

## Critical Review on Gunas of Snehana Dravya

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### ABSTRACT

*Snehana* is the procedure which imparts oiliness or unctuousness to the body. *Sneha* is described as the essence of *Purusha* as in *Snehasaroayam Purusha Pranascha Snehabuyishta*. *Snehanam* is described as *Snehanam Sneha Vishyandha Mardava Kledakarkam*. *Snigdha* is the *Atma Guna* of *Snehana Dravya*. A *Guna* is inherently present in a *Dravya*. *Snigdha Guna* produces *Kledana* in the body. *Kledana* denotes production of moisture. *Snehana* acts upon the body by the action of its Gunas.

**KEYWORDS:** *Sneha Gunas, Snigdha, Snehana, Properties*

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### INTRODUCTION

The word *Sneha* is derived from *Snih Dhatu* and suffix *Lyut Pratyaya*. The word '*Snih*' has two meanings *Snih Preetau* to render affection and *Snih Snehane* means to render lubrication. In the context of *Snehana Chikitsa*, the meaning of the term *Sneha* is substance that brings oiliness or unctuousness, fattiness, greasiness, lubrication. *Snehana* is the procedure which imparts oiliness or unctuousness to the body<sup>1</sup>. *Sneha* is described as the essence of *Purusha* as in *Snehasaroayam Purusha Pranascha Snehabuyishta*<sup>2</sup>. *Snehana Karma* can acts as a *Poorvakarma* and *Pradhana Karma* according to the administration. It is one *Upakrama* under *Shadvidha Karmas*. It acts upon the body by its specific Gunas.

### GUNAS OF SNEHANA DRAVYAS

*Acharya Vagbhata* has mentioned 8 *Gunas*<sup>3</sup> and *Acharya Caraka* has mentioned 9 *Gunas*<sup>4</sup> for *Snehana Dravyas*.

NUMBER	GUNAS
1	GURU
2	SHEETA
3	SARA
4	SNIGDHA
5	MANDHA
6	SUKSHMA
7	MRIDU
8	DRAVA
9	PICCHILA

### GURU GUNA

Substance having *Brihmane Sakthi*-ability to stouten the body Attributes of *Guru Guna* are

- *Sadakrit*-produces fatiguness in the body
- *Upalepakrit*-produces mala & kapha in the body
- *Balakrit*-strengthens the body
- *Tarpanakrit*-nourishes the body

- *Brihmanakrit*-increases the body weight<sup>5</sup>
- *Guru Guna Dravya* mitigate *Vata Dosha*, nourish and add to body mass, increases *Kapha Dosha*.
- Drugs with *Guru Guna* undergo delayed digestion(*chirapaki*).

### **SHEETA GUNA**

*Sheeta Guna* produces the following features

- *Hladana*-Happiness
- *Stambana*-astringent
- *Moorcha harana*-regaining of consciousness of patient
- *Trishna Prashamana*-satiety from thirst
- *Sweda harana*-pacification of Sweating
- *Daha Prashamana*-pacification of burning<sup>6</sup>
- Substances having *Sthambana Sakthi* will arrest the movement & cause stagnation

*Mahabuta-Jala & Vayu*

### **SARA GUNA**

- Substance having *Prerana Sakthi*-have the ability to stimulate other substances to move or act
- Contributes to the mobilization of the substances, Anulomana action

*Mahabuta-jala*

### **SNIGDHA GUNA**

Substance having *kledana Sakthi* is *Snigdha*. It induce 4 attributes

- *Snehakrit* –induces *Snehana*
- *Mardavakrit*-produces softness in the body
- *Balakrit*-which strengthens the body
- *Varnakara*-that makes fair complexion<sup>7</sup>
- *Snigdha* guna is *Vatashamaka*, *Kaphakara*, *Vrishya*

*Mahabuta –Prithvi & Jala*

### **MANDHA GUNA**

- Substances having *Shamane Sakthi*
- Sluggish substances are indicated in palliation
- Responsible for slowness of activity
- Responsible for *Shamana*

*Mahabuta-Jala*

### **SUKSHMA GUNA**

- Substances having *Vivarane Sakthi*
- Minuteness or ability to penetrate
- Subtle or minute

- *Sneha* enters into minute channels easily to produce its activity in deeper level

*Mahabuta-Agni, Akasha, Vayu*

### **MRIDU GUNA**

- Substance having *Shlathane Sakthi*-capable of loosening
- Softness of body
- Looseness of body

*Mahabuta- Jala & Akasha*

### **DRAVA GUNA**

- Contributes to the moistening of the body
- Substance having *Vilodane Sakthi*-liquidity is the ability to dissolve substances

*Mahabuta- Jala*

### **PICCHILA GUNA**

Substance having *Lepane Sakthi*

Attributes

- *Jivana*-enhancer of longevity
- *Balya*-strengtheners
- *Samghata*-binds up the cell or molecules by *Asanjana* or *Samshakthi*
- *Sleshmavardhaka*-increases *Kapha*
- *Guru*-heaviness

### **DISCUSSION**

All *Sneha Dravyas* have *Jala Mahabuta* in common. Generally *Sneha Dravyas* have *Guru, Drava, Sukshma, Sara, Snigdha, Pichchhila, Sheetta, Manda* and *Mridu Gunas*. *Drava Guna* means fluidity & helps in liquefaction. *Sukshma Guna* means subtle & has capability of penetrating into the *Srotas*. *Sara* means mobility & denotes movement of matter. *Snigdha* means to hold together. *Picchila* is *Guru* in nature & can produce *Lepana*. *Guru* is heavy & can produce *Brihmana* (Nourishment). *Sheetta* can produce *Sthambana* & *Sankochanam*. It can cause Vaso-constriction & *Daha Prashamana*. *Mandha* is dullness. *Mridu* produces Softness. But sometimes even a *Sneha Dravya* can have a opposite *Guna*. *Taila* is *Ushna* & *Sthairyakaraka* and not *Sara* in nature. Mustard oil, goat's milk, *Mamsam* of *Lava* (*Viskira* type), eventhough it possess *Laghu Guna*, it is taken as *Sneha Dravyas*. Likewise fish, *Mamsam* of buffalo possess *Ushna Virya* it is also taken as *Sneha Dravyam*. The *Prayo* word in the verse denotes most probable. So a wise physician should use his *Yukthi* to choose the appropriate *Sneha Dravyas* according to the condition.

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