



**AN OBSERVATIONAL STUDY OF THE EFFECTS OF  
SHODHANARTHA SNEHAPANA ON VARIOUS SUBJECTIVE  
CHANGES IN STOOL**

<sup>1</sup>Girde Samir

<sup>2</sup>Chandaliya Sachin

<sup>3</sup>Bende Yogita

<sup>4</sup>Chafle Shilpa

<sup>1</sup>Assistant professor, Department of Panchakarma, Shri Ayurved Mahavidyalaya, Nagpur.

<sup>2</sup>Professor, Department of Panchakarma, Shri Ayurved Mahavidyalaya, Nagpur.

<sup>3</sup>Associate professor, Department of Panchakarma, Shri Ayurved Mahavidyalaya, Nagpur.

<sup>4</sup>Assistant professor, Department of Panchakarma, Shri Ayurved Mahavidyalaya, Nagpur.

**ABSTRACT**

42 patients registered and observed in an observational study conducted during *Vasantik Vamana* camp in the OPD of Panchakarma department at Shri Ayurved Mahavidyalaya, Nagpur. Patients were selected for *Vamana Karma* on basis of inclusion and exclusion criteria. *Panchatikta Ghrita* was given in increasing dose pattern for 5 days as a *Shodhananga Snehapana drug*. During this study the assessment of symptoms regarding stool like *Asamhat Mala*, *Styaan Mala*, *Snigdha Mala*, *Fenil Mala*, *Adhastat Snehadarshana*, *Vatanulomana* were observed and analysed. On the basis of results of this study, it can be concluded that these signs and symptoms help us in reaching the *Samyaka Snehana* within seven days.

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

**INTRODUCTION:** *Panchakarma* is the integral part of *Ayurved* treatment. It is mostly used for the purpose of *Shodhana* i.e. expulsion of vitiated *doshas* from body. The *Panchakarma* therapy is divided in three stages of *Purvakarma*, *Pradhankarma* and *Pashchatkarma*<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*. *Puvakarma* consists of *Pachana*, *Snehana*, *Swedana*. Before adopting *Shodhana*, it is necessary to do *Snehana* and *Swedana* properly.<sup>2</sup> *Shodhananga Abhyantara Snehapana* is major preparatory procedure to be performed before *Vamana* and *Virechana*<sup>3</sup>. The entire procedure of *Shodhana* depends on *Shakha* to *Koshtha Gati*, the proper mobilization of *Doshas* from *Shakha* (periphery) to *Koshtha*, which is to be achieved with the

help of *Snehapana* (internal oleation), *Abhyanga* (external oleation) and *Swedana* (sudation). If *Snehapana* is not done properly, it definitely affects the *Sodhana Karma* afterwards and also chances of complications. *Snehapana* is the oral intake of medicated or non-medicated *Sneha* (drugs used for oleation i.e. oils, ghee etc.) in required quantities for a limited time period. This dose of *Sneha* be *Shamana* or *Shodhana*. In *Shodhana Sneha*, *Sneha* alone i.e. *Achcha Sneha* should be given in the early morning after the digestion of day before food and before *Kshudhaprachiti* (appetite). In this *Snehapana* regime various symptoms were observed. In those symptoms, few symptoms regarding stool were mentioned which were observed and recorded. These symptoms were *Snigdha Mala* (oleated stool), *Styaan Mala* (sticky stool), *Asamhat Mala*, *Fenil Mala*, *Vatatanulomana* and *Adhastat*

*Snehadarshana*. These stool symptoms along with other symptoms texted in Ayurveda literatures helps to understand the proper state of *Snehana*.

**AIM:** To study the effect of *Shodhanartha Snehapana* on *Malapravrutti*

**OBJECTIVES:**

1. To assess various signs and symptoms individually in faeces.
2. To evaluate the effect of sneha individually on faeces.
3. To assess the effects of *Snehapana* on daily basis.
4. To analyse and compare the most effective observation which will help *Vaidya* in correct assessment of *Snehapana*.

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

**MATERIALS:**

1. *Panchatikta Ghrita* – For *Snehapana*(600ml)
2. *Hinvashataka Choorna*- 5 gms ,
3. *Arogyavardhini Vati*- 2 vati
4. *Musta+Daruharidra+Triphala Choorna*- 5gms
5. *Chitrakadi vati* – 2 vati,
6. *Trikatu churna*-2gms,
7. *Shankh vati*- 2 vati
8. *Ampachak vati*- 2 vati

**METHOD:** 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 preoperative 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

**Procedure:** Selected patients were asked to follow the strict protocol in three successive sessions – *Poorvakarma* (before *Vamana*), *Pradhana Karma* (During *Vamana*) and *Samsarjana Krama* (After *Vamana*). They were given *Pachana* (Medicines to improve digestion) treatment after assessing their eligibility for *Vamana*. For *Pachana karma*, various drugs like *Arogyawardhini vati*, *Hingwashtak churna*, *Chitrakadi vati*, *Trikatu churna*, *Shankh vati*, *Ampachak vati* etc were given in divided doses of twice or thrice daily for 3 to 5 days.

Following that they were suggested to follow the next protocol i.e. *Snehapana* (consumption of oleaginous material) as *Poorvakarma* (preparatory protocol) before *Vamana*. *Snehapana* was started with *Panchatikta ghrita* in *Wardhaman matra* (increasing dose regime) for 5 days. *Panchatikta ghrita* was administered with doses of 40ml, 80ml, 120ml, 160ml and 200ml on the days 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> respectively. During this *Snehapana* regime, various changes in stools were observed. All the observations were recorded and used to assess the status of *Snehapana* in those participants.

The observations recorded were

1. *Asamhat malapravrutti* (not well formed / does not have specific shape / changes shape Semisolid or liquid nature of faeces)
2. *Styaan mala* (sticky stools/ needs more water for flushing off the stools),
3. *Snigdha mala* (Oily nature of stools),
4. *Fenil mala* (frothy / Foamy stools),
5. *Vatanuloman* (passage of flatus),

6. *Adhastat snehadarshan* (passage of fats or ghee through stools).

**Clinical study:** Symptoms regarding above said changes were observed and recorded during the course of *Snehapana*.

These observations were assessed in two ways as follows –

- 1) The day of onset of the specific observation.
- 2) Persistency of the symptoms on the following days.

a) **Table no 1 – No of day of onset of ‘Asamhat mala’**

| Sr. No. | Day                 | Patients (Total 42 patients) | Percentage |
|---------|---------------------|------------------------------|------------|
| 1.      | 1 <sup>st</sup> day | 8                            | 19.04%     |
| 2.      | 2 <sup>nd</sup> day | 11                           | 26.19%     |
| 3.      | 3 <sup>rd</sup> day | 12                           | 28.57%     |
| 4.      | 4 <sup>th</sup> day | 4                            | 09.52%     |
| 5.      | 5 <sup>th</sup> day | 1                            | 02.38%     |
|         | <b>Total</b>        | 36/42                        | 85.71%     |

It was observed that, on the 1<sup>st</sup> day, it was found in 19.04% patients. On the 2<sup>nd</sup> day - 26.19% patients, on the 3<sup>rd</sup> day - 28.57% patients, on the 4<sup>th</sup> day - 9.52% patients and on the 5<sup>th</sup> day - 2.38% had the

initiation of the symptom of *Asamhat mala*. In total out of 42 patients, 36 i.e. 85.71% patients had initiation of symptom of *Asamhat mala* on various days during *Snehapana* regime.

b) **Table no 2 – No of day of onset of “Styaan mala”**

| Sr. No. | Day                 | Patients | Percentage |
|---------|---------------------|----------|------------|
| 1.      | 1 <sup>st</sup> day | 1        | 02.38%     |
| 2.      | 2 <sup>nd</sup> day | 6        | 14.28%     |
| 3.      | 3 <sup>rd</sup> day | 3        | 07.14%     |
| 4.      | 4 <sup>th</sup> day | 3        | 07.14%     |
| 5.      | 5 <sup>th</sup> day | 0        | 00%        |
|         | <b>Total</b>        | 13/42    | 30.95%     |

It was observed that on the 1<sup>st</sup> day, 1 patient out of 42 i.e. 2.38% had *Styaan mala*. On the 2<sup>nd</sup> day - 14.28% patients, on the 3<sup>rd</sup> day - 7.14% patients, on the 4<sup>th</sup> day - 7.14% patients had shown the initiation

of symptom of *Styaan mala*. On 5<sup>th</sup> day, no patient had a symptom of *styaan mala*. Thirteen patients had found having the *styaan malapravrutti* on various days of *Snehapana*.

c) **Table no 3 – No of day of onset of “Snigdha mala”**

| Sr. No. | Day                 | Patients | Percentage |
|---------|---------------------|----------|------------|
| 1.      | 1 <sup>st</sup> day | 3        | 07.14%     |
| 2.      | 2 <sup>nd</sup> day | 25       | 59.52%     |
| 3.      | 3 <sup>rd</sup> day | 10       | 23.80%     |
| 4.      | 4 <sup>th</sup> day | 4        | 09.52%     |
| 5.      | 5 <sup>th</sup> day | 0        | 00%        |
|         | <b>Total</b>        | 42/42    | 100%       |

It was observed that, on the 1<sup>st</sup> day - 7.14% patients, on the 2<sup>nd</sup> day - 59.52%, on the 3<sup>rd</sup> day - 23.80% patients, on the 4<sup>th</sup> day - 9.52% patients had “*Snigdha mala*” in various days.

**d) Table no 4 – No of day of onset of “Fenila mala”**

| Sr. No. | Day                 | Patients | Percentage |
|---------|---------------------|----------|------------|
| 1.      | 1 <sup>st</sup> day | 1        | 02.38%     |
| 2.      | 2 <sup>nd</sup> day | 3        | 07.14%     |
| 3.      | 3 <sup>rd</sup> day | 3        | 07.14%     |
| 4.      | 4 <sup>th</sup> day | 3        | 07.14%     |
| 5.      | 5 <sup>th</sup> day | 1        | 02.38%     |
|         | <b>Total</b>        | 11/42    | 26.19%     |

It was observed that, on the 1<sup>st</sup> day -2.38% patients, on the 2<sup>nd</sup> day, 7.14% patients, on the 3<sup>rd</sup> day, 7.14% patients, on the 4<sup>th</sup> day - 7.14%, on the 5<sup>th</sup> day, - 2.38% patients had initiation of symptom of “fenila mala”. In

total out of 42 patients, 26.19% patients had initiation of symptom of *fenila mala* on various days during *Snehapana* regime. 31 patients hadn't seen *fenila mala*.

**e) Table no 5 – No of day of onset of “Vatanuloman”**

| Sr. No. | Day                 | Patients | Percentage |
|---------|---------------------|----------|------------|
| 1.      | 1 <sup>st</sup> day | 14       | 33.33%     |
| 2.      | 2 <sup>nd</sup> day | 8        | 19.04%     |
| 3.      | 3 <sup>rd</sup> day | 1        | 02.38%     |
| 4.      | 4 <sup>th</sup> day | 3        | 07.14%     |
| 5.      | 5 <sup>th</sup> day | 0        | 00%        |
|         | <b>Total</b>        | 26/42    | 61.90%     |

It was observed that, on the 1<sup>st</sup> day - 33.33% patients, on the 2<sup>nd</sup> day - 19.04% patients, on the 3<sup>rd</sup> day -2.38% patients, on the 4<sup>th</sup> day - 7.14% patients had initiation

of symptom of *vatanulomana*. In total out of 42 patients, 26 i.e. 61.90% patients had initiation of symptom of *vatanulomana* on various days during *Snehapana* regime.

**f) Table no 6 – No of day of onset of “Adhastat snehadarshana”**

| Sr. No. | Day                 | patients | Percentage |
|---------|---------------------|----------|------------|
| 1.      | 1 <sup>st</sup> day | 0        | 00%        |
| 2.      | 2 <sup>nd</sup> day | 4        | 09.52%     |
| 3.      | 3 <sup>rd</sup> day | 8        | 19.04%     |
| 4.      | 4 <sup>th</sup> day | 8        | 19.04%     |
| 5.      | 5 <sup>th</sup> day | 10       | 23.80%     |
|         | <b>Total</b>        | 30/42    | 71.42%     |

It was observed that, on 2<sup>nd</sup> day - 9.52% patients, on the 3<sup>rd</sup> day - 19.04% patients, on the 4<sup>th</sup> day - 19.04% patients, on the 5<sup>th</sup> day - 23.80% patients had initiation of symptom of *Adhastat mala darshana*. No

patient on 1<sup>st</sup> day had observed *Adhastat sneha*. In total out of 42 patients, 30 i.e. 71.42% patients had initiation of symptom of *Adhastat sneha* on various days during *Snehapana* regime.

**g) Table no 7 – Persistence of symptoms with percentage**

| Symptoms                      | Day 1       | Day 2       | Day 3       | Day 4       | Day 5       |
|-------------------------------|-------------|-------------|-------------|-------------|-------------|
| <i>Adhastat snehadarshana</i> | 00 (0%)     | 04 (4.76%)  | 10 (23.80%) | 20 (47.61%) | 30 (71.42%) |
| <i>Asamhat mala</i>           | 08 (19.04%) | 15 (35.71%) | 28 (66.66%) | 35 (83.33%) | 35 (83.33%) |

|                     |             |             |             |             |             |
|---------------------|-------------|-------------|-------------|-------------|-------------|
| <b>Styaan mala</b>  | 1 (2.38%)   | 7 (16.66%)  | 09 (21.42%) | 12 (28.57%) | 10 (23.80%) |
| <b>Snigdha mala</b> | 03 (07.14%) | 28 (66.66%) | 35 (83.33%) | 40 (95.23%) | 39 (92.85%) |
| <b>Vatanuloman</b>  | 14 (33.33%) | 20 (47.61%) | 21 (50%)    | 21 (50%)    | 16 (38.09%) |
| <b>Fenil mala</b>   | 01 (2.38%)  | 04 (09.52%) | 07 (16.66%) | 10 (23.80%) | 07 (16.66%) |

It was observed that *Adhastat snehadarshana* was absent on the 1<sup>st</sup> day. 04, 10, 20, & 30 participants had *Adhastat snehadarshana* on the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively. 30 participants had *Adhastat snehadarshana*.

*Asamhat mala* was observed in 08, 15, 28, 35, 35 participants on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively.

*Styaan mala* was observed in 1, 7, 9, 12 & 10 participants on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively.

*Snigdha mala* was observed in 3, 28, 35, 40 & 39 participants on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively.

*Vatanulomana* was observed in 14, 20, 21, 21 & 16 participants on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively.

*Fenil mala* was observed in 1, 4, 7, 10 & 7 participants on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively.

**DISCUSSION:** *Pachana karma* should be done to digest *Ama* and functional improvement of *Agni*. With *Pachana karma*, the normal status of *Agni* is achieved which is important before the administration of *Snehapana*. *Pachana* does kindling of *Agni* and Digestion of *Aama* respectively. *Asamhat mala* was observed in 08, 15, 28, 35, 35 participants on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively. Consistency of *Mala* or faeces depends mainly on *Pruthvi* and *Aap mahabhuta*. The properties of *sneha* are mainly *guru* (Heavy), *drava* (liquid), *manda* (slow), *styaan* (sticky) and *mrudu* (soft). These properties influence the nature of faeces. These properties indicate the dominance of *pruthvi* (Earth) and *aap*

(*Drava*) *mahabhuta* (elements). So after *Snehapana drava* and *mrudu* properties got increased inside the body and they help in softening of the faeces. As the quantity of *drava*, *mrudu* properties got increased inside the faeces, the nature of faeces changes from firm and solid consistency to soft and semisolid – liquid. So towards the end of the course, the nature of faeces show *Asamhatatva*.

*Styaan mala* (sticky stools/ needs more water for flushing off the stools). *Sneha dravyas* have *styaan* property. But to have the *styaanata* or stickiness in the stools, it needs more of *pruthvi* dominance than *aap* dominance is necessary. *Styaan* property is a stage between solid and semisolid near to solid stage. If a little bit *drava guna* increased in the substance, it may turn towards liquidity and will lose the stickiness nature. So, *Pruthvi mahabhuta* has more dominance in maintaining stickiness with the help of *aap mahabhuta*. As the day progresses, more and more quantity of *sneha dravya* gets inside the body and change the nature of faeces towards more stickier due to properties like *Snigdha – guru – pichhil – manda* and *styaan*. Faeces got maximum sticky in the final days of *Snehapana*. So, *Styaan mala* was observed in 1, 7, 9, 12 & 10 participants on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> day respectively. *Snigdha* property in the faeces can clearly observed in the toilet. When we flush the faeces, the layer of ghee is seen over the pan or in the flushed water. So towards the end of the course, faeces show this property almost in all the cases.

*Vatanulomana* is the passage of flatus. Due to *sneha dravyas*, *vata* gets pacified. So, *apaan vayu* starts working in more efficient manner and starts passing the stagnated gases in the colon.

*Fenil mala* or foamy stools is as also another sign. It is seen in some patients. Their appearance might be the indication of passage of *vata* along with faeces. It is observed in very few patients. They appear in earlier and middle period. Towards end, when *sneha* quantity gets increased, *vata* component in faeces gets decreased and this sign disappears.

*Adhastat snehadarshanam* is the cardinal sign of completion of *Snehapana* process. It is observed especially at the end of *Snehapana*. It indicates the complete saturation of *sneha* inside the body and liver has sent signals to stop the uptake of *sneha* from the intestine itself. So, this indicates, there onwards there is no scope of absorption of more *sneha* inside the body. One should stop the procedure of *Snehapana* at that point.

### CONCLUSIONS:

1. *Asamhat a mala* and *Snigdha mala* are observed throughout the process indicating the influence of *sneha dravyas* on faeces and thereby changing the nature of faeces.
2. Sticky stools are also observed in a lot of patients.
3. *Adhastat snehadarshanam* is the indication to cease the process of *Snehapana*.
4. *Vataanulomana* though seen throughout the process, it is not observed in all the patients and it indicates the regulation of functions of *apan vata*.

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**Corresponding Author:** Dr. Samir Girde, Assistant professor, Department of Panchakarma, Shri Ayurved Mahavidyalaya, Nagpur.  
Email: samir.besur@gmail.com

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