

## ASSESSMENT OF ADDITIONAL SNIGDHA LAKSHNAS (OTHER THAN TEXTUAL SAMYAKA SNIGDHA LAKSHNAS) OBSERVED DURING SNEHAPANA IN 42 PATIENTS

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### ABSTRACT

There are many works available on *Samyaka Snigdha Lakshanas* of *Snehapanam*, but there is no work on additional signs and symptoms frequently observed during *Snehapanam*. Hence this study was planned to work on different aspect of additional symptoms. An observational study was conducted on 42 patients registered in the OPD of Panchakarma department, Shri Ayurved Mahavidyalaya, Nagpur. Patients were selected for *Vamana Karma* on basis of inclusion and exclusion criteria. *Snehapanam* of *Panchatikta Ghrita* was given in increasing dose pattern for 5 days. During the study of *Snehapanam* the assessment of *Sneha Lakshnas* (other than *Samyaka Snigdha Lakshanas*) like *Hrillasa*, *Shirahshool*, *Shirogaurava*, *Bhramapracchiti*, *Snehodgara*, *Tandra* and *Trishna* were observed and analyzed. On the basis of results of the study, it can be concluded that these signs and symptoms also help us in reaching the *Samyaka Snehana* within seven days.

**Keywords:** *Snehapanam*, Internal oleation, *Abhyantara Snehana*, *Shodhananga*

**INTRODUCTION:** *Panchakarma* is the main treatment modality which is widely used all over the world. The *Shodhana* therapy is more admired by virtue of its capability to completely eliminate the *Doshas*.<sup>1</sup> If this therapy is not done with proper indication and *Purva-Karma*, it may cause hazardous unwanted effects. To avoid these unwanted effects, Acharyas have instructed to do a proper *Purva-Karma*. Before adopting *Shodhana*, it is necessary to do *Snehana* and *Swedana* properly.<sup>2</sup> *Sneha pana* is a major preparatory procedure. *Shodhananga Abhyantara Snehapanam* is major preparatory procedure to be performed before *Vamana* and *Virechana*.<sup>3</sup> The entire procedure of *Shodhana* depends upon the proper mobilization of *Doshas* from *Shakha* (periphery) which is to be achieved with the help of *Snehapanam* (in-

ternal oleation), *Abhyanga* (external oleation) and *Svedana* (sudation). If *Snehapanam* is not done properly, it definitely affects the *Shodhana Karma* afterwards and also chances of complications. *Snehapanam* is the oral intake of medicated or non-medicated *Sneha* in required quantities for a limited time period. It can be *Shamana* or *Shodhana*. In this, *Sneha* alone should be given in the early morning; after the digestion of *Sneha*, *dravapradhana ahara* should be given.

**AIM AND OBJECTIVES:** To assess the additional *Lakshana (signs and symptoms)* other than *Samyaka Snigdha Lakshana (signs and symptoms of proper oleation)* with various clinical parameters.

**Source of data:** Patients registered the OPD of Department of Panchakarma, Pakwasa Samanvaya Rugnalaya Nagpur.

### MATERIALS:

1. *Panchtikta Ghrita* – For *Snehapana*(600ml)
2. *Hinvashtaka Choorna*- 5 gms ,
3. *Arogyavardhini Vati*- 2 vati
4. *Musta+Daruharidra+Triphala Choorna*- 5gms

**Method of collection:** 42 patients were selected who were willing to undergo the *Vamana* procedure considering the inclusion and exclusion criteria.

**Inclusion criteria:**

1. Patients who are clinically fit to undergo *Snehapana* as a pre procedure (*Poorvakarma*) for *Vamana*.
2. Age – 11-60 years.
3. Sex - both sexes.

**Exclusion criteria:**

1. Volunteers clinically unfit for *Shodhana* and *Snehapana* both.
2. Chronic debilitating disease
3. Malignant hypertension
4. Pregnant ladies
5. Patients not willing for IPD

**Methodology:** Assessment of *Agni* and *Koshtha* were done in every patient on the basis of assessment criteria. *Pachana Chikitsa* was done by administering 1. *Hinvashtaka Choorna* 5gm, twice a day, *Pratham Kaval Bhukta* (just before meal) with *Goghrita*. 2. *Arogyavardhini*

**OBSERVATIONS AND RESULTS:**

**Table No. 1 Age wise distribution of Patients**

Age	No. of patients
1-20	2
21-30	25
31-40	9
41-50	4
50-60	2
Total	42

Out of 42 patients, maximum were from the age group of 21-30 year.

**Table No. 2 Gender wise distribution of the patients**

Sex	No. of patients
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Male	20
Female	22
Total	42

Out of 42 patients, 22 patients were female

**Table No. 3 Assessment of Koshtha (Nature of bowel)**

<b>Koshtha</b>	<b>No.of patients</b>
<i>Krura</i>	09
<i>Madhyam</i>	20
<i>Mrudu</i>	13
Total	42

*Kostha* was assessed in all the 42 patients on fixed criteria. Out of 42 patients maximum i.e. 20 were of *Madhyama Koshtha*.

**Table No. 4 Assessment of Physical strength (Deha Bala) of the patients**

<b>Bala</b>	<b>No. of patients</b>
<i>Uttam</i>	13
<i>Madhyam</i>	21
<i>Alpa</i>	08
Total	42

21 patients were found to have *Madhyama Bala* out of 42 patients.

**Table No. 5**

Sr.No	Symptoms observed during period of Snehapana	Total No. of patients
1	<i>Hrillas</i>	71.42%
2	<i>Shirahshoola</i>	33.33%
3	<i>Shirogaurav</i>	78.57%
4	<i>Bhramapracchiti</i>	57.14%
5	<i>Snehodgar</i>	88.09%
6	<i>Tandra</i>	75.31%
7	<i>Trishna</i>	86.92%

**Table No. 6 Distribution of Day wise percentage of initiation of Lakshanas within 5 days**

Sr.No	Initiation of Lakshanas within 5 days	1 <sup>st</sup> day percentage of Patients	2 <sup>nd</sup> day percentage of Patients	3 <sup>rd</sup> day percentage of Patients	4 <sup>th</sup> day percentage of Patients	5 <sup>th</sup> day percentage of Patients
1	<i>Hrillas</i>	14.28%	14.28%	21.42%	11.90%	09.52%
2	<i>Shirahshoola</i>	19.04%	2.38%	07.14%	00.00%	04.76%
3	<i>Shirogaurav</i>	33.33%	19.04%	11.90%	11.90%	09.52%
4	<i>Bhramapracchiti</i>	09.52%	02.38%	14.28%	16.66%	14.28%
5	<i>Snehodgar</i>	61.90%	14.28%	11.90%	00.00%	00.00%
6	<i>Tandra</i>	66.66%	06.23%	02.42%	00.00%	00.00%
7	<i>Trishna</i>	40.47%	36.33%	10.12%	00.00%	00.00%

From the Table No. 5 and 6 it was observed that, out of 42, total 71.42% patients had *Hrillasa* and started in 14.28% patients from the 1<sup>st</sup> and 2<sup>nd</sup> day and maximum in 21.42% patients from 3<sup>rd</sup> day. Total 33.33% patients had *Shirahshoola* (headache) and started from the day one in maximum no. of patients i.e. 19.04%.

Total 78.57% patients had *Shirogaurava* (heaviness in head) and started from the day one in maximum no. of patients i.e. 33.33%.

Out of 42, total 57.14% patients had *Bhramapracchiti* (Reeling of head) and it was started maximum from the day 3<sup>rd</sup>, 4<sup>th</sup>

and 5<sup>th</sup> in 14.28%, 16.66% and 14.28% respectively.

*Snehodgar* was observed in maximum no. of patients throughout the period of *Snehapana*, i.e. in total 88.09% of patients and it was started maximum on day one of *Snehapana* i.e. 61.90% patients.

Total 75.31% patients had *Tandra* and it was started from the day one in maximum no. of patients i.e. 66.66%

*Trishna* was observed in total 86.92 % patients and maximum started from the day 1<sup>st</sup> and 2<sup>nd</sup> in 40.47% and 36.33% respectively.

**Table No.7 Day wise distribution of Lakshnas observed during Snehapana**

Sr.No	Symptoms	1 <sup>st</sup> day percentage of Patients	2 <sup>nd</sup> day percentage of Patients	3 <sup>rd</sup> day percentage of Patients	4 <sup>th</sup> day percentage of Patients	5 <sup>th</sup> day percentage of Patients
1	<i>Hrillas</i>	14.28%	23.80%	35.71%	50.00%	52.38%
2	<i>Shirahshoola</i>	19.04%	04.76%	14.28%	04.76%	09.52%
3	<i>Shirogaurava</i>	33.33%	40.47%	42.85%	45.23%	50.00%
4	<i>Bhramapracchiti</i>	09.52%	07.14%	11.90%	21.42%	26.19%
5	<i>Snehodgar</i>	61.90%	76.19%	92.85%	85.71%	76.19%
6	<i>Tandra</i>	66.66%	71.42%	73.80%	76.19%	71.42%
7	<i>Trishna</i>	40.47%	50.00%	66.66%	71.42%	85.71%

From the table no. 7 it was observed that, during the period of *Snehapana* as the dosage of *Sneha* increases, *Hrillas*, *Shirogaurava* and *Bhramapracchiti* also increased. At the end of the 5<sup>th</sup> day *Hrillas* in 52.38% patients, *Shirogaurava* in 50.00% patients and *Bhramapracchiti* in 26.19% patients were observed.

*Shirahshoola* was observed in 19.04% patients on 1<sup>st</sup> day and gradually decreased at the end of 5<sup>th</sup> day.

*Snehodgar*, *Tandra* and *Trishna* was observed in almost all patients throughout the period of *Snehapana*.

**DISCUSSION:** At first the body should be prepared with *Pachana karma*, the normal status of *Agni* is important before

the administration of *Snehapana*. *Pachana* does kindling of *Agni* and Digestion of *Aama* respectively.

If the signs and symptoms present during consumption of *Snehapana* are analyzed, then it can be observed that *Snehodgar* and *Trishna* are the symptoms which are registered by the maximum no of patients. It can be said that during the fat metabolism, body may require a lot of fluids during digestion and is reflected through the presence of *Trishna*. Also, it takes a lot of time to digest *Sneha* and it stays for a longer period in stomach, so belching after consumption of *Sneha* has the flavor of *Sneha* along with it.

Along with that most of the patients had heaviness in head and *Tandra* (feeling sleepy). During the digestion of oleaginous drugs, due to their *Guru*<sup>7</sup> (heavy to digest) property, blood flow towards gastro intestinal tract increases (post prandial or functional hyperemia) and blood flow to the brain gets slightly decreased due to parasympathetic activity. Patient feels sleepy (*Tandra*) due to this. This was present from the first day itself in all the patients for the whole period. Both these symptoms get corrected once the digestion process gets over from the body. The same explanation can be given for *Bhrama* i.e. reeling of head and heaviness in head i.e. *Shirogaurava*. When all the signs and symptoms were analyzed on the basis of daily presence, very interesting facts were found. *Hrillasa*, *Shirogaurava* and *Bhrama* were observed in a very few patients in the first three days. These symptoms reached at the pick of their presence in the last two days. The culprit here was definitely, the increasing nature of dosages of *Snehapana* on daily basis. But, *Snehodgara*, *Tandra* and *Trushna* were persistently present at the maximum level in all the patients. *Shirahshoola* was the only symptom which had the maximum presence in earlier three days and minimum in the last two days in totality.

**CONCLUSION:** There are a lot of other signs and symptoms which should be tackled while dealing with *Snehapana* and their assessment also equally necessary to judge the stage of *Snehapana*. Other signs and symptoms definitely guide you in achieving the *Samyaka Sneha* within seven days as suggested by Charaka.

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