

A Clinical Study of Snehapana Matra Nirdharan as a Poorva Karma of Vaman

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Abstract: *The Snehana (internal oleation) is a major preparatory procedure to be performed before Sodhana (purification). The entire procedure of Sodhana (purification) depends upon the proper mobilization of humors (Doshas) from the periphery (Sakha) which is to be achieved with the help of Snehana (Oleation) and Svedana (Sudation therapy). Oleation leads and decides the total outcome of the Bio purification therapy; Hence, standard guidelines are needed for performing the internal oleation in an effective manner and also for avoiding the inadequate and excess oleation. It is obligatory to start and increase the dose of lipids (Sneha) in appropriate and judicious way considering the biofire (Agni) and nature of bowel habit (Koshtha) of the subject. In this clinical study dose and duration for each individual were decided according to agni and koshthawise. It is concluded that onset of snehapanalakshana varies in individual koshtha wise and samayaksnigdhalakshana found in the individual as per duration mentioned in classics.*

Keyword: Snehapana, Sodhana, Agni, Koshtha

1. Introduction

Sodhanarthsnehapana is that kind of snehana therapy which is performed as a preoperative procedure for panchakarma. Sodhana therapy is intended for purification of the body, by which accumulated morbid humours responsible for disease are expelled out to produce an ideal environment for proper functioning of body. Emesis and purgation are the Biopurificatory procedures against the normal physiological processes of the body. Anything against physiological activity of the body is bound to aggravate the VataDosha. Sneha helps in protecting the body from the negative onslaught of VataDosha.

In Ayurvedic classics, brief procedures of internal oleation has been told in the form of verse; however, there is no detail and precise explanation about the test dose, pattern of increase in dose, assessment of symptoms of adequate oleation (Samyak Snigdha Lakshana), [1]

Currently, the practicing physicians are facing difficulty in deciding the proper dose and duration of oleation. Therefore, two main discussion points in internal oleation are the fixation of dose and duration. It seems that Scholars have considered biofire (Agni) as a technique to fix the dose of Sneha and bowel habit (Koshtha) to fix the duration of oleation. [2]

There is no mention of dose schedule of Sneha in classics. Indirect references regarding the fixation of dose of Sneha are available. Charaka explained this with an illustration that, just as cloth absorbs the water up to its capacity then drains off. Similarly, the biofire according to its strength digests the Sneha and drains off when excess. Here, Chakrapani also supported the Charaka's view of where to stop Snehana. [3] Up to the 12 cent A.D., the physicians are able to assess the biofire and bowel habit and decide how much dose and duration for Sneha is required. Afterwards, in the society, the physician wanted a quick ready reckoner of internal oleation schedule, which was fulfilled by Vangasena

for first time in 12 cent. A.D. Vangasena was the first Scholar to describe clearly the three abstract incremental dose schedules as least, medium, and best. [4]

Ghee (medicated or nonmedicated) is given in specific increasing dose pattern for three to seven days, determined by the nature of bowels passed and the digestive power of an individual.

The careful daily assessment of oleation is very important for deciding further steps like sudation, emesis, or purgation. Any error in the assessment may lead to complications. The assessment of the outcome of oleation therapy is done on the basis of the symptoms of adequate oleation described in the classics.

2. Aim & Objectives

Aim

To study Snehapana Matra Nirdharan as a Poorva karma of vaman.

Objectives

1. To study the snehajeeryamana and jeernalakshana.
2. To study the samyakyog of snehapana.

3. Material and Methods

3.1 Selection Criteria

Total 30 patients were examined by randomized, open, uncontrolled, prospective trial, irrespective of sex, religion, education, occupation, economic status.

Inclusion Criteria

- 1) Age- 16 to 60 years
- 2) Patients who were indicated for snehapan and vaman.

Exclusion Criteria

- 1) Patients having hyperlipidemia, neoplastic diseases, major illness for a long period.
- 2) Patient with infectious disease, patient having IBS, Gastric ulcer, ulcerative colitis, pulmonary and intestinal TB/AIDS/HBsAg.

3.2 Methodology

Drug: Pure Cow's ghee (patanjali) for snehapana

Dose- On the first day of snehapana 30 ml of sneha was given to each individual. According to time taken for snehajeernalakshana on first day, uttamatra of sneha for each individual was calculated. Now day by day equal increment in snehamatra was done till we get uttamatra on last as per koshta of individual.

Kal- Early in the morning, at sunrise time, after digestion of previous meal.

Anupan- Koshnajala (Luk warm water)

Duration- According to koshta of individual.

No of patients - 30

3.3 Purva Karma of Abhyantara Snehana

Prior to the Snehana therapy, the assessment of Agni and Koshta was done. In Patient of Samavastha, the Dipana – Pachana Chikitsa was carried out.

3.4 Pradhankarma of Snehapana

Administration of Sneha/ Snehaprashanavidhi

A person who was treated should have had food well digested of previous night and empty stomach in the morning. The patient was instructed to take adequate snehamatra in prashastha din after praying the God and after Mangalvachana, Swativachana i.e. Sun would appear on the summit of the hill at dawn and lighten up the horizon with the golden rays i.e. early morning. The patient should take proper snehamatra which had been prescribed. Patient was advised to consume warm water along with sneha.

Paschatkarma

After the consumption of Ghee instruction was given to the patient not to take food until he/she feels hungry. The Snigdha Lakshanas were observed daily and were scored according to the Scoring pattern.

Statistical Test

The data obtained were subjected to statistical analysis for level of significance by paired 't' test and wilcoxon signed rank test.

3.5 Parameter for Assessment For SamyakSnigdhaLakshanas:

Scoring Pattern

Vatanulomana	
Lakshana	Score
UrdhvaVataPravritti with UdgaraBahulya and Adhmana	1
UrdhwaVataPravrtti, YadaKadaUdgara and Adhmana	2
AlpaAdhmana and Udaragaurava	3
Vatanuloman and LaghutaAbhava	4

Vatanulomana and UdaraLaghuta	5
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Mala Samhati And Snigdha Assessed by inspection and history taking	
Lakshana	Score
AtiSushka & Grathita	1
Susamhata	2
Asamhata but sneha absent	3
Asamhata but sneha present	4
Kevala Sneha Nissarana	5

TvakSnigdha/ GatraSnigdha This symptom is assessed by drawing line on the skin with nails or blunt needle and also by applying tissue paper.	
Lakshana	Score
Excessive Dry and Rough Skin	1
Rough Skin	2
Dry Skin	3
Normal Skin	4
Oily skin	5

AngaLaghava (According To Kala)	
Lakshana	Score
Absent in all 24 hrs.	1
Present after 18-24 hrs. of Snehapana	2
Present after 12-17 hrs. of Snehapana	3
Present after 6-11 hrs. of Snehapana	4
Present after 3-5 hrs. of Snehapana	5

Snehodvega	
Lakshana	Score
AlpaDvesha, still the person can able to take ghee without forcing.	1
MadhyamaDvesha by tasting, seeing and smelling, person can able to take ghee on forcing	2
BahuDvesha by tasting, seeing and smelling, person can't able to take at all	3

Agnidipti:

For easy calculation, an understanding of agnidipti factor. One standardized formula was accepted based on dose of sneha and time taken for digestion.

$$\text{Agnibala index} = \frac{(\text{test dose}) \times (\text{time taken for digestion})}{(\text{Given dose})}$$

Lesser the agnibala index (A.B.I) more will be the Agnidipti.

Assessment of Snigdha Grade

For assessing the SnigdhaGrade on the bases of SamyakSnigdhaLakshana, an equation was developed as follows. Total Score of SamyakSnigdhaLakshana is 23. After vigilantly analyzing the Score of SamyakSnigdhaLakshana, different grades of Snigdha had been framed by giving range of score.

Score of SnigdhaGrade: 19-23 Uttama

13-18 Madhyama

6-12 Avara

<6 Ayoga

4. Observation and Result

Maximum dose given on last day of Snehapana:

Last Day Dose	No of Pts	%
90-180ml	17	56.67
181-270ml	10	33.33
271-360ml	3	10

SamyakSnigdhaLakshanas observed in 30 patients:

Symptoms	No of pts	%
Vatanulomana	30	100
Agnidepti	30	100
Mala Samhati And snigdha	30	100
TvakSnigdha/ GatraSnigdha	30	100
AngaLaghava (accordingto Kala)	30	100
Snehodvega	26	86.66

Pattern of Samyak Snigdha Lakshanas found in 30 patients

Initiation of Symptoms	Mean Per Day						
	I	II	III	IV	V	VI	VII
Vatanulomana	2.33	2.53	3.26	3.68	4.17	4.3	4.75
Mala Samhati And snigdha	1.43	1.53	2.36	2.65	3.41	3.75	4.15
TvakSnigdha	1.9	2.36	3	3.48	3.96	4	4.28
AngaLaghava	1.4	1.96	2.63	3.34	3.72	4	4.4
Snehodvega	1.23	1.23	1.33	1.48	1.62	1.95	2.3

Here scoring pattern was framed in such a way that greater the score, more the Snehana.

Agnidipti:

For easy calculation, an understanding of agnidipti factor. One standardized formula is accepted based on dose of sneha and time taken for digestion.

$$\text{Agnibala index} = \frac{(\text{test dose}) \times (\text{time taken for digestion})}{(\text{Given dose})}$$

Lesser the agnibala index (A.B.I) more will be the Agnidipti

Initiation of Symptoms	Mean						
	I Day	II Day	III Day	IV Day	V Day	VI Day	VII Day
Agnidepti	3.96	3.32	3.02	2.72	2.54	2.07	2.06

Showing Effect on Subjective Parameters of 30 Patients by Wilcoxon -Matched-Pair -Signed-Rank-Test:

SYMPTOMS		Mean	S. D	S. E	P Value
Vatanulomana	First Day	2.233	0.5683	0.1038	<0.0001
	Last Day	4.733	0.4498	0.08212	
	Diff	-2.500	0.6297	0.1150	
Mala Samhati And snigdha	First Day	1.433	0.5683	0.1038	<0.0001
	Last Day	4.233	0.4302	0.0786	
	Diff	-2.800	0.5509	0.1006	
TvakSnigdha/ GatraSnigdha	First Day	1.900	0.9229	0.1685	<0.0001
	Last Day	4.300	0.4661	0.0851	
	Diff	-2.400	0.8944	0.1633	
AngaLaghava (accordingto Kala)	First Day	1.400	0.6215	0.1135	<0.0001
	Last Day	4.300	0.5960	0.1088	
	Diff	-2.900	0.8449	0.1543	
Snehodvega	First Day	1.233	0.4302	0.0785	<0.0001
	Last Day	2.333	0.6789	0.1240	
	Diff	-1.000	0.5872	0.1072	

Showing Effect on Objective Parameters of 30 Patients By Paired 'T' Test:

Symptoms		Mean	S. D	S. E	't' value	P Value
Agnidipti	First Day	3.967	1.650	0.3013	10.052	<0.0001
	Last Day	2.603	1.318	0.2406		
	Diff	1.364	0.7432	0.1357		

5. Discussion

The data suggest that all symptoms of adequate oleation do not appear on the same day but as oleation process goes on in the body, the symptoms appear one by one. First of all, gastrointestinal tract becomes oleated, so that normalcy of *VataDosha* and intensity of biofire are observed initially. Furthermore, when oiliness of stool and loose stool signs appear, then it can be concluded that complete oleation of gastrointestinal tract has occurred. This is also called as gastrointestinal tract oleation (*KoshthaSnigdha*) in general. Afterwards, the symptoms like softness of body parts and oiliness of skin appear. This reveals that oleation has reached up to peripheral tissue level. This is called as peripheral tissue oleation (*ShakhaSnigdha*). The symptom of aversion to lipids intake suggests that there is no need of further administration of lipids

Dose pattern for Snehana

Agni	Dose per day in ml						
	I	II	III	IV	V	VI	VII
Manda	30	49.5	69	78	94	105	120
Sama	30	63.1	96.3	129.4	162.5	188.3	220
Teekshna	30	72.5	115	157	201.6	255	300
Vishama	30	62.9	95.8	128.7	163.6	200.5	234.5

Duration for Snehapana:

- 1) KruraKoshtha – 7 days
- 2) MriduKoshtha - 3 days
- 3) MadhyamaKoshtha - 5 days

6. Conclusion

- 1) Dose and duration in each individual is specific.
- 2) The onset of snehapanalakshana varies in individual koshtha wise.
- 3) Samyaksnigdhalakshana found in the patients as per duration mentioned in classics.

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