

COMPARATIVE STUDY OF ACCHA SNEHAPAN AND KSHIR-VICHARANA SNEHAPAN- A SINGLE CASE STUDY

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ABSTRACT

Panchakarma is the specialised branch of *Ayurveda*. The five purification therapies proved remarkable result in many diseases. But each procedure must be performed as per mentioned in classical text. Otherwise it may cause many *Vyapadas*. *Vamana* and *Virechana* are the two methods routinely done in practise. Many patients are willing for seasonal purification. Also many patients get the classical results. But most of them are *Snehadweshi* and are not easily convinced for *Shodhana*.

So, *Vicharana* might be the alternative solution to overcome the problem. In the present case study a single patient was given - *Accha Snehapana* and *Kshir-Vicharana Snehapana* and results were noted.

Keywords: *Snehadweshi, Accha Snehapana, Kshir-Vicharna Snehapana.*

INTRODUCTION

“*Shodhana therapy*” described in *Ayurveda* is very beneficial for the management of chronic diseases due to its speciality “*Apunarodhbhava*” and “*Mulachedan*”. *Vamana* and *Virechana* are the two important *panchakarma* procedures which proved dramatic results in many cases. But in SOP of these two procedures the main problem is “*Snehapana*”. It is found that in practise, most of the patients are “*Snehadweshi*” i.e. they don't like to drink *Sneha*. As *Snehapana* is the important *purvakarma* of these procedures, there is need to find alternative to “*Snehapana*”.

So to overcome this problem, *Vicharana Sneha* is using effectively for *Snehapana*. In the present study, a single patient was selected. “*Accha – Snehapana*” (*Ch.Su.13/26*) (*Vamanarth*) and “*Ksheer-vicharana Snehapana*” (*Ch.Su.13/23-25*) (*Virechanarth*) was given to the same patient, in different *Kala* for different procedures. Present case study deals with effect and comparative study between *Accha Snehapana* and *Vicharna Snehapana*.

Aim and Objective

- To study *Accha Snehapana Kalpana*.^[1]
- To study *Vicharna Snehapana Kalpana*.^[1]

- Comparative study of *Accha Snehapana* with *Mahatiktakghruta* and *Kshir-Vicharana Snehapana*.

Materials and Methods

Place of study-

Shree Saptashrunji Ayurveda College & Hospital, Panchavati, Nashik.

Type of study-

Single Case Study.

Sample size-

In this present case study, a same patient (provisionally assume as a *madhyam-koshta*) was selected and given *Snehapana* by two different methods in different kala for two different procedure. So we can divide them into as follows -

Method A:

- **Type of Sneha** - *Accha –Snehapana*
- **Procedure** - *Vamana*
- **Kala** –*Sharada Hrutu*
- **Sneha dravaya** -*Mahatiktaka Ghrita*.
- **Route of administration** – Oral

Method B:

- **Type of Sneha** - *Ksheer-Vicharana Snehapana*

Table 1: *

Snehapana days	Method A						Method B			
	1 st	2 nd	3 rd	4 th	5 th	6 th	1 st	2 nd	3 rd	4 th
Purishasnighata	-	-	-	-	-	✓	-	-	-	✓
Angalaghav	-	-	-	-	-	✓	-	-	✓ v	✓
Vimalendriyata	-	-	-	-	-	✓	-	-		✓
Klama	-	-	-	-		✓	-	-	-	✓
Glani	-	-	✓	✓	✓	✓	-	-	✓	✓
Vatanuloman	-	-		✓	✓	✓	-	-	✓	✓
Snehodvega	-	✓	✓	✓	✓	✓	-	-	-	-
Twaksnigdhata	-	-	-	-	✓	✓	-	-	✓	✓
Adhastat-Snehadarshan	-	-	-	-	-	✓	-	-	-	✓

- **Procedure** - *Virechana*
- **Kala** - *Sharada Hrutu*
- **Sneha dravaya** - *Mahatiktakghruta + Ksheer*
- **Route of administration** – Oral

SOP (Standard Operating Procedure) [2]

Patient was duly prepared as per mention in *Su.Chi.31/14* and then *Snehapana* was given as follows,

Quantity of *Mahatiktakghrut* was given in *vardhaman-matra* for both the Methods. But for ‘Method B’ quantity of *Ksheer* is taken stable i.e. 50 ml.

Follow-up- Daily till *Samyaksnigdha lakshana* appears.

Assessment criteria-

As per above SOP the patient was observed and assessed as per Criteria for assessment

Subjective criteria – *Samyaksnigdha lakshanas*. [3, 4, 5]

Objective criteria-

1. Total *Sneha-matra* consumed
2. Daily *Snehapachan-kala*
3. Total duration of *Sneha-kala*

Observations and Results

(*Note-Showing subjective observations of two methods.)

Table 2: *

	Method A							Method B					
	1 st	2 nd	3 rd	4 th	5 th	6 th	Total	1 st	2 nd	3 rd	4 th	Total	
<i>Sneha-matra</i> consume in ml	40 ml	80 ml	120 ml	140 ml	200 ml	240 ml	820 ml	40 ml	80 ml	120 ml	140 ml	380 ml	
<i>Snehapachan-kala</i> in hours	4 Hrs.	6 Hrs.	8 Hrs.	7 Hrs.	8 Hrs.	10 Hrs.		3 Hrs.	6 Hrs.	7 Hrs.	6 Hrs.		
Total duration of <i>Sneha-kala</i>	6 days								4 days				

(*Note -Showing objective observations of two methods.)

- ✓ *Snehodvega lakshana* was not seen in Method B while it is present or seen from 2nd day in Method A. Also this *lakshana* was increased in successive days in Method A.
- ✓ Daily *Sneha-pachan kala* is 4-10 hours for Method A, which is 3-6 hours for Method B.
- ✓ *Samyaksnigdha-laxanas* were seen in 6 days for Method A, while that for Method B were seen in 4 days.
- ✓ Total *Sneha-matra* consumed is 820 ml for Method A and 380 ml in Method B.

DISCUSSION

- ✓ *Vicharana* is the classical method for *Snehapana* described *Ch.Su.13/23-25*. It seems that total *Vicharana* described are 24. Out of these 17 are related to 'Aahar-Kalpna'. It means that we can give the *Snehapana* in 17 ways.
- ✓ *Ksheer-vicharana* is one of them administered in the present study for Method B. It is observed that by adding *Ksheer* with *Mahatiktakghrut*, *Snehapana* becomes more palliative and makes the patient easy to drink. So, *Snehodvegalakshana* was not seen in Method B while it is present or seen from 2nd day in Method A.

- ✓ Daily *Sneha-pachan kala* is found less in Method B is probably due to *Drava, mruduguna of Ksheer*, it is easily digested. So number of days is less for Method B.
- ✓ Total *Sneha-kala* is more in Method A than in Method B. It is probably due to *Ksheer*, its *Snigdha, Sukshma, Gunas* increases the potency of *Snehapana*. So *Samyaksnigdha-lakshanas* were seen earlier in Method B.
- ✓ Total *Sneha-matra* consumed is more in Method A than in Method B. This is due to *Sneha-kala* and is also more in Method A than in Method B.

Thus it proves, by using *Ksheer-vicharana*, duration of *Sneha-kala* and thereby *Sneha-matra* also decreases.

Scope for Research:

- ✓ Sample size should be greater
- ✓ Study might be done by changing the quantity of *Ksheer and Sneha parallel*.
- ✓ Other *Vicharanas* may be compared with this study. e.g. *Takra and Ksheer Vicharanas*.

CONCLUSIONS:

Ksheer-vicharana is more effective or makes earlier to appear *Samyaksnidha-lakshanas* than *Accha –Snehapana*.

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