ABSTRACT

Snehan is the therapy by which different types of fatty substances are administered to the body both internally and externally. The entire snehan processes may be classified into, a) external snehan and b) internal snehan. Primarily the oral administration of sneha is understood as it is the pillar among the heading Panchakarma. Oral intake of fatty substance in certain dose for a scheduled duration is advised before undergoing shodhan procedures viz. Vaman and Virechan. After having sneha daily certain rules has to be followed. The one who has taken sneha should be very particular about the below mentioned guidelines for proper absorption. Dincharya (daily regimen) is one of the principles mentioned in Ayurveda. life style refers to dietary and behavioural pattern of an individual followed daily.

Keywords: Shodhan snehapan, Abhyantar snehapan, Dincharya

INTRODUCTION

Ayurveda describes some daily regimen modalities for maintenance of positive health during oral intake of sneha (fatty substance) required for proper absorption. Snehana is the pre-operative procedure of panchakarma therapy. It is the process through which your body is lubricated. Snehan is of two types- internal (snehapan) and external (abhyanga, dhara, pizhichil, pichu, etc.) Snehapan is the internal administration of fatty substances. It is of two types: Achapana is the process of ghee, oil and animal fat orally in large quantity depending upon digestion without mixing in the food. This is usually done before doing panchakarma procedures like vamana and virechana. Vicharana is the process where fatty substances are administered in small quantity daily through food. This is done as nourishing therapy in vatavyadhi and in emaciated persons. In this article we have tried to elaborate the various dincharya modalities that should be
incorporated during snehapan which mainly focused on aahar and vihar kalpana.

**Aahar during snehapan/dietary management during intake of fatty substances:**

Charak had counted food first in the series of three supporting pillars of life along with sleep and controlled sexual activity. Sushrut had further supported the fact by stating that food is the cause of vitality, strength, complexion and Oja. The importance of Pathya (wholesome) and Apathya (unwholesome) in Ayurveda can be deduced from the fact that Charak had stated Pathya (wholesome) as a synonym for treatment. Acharya Charak stated that when channels of circulation become hard by aggravated and vitiated Dosha, Pathya (wholesome) helps to soften the Srotasa (channels of circulation) and Dosha alleviation. He has elaborately described the concept of Pathya (wholesome) and Apathya (unwholesome). He had given a general list of Pathya (wholesome) and Apathya Dravya (unwholesome) along with specific Pathya (wholesome) and Apathya Dravya (unwholesome) for patients and Sansarjana Karma (specific food regime) for patients who have undergone Panchkarma Therapy.

Bhela Samhita also explains about merits of Pathya and demerits of Apathya in the Sutrasthana. Pathya Ahara nourishes all Dhatus (body elements) and Srotasa (channels of circulation) leading to completenutrition of body. Pathya Ahara also helps to detoxify the body by getting rid of vitiated Dosha. Contrary to this, Apathya Ahara helps in vitiation of Vata etc. Doshas. Hence for maintenance of health and treating diseases Pathya Ahara should be consumed. Old corns and grains are mostly not unctuous while fresh ones are heavy to digest. Corns and grains which take a shorter time for cultivation as well as for harvesting are easy to digest than those taking longer time. De-husked pulses are easy to digest. Fruits which are old, unripe, afflicted by insects and serpents, exposed to snow or sun for long, growing in the land and season other than the normal habitat and time and putrefied are unwholesome.

**Vihar during snehapan**

- Avoid heavy exercise, loud speech.
- No direct contact of cool breeze like a/c or fan.

**Asthamahadoskar bhav:**

1. उष्णोदकोपचारी स्याद्रहमचारी क्षामायः ||
2. शकृन्मूत्रानिलोद्ब्गारािुदीणाांश्च ||
3. धारयेत् ६२ ||
4. उष्णोदकाः वचिं क्रोधशोकौ हिमातपौ च ||
5. र्र्वयेदप्रर्ातं चेर्ेत शयिासिम् ६३ ||
6. स्िेिं पीत्र्ा स्िेिं प्रनतभुञ्र्ाि एर् ६४ ||

7. च.सू.13/62-64

- Drinking warm water: it is very important to have warm food and water. Daily consumption of luke warm water during senhapan. agni importance.
• brahmacharya palan (celibacy): it helps to maintain strength and stamina.
• Sound sleep at night is mandatory. Avoid day time sleep because it leads to vitiation of kapha dosha in body.
• should not do veg dharam-maal, mutra, vayu, udgar
• Avoid heavy exercise, loud speech.
• Avoid chilled, freeze items.
• no direct contact of cool breeze like a/c or fan

DISCUSSION

• As per Ayurveda, most of the ailments develop due to faulty eating habits so Ayurveda deals with the Pathya Vyavastha (planning of diet and dietetics) in a very scientific way.
• Day to day activities, during snehapan plays an important role in absorption of sneha and to achieve samyak snigdha lakshans while undergoing shodhan therapy. It helps in the maintenance of health and avoid emerging of any sneha vyapad (complications) during the snehapan thus, had also been included the concept of PathyaApathya by the Acharyas.
• The specific Pathya-Apathya for a particular person may differ as Ayurveda believes in the concept of uniqueness of each and every individual’s agni(digestive strength).
• The exact Pathya-Apathya for a particular person should be decided after analyzing Prakriti (body nature), the koshtha and agni (digestive strength), Kalpana (preparation to be given), Kaal (time of intake of food), Matra (quantity) etc.
• Proper rookshana before Snehapan should be done.
• Evaluation of Lipid profile before and after the procedure of Snehapan should be carried out.
• Assure no appetite before Shodhana snehapan
• Continue the procedure till Samyakalakshana is attained
• First two days Matra (dose) may not be counted.

CONCLUSION

• These daily regimen procedures have beneficial physiological effects on proper functioning of the body thereby maintaining a state of equilibrium of three humors (Vata, Pita, and Kapha), seven tissues, three waste products and the power of digestion along with pleasant mind, soul and sense organs, which in turn helps to attain positive health.
• These daily regimens if followed regularly have beneficial physiological effects on our body and our mind.

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