



Review Article

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## A CRITICAL ANALYSIS ON PHARMACODYNAMICS OF *SNEHANA*

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### Abstract

*Snehana* is an essential *Ayurvedic* therapy, which is practised both as a pre-*Panchakarma* procedure and as an individual therapy. The pharmacodynamics of *Snehana* refers to the action of *Sneha Dravyas* like *Ghrita* and *Taila* on the body. In this article, the pharmacodynamic effect of *Snehana* on *Dosha*, *Dhatu*, *Srotas*, *Agni*, and *Manas*, along with its applications in managing diseases and preparing for *Panchakarma*, is discussed.

**Keywords** *Snehana*, Pharmacodynamics, *Sneha Dravyas*, *Dosha*, *Dhatu*, *Panchakarma*

### Introduction

The process by which smoothness, *Snigdhatta*, dissolution of impurities, fluidity, softness, increase in the amount of watery components, and stickiness is produced in the body is known as *Snehana*. For the proper execution of procedures like *Vamana*, it is absolutely necessary to perform *Snehana Karma* before the main procedure. This is the precursor to *Panchakarma*.<sup>1</sup>

*Ayurveda* aims at keeping the balance of *Dosha* and the integrity of *Dhatu* for the maintenance of health. Out of the six main *Upakarma*, namely *Langhana*, *Brimhana*, *Rukshana*, *Snehana*,

*Swedana*, and *Stambhana*, *Snehana* holds an important position, especially in predominant *Vata* disorders. Pharmacodynamics, in respect of *Ayurvedic* pharmaceuticals, means the effect of any *Dosha*-correcting drug on the body after its administration. While describing the pharmacodynamics of *Sneha*, it can also be understood as how *Sneha Dravyas* affect body tissues and organs for the purpose of producing *Snehana*. The aim of this article is to describe the pharmacodynamics of *Sneha* in an easy way.

### **General Knowledge of *Ghrita*, *Taila*, *Vasa* and *Majja***

*Ghrita*, *Taila*, *Vasa*, and *Majja* are considered the four types of *Sneha*. Among these four, *Ghrita* is considered best because of its ability to carry the properties of processed drugs.<sup>2</sup>

### **Guna of *Snehana Dravya***

The main *Guna* of *Snehana Dravya* are *Snigdha*, *Guru*, *Sheeta*, *Mridu*, *Drava*, *Pichchila*, *Sara*, *Manda*, and *Sukshma*. These qualities help in producing softness, lubrication, nourishment, and smooth movement in the body.

### **Materials and Methods**

Literature related to *Sneha Kalpana* and lipids has been referred from various *Ayurvedic* texts, modern medical books, research papers, and journals. Properties of *Sneha Dravya*, *Sneha* sources, phases of *Sneha Kalpana*, effect of *Sneha Paka* on therapeutics, *Sneha* dose, *Anupana*, shelf-life, lipids, and their types have been explained and compiled from different sources.<sup>3</sup>

### **Results and Discussion**

#### **1. Action on *Dosha***

*Snehana* acts mainly through *Snigdha*, *Guru*, *Mridu*, and *Pichchila Guna*. These properties are opposite to the qualities of *Vata Dosha*, such as *Ruksha*, *Laghu*, and *Khara*. Therefore, *Snehana* helps in *Vata Shamana*. In *Kapha Pradhana Avastha*, it helps in reducing compactness and density by producing softness and looseness. The effect on *Pitta* depends on the nature and dose of *Sneha Dravya*. Improper or excessive *Snehana* may lead to *Pitta Prakopa*, while proper selection and proper dose help in maintaining *Dosha Samyata*.

#### **2. Action on *Dhatu***

Meaning: *Sneha* nourishes all *Dhatu* and enhances *Ojas*. *Snehana* nourishes *Rasa Dhatu* and provides *Tarpana*. It supports *Rakta Dhatu* by improving complexion and stability. It

strengthens *Mamsa Dhatu*, maintains *Meda Dhatu*, pacifies *Vata* in relation to *Asthi Dhatu*, nourishes *Majja Dhatu*, and supports *Shukra Dhatu*. In this way, proper *Snehana* promotes overall *Sarva Dhatu Pushti* and increases *Ojas*.

### 3. Action on Srotas

*Sneha* enters the body through association with *Ahara Rasa* and reaches the *Srotas*. Due to *Sukshma* and *Vyavayi Guna*, it enters minute channels and helps in breaking *Srotas Avarodha*. Its *Snigdha Guna* produces softness in *Srotas* and reduces dryness and roughness. *Snehapana* helps in the liquefaction of *Dosha* and *Mala* situated in the walls of *Srotas*. Due to *Sara Guna*, liquefied *Dosha* moves towards *Kostha*, making the body suitable for *Vamana* or *Virechana*. In *Vata Pradhana Avastha*, it normalizes the movement of *Srotas* and supports proper *Srotas Karma*.

### 4. Action on Agni

सयक् नेह योगणे द यतेजठरा नः (अ.ह.सू.16)

Meaning: Proper use of *Sneha* enhances digestive fire, while improper use leads to *Agnimandya*.

*Agni* is the main factor for *Pachana*, *Paka*, and *Dhatu Nirmana*. Proper *Snehapana* helps in maintaining *Agni Sthairya* by reducing excessive dryness and pacifying *Vata*. In *Vishama Agni*, especially due to *Vata Pradhana* condition, *Snehana* helps in stabilizing digestive function. The *Snigdha Guna* protects *Agni*, while *Sukshma* and *Vyavayi Guna* help in proper distribution and digestion. When *Ahara Rasa* becomes pure, *Dhatvagni* functions properly and supports proper formation of *Dhatu*.

### 5. Action on Nervous System and Mind

*Snehapana*, especially medicated *Ghrita Sevana*, acts through *Sukshma*, *Vyavayi*, and *Snigdha Guna*. These properties support deep tissue penetration and nourish *Majja Dhatu*. It pacifies *Prana Vata* and *Vyana Vata*, supports mental stability, and reduces *Manasika Vikara* like fear, restlessness, and sleeplessness. It improves *Smriti*, *Dhi*, and *Dhriti*, produces *Manas Indriya Prasada*, stabilizes nerve impulses, and helps in controlling excessive *Vata* activity. *Ghrita* also acts as *Yogavahi*, helping the medicine reach deeper tissues including the brain.

## 6. Role in Disease Modification

In *Vata Pradhana Vikara*, there is dominance of *Ruksha*, *Khara*, and *Chala Guna*, which may lead to *Dhatu Kshaya* and degenerative changes. *Snehapana* introduces *Snigdha*, *Mridu*, and *Guru Guna* into the body. This reduces dryness, roughness, and excessive mobility, leading to *Vata Prashamana*. It also protects *Dhatu*, supports reversal of degenerative changes, softens *Srotas*, liquefies *Dosha* and *Mala*, prepares the body for *Shodhana*, and helps in breaking the disease process.

## Discussion

*Snehana* is one of the most important therapeutic procedures in *Ayurveda* because it acts on multiple levels of the body, including *Dosha*, *Dhatu*, *Srotas*, *Agni*, and *Manas*. Its main action is seen in the pacification of *Vata Dosha* due to its *Snigdha*, *Guru*, *Mridu*, and *Pichchila Guna*, which are opposite to the dry, light, rough, and mobile qualities of *Vata*. Proper use of *Sneha Dravya* like *Ghrita* and *Taila* nourishes all *Dhatu*, improves *Ojas*, softens the body channels, removes obstruction, and brings vitiated *Dosha* towards *Kostha* for proper *Shodhana Karma*. It also supports *Agni* when used in correct dose, while improper or excessive use may lead to *Agnimandya* or *Pitta Prakopa*. In diseases dominated by *Vata*, degeneration, dryness, stiffness, pain, and weakness, *Snehana* works as both a preparatory and curative measure. Thus, understanding the pharmacodynamics of *Snehana* helps in selecting proper *Sneha*, dose, duration, and route according to the patient's condition, making it a safe and effective procedure in clinical practice.<sup>4</sup>

## Conclusion

Pharmacodynamics of *Snehana* reveals its multi-faceted therapeutic role on *Dosha*, *Dhatu*, *Srotas*, *Agni*, and *Manas*. Its role in nourishing *Dhatu*, pacifying *Vata*, mobilizing *Dosha*, and supporting digestion proves its important therapeutic value in *Ayurveda*. Proper understanding of the pharmacodynamics of *Snehana* helps the *Ayurveda* practitioner to use this therapy effectively and safely.

## Conflict of Interest -Nil

## Source of Support -None

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