

**A Critical Review On The Concept Of Snehani Oleation Therapy****Shivprasad Tarate<sup>1</sup>, Vd. Vivek Shirke<sup>2</sup>, Vd. Tanuja Gaikwad<sup>3</sup>**

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Gadhinglaj, Maharashtra.**Abstract :-**

*Snehani.oleation therapy is the main purvakarma or pre-procedure to be performed before shodhanai.e purification. Snehanis given in increasing dose for three to seven days or it can also be given until we see the samyaksnigdhalakshan or proper oleation feature. Snehan refers to administration of medicated fats or massage of medicated oils over the skin for a specific period of time .the concept of snehan is explained in bhruhattryesi.e classical ayurvedic texts.*

*Here is an attempt to review and understand the concept of snehan.*

**Keyword:-** Snehankarma, Panchakarma, Oleation, Therapy, Purvakarma, Shodhana,

**Introduction:-**

**S**nehan means to oleate or to make smooth. Snehan brings softness and removes dryness of the body. medicated oil, medicated ghrith, animal fats and bone marrow are used for snehan. Internal and external are the two ways by which snehan can be done snehan is done to bring doshas in the koshta. Snehana is one among the shadupakrama.

**Function Of Sneha:-**

- 1) To produce snehatva, mardava, vishyandana, kledana.
- 2) It prominently helps to pacify the vatadosha.
- 3) To make the body tissues smooth.
- 4) To produce bala and varna.
- 5) To help in removing the blockages of mala from the body.

**Properties Of Snehan :-**

Prithvimahabhuta and jalamahabhuta are the properties of snehandravayas. drava, sukshma, sara, snigdha, pichil, guru, manda, mridu are guna of snehan by acharayacharak. guru, sheeta, sara, snigdha, manda, sukshama, mrid, drava, and pichil are guna of snehaby acharayavagbhatta. according to acharyasushruthasneha is the sara of human body. Bala depends on sneha of body and hence sneha helps to save life.

**Aim and objective :-**

- A) To review the concept of snehan according to bhruhattryes.
- B) To study the types, role, method set of snehan according to bhruhattryae.

**Material and methods :-**

This is a review article based on collection of material from available sources in ayurveda.

**Review of literature :-**

The concept of snehan will be reviewed from classical texts of ayurveda i.e the bhruhattrye.

**Definition Of Snehan:-**

Snehan is defined as the process which imparts, sneha (unctuousness), vishyanda, mardava (softness), and produces kleda (fluid) in the body.

Acharay's also mention that snehan attributes life, strength, nourishment, complexion, etc and removes the tridoshas.

**Types of sneha:-****1) According to uttapatii.e source of origin :-**

- A) Sthavar – Taila (Vegetable Origin)
- B) Jangam-Ghrith, Vasa, Majja, (Animal Origin)

**2) According To Karma (Action Of Mechanism)****A) Shaman Sneha:-**

It is given in madhyamatra. It is given empty stomach. Food is given only when patient feels hungry. It is given in diseases like kushta, prameha, pandu etc.

**B) ShodhanSnehan :-**

It is given in uttammatra .it is given for purpose of vaman, virechan, etc. It is given when the previous day food is completely digested.

**C) BruhanSneha:-**

It is given in the harswa matra.it given with mans,madya, etc. Or with bhojyapadarth.

**3)According To Digestion :-**

**A) Harswa Matra :-**

It digests in six hours and its given for mrudukoshti.

**B) Madhyam Matra:-**

It digests in twelve hours and its given for madhyamkoshti.

**C) Pradhan Matra :-**

It digests in 24 hours and its given in krurakoshti.

**4) According To Its Uses:-**

**a)Bhaya:- It has two types**

- 1.Abhyanga2.Sanvha

**b) Abhyantar :-It has two types**

- 1.Acchapana 2 .Vicharna

**Duration of Sneha:-**

The duration depends upon koshta

- 1) MriduKoshti:-3 Days
- 2) MadhyamKoshti :-4-6 Days
- 3) Krurakoshti :-7 Days

**Snehan Indication :-**

- 1) People who have to do swedan and shodhan
- 2) People with continues alcoholism, exercise and sex.
- 3) People suffering with vatadisorders, timir, and abhishayanda.
- 4) Old people , children .
- 5) People with raktakshay and shukrakshay.

**Snehan Contraindication :-**

- 1) People with increased kapha and meda
- 2) Aatisthula or aatikrusha.
- 3) Immediately after nasya, basti, virechanetc
- 4) People suffering with trishana , murcha, tala,chhardi,aruchi,shosh etc.

**Benefits of Snehans:-**

- 1) Agni pradipta
- 2) Koshtashuddhi
- 3) Pratyagrathata
- 4) Bala
- 5) Varna
- 6) Indriyadhruftwa
- 7) Shatayu

**Conclusion:-**

Panchakarma is a systematic treatment which detoxifies or purifies the human body and the pre-procedure required to do for panchakarma is the snehan .Snehanenables the person to get full benefits of panchakarma .snehan also helps to keep a balance throughtout the process of panchakrma. Snehan not only makes changes in vitiated doshas but also easy excretion of mala and gives the person long and healthy life.

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