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Review Article

CRITICAL REVIEW OF SNEHANA KARMA (OLEATION THERAPY)

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ABSTRACT

Snehana Karma (Oleation therapy) used in the preoperative of Shodhana (purification) Karma. Generally Sneha is administered in increasing manner for 3 to 7 days or till the appearance of proper oleation features. Oleation acts in every respect of the processes to bring doshas to koshta and bring utklesha of the dosha. The oleation therapy is the main preparatory procedure to be performed before purification. Acharya Charak has described lot of about Snehana Karma.

Keywords: Snehana karma, Abhyanga Krma, Oleation Therapy, Sodhana, Panchakrma.

INTRODUCTION

The process which bring softness and removes dryness of the body is called Snehana. This is the first stage of detoxification. Medicated oils, Ghrita, animal fats and bone marrow were recommended for Snehana by ancient sages. External or internal application of Sneha is considered under Snehana karma. This procedure oleate the body and results in tenderness, and considered under Shada upakrama¹. Snehana is a method of Purva karma essential before Shodhana Karma². Snehana is the process intended for alleviation of vitiated Doshas particularly Vata as a part of preparatory therapy for Shodhana and imports strength and unctuousness to the body.

Indication for Snehana therapy³:

The persons indicated for Snehana are

- 1) Who have to undergo Swedana and Shodhana therapies.
- 2) Those who indulge more in wine, women and exercise.
- 3) Persons having Raktakshaya and Sukrashaya.
- 4) Who are suffering from Vata disorders and eye diseases like Abhishyanda and Timira.
- 5) Old persons, children, debilitated persons.

Contraindications for Snehana Therapy⁴:

- 1) Who have increased levels of Kapha and Meda.
- 2) Immediately after performing Nasya, Basti, Virechana etc.
- 3) Persons who are Sthula or even very krisha
- 4) Who are suffering from problems like Trishna, Murchha,

Talu Sosha, Aruchi, Chhardi, Ajirna, Atisara, Urustambha, Jalo-udara.

DEFINITION

Acharya Charaka defines Snehana as the process which impart Sneha (unctuousness), Vishyanda, Mardava (softness) and produces Kleda (fluid) in the body⁵. 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 TriDoshas, which were in the morbid state⁷

It performs following functions:⁸ -

- Produce an effect of Snehatva, mardava, vishyandata, kledata.
- Helps to appease the vata dosha.
- Smoothen the body tissues.
- Helps to take off the blockage of mala from the body.
- Produces bala and Varna.

According to acharya Sushruta, Sneha is the Sara of the human body, Bala depends upon the Sneha of body, therefore Sneha Dravya help to save the life⁹

Result of Snehana:¹⁰

Snehana karma should be applied according to the agni of the person, after appropriate administration of Snehana it proceed various functions as it produces.

- Diptagni

- Diptagni (improvement of digestive power)
- Parishudha koshtha (purification of gastro- intestinal tract)
- Pratayagra dhatu (renovation of body tissues)
- Bala (improvement in body strength)
- Varna (improvement of skin texture)
- Mandajara (postponed aging process)
- Shatayu (longevity)

Properties of Sneha Dravya:

All Sneha Dravyas have Prithivi and Jala Mahabhuta and the properties of Sneha captured by the eyes¹¹. Sneha dravya should have drava, sukshma, sara, snigdha, pichchhila, guru, sheetala, manda, mridu physical properties¹²

Tila taila and Eranda taila are mentioned best¹³ among Sneha dravya, because Tila taila helps in Snehana the body and makes it strong, whereas Eranda taila and Shamkhini taila are used as purgative oil and best for rasayana karma (rejuvenation therapy)¹⁴

SNEHA PRAVICHARANA:¹⁵:

The application of Snehana dravya is considered as in "pravicharna" which are the form of meal, Leha, Abhyanjana. According to Charak these are of twenty four types Aoudana, Vilepi, Rasa, Mamsa, Payo, Dadhi, Yavagu, Soup, Shaka, Yusha, Kambalika, Khada, Sattu, Tila Pishta, Madya, Leha, Bhakshaya, Abhyanjana, Basti, Uttarbasti, Gandusha, Karna Taila, Nasya, Akshi Tarpana.

Different type of formulations can be applied according to Oak, Ritu, Roga and Purusha Satmya, it may be of sixty three types according to the combination of six flavor, despite of them one form is without any combination of any dravya called "Achha Sneha (Pure Sneha)", so all Pravicharna could be counted sixty four types. Achha peya Sneha should be applied to them who have Satamya to Sheha (suitable) and can tolerate Klesha (affliction/distress).

Achha Peya Sneha (Pure form of ghrita/oil) is the main form of instant oleation¹⁶.

Indication of Sneha Pravicharna:¹⁷

Sneha dweshi, Sneha nityam, Mridu koshtha, Madya nityam, Sukumar, Krish, Vriddha, Balaka, Trishnalu & Ushna kala.

Snehana procedure should be applied at Sadharana Kala (normal season) and shiny days. But if there is emergency to oleate in day time at summer the oil should be administered at night time¹⁸, same rule should be followed for Vata pitta disorders. In Kaphaja disorders, which are generally in winter, the Snehana should apply at day time¹⁹, otherwise Snehana procedure harms the health.²⁰

PRAKARSH 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 tissues²¹, and does not produce any effect. Asatamya (Unsuitable) Sneha can be able to mobilize the removable Mala Doshas from the body²⁵. The duration Snehana depends upon the Koshtha type (Nature of digestion) of person.

- | | | | |
|----|------------------------------|---|--------|
| 1. | Mridu Koshtha (mild) | - | |
| | 3 days | | |
| 2. | Krura Koshtha (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 damages the bridge of sand²².

TYPES OF SNEHA:

1. According To The Karma (Action/Way Of Mechanism):

A. Shaman Sneha (Pacifier)

It travel instantly through body channels, and should be used –

- In Uttam matra (maximum amount).²³
- After the digestion of last day meal.
- Empty stomach, without having meal.
- When patient feel hungry.

B. Shodhana Sneha (Purifier) :

It is also called as mandvibransha.²⁴ For this purpose Madhyam matra of Sneha is introduced:

C. Brimhana Sneha:

Hrasva matra of Sneha should be administered.²⁵ it may produce Vrashya karma. The quantity of Sneha dravya which could digest within half day.

2. Source Of Origin (Utpatti Sthana):²⁶

- a. Sthavara Sneha (vegetable origin).
- b. Jangama Sneha (animal origin).

3. Division on the basis of digestion:

Acharya Charak subdivided "Achha" (pure Sneha) on the basis of their accemelation (digestion) and should considered on the basis of the properties of the purusha (person)²⁷

- a. **Pradhana matra/ Mahan** : Digest with in full day and full night i.e. 24 hours(8 yama)amd is the uttam matra (best)
- b. **Madhyama matra** : Digest within full day i.e. 12 hours (4 yama).
- c. **Hrasva matra** : Digest in half day i.e. 6 hours (2 yaam)²⁸

Precautions during Snehana karma (Ahara& Vihara):²⁹

1. 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 Asamkirna (impure meal) Bhojana.
2. Use of warm luke water during Sneha pana, (i.e. before and after) for all purpose.
3. Brahmcharya (involved in regulated/ restricted sexual activities)
4. Sleep at night
5. Do not hold natural urges.
6. Heavy exertion.
7. Avoid sleep at day time.
8. Keep away from Dust, Pravata (direct wind), Dhupa (direct sun light), shita (cold atmosphere).
9. Keep control on krodha (anger), shoka (sadness).
Before the Sneha pana some drugs should be administered which can pradipta the jathragni (increase the digestive power) make the koshtha laghu (lightens

the abdomen) and which are mridu in nature (mild) drugs.

SNEHA PROPERTIES: ³⁰

Taila belongs to mainly Vata hara dravya and considered best among them. After addition and proper preparation (samyoga and sanskarit) taila can cure all disease. Various formulations of oils used in basti, for internal via oral route, for the filling of eyes and ears, and for Vata pacification it used as meal and drinks³¹.

EXTERNAL SNEHANA OR ABHYANGA:

Ghrita and Oil should be used for abhyanga, according to 'Prakriti', (body constitution), Satmya (suitability), Ritu (season), Desha (habitat), Dosha. It should not be applied in Kaphaja vyadhies, Sama dosha (raw), Taruna jwara (acute fever), Ajirna and after Samshodhana procedure (purification methods) and in Santarpanotha vyadhi) {Disease due to excessive satisfy}.

Period of staying of oil on different sites:³²

Table: Showing the staying time of Sneha in Dhatu:

Sl. No.		Period of stay
1.	Roma kopa (hair follicles)	300 matra
2.	Twacha (skin)	400 matra
3.	Rakta (blood)	500 matra
4.	Mamsa (muscles)	600 matra
5.	Meda (fat)	700 matra
6.	Asthi (bone)	800 matra
7.	Majja (bone marrow)	900 matra

Benefits :

Abhyana helps to make the body tissue more numerous, strengthen the skin texture and make skin excellent, pacify Vata disorders, body can tolerate the effect of klesha (distress) and of physical exercise.

According to the theory of Panchamahabhuta skin is the root place of Vayu, the tactile sensation can felt only by skin, because taila is best for pacifying the Vata dosha that's why tails may subsides the skin disorders of skin. It produces sound sleep, increase body strength and help to produce Vrahata of body (bulkiness, well shaped).

CONCLUSION

Human body is one of the most exciting of nature's miracle. It is very complex multi cellular organism in which the survival and health depend upon proper organization and coordination, homeostasis and a harmony between self and surroundings.

Snehana is one of the foundations of Panchkarma, following preliminary methods tolerance and acceptance of the consequence of main procedure is improved. It makes changes in vitiated Doshas to mobilize them without trouble, and thus easily removed from the body tissues without creating harm to the body. Purva-karma helps to achieve best response of main procedure of Panchakarma, subsequently body develops sensitivity, to keep balance throughout the process of pradhan Karma. Devoid of pre-procedure produces complications as an unripe fruit get crushed during juice extraction, whereas ripped fruit is best, and juice can easily be extracted³³.

Probable Mode of Action of Snehana Karma:

Snehana Karma is performed as Purvakarma to various Shodhana therapies. The following actions are done by Snehana Karma.

- It increases the Apyamsha of the body.

- It acts as solvent.
- It brings the lodged morbid and unexcreted waste products in to gastro-intestinal tract.

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