder, prakruti and vikruti, respectively

CLASSIFICATION OF SNEHANA**On the basis of therapeutic effect: 3 types^[2]**

- 1. Brhimhana Sneha:** Sneha given with little amount of food or drink for nourishment purpose. Eg: Sarpi (10ml)+ milk (100ml).
- 2. Shamana sneha:** Given with processed drugs in moderate dosage for the purpose for treating small to moderate deranged doshic conditions. In these various medicated ghrithas or tailas are given in various diseases. Eg: Pancha thikthaka gritha in warm water etc.
- 3. Shodhana Sneha:** Medicated sneha when given orally in the full therapeutic dose to cause vama etc. Eg: use of eranda taila. Sneha given under poorva karma for shodhana procedure is also known as Shodhana sneha.

On the basis of mode of administration: 3 types^[2]

- 1. Achapeya:** Administering orally the pure sneha without adding anything in large dose.
- 2. Sadya sneha:** It is a rapid acting sneha generally given with addition of Lavana. It causes Snehana within 3 days.
- 3. Pancha prasrutiki peya:** 100gm each of ghee, taila, vasa, majja and rice are combined together and

cooked into peya(rice soup) form and given orally. It cause snehana in 2 to 3 days.

On the basis of Matra (dose): 3types^[2,4]

1. **Hrasiyasi matra (digest before 6 hrs)**: oral administration of sneha for seven days ,almost starting from the smallest amount, gradually increasing day by day. It is a test dose.
2. **Hrasva matra: (digest in 6 hours)**: Given in small amounts only.
3. **Madhyama matra (digest in 12 hours)**: Medium dose given orally for therapeutic benefits.
4. **Uttama matra: (digest in 24 hours)**: Large dose.

MAHASNEHANA^[2,7]

Ghrita, taila,vasa and majja are consider as mahasnehana .among these ghrita is consider shreshta because it does the anuvartana of sanskara.

QUALITIES OF SNEHA DRAVYA/MEDICINE^[2]

The effect of the fatty substances on the body is mainly based on some qualities.They are-

1. **Snigdha guna**: Greasy or oil like character which helps to decrease vata dosha and increase the quality of kapha, thereby promotes softness of the body,colour,complexion etc.
2. **Guru guna**: Indicates heavy character.It acts a vata hara,pushti kara(nourishing) and as an anabolic agent.
3. **Sita Guna**: Give cooling effects to the body,pacify thirsty feeling,burning sensation etc and helps to constrict and contract the body organs thereby imparts firmness and stability of the body.
4. **Mridu guna**: Give softness to body channels/srothas.
5. **Drava guna**: Liquid nature,spread quickly and bring moistening effect.
6. **Pichila guna**: Cause slimness to the body, thereby helps in the integrity, firmness of the body parts etc.,cause kapha dosha increase.
7. **Manda guna**: Cause sluggishness of activity of sneha dravya.
8. **Sukshma guna**: This penetrating character of sneha is responsible for quick action.

SEASONAL PRESCRIPTION OF SNEHA DRAVYA^[2]

1. **Sharad ritu**: As pitta dosha is aggravated in this season ghee should be given as it is good pitta shamaka.
2. **Vasant ritu**: Vasa and majja are suitable because of excessive depletion due to heat takes place.
3. **Pravrit ritu**: Tila taila is suitable because in these season vata dosha is dominant and tila taila is vatahara in nature

AABHYANTRA SNEHANA^[2]

Administration of Sneha or fat materials in the body is called Sneha panam/ Abhyantara Sneha.It is again classified into two Achapana Sneha and Vicharana

Sneha.This type of snehana mainly used prior to the shodhana therapy as preparatory procedure and also to prepare the body and other morbid doshas for purification therapy. By doing so our body will be softened etc.

Before doing all these procedures one should understand patients condition like age,disease condition,season, digestive capacity etc. And also have some pre and post operative procedures before and after this Snehana therapy.^[7]

PRE-SNEHA MEASURES/ POORVA KARMA/ PREPARATORY MEASURES

One day before the actual administration of snehapana(internally),the concerned individual should be given food in the moderate quantity. The food should be liquid, hot and anabhishtyandi (free from stickyness,etc), that does not cause avarodha/ obstruction to the channel of circulation (srothas).^[2,4] Food should be taken calmly (without talking,should not laugh while taking food,and one should take the food, which is favorable and conducive to his body constitution (saatmyahara).

Materials Required

Before initiating the snehapana always check the all emergency and routine things because in an emergency situation some times it may not possible to get the required drugs,etc. Further all anupana dravya like ushna jala/hot water,yusha etc should be kept ready.^[5]

During snehapana in certain individual may cause some complication, so especially such drugs which control these effects should be kept ready.(if required).

Medicines commonly used

- indukantham ghritham * Gulgulu thikthakam ghritham.
- Mahatikthakam ghritham. * Sukumara ghritham.
- Ksheera bala taila * Dhanwantaram tailam etc.

Dosage of Snehapana^[4]

Four types of Snehapana dosage schedules are indicated-

1. Hrasiyasi Matra with arohana krama-digest before 6 hrs
2. Pravara Matra-Sneha digest in 24 hrs.
3. Madhyama Matra- Sneha digest in 12 hours.
4. Avara Matra - digest in 6hrs.

These to be fixed, keeping in view the various factors like state of agni, clinical condition, Prakruti of patient, etc.and aim of snehapana.

Minimum dosage for snehapana is approximately 50ml, this can be increased gradually by 25 or 30ml every day for 3,5,and 7 days desired by the physician.^[6]

Procedure of Snehapana^[2,4]

Agnibala (digestive power) may be assessed in the patient prior to Snehapana, so as to assess the dose of

sneha dravya (unctuous substances). For the patients with unknown doshas, agni etc one may start with Hrasiyasi Matra.

The patient who is intended to under go snehapana is to take sneha in the early morning (within 15min of sunrise)^[3] in the prescribed dose based on his Agnibala, nature of the diseases, condition of the body etc. The usual dosage is between 50 to 75 ml of ghritha and 30 to 50ml for Taila on the first day.^[6,11] The dose for the next day should be fixed after assessing the time taken for digestion of first dose. Hot water boiled with piece of sunthi (dry ginger) + Dhanyaka (dry coriander seeds) is given in small doses to enhance the digestion.^[7]

Snehapana (internal administration of unctuous substances) may be continued till Samyak snigdha lakshana (symptoms of disired effects) are observed and usually it is obtained within 3 to 7 days.

Steps

1. Instructed to offer prayer to the god (according to one's faith).
2. Patient should be assured about the safety of treatment and confidence and courage levels should be raised.
3. Selected Sneha should be heated to luke warm water.
4. In Vata vyadhi- ghee mixed with little saindhava (rock salt), in Pitta diseases- pure ghritha should be used, in kapha diseases-powders of pippali,shunti and maricha should be mixed before giving orally.^[7,12]
5. Medicine should be given in early hours of morning at the time of sunrise in an empty stomach.(after patient completes daily routines like brushing,evacuation etc.
6. Patient asked to sit comfortably on a knee high chair.
7. The patient asked to drink the sneha.If the patient has some aversion to consume, he should be asked to close his eyes and nostrils and to drink (to avoid smell and appearance).
8. Hot liquids should be given as anupana. If required hot water should be taken repeatedly up to six hours of snehapana, especially when large dose is taken.

Usual practice of increasing order of snehapana dosage^[6]

First day: 50ml.
Second Day: 100ml
Third day: 150ml
Fourth Day: 200ml
Up to 7th day: 350ml.

When to terminate the course of Snehapana^[7,12]

The standarad procedure of snehapana and pathya should be continued with gradual increase of Sneha (as described) for a maximum period of 7 days. During the

treatment, every day the patient's condition should be assessed to "note the effect of snehapana".

This procedure of snehapana should be stopped on the day the patient/person develops the Samyak Jirna Lakshana.

The time of feeling of hunger and appearance of the Sneha (Fat) in the stools, are the correct indicators of samyak snigdha hence further Sneha pana should be terminated.

If any adverse effects of Atisnigdha or Asnigdha occurs suitable treatment should be given.

BAHAY SNEHANA OR ABHYANGA OR OIL MASSAGE THERAPY-Actions^[8-10]

- It provides smoothness and improves luster of the skin.
- It relieves body exhaustion.
- It controls Vata (Neurological diseases)
- It improves vision.
- It induces sound sleep.
- It strengthens the body and gives longevity.
- It improves (mainly head massage) will improve the memmory power,concentration.
- Prevent premature hair fall and whitening hairs etc.
- The abhyanga with oils provides stimulation to the nerves.It improves the sensory and motor integration.It also gives passive exercises to the muscles thereby strengthening them.The gentle pressure used during massages relaxes the muscles.It also removes skin dryness and improve skin luster.

CONCLUSION

Snehan therapy is a form of Ayurvedic therapy that involves massage of the body with warm oil and administration of different kind of snehana. Peer-reviewed medical researches have shown that the benefits of massage include pain relief, reduced anxiety & depression, temporarily reduced blood pressure, heart rate etc. It is also useful in Neuromuscular diseases like- Pakshaghata (Hemiplegia), Pangu (Paraplegia), Kateagraha (low back ache),grdrhisi (Sciatica) etc.

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