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

More Manjusha S1, More Sunil S2, Phadol Ravindra S3

1Prof, Dept. of Panchakarma, 2Prof, Dept. of StriRog and Prasutitantra,
3P.G. Scholar, Panchakarma Dept.
Shree Saptashrungi Ayurveda College & Hospital, Panchavati, Nashik, Maharashtra, India

Email: manjushasunilmore@gmail.com

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 “Apunarodhhava” 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) (Vamanartha) and “‘Ksheer-vicharana Snehapana’” (Ch.Su.13/23-25) (Virechanartha) 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 Mahatiktakghrut and Kshir-Vicharana Snehapana.

Materials and Methods

Place of study-
Shree Saptashrungi 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 Sneha-pana

Table 1: *

<table>
<thead>
<tr>
<th>Snehapana days</th>
<th>Method A</th>
<th>Method B</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1st</td>
<td>2nd</td>
</tr>
<tr>
<td>Purishasnighata</td>
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<tr>
<td>Angalaghav</td>
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<td>Vimalendriyata</td>
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<td>Klama</td>
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<td>Glani</td>
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<tr>
<td>Vatanuloman</td>
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<tr>
<td>Snehodvega</td>
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<td>Twaksnigdhata</td>
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<td>Adhastat-Snehadarshan</td>
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</table>


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 vardhanam-matra for both the Methods. But for ‘’Method B’’ quantity of Ksheer is taken stable i.e. 50 ml.

Follow-up- Daily till Samyaksigdha lakshana appears.

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

Objective criteria- Samyaksigdha lakshanas. [3, 4, 5]

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:**

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<thead>
<tr>
<th></th>
<th>Method A</th>
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<th>Method B</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>5&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Total</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td>3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td>4&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
<tr>
<td>Sneha-matra consume in ml</td>
<td>40 ml</td>
<td>80 ml</td>
<td>120 ml</td>
<td>140 ml</td>
<td>200 ml</td>
<td>240 ml</td>
<td>820 ml</td>
<td>40 ml</td>
<td>80 ml</td>
<td>120 ml</td>
</tr>
<tr>
<td>Snehapanchan-kala in hours</td>
<td>4 Hrs.</td>
<td>6 Hrs.</td>
<td>8 Hrs.</td>
<td>7 Hrs.</td>
<td>8 Hrs.</td>
<td>10 Hrs.</td>
<td>3 Hrs.</td>
<td>6 Hrs.</td>
<td>7 Hrs.</td>
<td>6 Hrs.</td>
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<tr>
<td>Total duration of Sneha-kala</td>
<td>6 days</td>
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<td></td>
<td>4 days</td>
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(*Note -Showing objective observations of two methods.)

✓ **Snehodvega lakshana** was not seen in Method B while it is present or seen from 2<sup>nd</sup> 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-Kalpana’. 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 2<sup>nd</sup> day in Method A.

✓ Daily **Sneha-pachan kala** is found less in Method B is probably due to Drava, mrudu guna 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 Samyaksnigdhalakshanas 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 Samyaksnigdha-lakshanas than Accha–Snehapana.

REFERENCES


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Conflict Of Interest: None Declared