



TO EVALUATE HOW SNIGDHA GUNA AFFECTS BALAJANANA KARMA IN KARSHYA PATIENTS

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<https://doi.org/10.46607/iamj0810082022>

(Published Online: August 2022)

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Article Received: 18/07/2022 - Peer Reviewed: 05/08/2022 - Accepted for Publication: 10/08/2022



ABSTRACT

Ayurveda is a clinical science, and its concepts and principles are moulded in such a way that it becomes useful in clinical parlance. It is the duty of scholar of the *Ayurvedic* field to prove these *Ayurvedic* principles in front of the world in better way to show its scientific utility in terms of countable objectivity rather than subjectivity.

We the *Ayurvedic* physicians are since long using the fundamental concepts and so on but at present we are not in a position to describe exactly the complete laboratory scenario about these principles. Being such uniquely important concept, it has remained just as non-applied literary bulk. In this study, we increased *Snigdha Guna* of *Kapha Dosh* while using objective criteria to treat *Karshya* illness, Body mass index and weight

Keywords: *Snigdha*, *Karshya* (lean & thin), *Doshas*, *Dushyas*, *Guruvadi Gunas*

INTRODUCTION

Since the beginning of time, the ancient science of life known as *Ayurveda* has aided in maintaining society's health. Huge changes in the environment, surroundings, lifestyle, and other factors have been observed in this science. *Ayurveda* has consistently played a significant role in maintaining and meeting

the health-related demands of Indian society despite this changing environment. *Ayurveda* has provided a very straightforward yet equally effective approach of explaining this extremely complex, multidimensional phenomenon of life. Instead of emphasising morphological entity differences, functional variations of

numerous different body structures have been thoroughly grouped under three illustrious categories: *Dosha*, *Dhatu*, and *Malas*. Principally *Tridoshas* are *Dravyas* having specific *Gunas* (qualities) and *Karmas* (functions). Each *Doshas* have specific *Gunas* (Quality) among *Guruvadi Gunas*. At the time of increase and decrease condition of *Doshas* they show their functions as per *Gunas*. In *Chikitsa* treatment is also dependent on *Gunas*.

Based on *Desha*, *Kala*, *Matra*, *Kriya*, and *Kshetra*, *Guna* or *Dravya* may display various behaviours. Here, an effort has been made to focus on a particular *Guna* with relation to a particular karma. Lack of specified parameters is a major obstacle to the practical appraisal of these *Gunas*. Maintaining the integrity of the body and its internal environment is often considered to be the most important requirement of life. The internal milieu of the body's cells and intracellular structures are both maintained by the *kapha dosha*.

Kapha Dosha having *Snigdha*, *Sheeta*, *Guru*, *Manda*, *Mritsna*, *Sthira Gunas* have very close relation with this karma. From all *Gunas* of *Kapha Dosha* *Snigdha Guna* is the most important property of *Kapha Dosha*.

MATERIALS AND METHODS

Table 1: *Snigdha Guna* and *Dhatu*

<i>Dhatu</i>	<i>Charaka</i>	<i>Sushruta</i>
<i>Rasa</i>	<i>Jala Mahabhuta</i>	<i>Jala Mahabhuta</i>
<i>Rakta</i>	<i>Jala</i>	<i>Jala + Agni</i>
<i>Mamsa</i>	<i>Vayu + Jala + Tejas</i>	<i>Jala + Prthvi</i>
<i>Meda</i>	<i>Jala + Prthvi</i>	<i>Jala</i>
<i>Majja</i>	<i>Jala</i>	<i>Jala</i>
<i>Shukra</i>	<i>Jala</i>	<i>Jala</i>

To form the *Drava* entity like *Mutra* that is to be thrown out of the body in the form of *Mala*, the *Gunas* like *Snigdha*, *Sandra Sthula*, *Sara*, *Bahal*, *Shita*, *Guru*, *Shlakshna* which are in *Samavaya* with the consumed food and *Dhatu* of the body are to be retained in the body.

SNIGDHA GUNA

Nirukti – The word *Snigdha* is derived from the Sanskrit root “*Snih*” with ‘*Ghay*’ *Pratyaya*.

The *dravya* which has property to moisten is called as *snigdha*.

Snigdha guna predominantly consists of *Jala Mahabhuta*.

Functions of *Snigdha Guna*

- *Snigdha Guna* maintains skin smooth, moist.
- Due to *Snigdha Guna* body organs remain moist, unctous
- *Snigdha Guna* gives a good complexion
- It enhances *Kapha Dosha* and calms *Vata Dosha*.
- It is responsible for *Vrishyata* (Pleasure of mind & satisfaction in sex)
- *Snigdha Guna* gives strength to the body
- *Brimhana* of *Dhatu*s occurs due to *Snigdha Guna*.
- It is responsible for the *Pindibhava* of *Mala* and Evacuation of *Mala*.

Snigdha is composed of *Jala Mahabhuta* and *Prithvi Mahabhuta* that's why it can be related to *Satva* & *Tama* as per the principal ‘*Satva-tamo Bahulo Apa*’ and *Tamo Bahula Prithivi*. *Snigdha Guna* has the functional similarity with *Shita Veerya* as well as *Ushna Veerya*.

Ojas is a unique concept of *Ayurveda*. It also possesses the *Snigdha Guna*.

Snigdha Guna causes *Srotomardavata* and *Abhisyanada*.

Table 2: Disease due to Snigdha Guna

Disease	Charaka	Susruta	Vagbhata	M.N
<i>Prameha</i>	+	+	+	+
<i>Raktapitta</i>	-	-	-	+
<i>Kushtha</i>	+	+	+	+
<i>AtiSara</i>	+	+	+	+
<i>Shiro Roga</i>	+	-	-	-
<i>Kaphaja Hridroga</i>	+	-	-	+
<i>Medovridhi</i>	+	-	+	+
<i>Kaphaja Gulma</i>	+	-	-	-
<i>KaphajaGrahani</i>	+	-	-	+
<i>Kaphaja Kasa</i>	+	-	-	-
<i>Aamvata</i>	-	-	-	+
<i>Krimi (Kaphaj & Purishaj)</i>	+	+	+	+
<i>Pravahika</i>	-	-	+	+
<i>Vatarakta</i>	+	-	-	+
<i>Chardi</i>	-	+	-	+

Diseases due to Snigdha Guna Kshaya –
 Acharya Sushruta mentioned in clearly that Karshya occurs due to Snigdha Guna Kshaya i.e., Rukshata.

Acharya Charaka mentioned in Rajaykshma Dhatukshayajanya there is Snigdha Guna Kshaya. i.e Rukshata

Table 3: Snigdha Guna Kshaya

Disease	Charaka	Sushruta	Vagbhata
<i>Karshya</i>	-	+	-
<i>Rajaykshma</i>	+	+	+

Snigdha Dravyas containing fatty / oily materials Eranda, Tagara, Palandu, Rasona, Guggulu, Tila, Devadaru, Jatiphala, Vasa, Kshira, Ghrita etc.

Role of Fats and Lipids in Modern Physiology and Biochemistry

- The lipids serve the following important function
- Structural components of bio membranes (phospholipids)
 - Metabolic regulators (steroid hormone and prostaglandins)
 - Storage forms of energy (Triglycerides)
 - Acting as an electric insulator in neurons.
 - Adding taste and palatability to food

The main aim of this research work was to draw precisely the concept of Snigdha Guna of Kapha Dosha. The clinical trial can support the concepts. As a part of the practical assessment for the confirmation of the concept, the clinical study is proposed.

Subjective Parameters:
 Signs and symptoms of Karshya Patients were assessed by scoring and gradation pattern. all the patients of Karshya before and after treatment. They are given as below:

- 1) **Body weight:** The body weight was recorded in Kg. before and after treatment.
- 2) **B.M.I:** Body mass index is recorded

Table 4: Symptoms of *Karshya*

Symptoms	Group	
	n	%
<i>Snigdha Guna Kshya</i>	30	100
<i>Kriyasu Alpa Prana</i>	25	83.33

Table 5: Effect on assessment of *Snigdha Guna Kshaya* on the basis functions of *Kapha Dosha*

Sr. No.	Parameters	n	Mean B.T.	Mean A. T	% Relief
1	<i>Snigdha Guna Score</i>	30	23.23	19.33	16.7↓

Table 6: Effect on Body Weight and Body Mass Index

Sr. No	Parameters	n	Mean B.T.	Mean A. T	% Relief
1	Body Weight	30	49.33	51.28	3.09↑
2	B.M.I.	30	19.22	20.18	4.9 ↑

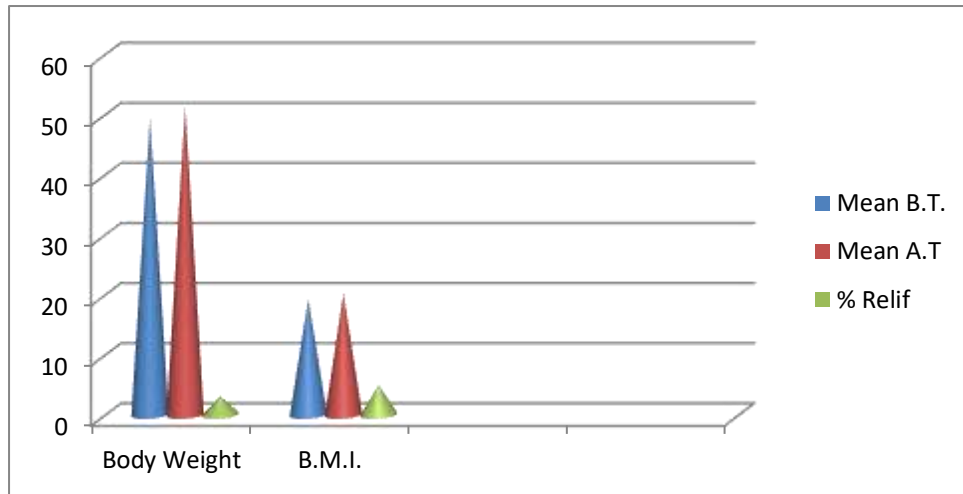


Fig: Result on BW and BMI

Body Weight in Kgs - The initial mean body weight was 49.33 kgs, which was increased to 51.28 kgs after treatment. The increase in the body weight was statistically highly significant. ($p < 0.001$)

B.M.I. - The initial mean B.M.I was 19.22 kg/m^2 , which was increased to 20.18 kg/m^2 after treatment. The increase in the B.M.I. was statistically highly significant. ($p < 0.001$)

DISCUSSION

Guna is the most significant primary theory for disease prevention, diagnosis, and management among all the other concepts. This word is derived from the verb "invite" in the root "*guna*." Every *Guna* now has new meanings according to *Ayurveda*, making them valuable in clinical practices. The Sanskrit root "*Snih*" combined with "*Ghay*" *Pratyaya* is the source of the word "*Snigdha*." In *Ayurveda Snigdha Guna* is described under the *Gurvadi Guna*.

Discussion related to the physiological role of Snigdha Guna

Physiology indicates *Prakrita* (normal) actions in the body which are important

- To maintain the *Dhatusamyata* by promoting and nourishing tissues.
- *Snigdha Guna* provides the viscosity of the protoplasm of the cell.
- It maintains fat – the protein complex and lipids in the protoplasm.
- It softens and lubricates the food in the stomach.

Prakledana (creating moisture), *Ardikarana* (wetting), *Vilodana* (mixing/churning), *Bandhana*, *Vishyandana* (flowing, secreting/oozing/dripping), the softness of joint and muscular tissues, and easily and copiously voiding perspiration, urine, and faeces are some of these functions. Prior to a few procedures, *Snigdha Dravyas* has been advised; this may be done to prevent constipation and, consequently, *Vata Vriddhi* during surgery. The surgical technique may be hampered by *Vata Vriddhi*.

Accordingly, a person who is thin or emaciated is a *Lakshana* of *Karshya* or *Krishata*. According to *Dalhana's* commentary, which makes it apparent that *Dhatukshya* is the key event in *Karshya*, *Karshya* falls under the category of *Apatarpanatmaka* illnesses.

Main symptoms of *Karshya* are *Snigdha Guna Kshaya* i.e., *Roukshya*, *Shushka Sphik*, *Greeva*, *Bahu*, *Udara*, *Kriyasu Alpa Prana*, due to *Vata Dosh Vriddhi* and *Kapha Dosha Kshaya*

With the aid of the clinical presentation of *Karshya*, the current clinical investigation was designed to assess the practical application of the management principle in order to determine the relationship between *Snigdha Guna* of *Kapha Dosha* and *Sharira Bala*. The illness *Karshya* has been chosen for clinical studies because *Lakshana* of *Karshya* is explicitly referenced in the classics as *Snigdha guna Kshaya*, along with *Balya* and *Snehapan Chikitsa* of *Karshya*.

CONCLUSION

Snigdha guna of *Kapha Dosha* in *Karshya* patients where *Kapha kshaya* and hence *Bala kshaya* occurs observed that *Kapha kshaya* Symptoms diminished in such patients and *Bala* is also increased so it can be stated that *Snigdha Guna* of *Kapha Dosha* is primarily responsible for the *sharira bala*.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Shakuntala Nagar: To evaluate how Snigdha guna affects Balajanana karma in Karshya patients. International Ayurvedic Medical Journal {online} 2022 {cited August 2022} Available from: http://www.iamj.in/posts/images/upload/2083_2088.pdf