

CRITICAL REVIEW OF SNEHANA KARMA

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DEFINITION

Acharya Charaka defines snehana as the process that imparts sneha (unctuousness), vishyanda, and mardava (softness) and produces kleda (fluid) in the body.^[5] Here Chakrapani attempts to elucidate the meaning of vishyanda as vileyana (solubility).^[6] Acharya Charaka expounds that sneha attributes life, complexion, strength, nourishment, vitality, etc. to the body and removes the tridosha, which were in the morbid state.

Indication for snehana therapy

The persons indicated for snehana are

- 1) Who has to undergo Swedish and shodhana therapies?
- 2) Those who indulge more in wine, women, and exercise.
- 3) Persons having raktakshaya and shukrashaya.
- 4) Those who are suffering from vata disorders and eye diseases like Abhishyanda and timira
- 5) Old persons, children, debilitated persons

Contraindications for snehana therapy

- 1) Those who have increased levels of kapha and meda
- 2) Immediately after performing nasya, basti, virechana, etc.
- 3) Persons who are sthula or even very Krishna
- 4) Who is suffering from problems like Trishna, murchha, talushosha, aruchi, chhardi, ajirna, atisara, urustambha, jalodara

PRAKASH KALA OF SNEHA (DURATION OF OLEATION)

The time limit for one attempt should be three to seven days, after that oil may become satmya (suitable) to the body tissues, and not produce any effect. Asatmya (unsuitable) sneha can be able to mobilize the removable mala doshas from the body. The duration of snehana depends upon the koshta type (nature of digestion) of the person.

1. Mridu kosha (mild) - 3 days
2. Krura koshta (harsh/strong) - 7 days Beyond the time limit of the oleation therapy, it may produce disorders of atiyoga (overdose), which destroys the agni and can also deteriorate the health by the production of diarrhea, like the flow of water can damage the bridge of sand

TYPES OF SNEHA

1. According to the karma (action/way of mechanism):

A. Shamana sneha (pacifier) travels instantly through body channels and should be used – _ In uttam matra (maximum amount).

_ After the digestion of the last day's meal.

_ Empty stomach, without having a meal.

_ When a patient feels hungry.

B. Shodhana sneha (purifier): It is also called mandavibhransha. For this purpose, madhyam matra of sneha is introduced.

C. Brimhana sneha: Hrasva matra of sneha should be administered. It may produce vrushya karma. The quantity of sneha dravya that could be digested within half a day.

3. Division based on digestion: Acharya Charaka subdivided "achha" (pure sneha) based on their accumulation (digestion) and should be considered based on the properties of the Purusha (person)

a. Pradhana matra/Mahan: digest within a full day and full night i.e. 24 hours (8 yama) and is the uttam matra (best).

b. Madhyama matra: digest within a full day i.e. 12 hours (4 yama).

c. Hrasva matra: digest in half-day i.e. 6 hours (2 yama)

Precautions during snehana karma (ahara & vihara)

1. A proper meal should be taken by the person before and after the Sneha pan (oral administration), which should be in proper quantity, consistency (not more liquid), hot (ushna), not abhishyandi, without

- excessive sneha and should not take asankirna (impure meal) bhojana.
2. Use of lukewarm water during sneha pana, (i.e. before and after) for all-purpose.
 3. Brahmacharya (involved in regulated/ restricted sexual activities)
 4. Sleep at night
 5. Do not hold natural urges.
 6. Heavy exertion.
 7. Avoid sleep in the daytime.
 8. Keep away from dust, pravata (direct wind), dhupa (direct sunlight), and shita (cold atmosphere).
 9. Keep control of krodha (anger), shoka (sadness). Before the sneha pana, some drugs should be administered which can pradipta the jatharagni (increase the digestive power) make the koshttha laghu (lightens the abdomen), and are made in natural (mild) drugs.

CONCLUSION

The human body is one of the most exciting of nature's miracles. It is a very complex multicellular organism in which survival and health depend upon proper organization and coordination, homeostasis, and harmony between self and surroundings. Snehana is one of the foundations of panchakarma, following preliminary methods tolerance and acceptance of the consequence of the main procedure is improved. It makes changes in vitiated dosha to mobilize them without trouble, and thus easily removed from the body tissues without creating harm to the body. Purvakarma helps to achieve the best response of the main procedure of panchakarma, subsequently; the body develops sensitivity, to keep balance throughout the process of pradhanakarma. Devoid of pre-procedure produces complications as an unripe fruit gets crushed during juice extraction, whereas ripped fruit is best, and juice can easily be extracted.

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