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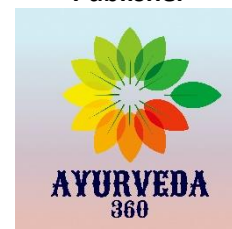
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DOI: [10.63247/3048-7390.vol.1.issue6.7](https://doi.org/10.63247/3048-7390.vol.1.issue6.7)**Clinical Assessment and Therapeutic Implications of *Snehana* Therapy in Ayurveda:
An Analysis of *Carakasamhita* and Its Commentaries**Nandeesh J.¹, Mangal G.², Panja A. K.³, Sharma B. K.⁴

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ABSTRACT**Introduction:**

Snehana (oleation) therapy is a key preparatory treatment in Ayurveda, particularly before purification procedures like *Vamana* (therapeutic emesis) and *Virechana* (therapeutic purgation). It is primarily used to balance Vata dosha and is vital for maintaining tissue health and promoting overall well-being. This article aims to explore the clinical assessment criteria of *Snehana* based on the descriptions in *Carakasamhita* and its associated commentaries.

Methods:

A comprehensive review of *Carakasamhita* and Ayurvedic commentaries such as *Ayurvedadeepika*, *Jalpakaalpataru*, *Carakapradeepika*, and *Carakopaskara* was conducted. The assessment criteria of *Snehana*, categorized into insufficient, proper, and excessive oleation, were extracted and compared across the texts. The analysis focused on the physiological effects of oleation on the body, particularly its impact on digestion, Vata movement, and the overall condition of the skin and stools.

Results:

The study identifies three key categories of oleation:

1. Insufficient Oleation: Hard, dry stools, improper *Vata* movement, weak digestion, and rough, dry skin.
2. Proper Oleation: Moist, soft stools, proper *Vata* movement, strong digestive fire, and


soft, unctuous skin.

3. Excessive Oleation: Pale skin, sluggishness, undigested stools, and symptoms of lethargy and drowsiness.


Discussion:

Proper oleation is essential for optimal health, promoting the correct movement of *Vata* and enhancing metabolic function. Both insufficient and excessive oleation can disrupt the body's balance, leading to various health issues. The findings highlight the importance of carefully assessing the level of oleation in clinical practice for effective therapeutic outcomes.

Keywords: *Snehana*, Oleation, Clinical Assessment, Carakasamhita

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