

**A CLINICAL STUDY OF SNEHAPANA KAL NIRDHARANON THE BASIS OF KOSHTA AS A POORVA KARMA OF VIRECHANA****Dr. Sneha Bhaurale\***

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**ABSTRACT**

Shodha nanga Snehapana (internal oleation) is the most important Purvakarma for shodhana. 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 detoxification therapy, Duration of snehapana kala in each individual is differ according to the koshta, Hence assisment of Koshta is 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 nature of bowel habit (Koshta) of the subject. In this study assessment of koshta and samyak snigdha lakshana was done the result suggest that according to the type koshta the exact duration required for snehapana for development of samyak snigdha lakshana are exactly similar to the exact duration required for snehapana for development of samyak snigdha lakshana which is described in ayurvedic classical text and there is no difference in between.

**KEYWORD:** Shodhan Snehapana, Koshta, Samyak Snigdha Lakshana.**1. INTRODUCTION**

Ayurveda is the science of life. Panchkarma is one of the main type of treatment used in Ayurveda. We have been using panchkarma therapy since thousand of years. Panchkarma offers a specific unique natural, holistic approach to Ayurveda. Panchkarma gives a healthy health by therapy with specially designed five procedures for internal purification of the body. As Ayurveda is based on tridosha as the treatment is consist of main two types Shaman and Shodhana chikitsa. In shodhana chikitsa snehana is indicated as poorva karma of shodhan

process. If the doshas are vitiated beyond a particular level they give rise to various endotoxins which have a tendency to be accumulated in the minute channels. These are beyond the level of pacification and hence need to be eliminated or removed from the body.

Shodhan chikitsa is divided into major parts

1. Poorva karma (preparatory method like snehana and swedana)
2. Pradhana karma (main shodhana karma like vamana, virechana, basti, nasya, raktamokshana)
3. Paschat karma (post therapy regimens)

The snehana is divided into Bhaya and Abhyantara sneha both these type are related with poorva karma of shodhana chikitsa. Abhyantar snehapana (internal oleation) is a major preparatory procedure to be performed before shodhana (Purification). The entire procedure of shodhana (purification) depends upon the proper mobilization of Doshas from periphery (shakha) which is achieved with the help of snehana (oleation) and swedana (sudation therapy). Out of these two snehana is a major therapy which decides the whole outcome of shodhana procedure.

The main aim of snehana is to mobilize the vitiated doshas from shakha to koshta. sneha by its sukshma guna and kledana karma bring the doshas to koshta from shakha. snehana can produce dosha- utkleshana, Doshshamana and Dhatuvruddhi. It is not only the procedure of panchkarma but it is also used as a main karma to pacify the vata disorder. it is pradhan karma in shad- upkramas.

Shodhanarth abhyantar snehapana is described in ayurvedic classical text since many years. according to bhavprakash samhita snehapana in healthy person increases the agni and cleans the koshta increases the life span of that person. Acharya bhel is also states that like water flows from upper level to lower level due to snehana the doshas collect from all side of body and comes towards the koshta.

Three types of koshta is described in Ayurveda i.e. Krura, mrudu, Madhyam koshta. Action of sneha differs in each type of koshta hence duration to achieve the samyak snigdha lakshana differ according to type of koshta.

According to samhita samyak snigdha lakshana are appear in mrudu koshta within 3 days, in madhyam koshta within 5 days and in krura koshta within 7 days. hence in abhyantar

snehapana koshta is the prime consideration because it gives platform for action of sneha. hence the purpose of my work is to study the snehapanakal nirdharana on the basis of koshta.

## **2. AIM AND OBJECTIVES**

**AIM:-** To study Snehapana kal Nirdharan on the basis of koshta as a Poorva karma of virechana.

### **OBJECTIVES - PRIMARY OBJECTIVE**

To observe the granthokta samyak snigdha lakshanas as per classical texts like vatanulomana, asamhatvarchas.

### **SECONDARY OBJECTIVE**

To do snehapana kal nirdharan on the basis of koshta as a poorva karma of virechana.

## **3. MATERIAL AND METHODSSELECTION CRITERIA**

Total 30 patients will be examined by randomized, open, prospective trial, irrespective of sex, religion, education, occupation, economical status.

### **INCLUSION CRITERIA**

- 1) Age- 16 to 60 years
- 2) Sex - male and female
- 3) Patients whom Snehanarha(Indicated for snehapana)
- 4) Patients who will undergo virechana
- 5) Patient who are eligible for virechan poorva snehapana
- 6) Patients ready to give written informed consent.

### **EXCLUSION CRITERIA**

- 1) Patients whom are snehananarha
- 2) Patient having neoplastic diseases
- 3) Patient having major illness for a long period and systemic pathogenesis e.g. renal & cardiacdiseases.
- 5) Pregnant females and lactating mothers and during menstrual cycle.
- 6) Patient with infectious disease, patient having Anorectalv bleeding, pulmonary and intestinalTB/AIDS/HBSAG.

**WITHDRAWAL CRITERIA**

Patient will be withdrawn from clinical trial with replacement if-

- a) Occurrence of serious adverse effect.
- b) The investigator feels that the protocol has been violated or patient has become uncooperative
- c) Further continuation of study is likely to be detrimental for health of the patient.
- d) The patient is not willing to continue the trial or to follow the assessment schedule.

**METHOD OF ADMINISTRATION**

1. Material- Goghrit
2. Time- Early in the morning ( 6:30- 7:30 am)
3. Dose- Fix dose for all 50 ml with increasing manner
4. Duration of procedure – Upto samyak snigdha lakshanas (approx 3-7 days)
- 5 No of patient – 30
- 6 Sampling technique – Random sampling by lottery method
7. Route of Administration – Oral
7. Follow up – Daily upto samyak snigdha lakshana.

**PURVAKARMA OF SNEHAPANA****Preparation of Patient**

The patient will be subjected to pachan according to need to achieve the optimal functioning of the G.I. tract.

**Diet on previous night of Snehapana**

Food eaten on previous night should be properly digested which is essential for administration of snehapana. On previous night of snehapana the patient is advised to take moderate amount of warm food which should contain more liquid and less fat, so that it is properly digested in the next morning.

**Getting ready with the Sneha**

Sneha is to be heated on a water bath to make it lukewarm, which will be used in the therapy.

**Administration of Sneha/ Snehaprashanavidhi**

Snehapan will be given early morning at the time of sunrise in an empty stomach Before that the patient asked to finish his daily routines. After daily routines patient is allowed to take hot

water bath. For proper effect of the procedure swastivachan mantra will be chant.

Then as per the dose patient will allow to take the sneha. (i.e. on the first day of snehapana 50ml sneha is given then day by day increment in sneha matra will be done till reaching upto samyak snigdha lakshan Warm water will be given along with sneha

The samyak snigdha lakshan were observed daily.

**Paschatkarma:** After the consumption of Ghee instruction will be given to the subject not to take food until he/she feels hungry. One should use hot water, should not sleep during day time or suppress urge like urine (mutra), etc. He should avoid physical exercise, loud talking, anger, anxiety, cold, wind, sun, etc.

**Method of evaluation:** After administration of Snehapana changes in symptoms were noted down in the CRF. The follow up during Snehapana were taken for observation of any side effect or for adverse complaint of the subject.

#### ASSESSMENT OF KOSHITA

BOWEL HABIT	
Frequency per day	Score
No bowel pass	0
Once / Twice	1
More than one	2

CONSISTENCY	
Lakshan	Score
Hard stool	0
Soft well formed	1
Loose	2

CHANGES IN FOOD HABIT WILL AFFECT THE BOWEL HABITS	
Lakshan	Score
Frequency hard	0
Occasionaly	1
Frequently loose	2

AFTER TAKING 5 GM GANDHARVA HARITAKI CHURNA	
Lakshan	Score
No change in bowel habita	0
Normal well formed	1
Watery stool	2

TOTAL SCORE	
Total score	Koshta
1 to 3	Krura
4 to 5	Madhyam
6 to 10	Mridu

### CRITERIA FOR ASSESSMENT OF SAMYAK SNIGDHA LAKSHANA SUBJECTIVE ASSESSMENT

SNIGDHAVARCHAS (OILNESS OF STOOL)	
Lakshana	Score
Absent	0
Present	1

VATANULOMANA (NORMALCY OF VATA)	
Lakshana	Score
Upward movement of vata with excessing belching	1
Upward movement of vata with occasional belching	2
Mild belching & heaviness of abdomen	3
Vatanuloman but absence of lightness of abdomen	4
Vatanuloman & lightness of abdomen	5

ASAMHATVARCHA (CONSISTENCY OF STOOL)	
Lakshan	Score
Too dry and solified	1
Solified	2
Normal (semisolid)	3
Loose	4
Watery	5

GATRALAGHAV (LIGHTNESS OF BODY)	
Lakshana	Score
Absent in all 24 hrs	1
Present after 18-24	2
Present after 12-17	3
Present after 6-11	4
Present after 3-5	5

TVAK SNIGDHATA/ GATRA SNIGDHATA	
Lakshana	Score
Absent	0
Present	1

**AGNIDIPTI** - Agnibal Index -  $\frac{\text{Test dose} \times \text{time taken for digestion}}{\text{Given dose}}$

Given dose.

**OBSERVATION****1) Age wise distribution of 30 Subjects**

No	Age (in yrs)	No. of Subjects	Percentage
1	16-26	2	6.66%
2	27-37	15	50%
3	38-48	9	30%
4	49-60	4	13.33%

**2) Distribution according to Type of Koshta**

Koshta	No. of Subjects	Percentage
Krura	10	33.33 %
Mridu	0	0 %
Madhyam	20	66.66 %

**3) Distribution according to total quantity of Sneha consumed in Subject**

Total Qauntity	No. of Subjects	Percentage
50 -300	0	0 %
301-750	20	66.66 %
751- 1400	10	33.33 %

**4) Distribution of Subject according to optimum duration required for Samyak Snehana**

Required duration ofSnehana	No. of Subjects	Percentage
3 days	0	0 %
5 days	20	66. 66 %
7 days	10	33.33 %

**STATISTICAL TEST****SHOWING EFFECT OF SAMYAK SNIGDHA LAKSHANA IN SUBJECTS BY WILCOXON- SIGNED RANK TEST**

No	Symptom		Mean	SD	SE	W	N	P value
1.	VATANULOMAN	FD	1.821	0.390	0.07371	- 406	28	< 0.001 Extremely Significant
		LD	4.983	0.3150	0.05952			
		Diff	-3.071	0.3780	0.07143			
2.	GATRA LAGHAVTA	FD	2.000	1.438	0.2626	- 465	30	< 0.0001 Extremely Significant
		LD	4.500	0.5085	0.09285			
		Diff	-2.500	1.137	0.2076			
3.	ASAMHAT VARCHAS	FD	2.100	0.8847	0.1615	- 406	28	<1.001 Extremely Significant
		LD	3.833	0.3790	0.06920			
		Diff	-1.733	0.9072	0.1656			

**SHOWING EFFECT ON PARAMETER AGNIDIPTI BY PAIRED 'T' TEST**

No	Parameter	N	Mean SD		Mean of DiffSD	SEd	T	'P' Value
			FD	LD				
1.	Agnidipti	30	3.050	2.227	0.8233	0.07266	11.331	<0.0001 Extremely Significant

**SHOWING EFFECT ON PARAMETERS SNIGDHAVARCHAS AND TWAKSNIGDHATA BY CHISQUARE TEST**

No	Parameter	Degree of freedom	Diff between fraction	'P' value
1	SNIGDHAVARCHAS	1	1.000	<0.0001 Extremely significant
2	TWAKSNIGDHATA	1	1.000	<0.0001 Extremely significant

**DISCUSSION**

Healthy individuals were selected from opd and ipd of R.A.podar ayurvedic medical college, worli- Mumbai subjected for Snehapana procedure. On the first visit, complete History of Patient was taken, Pachan chikitsa is given as per patients requirement then all routine investigation is done. All the parameters for assessment are taken into consideration then after all this snehapana is given to the patient with Goghrita in starting dose 50ml by increasing the 50 ml dose per day assess the patient upto development of samyak snigdha lakshana. Findings were recorded in observation chart on self-designed CRF. After completion of snehapana on next day again all routine investigation is performed.

**CONCLUSION**

1. Duration of snehapana kala in each individual is differ according to the koshta i.e. for mrudu koshta it is 3 days and for madhyam koshta it is 5 days and for krura koshta it is 7 days as mentioned in classical text
2. In this study assessment of samyak snigdha lakshana was done the result suggest that according to the type koshta the exact duration required for snehapana for development of samyak snigdha lakshana are exactly similar to the exact duration required for snehapana for development of samyak snigdha lakshana which is described in ayurvedic classical text and there is no difference in between.
3. The out come of this study suggest the required snehapana kala for madhyam koshta is 5 days and for krura koshta is 7 days.



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