



Snehana Karma

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Snehana Karma

-Snehana refers to imparting greasiness

(The therapeutic procedure by which greasiness is imparted to the body using different kinds of fat is called *snehana*)

-Oleation means, administering a person with any kind of fat may be **herbal ghee, herbal oil, animal fat or bone marrow** to the patient, ahead of *Panchakarma* treatment.

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- **Oleation helps to mobilize the *doshas* from the disease places in the body.**
 - The purpose of Panchakarma treatment is to expel imbalanced *dosha* out of the body.
 - Snehana is performed as preparation of the client prior to the administration of *Shodhana* procedures.



Internal administration (*Snehapanam*) (*Abhyantara Sneha*)

- oral
- rectal
- other routes of administration where the fat is given to inside of the body (nasal drop)

External administration (*Bahya Sneha*)

- application of fat on the skin and may be followed by massage

Effect of Snehana on the body

4 distinct effects or functions

1. *Snehana* (Wet and lustrous appearance of the body parts when treated with oil)
2. *Vishyandana* (The substances impregnated with oil lose its solid nature and shows a tendency to liquefy)
3. *Kledana* (The wetness that increases in the body by administration of the oil)
4. *Mardava* (The softness imparted to the body parts when treated with oil)



Four types of Snehana dravyas

1. Ghrita (Ghee)
2. Taila (Sesame Oil)
3. Vasa (Fat) and
4. Majja (bone marrow)

Snehana Karma

Abhyantara Snehana (internal oleation)

- **Snehapana**
- Snaihika Dhuma
- Anuvasana Basti

- Achchhapeya sneha
- Vicharana sneha
- Sadyaha sneha

Bahya Snehana (External oleation)

- **Murdha taila**
- Nasatarpana
- Karnapurana
- **Akshitarpana**
- **Gandusa**
- kavala
- **Abhyanga**
- **Lepa**
- Mardana
- Padaghata
- **Snehavagahana**
- **Udavartana**
- Parisheka



अभ्यन्तरसुशोम

Internal oil Therapy (Snehapanam)

Abhyantara Snehana



Snehapana

- Oral administration of medicated or plain sneha (oral route)

Snahika dhuma

- Inhalation of the smoke through the nostrils for the sneha effect (nasal route)

Anuvasana basti

- Medicated sneha is administered in the form of enema (rectal route)

Achchhapeya sneha

- Oral administration of medicated or **plain sneha** alone.

(Snehapana)

ဆေးပါဝင်သောဆီ (သို့) ဆီချည်းသက်သက်ကို တိုက်ကျွေးခြင်း

Vicharana sneha

- Intake of medicated or plain sneha mostly in **combination with food**

ဆေးပါဝင်သောဆီ (သို့) ဆီချည်းသက်သက်ကို အစာနှင့်ရောနှော၍ ကျွေးခြင်း

Sadyah sneha

- Oral method of sneha to get the desired effect in a **short duration of single day**. The Sanskrit word ‘sadyah’ means instantaneous.

အချိန်တိုအတွင်း လိုချင်သော အကျိုးတရားရရန် ဆီတိုက်ကျွေးခြင်း

Character of fat substances

Snigdha guna (Unctous)

- Greasy quality of the fat substances, imparts oiliness as well as softness to the body part
- Improves physical strength and body complexion
- alleviates the Vata dosha, increase kapha dosha



Garu guna (Heavy)

- Heaviness quality
- Heavier for digestion and tend to suppress the digestion
(Untowards symptoms of indigestion)
- Enhances the body weight and strength
- Increase amount of body waste and hence excretion
- increase kapha dosha



Shita guna (cold)

- Cold quality
- Fat substances when administered increase a sense of happiness, alleviates the thirst, reduces the burning sensation, minimizes sweating, cures the transient loss of consciousness
- Improving the stability of the body and contract the body parts



Mridu guna (smooth)

- Softness
- Softness imparted to the body channel is significant as it the passage and mobilizes the vitiated dosha.
- Easy to elimination of dosha



Drava guna (Liquidity)

- Liquid physical property
- Moistening the body parts
- Dissolves the substance, and ability to flow and speed easily.
- Easy to elimination of dosha



Pichchila guna (sticky, slimy)

- Sliminess quality
- Helps in the integrity of the body parts, improves the excellence of body tissues, increase body weight and longevity
- Increase *kapha dosha*



Sara guna (flow, slide)

- Tendency of the fat substances to flow is explained by the sara guna
- Helps the mobilizations of dosha from its location of imbalance to the site of its elimination



Manda guna (slow)

- Slowness of the activity
- Slow but steady activity of the fat within the body that persists for a considered long period
- To reduce the quality of fat when taken internally



Sukhuma gunas (Minuteness)

- Fineness
- to permeate the minute body channels and thus gets distributed ubiquitously
- Capable of penetrating deep
- To eliminate the vitiated dosha

Types of sneha according to Dose

Four different dosages

1. *Hrasiyasi matra* (Oral administration of sneha over a period of maximum 7 days, starting from the smallest amount and then gradually increasing day by day) (test dose)
2. *Hrasva matra* (smallest dose) digest within 6 hour
3. *Madhyama matra* (intermediate dose) digest within 12 hour
4. *Uttama matra* (Large dose) digest within 24 hour

2. umv0' d(umv twlf twm) ulqjzwcif

(1) 3 7uf - taysrpm, twlf twm

(2) 4-6 &uf - tvwprm, twlf twm

(3) 7 &uf - tjyifpm, twlf twm

ysrfr0t m; jzi hoae [eumvrn (3)&ufS(7)&uft w6 fom ay; oibnf
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3. अक्षरानुक्रमिक

- (1) Hrisiyasai matra - त्रिअक्षर - त्रिअक्षरानुक्रम
- (2) Hraswa matra - (6) अक्षरानुक्रम - त्रिअक्षरानुक्रम
- (3) Madhya matra - (12) अक्षरानुक्रम - त्रिअक्षरानुक्रम
- (4) Uttama matra - (18-24) अक्षरानुक्रम - त्रिअक्षरानुक्रम

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ay;&ygrnf (3-4 &ufajrmufyrmPwlr i tselwcfaw&wwbn)

Snehapana wafaqmi & Uaom t Elygerm

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- *&ñvoae[wñbññf

- bmvwu awvyç wñfla&a t;uñt oñyññf

2/ , b - qñwñkñññññ(awvyç) wñf t oñyññf

3/ rE' - 0ó EñhrZñyç ü t oñyññf

No	Dosha	Anupana	Sneha	Used
1.	<i>Vata</i>	v0e ("mwfbq;&n)	*&dv	Ghrita
2.	<i>Pitta</i>	-	*&dv	Ghrita
3.	<i>Kapha</i>	uom& ?BvdU#l	*&dv	Ghrita

Abhyantara Snehana

အဆီဆေးပစ္စည်းကိုခန္ဓာကိုယ်တွင်းသို့ပို့ဆောင်/ တိုက်ကျွေးသောလမ်းကြောင်း

Snehapana (ဆီ (သို့) ဆေးပါဝင်သောဆီကို ပါးစပ်မှ တိုက်ကျွေးခြင်း)

Indications of Snehapanan

Svedya – Beneficial in clients who are supposed to undergo *Svedana* therapy

Shodhayitavya – As preliminary procedure *snehana* should be carried out in clients who will be subjected to *shodhana* therapy

Ruksha - Dryness or lack of greasiness in the body can be rectified by the *snehana* therapy

Vatavikarinah - Prime treatment in patient having morbidity of *vata dosha*

Vyayamanitya - Individuals having the habit of doing **regular physical exercise** will be benefited by the *snehana* therapy

Madyanitya - *Snehana* is one among the different remedies in **alcohol addicts**

Sttrinitra - To maintain the vitality and vigor *sneha* is carried out in persons indulging in regular sex

Cintaka - Clients suffering from mental stress are benefited by the sneha therapy

Vridhha - Dryness of the body is related to advanced age and can be rectified by the snehana in **aged persons**

Bala - *Snehana* is nutritive in developing children

Abala – For the nutritive effect *snehana* is carried out in
debliterated persons

Krishna – Persons who are **lean and thin** can be improved
by *snehana* therapy

Kshinasra – Individuals suffering from depletion of blood
are benefited by the *snehapana* treatment

Kshinaretasah – In persons with depleted *shukra* (semen),
to enhance the same *snehapana* is done

Syanda – *Snehapana* is a remedy in patients of
conjunctivitis

Timira – Progressive **cataract** may be effectively treated
with *snehana* therapy

Daruna pratibodhinah – Individuals who can not be
awakened easily from sleep are
treated by *shehana* therapy

Contraindications for Snehapana


Rukshanarha – *Shamana snehapana* is not ideal in clients in whom *rukshana* therapy is indicated.

But as a preliminary procedure of *shodhana* therapy may be carried out in them

Utsanna kapha – Patients suffering from excessive vitiation of *kapha dosha*. Here *rukshana* therapy is most ideal

Utsanna medas – Persons having excessive accumulation of fat in the body should not be treated with *snehapana*. Here also *rukshana* therapy is the better option. *Snehapana* is likely to worsen the accumulation of fat in the body

Abhishyanna anana – Complaint of excessive salivation in any client is indicative of morbidity of kapha dosha, and *snehapana* should not be done in such situations



Abhishyanna guda – Suffering of anal discharge is also suggestive of morbidity Kapha dosha, and such clients should not be subjected to snehapana

Mandagnayah – Persons who have developed impairment of gastric fire are unable to digest the sneha and therefore snehapana is contraindicated in them

Trishana-parita – Clients experiencing excessive thirst should not be treated with snehapana

Murchcha-parita – Snehapana is contraindicated in patients who frequently suffer from transient loss of consciousness. It is likely to worsen the transient loss of consciousness



Garbhini – Pregnant females

Talushoshinah – Clients complaining of dryness
of the palate

Annadvishah – Persons who have aversion to
consumed food

Chhardayanto - Patients suffering from vomiting

Gar-ardita - Patients of slow poisoning

Ama-ardita – Patients suffering from *ama*

Durbala – Persons who are much debilitated

Snehaglanayah – Persons who develop discomfort on
intake of *sneha*

Madatura – Persons who are intoxicated

Ajirna – Persons suffering from indigestion can not
even digest the *snehapana* is contraindicated

Taruna jvara – In patient suffering from fever of recent onset (within seven days of onset of fever) has poor digestive power and can not digest the *sneha*. And also, as the body channels are obstructed in this condition the *sneha* administered does not spread properly and hence is contraindicated

Basti karma – Clients who will be subjected to *basti karma*

Aruchi – Persons suffering from lack of taste in the mouth

Shramita – Clients who have tired after heavy physical work

Virikta – Impaired functioning of the gastric fire is likely in individuals who are already subjected to *virechana karma*. And therefore such persons are unable to digest the *sneha* and hence is contraindicated

Vamita – Individuals who are already subjected to *vamana karma* the digestive ability is poor, and will not be able to digest the *sneha*. Therefore, *snehapana* is not ideal

Akala-prasuta – *Snehapana* is not done in a puerperal

woman who delivered to a premature child.

As there is accumulation of blood and other fluids in the uterus, *snehapana* is likely to cause complications and hence should be avoided

Galarogi – Persons suffering from diseases of the throat

Udararogi – Persons suffering from ascities

Urustambha – Individuals suffering from *urustambha*
(illness characterized by loss of sensory
and motor functions in the lower
extremities)

Atisari – Patients suffering from diarrhoea

Tikshnagni – Persons having unusually strong gastric
fire

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Observation for the symptoms of digestion

Progression of digestion

- Headache
- Excessive salivation
- Excessive thirst
- Tiredness
- Restlessness
- Giddiness
- Fainting
- Sense of exhaustion even at rest
- Burning sensation

Completion of digestion

- Disappearance of the above symptoms of digestion in progress
- Sense of lightness of the body
- Proper passing of the flatus
- Appearance of the proper hunger
- Proper thirst
- Odorless, tasteless, clear eructation

Symptoms indicative of proper effect

(Samyaka Snehana)

1/ 0rfrDt &Ejri lvmjci f

2/ tqUlvurcjcif

3/ 0r faysm hysmDf, jci f/ usi BU Day sm hysmi fNyDpi MU, jci f

4/ ul tEm aygyElnjcif

5/ ul tEm wifwif&if&ifjzpjci f

6/ ul tEm acsmWjci f? Elnjcif

7/ tqDt ap; rsm aom usi BU jzpjci f

8/ t a&jm,rSt qjjejci f

9/ avpejci ;? avvnjci ;

10/ Orfwft qDsr,ph xi &sr,ph yg0i aejci f

11/ t m&hUmyefaom a&m* gzpjci ;

12/ tenfi , fav;vjci f

13/ qDlaqmi vpwjzp f

14/ tcRovjui f

15/ EajEt npt aU;ui fpi f

Symptoms indicative of inadequate effect

(Asamyak-snigdha Snehana)

1/ p̄jri f̄c̄j̄c̄i f̄

2/ ūsi ū̄, āj̄c̄m̄ūā̄ōj̄c̄i f̄

3/ t̄ p̄m̄aj̄c̄c̄s̄ūĒll̄ p̄ē̄f̄ ēn̄f̄ȳḡj̄c̄i f̄

4/ āv̄q̄ēj̄c̄i f̄

5/ ūll̄ t̄Ēm̄ āj̄c̄m̄ūā̄ōj̄c̄i f̄

6/ ūll̄ t̄Ēm̄ ū̄r̄f̄w̄r̄j̄c̄i f̄

7/ & ī b̄w̄f̄w̄ē̄ f̄ȳā̄v̄m̄ī p̄ē̄c̄p̄m̄, & j̄c̄i f̄

8/ t̄m̄ēn̄f̄j̄c̄i f̄

9/ t̄ p̄m̄āc̄c̄s̄ūr̄f̄ā̄Ēs̄āūj̄c̄i f̄

Symptoms indicative of excessive effect

(Atisnigdha)

1/ uḥ cEṁ t om; t a&0gci f? 0gpi t emjzpfci f

2/ uḥ cEṁ av; vḥwmi ḥvi fci f

3/ raḥu uṣuḥom t p m r s m; uṣi ḥuḍwḥ f y g v m j c i f

4/ xḥ; rḥ; fci f? i ḥ j r n fci f

5/ Eḥv f j r eḥ c ḥ v ḥ f y s uḥ t p m r p m; v j c i f

6/ yḥ t e f c i f / c ḥ v ḥ f r s o ḥ; & n ḥ j c i f

7/ 0 p ḥ * f j c i f

8/ 0 r f o u f c i f

9/ y ḥ v 0 r f o ḥ; j c i f

→ Rukshana Therapy is ideal

Complications

1/ t p m r a l u j c i f

2/ a & i w j c i f

3/ o w d p j c i ;

4/ x r f j c i f

5/ y j c i f

6/ O r f A l u u , j c i f

7/ z m j c i f

8/ w i f a w m i j c i f

9/ E l v r j r e j c i f

10/ O r f A l u e m u s i j c i f

11/ t p m a l u u s u r f E s a u j c i f

Chronic Complications

1/ t a&jm,a&m*ç

2/ , m, jci f

3/ azshwmen? aoft m,enfa&m* gzpjci f

4/ azma&mi jci f

5/ yçjci f

6/ t pmt dES ft lv rfaLumi f qll &ma&m* gr sn,

7/ Orfysuiv @ema&m*ç

8/ vçfacgi fjzpjci f

9/ xllusi jci f

10/ pumajymcufçjci f

Treatment of complications

-Ruksha items in the food and drink

(*Gomutra* (cow's urine), Medication with *triphala churna* is beneficial in relieving the symptoms

- Abstaining from the food when the client is hungry, induction of vomiting, sudation, medication with *pippali* (*Piper longum*), honey, *Haritaki* (*Terminalia chebula*), *guggulu* (*Commiphora mukul*)

- Excessive dose of sneha or else improper regimen during the course of snehapana may lead to **indigestion**, this may be **best treated by induction of vomiting by intake of ample amount of warm water**

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oae [e u x] a q m i & e f e p 0

- should take warm water (bath and wash)
- Abstain from the sex
- Withholding naturally manifesting urges
- Physical exercise
- Speaking loud voice
- Stay away from emotional disturbances
- Exposure to extreme cold or heat
- Away from exposing to breeze (fan may be switched off)



- Avoid travelling

- Keeping awake at night

- Should take proper sleep at night

- Sitting in an unusually high or low seat

- Avoid exposure to any smoke / dust

- Should avoid the Foods that induce excessive salivations and dry foods

oae [e ukh aqmi & Culy Daemuf

1/ a&aEcolpji f

2/ vdlupa&ni nu0jci f

3/ n0w6bmt ypujci ;

4/ obm0twllf aexlljykr&r&ji f uka&ni nu0&ef

5/ us, hvmi pth pum,ajymqjci f uka&ni nu0&e

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7/ tyESht a t ; uka&ni nu0&e

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9/ avlusi tefjykvlyjci fES hiji f xepnt vlyvlyjci fult a&ni ll0&ef

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Bahya snehana (External Oleation)

- As the anatomical structure of different parts of the body is different, oil may have to be applied differently according to its structure.
- Depending upon the degree of *snehana* effect desired in an individual patient, one may have to adopt different forms of oil application in order to get maximum effect.
- Following is the list of different forms of external application of oil to different parts of the body

External Application of Oil (External Snehana)

1. Abhyanga – Oilment application (cEmuH lw6f qDvdfi Ege, ay;ji f)
2. Lepa – Medicinal wrap (aq;t qDsr;zi h olwlvdfiywlvD pnfjci f)
3. Udvartana – Massage towards the heart (aq;t qD (o) aq;trErsmult oHyK ESvzubHODwnEge, ay;ji f)
4. Mardana – Pressure massage (aq;t qDsr,vdfi zdt m; okum qlwvhpEge, jci ;)

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5. Padanghata – Massage with the feet (ajczi i fi Eyaom en)
 6. Parisheka – Affusion (cEmu ay:w faq; t qD sm, oE avmi fci f)
 7. Sanvahana - Stroking (ni b m p n y w b y E y e , j c i f)
 8. Gandusha - Gargling (q j z i h t m v w l u s i f c i f ? i h x a p j c i f)
 9. Murdataila – Treatment of the head (O D a c c i f y n f w e f q D t o h y l i
u k h a q m i & c u r f e n (p e p)

10. Akshitarpana – Treatment of the eyes (rsuáphwóf
qít olykí uklaqmi&urñen(pez)

11. Karna purnam – Treatment of the ears (em,twóf
q&nuborñen(pez)

12. Masthicaya – Head paste (Oðacgi fwóf aq;t qð (oð
aq;t Eðrsmjizih tjcif? vdfuðcif)

13. Avagahana or snehawagahana (a&cðpñwóf
qðzniv(úptjcif)

Abhyanga – Oilment application (Shariraabhyanga)

(cEimulā wāf qāḍāfi Eḡe, āy;ci f)

- qāḍāḍāḍā, t oḡyāqmi &ā
- a&m* g t vā o i ā v s ā o m q ā ḍ ā & c s,
- t oḡyā b n h u m v u l v u l i q ā t y c s ā f u ḡ j y m i f v ā y; E ā f
- a&m* g t m, v ā t w ā b q ā t y c s ā b n f t c e f t y c s ā x u f t e n f i , f y b i h
- t q p ā e & m i t o m t , m y ā v b y f p u ā y w a & ā v s ā u n v ā y;

em,ES h0Dacgi f u klowES haqmi &Euf

- ajcaxmuyf f w f q v m u p t o k
- q b n c E m u l l & S t i s s u e s r s m , u k o e r m a p l y ; O g w a ' g o E S h u z a ' g o v e j c i f ? , l w j c i f u l l u m u G f a y ; o n l t a & j y m , u l l E l n h y s t a y s m i f a p ?
M b Z m " m w f u l l w l w u f a p ?
- t x l o j z i h u a v ; r s m ; E S h v l u , r s m ; w f f a e p 0 h a q m i & E u f
- - c E i m u l l f a y : w f f 1 5 - 3 5 r e p t x d q l l e & e f v l t y f

a&aE(zih&c\$lap&

- vdfxm,aomqDsm, tm,vlygoBrB rjzpa&ef qyfymt pm;
- uiye'o,rtreuktojk oelpi&rn/
- Ege, jci frjykDa&SOpb qvdfioih
- em? Efacgij ponullukN raqmi &urDvdf
- qvr'uklon' tjcm,ukk aqmi &urBr&S/n' jklyEII? (tjcm,ukk
waujci, r&vdf ta&jym,rS qplyf, EII ap&ef vdfxm,NyD
z, &fr,ypjci frjykbJxm,EII)

- qvfaom tcg vemt, at;aom tajcaers pí wjznfjznf

tycswlaqmi&ubif

- vem taetxm; (6) r#

1/ ajcaxmuqifí rwrwxlaom taetxm;

2/ yuvsuftyaom taetxm;

3/ nmzuapmi; tyfaom taetxm;

4/ arsuvsuftyaom taetxm;

5/ b, buapmi; tyfaom taetxm;

6/ wzef- ajcqif rwrwxlaom taetxm;

yxrqht ae t xmjzi haepum 0pacgi f/ i , bxyfrsvdf

- aemulaph tv , yllf? 0pa&jym,tm,vH vdf (qlyiw6f qDsm, &aeonft xd vdf(E))

Abhyanga ukhlaqmi&ubihom t ajcaersm

1/ tti fr&Z&mulwmm,qD&ef

2/ yiye!E6fe, rkyaysmulap&ef

3/ ava' gaalumi jzphaom a&m*grsm, y, &fr&ef

4/ emusifulluchrsm, oubmap&ef

5/ rsulaphtjri p6;&n wjrihap&e

6/ u v m y p n f w l n p e f & n j r i f m a p l y D c E m u l f t i f t m w l a p o n f

7/ t o u & n f

8/ t y a y s r a p

9/ t a & j y m u l v i f u m o e r m a p

10/ t a & j y m r e f o i j c i f r s u m u G f

11/ u k e p e t m w l r i a p

12/ t a & j y m t a & m i f t q i f a u m i f r e a p

Abhyanga **ukh raqmi & ubi hom t ajcaersm,**

1/ **zsmjci f ? u d ft ycbf & e jci f**

2/ **Orfcsyjcif**

3/ **uza' govêu. t jypjylæaom a&m*ç**

4/ **aom'eukh aqmi & u ty d t ajc t aersm,**



Padabhyanga

- application of oil on the feet followed by massage is popularly known as *padabhyanga*.

Beneficial effects

1. Clears roughness of the soles
2. Cures stiffness or any limitation of movement of feet
3. It corrects the excessive dryness of feet
4. Prevents or cures crack foot
5. Effectively relieves the strain or exhaustion of feet



6. Cures numbness of feet

7. Promotes the strength of feet

8. Improves eyesight

9. Feet become soft and smooth

10. Protects from risk of sciatica

11. Alleviates the morbid *vata dosha*

12. Prevents the cramps of the muscles of feet, cures
deformities



2. Murdathaila – Treatment of the head (0ṁacgi 'yil 'w6' qṁ t oḥyṁ ukḥa qmi & Cuf ḥenḥep)

- Refers to applying the oil to the head
- also known as shiratarpana



Murdataila includes :

- 1- Shiro - abhyanga (application of the oil to the scalp followed by massage)
- 2- Shirahseka (Shirodhara) – Pouring the medicated oil or other liquids on the forehead
- 3- Shiropichu – Cotton swab soaked in oil is placed on the vertex
- 4- Shirobasti – Certain amount of oil is poured on the vertex and is made to remain there for specific period

2-1. *Shiro-abhyanga*

- application of oil on the head followed by massage is popularly known as *shiro-abhyanga*.
- Hair fall
- Dandruff
- Cranial nerve disorder
- Premature graying

2- 2. Shirahseka (Shirodhara)

- Continuous pouring of decoction, oil or other liquids on the forehead and then allowing it to flow over the scalp, using a special dhara yantra.

vlt yāomypr;rsr;

(1) aq;t qD(Medicated or plain oil or infusion)

(2) tH-2 ck(Sirodhara pot)

(3) 0g* t;csnjzi hupxmaom r;pmBul

(4) Sirodhara table

(5) Cotton pads to cover eyes

(6) Drape: 6 feet long and 4 feet wide cotton cloth
for drapping the body

Effects and Mechanism

- Produces soothing sensations on head, which pass through the superficial nerves to the brain
- Brings calmness and affects the **serotonin levels** in the brain, which ultimately treats stress disorders

Dosha effects – Vata dosha pacifier

Types of *Shirodhara*

1. *Taila dhara (Thyla dhara)* – Oils are used
2. *Takra dhara (Thakradhara)* – Buttermilk is used as the main ingredient of pouring liquid
3. *Kwatha dhara* – Decoctions made from various herbs as per condition and bodily defect or *dosha* of the person are used
4. *Dugadha dhara (Ksheerdhara)* – Milk is used as the main ingredient
5. *Jala dhara* – coconut water or water is used in cases of ailments due to excess heat in the body or *Pitta* diseases

Shirodhara procedure

Textbook



Indications

- Mental stress, Anxiety, Psychological illness, Mental exhaustion, Hypertension, Headache
- Insomnia (sleepness or difficulties in sleeping)
- Eye diseases
- Dermatological conditions like eruptions
- Pediculosis
- Cerebral palsy

Contraindications

- Conjunctivitis
- Glaucoma
- Fever
- Scalp or forehead injuries
- Inflammatory diseases



Duration

- 30 to 90 mins

- 7 to 14 days

(depending upon the nature of illness and physical condition of the client)



Precautions

- During the procedure **the eyes are well protected covered** so that medicinal liquid does not leak into the eyes and produce irritation of the eyes

2-3. Picu

- t 0wprsm, ulqDvE pV Ufezl? i , fxyay:wifay;ci f

Benefits

- Cures migrains
- Cures insomnia
- Alleviates back pain
- Treats osteoarthritis
- Soothes muscle ache and pain
- Cures neck problems
- Rejuvenates damages tissues
- Improves blood circulation

2-4. Shirovasti

- vlem\ Odacgi f x y f ay: w f o m, a & O Da q mi fa q mi & C u f

- r c h & y E i l f a t m i f e m u s i j c i f
- r s u E f i t m & h M u m a v j z w j c i f
- t y f r a y s j c i f
- O D a c g i f u l l j c i f
- O u & l a & m * c
- t j c m, O D a c g i f y i l f q i l & m a & m * g



owjyl&eft csufsr;


- av;zuáv;weíSnDmp0cRvf
- cRwly, 0,acgi f,w0 f a&aEQzi hq0vf



Shirovasti procedure

- Textbook

- Duration of treatment
- - Vata – 53 mins
- - Pitta - 42 mins
- - Kapha – 32 mins
- - Healthy persons – 5-6 mins
- 7 अक्षयिनी (अक्षयिनी) अक्षयिनी

- 
- Removal of cap, Cleaning, slight massage on head, shoulders, upper part of back, nape of the neck and cervical area with the same oil and ghee for 5-10 mins
 - Diet and lifestyle modification

3/ Lepa – Medicinal wrap (Mere smearing of the medicated oil to a body part is known as lepa)

(aq; t q; sm; jzi hokv; yw; pn; jci;)

- ul; pu; m* gal; mi h jz; pa; om a; mi f; r; j; ci f; w; f; o; i; h; v; s; f
- em; si; r; u; b; u; b; m; a; p; o; j; z; i; h; u; l; t; a; o; m t; e; m; r; s; m; u; l; o; u; b; o; m a; p; e; b; e; f; e; f

- ygaom ywfvð - at;Nyð plyf, laponh tmebi&&(ao(EShyvå' go ylt&jzpp&ebk)
- plyf, bnhtmebif&om ywfv; (Ogw ? uza' go ylt&jzpp&ebk)
- cšyaom tmebi&q;rs;zihaqmi &lvü faoŵvåp? t emajcmåp
- yvå' go? uza' go tjppjybnh&m*grsm; aumi spbuor&ay;ellf

Indications

- Skin diseases
- Skin manifestations due to vitiated vata dosha
- Diseases of the scalp
- Hair fall
- Dandruff
- Painful conditions of the musculoskeletal system
- Peripheral vascular disease

Medicinal oils

Eg.

Vatarakta

- **Pinda taila**

Hair fall , Dandruff

- **Dhurdhura patradi taila**

Sciatica

- **Vishagarbha taila**

Degenerative joint disease

- **Karpooradi taila**

Crack foot

- **Madhuchhishta taila**

Eczema (Skin diseases)

- **Marichadi taila**

Burning sensation

- **Chandanadi taila**

Acne

- **Kumkumadi taila**

Procedure

- Preferred after bath
- The client is made to sit or lie down comfortably
- Suffering from any skin diseases, the lesion is properly cleaned using decoctions or specified disinfectants
- The part of the body to be treated is exposed
- Prescribed oil is painted to the body with a cotton tampon



Precautions

All necessary aseptic measure should be taken if the client is suffering from **contagious disease**

4/Mardana – Pressure Massage


(aq; t qD sm, v d f í z d t m, o k u m q l y h p E g e , j c i f

- Performing the message with the application of more pressure after anointing the body with oil is referred by name mardana
- u u b m, r s m, u l l q l y h p E g e , f a o m e n f
- O g w a ' g o a j z m i r e a p & e ' t w e u ' t p e ' t z m, b u b k o, w n E g e , ' E g e , l y d ^ E g e , f a e p o f t w e f q l v d f r b j y k / y f

- **ES/1r&0;&mbubllqmi&Euf**
- **vemt aet xm, - q&vrfuk,ES hweuf vnf aqmi&Euf**
- **Eve, ND t aHw&fac;xwjcif? a&aE;cdjicif n&Eum,Euf**

Indications

- Indicated in both healthy and diseased persons
(In normal persons – beautiful body figure, improves the body musculature, enhances physical strength)
- Diseases of skin due to imbalance of vata dosha
- Diseases due to the affliction of muscle by vitiated vata dosha

- 
- Disorders of blood due to abnormal vata dosha
 - Diseased vessels due to affliction of vata dosha
 - Illness resulting from affliction of tendons, or nerves by the vitiated vata dosha
 - Diseases of the joints afflicted with imbalance of vata dosha
 - Bone disorders as a result of its affliction by abnormal vata dosha

5/Udvaartana – Massage towards the heart (aq;t qD(o) aq;t rE

rs;ult o;lyf ES;ubWnE;e, ay;ci f

- ES;ubqD;wnf stooking motion enfzi hqmi &E&on/

- Mardana enfES hqelusi bujzpf


- uza' go tjypjlaoma&m*grsm? tOvE;ci;? q;ca&m*gES h azm
a&mi jci f wlvE hqmi &Eay;E; f

- uza' goy;rp&ef v;aqnr;ub;rjzpe; hap&ef aq;t qD;sm; t o; rjyl;ol
aq;t rE;rs;jzihv;f;u;f q;ye, ay;ci;f;yl;E; f

Beneficial effects

Udvaartana opens the circulatory channels, facilitates the metabolic activity and improves the complexion of the skin.

- Alleviates vitiation of kapha dosha
- Reduce excess of fat in the body
- Increases the stability of the extremities
- Promotes the excellence of skin

- 
- Corrects the imbalances of vata dosha
 - Leads to a sense of lightness in the body
 - Eliminates the bad body odor, due to excessive sweating or for other reasons
 - Prevents untimely drowsing
 - Cures itching sensation

Types of Udvartana

- Snigdha Udvartana (Oily substances are used in the message)
- Ruksha Udvartana (Dry powder of herbs)

Prescription

Oil is selected according to the prakriti of the client

Vata prakriti	-	Himasagara taila
Pitta prakriti	-	Ksheera bala taila
Kapha prakriti	-	Triphala taila
Sama prakriti	-	Asanabilvadi taila

6/Padanghada – Massage with the feet (ajcziñifí Eyaomenf)

- Application of the oil all over the body followed by a special masage, in which the therapist uses his feet to apply firm pressure on the client's body, is the unique feature of padanghada.

7/Parisheka – Affusion (cEmulī by:wōf aq;t qōsm,
oē(a vmi fci f))

- Pouring of the medicated liquids or oils on a diseased part or whole body below the neck

8/Samvahana – Stroking (निबन्धन, jci;)

- cEimul ft m&hUumvrifwavnuf tomt, m xawfWbyf Ege, ay;jcif

9/ Gandusha – (अङ्गुलीनिर्घण्टुयवल्गुसिफण्डी)

(Procedure of holding oil or decoctions in the buccal cavity for certain period)

- indicated in both healthy and diseased persons

Types of gandusha

- (1) Snigdha gandusha
- (2) Shamana gandusha
- (3) Shodhana gandusha
- (4) Ropana gandusha

10/ Akshitarpana – (rsuāpāṇi qd oḥyā ukh
aqmi & urān, pep)

11/ Karnaparnam – (em,wf,qk,nl,br,ten,pep)

12/ Masthiskya – (0)acjfw0faq;t q0 aq;tEβzwrsm,tjci f?
vrfu,jci f)

13/ Avagahana or Snehavagahna – (अवगहना सुखवगहना)



Review

- Snehana stands for lubrication of body systems by the administration of fatty substances internally and externally.

- 
- Four types of Sneha Dravya
 - 1. Ghrita (Ghee)
 - 2. Taila (oil)
 - 3. Vasa (fat)
 - 4. Majja (bone marrow)



Snehana includes

- Abhyantara snehana (internal oleation)
- Bahya snehana (external oleation)

Internal oleation → Achhapana (pure ghee or oil) ,
→ Vicharana (with food)

External oleation → 13 types



References

- Textbook
- Panchakarma Illustrated



Thank You