



## THERAPEUTIC APPLICABILITY OF AVAPEEDAK SNEHPANA ON APANVAYU VAIGUNYA W.S.R. TO MUTRAVEGARODHJNYA VIKAR

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**ABSTRACT** **INTRODUCTION:** Avapeedaka Snehapana is a unique and special method of internal administration of Sneha dravya (unctuous medicine) mentioned in the classical ayurveda texts. It is mainly indicated in mutravegarodha janya vikara (diseases due to the suppression of urge of micturition). Because of the lack of adequate review and analysis. **MATERIALS & METHODS:** For this bruhruiy and laghutruy, Modern literature and Internet have been reviewed. **DISCUSSION & CONCLUSION:** After reviewing all facts will be analysed conceptually. avapeedak ghrit would be a usefull in the correction of mutravega rodhajnya vikara. Lots of studied and clinical trial we need to do, to understand the utility and mode of action of Avapeedak Sneha.

**KEYWORDS :** Avapeedak, Hrusyamatra, Uttamatra, Ketogenesis, Gou ghrita, apanvayu.

### INTRODUCTION

Avapeedaka Snehapana is a unique and special method of internal administration of Sneha dravya (unctuous medicine) mentioned in the classical ayurveda texts. It is mainly indicated in mutravegarodha janya vikara (diseases due to the suppression of urge of micturition). Because of the lack of adequate review and analysis, this method of administration of snehapana (internal administration of lipid) is losing its significance from the practices and the concept remains unexplored. The reasons for not being practiced like other snehana (oleation therapy) procedures are because of the less understanding of the concept of administration, scattered and minimal textual references. Through this review, we intend to have a detailed analysis on the concept of avapeedaka snehapana mentioned in the Brihatrayees (Caraka Samhita, Sushruta Samhita, and Ashtanga Hridaya—the 3 main texts of ayurveda) with its possible practical methods of administration. The role of ghrita (ghee) in inducing the ketogenesis is also analyzed. Being a ketogenic diet, the benefits of ghrita are interpreted. These efforts may help bring down avapeedaka snehapana into the mainstream of practice.

### Review Of The Littrature

There is 4 types of sneh dravyas defiened by charak in snehana adhyay. They mitigate of pitta in their preceding order and the other dosas in their succeeding order. oil is havier than ghee, musucls fat is havier than oil, marrow is havier than all.

1. Sarpi
2. Taila
3. Vasa
4. Majja

Ghee, oil, fat, marrow, these are regarded as the best ones among all the uncting substances, among them too, Ghee is the best one. snehan dravyasguna are as follow medicinal substances which are heavy, cold in potency, mobile, unctuous, dull, thin, soft, liquid, are generally snehpan producing oiliness lubrication opposite properties to rukshan dravyas (producing dryness)

### Why Ghrit Is Best

1. The properties are continuance processing. it follows (augments), the properties of substance with which it is processed of sweet taste.
2. Ghee alleviate pitta and vata, is beneficial for rasa, semen, oja, cooling softening and improve voice and complexion.
3. Not burning sensation during, digestion and of part taken from the beginning of life (infancy).

Sneha dravyas administration kala (period)  
Ghee should be taken in autumn fat and

### Why Tail Is Not Use:

1. Tail is not advisable for avapeedak snehpan because of it is

baddavat and alpanutra swabava

2. Do burning sensation during digestion.

### Avapeedak Snehpanvidhi

Avapeedak snehpan is a special pattern of oral administration of oral administration in 2 kala, that is pragbhakta (before of food) in hrusva matra (minimal dose) and uttam matra (maximam dose) respectively. uttam and hrusva matra are the quantity of Sneha that digest in 24 hours and 6 hours respectively.

### Hrusva Matra

If condition of awar satva or alpabala patients, we can go for hrusva matra in pragbhakta that is after sooryauday kala snehpan is administrated. rice gruel is advised as food when the patient feels hunger this prayoga can be continued every day till vyadhi saman.

**Uttam matra** If you know the agnibala of the pattern directly uttam matra can be administrated rice gruel can be use as a food when patients feels hunger.

### Mode Of Action Of Ghrit:

Ghrit having following properties as follows : Shita, Snigdha and Manda, in which with the help of the snigdha guna there is increases kleda in body, So that in the disease suppression urge of Urine (mutravega rodhajnya roga) causes rukshata in body due to vitiated vaat (Apan ) intake of avapeedak ghrit increases kleda in the body. By the end result of it normal function of mutra kledavahan is started. Other hand due to snehpana vatanulaman occurs and Apan vayu go to downward and follows its own pathway.

**Indications of avapeedak snehpan** in mutra vegarodhajya vikara (management of disease due to the suppression of micturition reflex), Udavarta (management of obustuction of urine), Arsha chikitsa (management of hemorrhoids) it can use also be done in inferlity, BPH, IBS, Spastic colon Sneha in selected according to physician's yukti

### Ketogenesis Process

Lipids are hydrophobic in nature. Almost all the lipids are digested in the small intestine because of the availability of bile salts, pancreatic lipolytic enzymes, and intestinal lipase. After absorption from intestines, lipids are transported to the liver where they are converted into triglycerides. From the liver, it is then hydrolyzed and converted into glycerol and fatty acids, which moves to the target tissues. Glycerol enters the glycolytic pathway for glucose breakdown and it is then used in the form of energy. Whereas the fatty acid is degraded (oxidation) into acetyl CoA in the mitochondria, which enter the Krebs cycle to form CO<sub>2</sub> and H<sub>2</sub>O. ATP (adenosine triphosphate). The acetyl CoA at the liver condenses to form aceto-acetyl CoA, which produces aceto-acetic acid. The Aceto-acetic acid is reduced to form β-hydroxybutyric acid, which after decarboxylation forms acetones.

Aceto-acetic acid, acetone, and b-hydroxybutyric acid are together called ketonebodies. The processes of formation of ketone bodies are called as ketogenesis. The end-products of the ketogenesis process are the ATP molecules and the H<sup>+</sup> ions. Thus, as the ketogenesis increases, the water excretion also increases, which will help in the treatment of the diseases.

### Ghrit As A Ketogenic Diet

The ketogenic diet is a high-fat, adequate protein, low carbohydrate diet. The diet forces the body to burn fats rather than carbohydrates and increases ketogenesis in the body. Ghee induces ketogenesis in the body by breaking down of the fatty acid. The ghee is administered as *avapeedaka snehapana andrakta shali* (brown rice) is used as diet in the form of *yavagu* (rice gruel). *avapeedaka snehapana* shows similar combination as a ketogenic diet. Normally, ketone bodies are used without being accumulated in the body by many tissues with the production of carbon dioxide and water. The human brain can use an appreciable amount of ketone bodies during prolonged starvation. Diabetic mellitus, starvation, high-fat or low-carbohydrate diet, and muscular exercises are the few conditions leading to ketosis.

### DISCUSSION:

Out of the ten *ushadh kala pragbhakta* intaking of medicine is indicated *Apanvayu vaigunya*. In A.H. *snehapan hru* matra is indicated for *saman*, *Uttam* matra indicated for *Shodhan*. Here administration of *ghrit* before and after food is actual method of taking *avapeedak ghrit* it is considered that it not only makes pressure on food as well as on *Dosha*, *Ghrit* having following properties as follows: *Shita*, *Snigdha* and *Manda*, in which with the help of the *snigdha guna* there is increase *kleda* in body, so that in the disease suppression urge of *Urine* (*mutravega rodhajnya roga*) causes *rukshta* in body due to vitiated *vaat* (*Apan*) intake of *avapeedak ghrit* increases *kleda* in the body. By the end result of its normal function of *mutra kledavahan* is started. Other hand due to *snehpana vatanulaman* occurs and *Apan vayu* go to downward and follows its own pathway, so that it can correct pathway of *dosha gati* (movement). So *avapeedak ghrit* would be a useful in the correction of *mutravega rodhajnya vikara* any other diseases due to *Apan vaigunya* along it. *Snehana* considered as *kledakarak* and Role of *mutra* is *kledavahan*, there for it would be a beneficial.

### CONCLUSION:

Although all *Acharyas* has mentioned *Avapeedak snehapan* in their text book, old days it was in practice but due to lack of its inadequate literature on dosage its not in practices. Lots of studied and clinical trial we need to do, to understand the utility and mode of action of *Avapeedak Sneha*.

**Indications of *avapeedak snehpan* in *mutra vegarodhajya vikara*** (management of disease due to the suppression of micturition reflex), *Udavarta* (management of obstruction of urine), *Arsha chikitsa* (management of hemorrhoids) it can use also be done in infertility, BPH, IBS, Spastic colon *Sneha* in selected according to physician's *yukti*.

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