

### *Dincharya for Shodhan Snehapan-a review*

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#### 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: **Achapanana** 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 complete nutrition 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:**

उष्णोदकोपचारी स्याद्ब्रह्मचारी क्षपाशयः ।  
शकृन्मूत्रानिलोद्गारानुदीर्णाश्च न  
धारयेत्॥६२॥

व्यायाममुच्चैर्वचनं क्रोधशोकौ हिमातपौ।  
वर्जयेदप्रवातं च सेवेत शयनासनम्॥६३॥  
स्नेहं पीत्वा नरः स्नेहं प्रतिभुञ्जान एव च।

स्नेहमिथ्योपचाराद्धि जायन्ते दारुणा गदाः॥  
६४॥ Ch.Su.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(celebracy): 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 *dharan-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 *kostha* and *agni* (digestive strength), *Kalpna* (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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