THE OTHER SIDE OF SNEHANA – A DOUBLE EDGED KNIFE

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ABSTRACT

Snehakarma, an internal oleation therapy is one of the essential preparatory stages of Sodhana process. The aim of the Abhyantara snehapana before Sodhana is to increase the vitiated doshas, mobilize them from sakha to koshta enabling them to get eliminated through the nearest route. So the entire outcome of the Sodhana depends upon how well a physician executes Snehana procedure. Snehana with such potentiality also has the other side when it is not handled with care and professionalism. It has its own hazardous effects and capable of putting the patient’s life in jeopardy. When Snehana is not carried out properly it causes some complications of which some are life threatening. So, here an attempt is made with a review to throw light on the other side of Sneha karma which apart from having the expected favourable results may also present with unanticipated outcomes.

Keywords: Abhyantara snehapana, Sodhana, Complications, favourable results, unanticipated outcomes

INTRODUCTION:
A desiring denouement of Sodhana happens through proper Snehana. When a Sodhana procedure is carried out in pre oleated body, doshas are eliminated so freely like water flows easily out from an oil smeared pot. Sodhana is to be performed only after doshas reach out koshta (upasthitha dosha) which is achieved only through well executed Snehana and Swedana. Unless the vitiated doshas are made explicitly and prominently distinct, the administration of Sodhana therapies may not be facilitated. Snehana causes quantitative increase (vridhi), liquefaction (vishyandana) of doshas and sliminess of channels (mardavatva). Swedana causes paka of doshas and sroto mukha vishodhana. Swedana done without Snehana will disintegrate the body just like a faggot of wood devoid of lubrication breaks quickly when heated.

So Snehana is an important procedure to proceed for Sodhana. Snehana with such a potentiality do have some complications if not executed properly.

COMPLICATIONS

Table no: 1 showing the list of Sneha vyapaths

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Drowsiness</td>
<td>2. Skin diseases</td>
<td>3. Thirst</td>
</tr>
<tr>
<td>16. Diseases due to improper digestion and metabolism</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Charaka and Vagbhata have mentioned adverse effects of Snehapana separately but Susrutha has not mentioned vyapaths in a separate head while explaining sneha matra, that Sneha should be given in correct dose and sneha consumed in more quantity causes loss of life.

WARNING SIGNS: A wise physician should identify the probability of occurrence of complications by observing the atiyoga lakshanas which are the warning signs of the sneha vyapaths.
Table no: 2 showing the list of Atiyoga signs according to Brihatayee

<table>
<thead>
<tr>
<th>Charaka</th>
<th>Susrutha</th>
<th>Vagbhata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paleness</td>
<td>Aversion to food</td>
<td>Appearance of of yellowish white color secretions from the nose , mouth and rectum</td>
</tr>
<tr>
<td>Heaviness</td>
<td>Excessive salivation</td>
<td></td>
</tr>
<tr>
<td>Stiffness</td>
<td>Burning sensation in the anus</td>
<td></td>
</tr>
<tr>
<td>Stool indicative of indigestion</td>
<td>Dysentery</td>
<td></td>
</tr>
<tr>
<td>Drowsiness</td>
<td>More elimination of faeces</td>
<td></td>
</tr>
<tr>
<td>Anorexia</td>
<td>Nausea</td>
<td></td>
</tr>
<tr>
<td>Nausea</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CAUSES: The causes of the complications are of two types. They are Rogi krutha from the patient’s end and Vaidyakrutha from the physician’s end.

Vaidyakrutha: Overlooking the following general contraindications of Snehapana like atimandagni, teekshnagni, sthula, durbala, urustambha , stiffness of thighs, atisara, amaroga , galaroga, gararoga, murcha, chardi, aruchi, shleshmaroga, trishna, madyapeedita, apaprasuta, people who are to be administered nasal medication, enema and purgative therapies etc. Administration of snehana at inappropriate time, inappropriate dose or giving with inappropriate diet regimen.

According to Charaka and Susrutha administering sneha in day time during summer or to patients suffering from diseases of vata pitta causes trishna, murcha, unnada or kamala and administering sneha in evening time during winter or to patients suffering from diseases of kapha causes anaha, aruchi, shoola and pandu.

According to Susrutha, in certain conditions like poison, trauma, eruptions, oedema, anaemia, erysipelas, skin diseases and diabetes, Snehapana should be of minimal dose.

Table no: 3 showing the types of complications

<table>
<thead>
<tr>
<th>Complications</th>
<th>Expressed immediately</th>
<th>Expressed later</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tandra ( drowsiness)</td>
<td>Jwara (fever)</td>
<td>Kushta (skin diseases)</td>
</tr>
<tr>
<td>Trishna (thirst)</td>
<td>Aruchi (anorexia)</td>
<td>Kandu (pruritus)</td>
</tr>
<tr>
<td>Sanjna nasa (delirium)</td>
<td>Shoola (pain)</td>
<td>Pandu (anaemia)</td>
</tr>
<tr>
<td>Ajirna and Ama</td>
<td>Sthaimithya</td>
<td>Sotha (oedema)</td>
</tr>
</tbody>
</table>

According to Charaka and Vagbhata, in case of kushta, prameha and sopha, sadyosneha should not be given with Guda, anupa mamsa, ksheera, tila, masha, sura, dadhi. Instead to be given with triphala, pippali, pathya and guggulu.

In a nutshell, the vaidyakrutha causes of the complications are

- Improper assessment of koshta
- Improper identification of prakrithi of patient
- Improper identification of dosha
- Improper assessment of rogi and roga bala
- Wrong fixation of dose
- Improper assessment of sneha kala i.e ritu, annakala etc.
- Inappropriate anupana

Rogikrutha: During oleation therapy, one should use hot water, abstinence from sexual indulgence, should not sleep during day or suppress natural urges, should avoid physical exercise, loud speech, anger, anxiety, cold, sun, should lie down or sit in a place well protected from the wind.

TYPES OF VYAPATHS: They are divided into two categories depending upon the intensity of intervention to manage them. They are

- Which are expressed immediately
- Which are expressed later
If Sneha is administered in ajirna and in udirna pitta grahani, trishna is caused. Also if sneha is administered to persons having aggravation of vata and pitta during hot seasons, it leads to trishna. Due to excessive amount of sneha or improper food regimen after snehana, ajirna is caused.

Acharya Charaka said that Accha peya should not be given in pitta dominant diseases when associated with ama as it causes sajna nasa and also death. Administering sneha in day time during summer or to patients suffering from diseases of vata pitta causes trishna, murcha, unmada or kamala and administering sneha in evening time during winter or to patients suffering from diseases of kapha causes anaha, aruchi, shoola and pandu. When sneha is given in ama and srotorodha conditions, due to absence of vatanulomana, it causes sthambha, vak nigraha, sthaimithya.

**TREATMENT:** The treatment would be Emesis, Fomentation or Fasting. Purgation may also be administered with due regard to the strength of the disease depending on individual cases. Complications arising out of inappropriate oleation may also be neutralized by the intake of Takrarishta, Ruksha ahara, Mutra and Triphala. Vagbhata had also told the treatment on similar lines.

Not all the treatments mentioned above should be incorporated to all the complications but have to be used selectively as per the need of the condition. For example, Trishna has two types of treatments depending upon the cause. If Trishna is caused by taking Sneha in day time during summer such as udirna pitta or Teekshnagni, then the patient should be given ushnodaka and if it does not subside, vamana with ushnodaka, application of sheetala dravyas on head or sheetala jala avagaha should be done. The patient should be given recourse to cold water. If Trishna is caused due to ajirna, then he should be treated in the order of Vamanam, sheetala jala panam, ruksha bhojanam and again vamanam.

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**Table no: 4 showing the therapeutic principles and mode of therapy for complications**

<table>
<thead>
<tr>
<th>Expressed symptoms</th>
<th>Therapeutic principles</th>
<th>Mode of Therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tandra, Utklesha, Murcha, Trishna, Aruchi, Kushta, Sopha, Arshas, Staimitya, Kandu, Shula, Vakyanirgha, Jwara</td>
<td>Ullekhanam (Vamanam) Inducing vomiting</td>
<td>With salt water</td>
</tr>
<tr>
<td>Sthambha and sthaimithya</td>
<td>Swedam (Hot fomentation)</td>
<td>Nadi sweda</td>
</tr>
<tr>
<td>Jwara, Aruchi, Staimitya, Shula, Ama pradosha vikara.</td>
<td>Kala pratikshanam (Wait till symptoms subside)</td>
<td>Wait for 1 or 2 hours</td>
</tr>
<tr>
<td>Kushta, Pandu, Jatara dosha, Ama pradosha viikaras</td>
<td>Sramasanam (Treating with laxative)</td>
<td>Trivruth churna 4gms</td>
</tr>
<tr>
<td>Shopha, udara, arsha, grahani, mutradosha, aruchi, pleeha, gulma, ghritavyapat, and pandu</td>
<td>Takram (Buttermilk supplementation)</td>
<td>Takrarishta</td>
</tr>
</tbody>
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### PREVENTION OF COMPLICATIONS

In order to prevent complications or the patient from becoming sneha satmya, measures like Rukshana, Deepana, Pachana drugs should be given before going to snehapana and to attain proper oleation effects. But these measures should be mandatorily followed in snigdha patients and who have excessive kaphotklesha.

Vagbhata has suggested that persons who are muscular, fatty, having Kapha imbalance, erratic type of digestive activity, who are accustomed to fats and who need oleation therapy should be made to become dry first – by use of foods, drugs etc. and then administered oleation therapy followed with purification therapies.

### DISCUSSION

Snehapana is one of the essential preparatory procedure for Sodhana. The entire outcome of the Sodhana procedure depends on the Snehakarma. So we should execute it with utmost care. As we administer some excess amount of medicated or plain ghee or oil to the patient in stipulated number of days, there could be possibility of some complications. Though the samhithas enlisted number of adverse effects for Snehapana, practically we witness few of them. The important complications which are practically observed and reported by many physicians are indigestion, drowsiness, pain abdomen, fever. Simple therapies which could mitigate these complications include ushnodaka pana, takra pana and sweda karma.

But it is essential for an ayurvedic physician to have a complete and thorough knowledge of adverse effects which may occur during Snehapana. He should thoroughly understand the properties of sneha dravya and their role in bringing the doshas from sakha to koshta in order to prevent the complications. Only then he will be able to give the sneha in correct dose and time according to the disease. The properties of sneha dravya are snigdha, drava, mridu, sukshma, sara, picchila and guru which are exactly the opposite qualities of vata and that aggravate kapha. So in case of amaja and kapha rogas, care should be taken in administering sneha as, the snigdha, guru, picchila gunas may aggravate the condition and cause complications.

The paper discussed the complications under two heads like Vaidyakrutha and Rogikrutha. Most of the complications would be prevented if proper analysis of patient is done prior to snehapana regarding koshta, agni, prakruthi, dosha, roga bala, rogi bala, matra and anupana.

### CONCLUSION

Susrutha quotes Snehaphala as that the person who has undergone Snehana will have increased digestive power, well purified abdomen, well nourished tissues, endowed with strength and good colour, strong sense organs, slow ageing and hundred years of life. This is indeed a very tempting quote for every physician to go for Snehapana to each and every patient he confronts with but Susrutha also warns us that considering the strength of agni, a wise physician should administer sneha in the pradhana matra and sneha consumed in more quantity causes doubt of loss of life.

Vagbhata also warns us that in case of unknown koshta, excessive snehapan
may lead to death. Therefore we can conclude by saying that Snehana is a double edged knife which when given properly and carefully keeping in view of all the considerations would become a Surgeon’s knife and on the contrary when done improperly and neglectingly would become a Butcher’s knife.

Snehakarma done with utmost precautions and considerations would really give us that snighdha, vishyandata, mardavata and klinnatha, the most desiring effects of Sneha karma.

REFERENCES


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