



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

“APPLICATION OF SNEH PRAVICHARANA IN SWASTH VYAKTI : A COMPREHENSIVE REVIEW”

Dr. Vikrant Pawar¹ Dr. Amol Waghmare² Dr. Sachin Shinde³ Dr. Poonam Kale⁴ Dr. Manisha Shinde⁵

- 1) Professor Swasthavritta & Yoga Department , Bhimashankar Ayurved College, Wadgaon Kashimbeg (Walunjwadi), Tal- Ambegaon, Dist- Pune, Maharashtra University of Health Sciences, Nashik, Maharashtra.
- 2) Professor Rasashastra Department , Bhimashankar Ayurved College, Wadgaon Kashimbeg (Walunjwadi), Tal- Ambegaon, Dist- Pune, Maharashtra University of Health Sciences, Nashik, Maharashtra.
- 3) Asso. Professor Streerog Prasutitantra Department , Bhimashankar Ayurved College, Wadgaon Kashimbeg (Walunjwadi), Tal- Ambegaon, Dist- Pune, Maharashtra University of Health Sciences, Nashik, Maharashtra.
- 4) Asst. Professor Swasthavritta & Yoga Department , Bhimashankar Ayurved College, Wadgaon Kashimbeg (Walunjwadi), Tal- Ambegaon, Dist- Pune, Maharashtra University of Health Sciences, Nashik, Maharashtra.
- 5) Asso. Professor Streerog Prasutitantra Department , Bhimashankar Ayurved College, Wadgaon Kashimbeg (Walunjwadi), Tal- Ambegaon, Dist- Pune, Maharashtra University of Health Sciences, Nashik, Maharashtra

Abstract

Sneh Pravicharana, a fundamental concept in Ayurveda, involves the administration of medicated oils or fats for therapeutic purposes. Traditionally utilized in the management of various diseases, its role in maintaining the health of a *Swastha Vyakti* (healthy individual) is gaining attention. This review explores the principles, methodologies, and benefits of *Sneh Pravicharana* in promoting overall well-being, preventing diseases, and enhancing quality of life in healthy individuals. By synthesizing classical Ayurvedic texts, contemporary research, and clinical studies, this paper provides a holistic understanding of its application in preventive healthcare.

Keywords: Ayurveda, *Sneh Pravicharana*, *Swastha Vyakti*, Preventive Healthcare, *Snehana*, Oleation Therapy

1. Introduction

Ayurveda, the ancient system of medicine, emphasizes preventive healthcare (*Swasthavritta*) alongside curative measures. *Snehana* (oleation) is one of the key therapeutic procedures in Ayurveda, involving the use of *Sneha* (medicated oils or fats) both internally and externally. *Sneh Pravicharana*, the systematic administration of *Sneha*, is traditionally used in Panchakarma (detoxification therapies) and in the treatment of various ailments. However, its significance in maintaining the health of a *Swastha Vyakti* is equally important.

This paper explores the application of *Sneh Pravicharana* in health maintenance, focusing on its preventive and promotive aspects. It discusses its role in nourishing

bodily tissues, balancing *Doshas*, and enhancing physiological and mental well-being in healthy individuals

2. Principles of *Sneh Pravicharana*

The application of *Sneh Pravicharana* is based on core Ayurvedic principles related to *Dosha* (biological energies), *Dhatu* (body tissues), and *Srotas* (bodily channels). Key principles include:

2.1 Balancing the *Doshas*

According to Ayurveda, *Snehana* helps in pacifying *Vata Dosha*, which is responsible for dryness, roughness, and instability in the body. Additionally, it supports the regulation of *Pitta* and *Kapha* when administered appropriately.

Nourishing the *Dhatus* Oleation nourishes and strengthens the seven *Dhatus* (tissues) of the body,

including *Rasa* (plasma), *Rakta* (blood), *Mamsa* (muscles), *Medas* (fat), *Asthi* (bones), *Majja* (marrow), and *Shukra* (reproductive tissues). Proper nourishment of *Dhatus* ensures optimal physiological functioning.

2.2 Maintaining *Srotas* Functionality

The *Srotas* (body channels) play a crucial role in transporting nutrients and eliminating waste. *Sneh Pravicharana* facilitates the smooth functioning of these channels by preventing blockages and improving circulation.

2.3 Selection of *Sneha* Based on Individual Needs

The choice of *Sneha* (*Taila* – oil, *Ghrita* – ghee, *Vasa* – fat, or *Majja* – marrow) is tailored to an individual's *Prakriti* (constitution), *Agni* (digestive fire), and specific health objectives.

2.4 Selection of *Sneha* Based on Individual Needs

The choice of *Sneha* (*Taila* – oil, *Ghrita* – ghee, *Vasa* – fat, or *Majja* – marrow) is tailored to an individual's *Prakriti* (constitution), *Agni* (digestive fire), and specific health objectives.

3. Methodology of *Sneh Pravicharana* in *Swastha Vyakti*

In healthy individuals, *Sneh Pravicharana* is incorporated into *Dinacharya* (daily routine) and *Ritucharya* (seasonal regimen) for long-term health benefits.

The primary methodologies include:

3.1 Internal Administration (*Abhyantara Snehana*)

- Internal oleation involves the controlled oral intake of medicated oils or ghee. The process includes:
- Initiating with a small dosage and gradually increasing as per tolerance.
- Allowing adequate digestion and assimilation before increasing intake.
- Using specific medicated ghee or oils based on constitution and seasonal variations.

3.2 External Administration (*Bahya Snehana*)

- External *Snehana* includes various therapies that promote relaxation, circulation, and skin health:
- *Abhyanga* (Oil Massage): A full-body massage with

medicated oils to enhance blood circulation, muscle tone, and skin texture.

- *Shirodhara* (Oil Dripping on Forehead): A continuous stream of warm oil poured on the forehead to calm the nervous system and relieve stress.
- *Pizhichil* (Oil Bath Therapy): A rejuvenating therapy involving continuous oil pouring over the body, beneficial for muscle and joint health.

4. Benefits of *Sneh Pravicharana* in Swasth Vyakti

The systematic application of *Sneh Pravicharana* in healthy individuals offers multiple physiological and psychological benefits:

4.1 Enhances Immunity

Regular use of medicated ghee or oils strengthens the body's natural defenses, making it more resilient to infections.

4.2 Promotes Longevity

By nourishing the *Dhatus* and balancing the *Doshas*, *Snehana* supports cellular regeneration, delaying aging and promoting vitality.

4.3 Improves Mental Health

The calming effects of *Snehana* therapies reduce stress, anxiety, and mental fatigue, promoting emotional stability and mental clarity.

4.4 Maintains Skin Health

External application of oils enhances skin hydration, prevents dryness, and reduces premature aging signs such as wrinkles and dullness.

4.5 Supports Digestive Health

Internal administration of *Sneha* regulates *Agni* (digestive fire), improving digestion, nutrient absorption, and gut health.

5. Clinical Evidence and Research

- Several contemporary studies support the benefits of *Sneh Pravicharana* in healthy individuals:
- *Abhyanga* (Oil Massage): Research has shown improvements in skin hydration, reduced stress markers, and enhanced overall well-being.
- *Shirodhara* (Oil Therapy for the Nervous System): Studies indicate its efficacy in reducing anxiety, improving sleep quality, and enhancing cognitive function.
- Internal Use of Medicated Ghee: Scientific studies have demonstrated its potential in

improving lipid profiles, cognitive function, and gut microbiome balance.

- These findings validate the relevance of Ayurvedic *Sneh Pravicharana* in modern preventive healthcare.

6. Safety and Contraindications

- While *Sneh Pravicharana* is generally safe, improper administration or overuse may lead to complications such as:
- Indigestion or nausea if excessive internal *Snehana* is consumed.
- Allergic reactions or skin issues due to improper selection of oils.
- Contraindications in conditions like obesity, indigestion, and high cholesterol levels without proper medical guidance.
- Consultation with an Ayurvedic practitioner is recommended to ensure appropriate administration based on individual needs.

7. Conclusion

Sneh Pravicharana, when applied judiciously, plays a pivotal role in maintaining the health and well-being of a *Swastha Vyakti*. Its ability to enhance

immunity, promote longevity, improve mental health, and support skin and digestive functions makes it a valuable tool in preventive healthcare. Further research and clinical trials are warranted to establish standardized protocols and deepen our understanding of its long-term benefits

References

1. Charaka Samhita, Sutra Sthana, Chapter 5.
2. Sushruta Samhita, Chikitsa Sthana, Chapter 31.
3. Ashtanga Hridaya, Sutra Sthana, Chapter 13.
4. Sharma, H., & Clark, C. (2012). *Ayurvedic Healing: Contemporary Maharishi Ayurveda Medicine and Science*. Singing Dragon.
5. Rastogi, S., & Chiappelli, F. (2010). *Evidence-Based Practice in Complementary and Alternative Medicine: Perspectives, Protocols, Problems, and Potential in Ayurveda*. Springer.
6. Clinical studies on Abhyanga and Shirodhara from various Ayurvedic research journals.