

SADYAH SNEHA

Procedure of administering sneha in short duration or single day and getting the desired effect of snehana instantaneously is known as sadya sneha. It is a type of abhyantara sneha where in sneha dravya is used in combination with dietary preparations. Medicated and non-medicated sneha dravyas can be used. It is indicated in-

1. Bala, Vriddha and those who cannot perform pariharakramas of Acchapana, but require shodhana therapies.
2. When ever immediate shodhana is intended.
3. It is poshana, brimhana as well as sodhana poorvakarma.
4. Especially useful below 10yrs & 70 onwards.
5. Usually done as sodhanapoorvaka in thamakaswasa, amlapitha, rooksha & rikthakoshtas.

MATERIALS REQUIRED:

1. Rice - 100g
2. Water - 1.5 litres
3. Ghrita – 30 -50 ml
4. Vessels - 2
5. Spoon -1
6. Saindhava - Q.S.

PREPARATION OF PEYA:

Rice is cooked in the water and added with ghrita and Saindhava.

PRE OPERATIVE PROCEDURE:

Patient should undergo rookshana for 3 - 4 days.

PROCEDURE:

Patient should be given hot peya and advised to take before it cools down.

POST OPERATIVE PROCEDURE:

Nothing specific.