



Research Article

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An observational study on Standard Operating Procedure (S. O. P.) of Vicharana Snehapana for Samshodhana

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ABSTRACT

Background: Panchakarma is unique method of treatment mentioned in Ayurveda which removes the vitiated Dosha and considered superior than Shamana^[1]. To perform Panchakarma Dosha should be present in Koshtaby application of Snehana and Swedana. So, Abhyantara Snehana is very significant procedure among the Panchakarma. There are two methods of Snehana^[2]. One is Achcha Snehana in which only Sneha is consumed orally and other is Vicharana Snehana which means consuming Sneha mixed with food article like milk, mutton juice, curd etc. Vicharana Snehana is a method of Abhyantara Snehana which has some specific indications. In practice only Achcha Snehapana is followed and Vicharana Snehapana is not followed. So, the study about standard operating procedure (S. O. P.) of Vicharana type of Snehana was needed. The dose, methods, sign and symptoms of Snehana, Complication of Snehana and suitability of Vicharana type Snehana has been studied in detail. **Method:** An observational study was carried out over 44 individuals who undergone Snehapana by Vicharana Snehapana and the results were obtained. **Observations:** it was observed that by Vicharana type of Snehapana symptoms of samyak Snehana can be seen in the given dose of Sneha by this method. **Conclusion:** Finally it was concluded that Vicharana Snehapana is also a type of Snehapana and signs & symptoms of Samyak Snehana were observed after 5 days by Vicharana Snehapana and not a single case of complication of Snehana was found in our study.

Keywords: Vicharana Snehapana, Samshodhana.

INTRODUCTION

Panchakarma is useful in all the diseases except the disease Urustambha. For successful application of Panchakarma Dosha should be present in the Koshtha which can be achieved by applying Snehana and Swedana. To perform Samshodhanafirst Snehana then Swedana is to be applied and thereafter Samshodhanais to be applied.

The Sneha Dravya are composed of Prthvi and Aap Mahabhuta. They can perform Shodhana, Shamana or Bruhana. For each of above purposes there is different method of Application of Snehana. For example for Samshodhana, large quantity of Sneha should be given early in the morning and for Shamana Snehana less quantity of Sneha should be given when the person is hungry.

The Shodhana Snehana can be applied by two methods one is Achcha Snehapana and the other is Vicharana Snehapana. In Achcha Snehapana only Sneha is given orally while in Vicharana type of Snehana Sneha is given with food items. There are 24 different Vicharana described by Acharya Charaka. There are 64 types of Vicharana as per Rasa. Sushruta^[3] also mentioned Vicharana and the Vicharana and Sadyasnehanahas been used as synonyms.

In short, there are 3 types of methods of administration of Sneha. One is Achchapana means plain ghee is asked to consume without food item, second is Sneha consumption with some food items and third is Sadya-Snehana which is mixture of food and Sneha as mentioned in the texts. Sadya-Snehana brings Snehana and Dosha-Utklesha at a time. In diseased conditions this type of Snehana is used.

In the healthy individuals Shodhana can be planned, while in case of the diseased individuals Sadya-Shodhana should be used^[4].

In this research paper Standard Operating Procedure (S. O. P.) of Vicharana Snehana is Mentioned.

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AIM & OBJECTIVES

AIM

- 1) establish the standard Operating procedure (S. O. P.) of Vicharana Snehapana

OBJECTIVES

- 1) Literary review of Vicharana Snehapana
- 2) Assessment of Virechana Snehapana by practical application
- 3) Establish Standard Operating (S. O. P.) of Vicharana Snehapana
- 4) Observe appearance sign & symptoms of Samyaka Snehana by Vicharana Snehapana
- 5) Observe incidence of complication of Snehana by Vicharana Snehapana

MATERIALS

- 1) Materials required for Snehapana: e. Cow ghee, measuring cylinder, hot plate, material for preparation of food item Krushara (gruel)

METHOD

Total of 44 patients were selected who were undergoing Vamana or Virechana. To establish the Standard Operating Procedure (S. O. P.) of Vicharana Snehapana, they were advised to consume cow ghee as per S. O. P. and then assessment of Samyak Sneha Lakshan was done.

Inclusion criteria

1. Age – 20-50
2. Sex – any
3. body weight – 40 kg – 75 kg (the Sneha dose used in this study is not appropriate for the individuals having body weight out of this range)
4. Those who hate ghee or unable to follow the regime mentioned for Accha Snehapana. Disease free individuals.

Exclusion criteria

1. the patients or individuals who didn't complete Snehana within 5 days.

Withdrawal criteria

1. Patients who didn't follow the protocol
2. Patients who had any complications of the Snehana were withdrawn from the study and treated according to symptoms.

Method

For Vicharana Snehapana following method was used

Day	Morning dose 8.00 am	Evening dose 8.00 pm
Day 1	Cow ghee 60 ml +gruel 50 gm	Cow ghee 60 ml +gruel 50 gm
Day 2	Cow ghee 60 ml +gruel 50 gm	Cow ghee 60 ml +gruel 50 gm
Day 3	Cow ghee 60 ml +gruel 50 gm	Cow ghee 60 ml +gruel 50 gm
Day 4	Cow ghee 60 ml +gruel 50 gm	Cow ghee 60 ml +gruel 50 gm
Day 5	Cow ghee 60 ml +gruel 50 gm	Cow ghee 60 ml +gruel 50 gm

Dietary restrictions

- 1) As in case of Vicharana Snehapana Sneha is given with food items, no food was allowed during the Snehapana period
- 2) However, if the patient felt excessive hunger only small quantity of food like gruel was allowed.

As mentioned in the Ayurvedic texts patients were asked to drink lukewarm water during the course of the treatment.

- 3) Regimen^[5] related to behavior like avoiding exercise, long walk, exposure to chilly air, sunlight etc. was also advised.

Observations

observations were made to

1. Appearance of Samyak Snigdha Lakshan
2. Incidence of complication of Snehana

1. Appearance of Samyak Snigdha Lakshan- A proforma was made to assess sign and symptoms of Samyak Snehana.

Table 1: Proforma of Samyak Snigdha Lakshan

Sr. No.	Symptom/sign	Day 1	Day 2	Day 3	Day 4	Day 5
1	Vatanulomana					
2	SnigdhaVarchasa					
3	AsanhatVarchasa					
4	Snehodvega					
5	Klama					
6	TwakSnigdhta					
7	GatraSnighata					
8	TwakMruduta					
9	AdhastatSnehadarshana					

The meticulous examination was performed to observe signs and symptoms of Samyak Snehana.

Classification of individuals as per gender

Table 2: Classification of individuals as per gender (n= 44)

Sr.	Gender	Number	Percent
1	Male	10	22.72
2	Female	34	77.27

- **Classification of individuals as per age**

Table 3: Classification of individuals as per age (n= 44)

Age group	20 -30	30 -40	40 -50	Total
Number of individuals	23	18	3	44
Male	5	3	2	10
Female	21	10	3	34

- **Classification of individuals as per Samshodhana**

Table 4: Classification of individuals as per Samshodhana (n= 44)

Samshodhana	Vamana	Virechana
Number of individuals	22	22

- **Classification of individuals as per Shudhi**

Vamana			Virechana			
Pradhan	Madhyam	Avara	Pradhan	Madhyam	Avara	total
20	1	1	18	3	1	44

1. Table 1 depicts classification of the individuals as per gender who undergone Vicharana Snehapana, more number of female (77%) patients undergone Vicharana Snehapana than Male (22%).
2. Table 2 shows classification of individuals as per age group, more number of individuals of age group 20 – 30 were seen.
3. Table 3 shows classification of individuals as per Samshodhana performed after Vicharana Snehapana. It shows equal proportion of individuals in both group that one group who undergone Vamana after Vicharana Snehapana and the other group who undergone Virechana after Vicharana Snehapana. Thus, Vicharana type of Snehapana is useful in both Vamana as well as Virechana.

Samyak Snigdha Lakshan

Table 5: Samyak Snigdha Lakshan observed after Vicharana Snehapana

Sr.	Symptom/sign	present
1.	Vatanulomana	99 %
2.	SnigdhaVarchasa	98%
3.	AsanhatVarchasa	99%
4.	Snehodvega	99%
5.	Klama	96%
6.	TwakSnigdhta	95%
7.	GatraSnighata	95%
8.	TwakMruduta	95%
9.	AdhastatSnehadarshana	97%

CONCLUSION

from the present study it is proved that Vicharana type of Snehapana can be practiced by the above mentioned method. It is convenient and feasible.

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