

Importance of Snehan Chikitsa in Children**Vd. Omkar S. Dhas¹, Vd. Gayatri S. Sawant²**

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Abstract

In today's hectic routine and unhealthy lifestyle, it gets hard to maintain balance between one's health and mental well-being. Ayurveda comes across as a therapeutic healing science that uses natural herbs and traditional techniques to balance the Doshas (Vata, Pitta, Kapha) and eradicate disorders causing toxins from the body. In Ayurvedic system, there are several therapies that work towards purification of the body and system from all sorts of stress and depression causing toxins in a healthy manner. Most of the allopathic treatments often result in side effects or temporary results but Ayurvedic medicine causes on all aspects behind one's stress levels and applies multiple treatments in a natural way to remove the root cause, thus giving a long-lasting and harmless result.

In Ayurveda, Panchkarma (Literally translated to 'five actions') is a method with which the body is detoxified by flushing out toxins every part, every cell and organ of the body. Thus allowing no space for any related disorder. Sneha working as a vehicle which transports the drugs, on oil massage oil and drugs absorb trans-dermally also makes the superficial and deep tissues soft and healthy, thus helping to remove stress and to nourish the nervous system by providing nutrition to peripheral nerves.

Key words: Panchkarma, Tridoshas, Snehana, Abhyanga, Shodhana.

Introduction

Most of the chronic diseases can be cured by using Panchakarma therapy. In Ayurvedic system, medicines are indicated for two purposes like preservation of health of healthy persons as well as prevention & cure of diseases there are two types of treatments. Described in Ayurveda-

1. Shamana Chikitsa (medication for suppression of Doshas)
2. Shodhana Chikitsa (medication for internal purification/elimination of Doshas) Panchakarma is of shodhana type of treatment. There are so many subtypes of this therapy such as different types of fomentation's with steam, external oil massage, Basti (medicated enemas), Virechana (medicated purgatives), Vamana (medicated herbal emetics), Nasya (medicated herbal nasal drops) etc. have described. These practices are extremely helpful in relieving deep seated diseases as well as being beneficial for maintaining and improving physical and mental health.

Trividh Karma : (Su. su. 5/3)

In Ayurvedic system of medicine a surgical or medical procedure is performed into three steps.

1. Poorvakarma (Preparatory measures),
2. Pradhan Karma (Chief therapeutic measures),

3. Pashchatkarma (Post therapeutic measures).

In medical treatment these three steps are define as:

The measures taken before the manifestation of diseases i.e. from the stage of accumulation to premonitory symptoms is preparatory measure and whatever is done to eradicate disease on manifestation of disease is chief therapeutic measure while measures that performed after recovery to eliminate the subsequent impurities is post therapeutic measures.

Pachan, Snehan & Swedan, Pachan: (Sha.S.4/2)

The measures (drugs) adopted to digest the Ama but do not enhances the Jatharagni are known as Pachan for example drug like Nagkeshar.

Snehan is defiend as: (Cha. Su. 22/11)

Snehan is that which produces uncton, oozing, softness and moistening. Snehan is of two types, External snehan (Abhyanga/ Massage) Internal Snehan, oils is applied to the entire body with a particular type of massage which helps the toxins to move towards the gastro-intestinal tract. Sneha working as vehicle which transports the drugs, on oil massage oil and drugs absorb trans- dermally also makes the superficial and deep tissues soft and healthy, thus helping to remove stress and to nourish the nervous system. As per indication Snehana is given daily for three to seven days.

Types of Snehas–Chaturvidha Sneha–Ghrita, Taila, Vasa & Majja

Chaturvidha Sneha obtained from two sources (origin), Tail obtained from vegetable source while Ghrit, Vasa and Majja is obtained from animal sources.

Among tail Til tail is best for strength and uncton (snehan) while castor oils is best for purgation. (Su.Su.45/130)

The Chaturvidh Snehan are the most important ones because of the excellence in their unctuous qualities, ghee is the unctuous substance. This is because ghee has a remarkable property to assimilate the properties of other substances when added to it. In other words, ghee has the capacity to transform itself so as to imbibe all the qualities of the substances added to it.

Oil does not only assimilate the substance added to it but also it sacrifices its own properties.

Properties of Chaturvidha Snehas–

Properties of Ghrita: (ch.sha.13/14)

Ghee alleviates pitta and vata, it is conductive to rasa dhatu, shukradhatu and ojas. It has cooling and softening effect upon the body. It adds to the clarity of the voice and complexion.

Properties of Tail-(Cha.Su.13/16)

The muscle fat is prescribed for the treatment of injury, fracture, trauma, prolapsed uterus, earache and headache. It enhances the virility of a person. It helps in oileation and it is useful for those who practice physical exercise.

Properties of Majja: (ch. Sha. 13/17)

The bone marrow enhances strength, shukra, rasa dhatu, kapha, medodhatu and majja. It adds to the physical strength, especially of the bones and is useful for oleation.

Snehapan Kala (Suitable time of Snehan) **(ch.Sha. 13/18)**- Ghee should be taken in autumn (sharad), Vasa and Majja in spring and oil in early rains (pravrit). One should not take uniting substance in too hot or too cold weather. Ghee is to be

taken during autumn because Pitta gets aggregated in this season and ghee is considered best for aggravated in this season and ghee is considered best for aggravated Pitta out of Chaturvisha Sneha.

In the event of the vitiation of vata and pitta, and during the summer in general, Snehan therapy should be administered in the evening, while when kapha is vitiated and in the winter in general, this therapy is to be administered in the mid-day.

Anupana for chaturvidha snehas- (Cha.Su.13/22)

Ghee is to be taken with the Anupana of hot water, oil with Yusha, muscle fat and bone marrow with Manda or all these unctuous substances may be taken with the Anupana of hot water. Snehan is advised minimum for three days and maximum for seven days.

Property of Samyak Snigdha: (ch. Sha. 13/48)

Unctuous and unformed stool, softness of the body parts, Carmination, stimulated digestion, these are property of samyak snigdha.

Preoleation Management

On day before to the administration of Snehan therapy, one should take pathya diet in proper quantity. The diet should be liquid, Luke worm and anabhishyandi. It should neither be unctuous nor a mixture of pathya diet having opposite property.

Management During Oleation

While under the Snehan therapy one should use Luke worm water, follow brahmancharna, should not sleep during day time, should not suppress urges for fecal matter, urination, flatus, etc. and one should avoid physical exercise, loud speech, anger anxiety, extreme cold and sun, and one should lie down or sit in a place will protected from the direct flow of wind.

Post Complication Management

The Snehan therapy gives rise to many complications in following condition, if it is administered at inappropriate time or it is not taken in proper dose, taken in excess or followed by improper regimen.

If Snehan is not administered properly, drowsiness, nausea, acute constipation, fever, stiffness, unconsciousness, skin diseases, pruritis, paleness, edema, piles, anorexia, thirst, abdominal diseases suppression of speech and colic pain may appear.

Complications arising due to inappropriate snehan, can be manage by the intake of takrarishta and triphala.

Steps of Snehan Chikitsa

Snehan therapy is required to be administered first; then swedan therapy is to be applied; finally crimation therapy is to be administered after the administration of snehan and swedan.

Purgation is to be administered three days after completion of Snehan therapy. During the interval of three days, the patient should take unctuous liquid and Luke worm porridge together with meat juice.

The emesis is to be administered one day after the completion of oleation therapy. The food prescribed during interval of one day is the same as indicated in the preceding verse.

Conclusion

Oil is applied to the entire body with a particular type of massage which helps the toxins to move towards the gastrointestinal tract. Sneha working as vehicle which transport the Drugs, on Oil massage oil and drugs absorb transdermally also makes the superficial and keep tissues soft and healthy, thus helping to remove stress and to nourish the nervous system by providing nutrition to peripheral nerves. It also nourishes to muscular and vascular tissues. Child below the age of 12 year are not suitable for therapy except abhanga, massage and selected form of Basti 9 medicated enemas), soft gentle massage with medicated oil is always useful for children of all age groups.

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