

The Journal of Phytopharmacology

(Pharmacognosy and phytomedicine Research)

Review Article

ISSN 2320-480X
JPHYTO 2020; 9(2): 146-148
March- April
Received: 21-12-2019
Accepted: 10-03-2020
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doi: 10.31254/phyto.2020.920112

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Rational usage of Lavana in the management of Vatavyadhi with respect to Sneha and its formulations

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ABSTRACT

Sneha kalpana is one of the pharmaceuticals which are used extensively in the field of Ayurveda for medicinal as well as cosmetic purposes. It is one of the widely used techniques in Ayurvedic industries to achieve solubility of both fat- and water-soluble extractive into lipid medium. It is the only kalpana which is used through many modes of administration such as Paana, Abhyanga, Basthi, Nasya and as Ahara. Sneha by its unique characteristics acts wonderful in alleviating Vata dosha. Administration of Sneha along with Lavana or Sneha kalpana prepared using lavana as one of the ingredients further enhances the Sneha preparations pharmaceutically and therapeutically, especially in combating Vatadosha. This paper consists of detailed information about Rational Usage of Lavana in Vatasypakrama w.r.t Sneha and its Formulations.

Keywords: Sneha, Vata vyadhi, Lavana.

INTRODUCTION

Vata dosha is a prime driving force behind all the body activities. The action of other dosha, dhatu malas all are dependent on vata.

Various Vata prakopakara nidana leads to impairment of Prakrutha Guna, Karma of Vata and leads to Vata Vyadhi. Acharyas have mentioned 80 types of Nanatmaja vatavyadhi in detail along with chikitsa for the same. While explaining the line of management of Vata vyadhi, Acharya Vagbhata had explained Sneha as the first line of treatment for Vata vyadhi as *Vatasya Upakrama Sneha* [1]. Sneha upakrama will include administration of Sneha such as Vasa, Taila, Gritha and Majja in the form of Pana, Abhyanga, Nasya, Basti and Ahara [2]. Among those 4 snehas Taila is said to be Shreshta for Vata dosha [3].

Lavana by its unique characteristics help in alleviating vata dosha. Sneha administered along with Lavana will further enhances the property and acts effectively in vatavyadhi [4].

Review on Different Sneha

There are total 4 types of the Snehas explained in the classics. Vasa taila, Gritha and Majja. Acharya Charaka and Vagbhata opines that among 4 snehas Taila is considered as ideal for Vata dosha

According to Acharya Kashyapa there is no dravya other than taila which helps in controlling vata dosha, as taila has Snigdha, ushna and guru guna, which are opposite to the guna of vata i.e Ruksha, sheetha, and laghu respectively, hence helps in shaman of Prakupita vaata [5]. Acharya Bhela had opinion that, it has the capacity to cure all 80 types of vata vyadhi [6].

Review on Lavana

Lavana is a dravya which is widely described and used in Ayurveda. Different types of lavanas mentioned by Acharyas in various contexts depending upon the availability, source and its utility. Vagbhata categorized it under aushadha varga [7] charaka explained 15 lavana in lavana skanda and specially mentioned to administer these lavanas in vata vyadhi patient along with basti [8].

Lavana by its guna is Vishyandhi, Sukshma, vatagna, paaki, teekshna and ushna [9] and lavana is also a best vata hara [10].

Among all the lavanas Saindava lavana is shreshta which is explained by acharya sadananda Sharma in rasa tarangini [11].

Role of Lavana in Vatavyadhi

Acharya sushruta describes role of lavana in vata vyadhi as, the Vishyandana or syandana guna, ushna guna of lavana helps in controlling vata dosha and helps in bringing back the shaka gata dosha to koshta does pachana of prakupitha dosha and various samskaras imparted to lavana helps in combating vikrutha vata [12].

By the critical analysis of our shastras, we can see that most of the taila yogas are having lavana as one of the ingredients. Some yogas includes 2 lavana, 3 lavana, 5 lavana. saindhava lavana is being common in majority of taila yogas.

Mode of Administration of Sneha in Vata vyadhi

Pana: According to Acharya vangasena in condition of kevala vataja vyadhi initially sneha should be given internally in the form of Vasa, Taila, Gritha and Majja [13].

In Pakshaghata administration of taila prepared using saindhava lavana along with other drugs like Grantika, Agni, Kanaa, Shunti, Rasna and Masha is described [14]. In *Tuni* and *Pratuni* administration of Sneha Lavana is advised by Acharya Sushruta [15]. Many other yogas were also mentioned as a Pana for Vata vyadhi such as Patra Lavana, Sneha Lavana, Lashunadi Ghritha, Narayana taila, Mashataila.

Abhyanga: In sankuchitha bahu acharya charaka told to do abhyanga with taila made up of masha saindhava [16]. And many tailas explained in the classics for abhyanga which has lavana as one of the contents: Sahacharadi taila, Mahanarayana taila, Prasarini taila, Mulakadi taila, Mahamasha taila, Brihat saindhavadi taila.

Nasya: According to Acharya sharangadhara administration mashadi taila should be in the form of nasya in case of pakshaghata, arditha, manyastambha and apabahuka [17]. Many other Acharyas have also mentioned the nasya karma using taila in various Vata Vyadhi. Some of the examples Masha taila, Brihat mashadi taila, Sahacharadi taila, Masha saindhava.

Basti: Administration of Vathagna niruha basti in case of vatavyadhi along with sneha and lavana is described by Acharya Vagbhata. In case of Pakshaghata Administration of Bala taila as an Anuvasana Basti is advised by Acharya Sushruta [18]. There are many taila yogas mentioned in classics can be used in the form of Basti [19] such as Prabhanjana Vimardana taila, Masha Saindhava taila, Maha Masha taila, Dhanvantara taila.

Lepa and Upanaha: Salvana Upanaha is one of ideal upanaha mentioned by Acharya Sushruta in vatavyadhi adhikara. The name itself suggests that, this Upanaha has lavana (saindhava) as main content along with sarva sneha, sarva amladravya and kakolyadhi gana which is best vatahara [20]. Application of lepa madeup of grahadhooma, lavana and taila is mentioned by Acharya Sushruta in case of suptha vata [21].

Ahara: Acharyas have mentioned to give ahara which are prepared with Sneha and lavana and amla rasa pradhana dravya. Acharya Charaka mentioned administration of mamsa rasa along with sneha and lavana for the Vata vyadhi rogi in the form of Pathya [22].

Mode of Action of Sneha used along with Lavana

Mode of action of Lavana used along with the Sneha in Vata vyadhi is depicted by Acharya Charaka that, when sneha is administered along with lavana

- Because of Abhishyandha guna does the dosha sanghata vicchedhana

- Because of sukshma guna helps in sukshma srotogami which makes sneha to reach deep into the tissues.
- Because of snigdha and ushna guna helps in controlling prakupitha vata.
- The vyavayi guna helps in spreading of sneha all over shareera quickly. So that quick and easy snehana can be achieved by administration of sneha along with lavana [23].

Saindhava lavana has the potent action of facilitating easy absorption of lipids through its effective properties. Therefore, the ideology of formulating the sneha for its easiest absorption in its formulations is balanced by adding lavana. And also increases the bio availability of Sneha when used with lavana.

Hence many vatanashaka sneha yogas are mentioned by Acharyas for vatavyadhi has lavanas as one of the contents.

CONCLUSION

The shareera of purusha is made of sneha and our praana is maintained by sneha itself. Beyond the chikitsa lipids and salt are the main dietary supplements which are necessary to maintain normal function of body especially the nervous system. As the nerve cells are basically made up of lipids. Salt or sodium is another important element which helps in conduction of the impulses from one neuron to another by facilitating action potential. Hence by critical analysis of all the above reference we can conclude that whenever the sneha along with lavana is used properly with proper dose at proper condition definitely helps in curing vatavyadhi.

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HOW TO CITE THIS ARTICLE

Sushma Shenoy U, Ashok Kumar BN. Rational usage of Lavana in the management of Vatavyadhi with respect to Sneha and its formulations. *J Phytopharmacol* 2020; 9(2):146-148.