

Research Article

Pharmaceutical standardization and a brief review of nutritional values of *Bahu sneha ksheer peya* used before *Panchakarma*

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ABSTRACT:

**Background:** Panchakarma (penta bio-purification method), a comprehensive, and an integral part of Ayurveda treatment and have its role in every therapeutic condition. Due to its long-lasting and radical relief of chronic diseases, it is now developing globally. First requisite for panchakarma is upastith doshawasta. Panchakarma are indicated when vitiated doshas have become utklistha and have acquired koshtagat awastha from where they can expel through shodhan karmas like vaman, virechan. This stage can be achieved with the help of preprocedures like snehana and swedan. The effect of snehana prior to shodhana can be achieved by following one of the available methods of sneha administration. In present days it is observed that though many of the patients require shodhana and many healthy individuals are willing for shodhana it is difficult to perform shodhana due to lack of time, as the period of 5-7 days is required to achieve samyak snigha lakshanas. In such scenarios *sadyo snehapan* i.e. administration of *sneha dravya* for shorter duration will be very helpful. *Bahu sneha ksheera peya* is used for *sadhya snehan* before Panchakarma. Detail regarding the preparation of these dietary recipes along with their nutritional value may increase their utility.

**Aim:** To do the pharmaceutical standardization and brief review of nutritional values of *bahu sneha ksheera peya* recipes used before Panchakarma.

**Materials and Methods:** Ingredients mentioned with given ratio were prepared to follow the standard manufacturing process (SMP) for *bahu sneha ksheera peya*. For the preparatory methods, the reference was taken mentioned in *Sharandhara Samhita* and *Ashtang hridayam*. All the precautions were followed during a pharmaceutical study to avoid the errors for standardization.

**Results:** For preparation of *bahu sneha ksheera peya* recipe the average value for *bahu sneha ksheera peya* 120ml. Review of nutritional values was done containing calories, protein, fat, carbohydrates, moisture, pH etc.

**Conclusion:** The standardization of these recipes how to prepare it, in which amount it should be taken, precautions while making this *Kalpna* the nutrition value should be enriched in it. The nutritional values of the recipes support their utility as pre *Panchakarma* recipe to achieve desired effect of *snehapan*.

**KEY WORDS:** *Bahu sneha ksheera peya*, *sadya snehapan*, panchakarma, standardization

INTRODUCTION:

*Panchakarma* is a natural, specific, unique and holistic health improving series of therapeutic treatments which cleanses body deep tissue toxins and opens subtle channels and brings life enhancing

energy. Panchakarma being a comprehensive and an integral part of ayurvedic treatment has its role in every therapeutic condition.<sup>(1)</sup> First requisite for panchakarma is *upastith doshawasta*.

तान्युपस्थित दोषाणां स्नेह स्वेदोपादनैः

पन्चकर्मानि कुर्वीत मात्राकाली विचारयन् (च.सू. २/१५)

This stage can be achieved with the help of preprocedures like *snehana* and *swedan*.<sup>(2)(3)(4)</sup> The effect of *snehana* prior to *shodhana* can be achieved by following one of the available methods of *sneha* administration such as *matranusar*, *arohana*, *vicharana*, *sadyo snehana*. amongst these methods *matranusar* and *arohana snehapan* are widely used in day to day practice. In present days it is observed that though many of the patients require *shodhana* and many healthy individuals are willing for *shodhana* it is difficult to perform *shodhana* due to lack of time as the period of 5-7 days is required to achieve *samyak snigdha lakshanas*<sup>(5)</sup>. In such scenarios *sadyo snehapan* i.e. administration of *sneha dravya* for shorter duration will be very helpful. *Sadyo snehana* means *shighrah snehana*.

सद्य स्नेहनमिति तदहरेव (डल्हण सु.चि ३१/१९)

Many references regarding *sadyo snehapan yogas* are mentioned but their dosage, duration and method of administration is not clearly mentioned. Most of commentators had commented that *sadyo snehana* brings *snigdha lakshana* quickly on the day of administration.<sup>(6)</sup> Arundatta opined that<sup>(7)(8)</sup>, the *sadyo snehana* may also take three days to bring *samyak snigdha lakshana*. It can be given for one day to a maximum 3 days. If *sadyo snehana* is equally effective and properly studied for dosage fixation and *samyak snigdha lakshana* are observed then it might be helpful to reduce the total span for *shodhan chikitsa* in certain situation. There is a need of standardizing the classical *Panchakarma* procedures in consideration of the need of the day. The dosage schedule, side procedures, and medicaments are to be standardized so that uniform procedure of practice may be developed to be practiced at all centers. Different ancient seers of Ayurveda have mentioned the preparatory methods and properties for these recipes. If *bahu Sneha ksheer peya Kalpana* is not made as the

quantity mention and given methods in classical texts, then the nutritive value varies in it. It will not possess its properties as well as its mode of action during Panchakarma. So, the standardization of these recipes is needed for today era. Here, an attempt to standardize the preparation of *bahu Sneha ksheer peya* is done.

## MATERIALS AND METHODS:

### Peya

It is a thin gruel of rice along with its solid portion. The liquid which can be drink is called *Peya*.

### Equipment

Stainless steel vessel, measuring jar, spoon, and weighing balance.

### Ingredients –

क्षीरपेया घृताद्वयोषणा.... अ.ह.सू.१६/४०-४३

1. *Ksheera*
2. *Ghrita*
3. *Tandula*

### Properties of milk

Madhur, madhur, snigdha, sheeta, tejovardhak, dhatuwardhak, vatapittahara, kaphakar guru

### Properties of rice

Madhur, madhur, sheet, bruhan, vatapittahar, snigdha, balya,

### Properties of cow ghee

Madhur, madhur, sheeta, snigdha, vrushya, balya, tridosahara, agnivardhak

### Properties of Peya

It alleviates hunger, thirst, depression, weakness, abdominal diseases, and fever. It promotes sweating. It is digestive and is conducive to the downward movement of the flatus as well as faeces.

**Table 1: Showing ingredients and ratio used for preparation of Ksheer Peya**

Sr. No.	Name of Ingredients	Quantity
1	Rice	1 part
2	Cow Milk	14 parts

### Method of Preparation:

No direct reference is present for preparation of *ksheera peya* and in what proportion *sneha* should be used when termed as *bahu*. Hence using some basic references and *yukti praman* following method for preparation is adopted

By standard processes quoted in Sharangdhara samhita madhyam khand

As per the sharangdhar 1:14 ratio will be used for preparation of peya (one part tandula and 14 part ksheera)

“द्रवधिका स्वल्प सिक्था चतुर्दश गुणे जले सिध्दापेया बुधैः ज्ञेया युष किञ्चित्धनः स्मृताः ॥

शा.म.खं २ / १६३”

As shown in Table 1, rice [Figure 1] and milk [Figure 2] are taken into an S.S.(Stainless Steel) vessel and boiled on mild heat till rice is cooked well [Figure 3]. [2]

For fixation of *peya to sneha* ratio reference of *panchprasutik peya* is considered where *peya to sneha* ratio is 1:4

### Precautions for Preparation

1. Vessel should not be closed [Figure 10] as the preparation should be made in open heating process so the evaporation can be done properly.
2. *Dravya* (Rice) should be dipped in warm water for one hour before the preparation of *Kalpana* so the nutrients should be easily come out in the liquid part.



Figure 1: Milk



Figure 2: Rice



Figure 3 : Open heating process

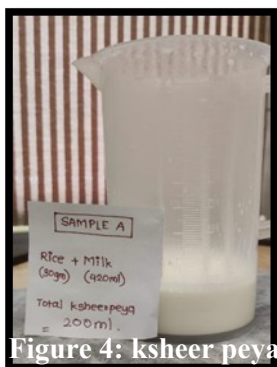


Figure 4: ksheer peya

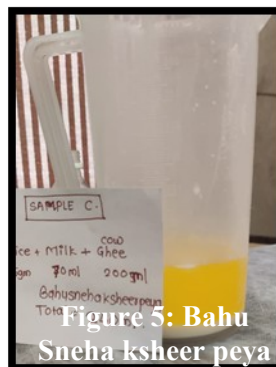


Figure 5: Bahu Sneha ksheer peya

**Analysis:**

**Table No. 2: Showing nutritive values of bahu Sneha ksheer Peya**

<b>Calories (K.COL)</b>	<b>544</b>
<b>Protein (%)</b>	<b>2.70</b>
<b>Fat (gm)</b>	<b>58.48</b>
<b>Carbohydrates (gm)</b>	<b>2.70</b>
<b>Moisture</b>	<b>36.48</b>
<b>pH</b>	<b>6.81</b>

**Table No. 3: Showing organoleptic observations of bahu Sneha ksheer Peya<sup>[8]</sup>**

<b>Rasa</b>	Sweet, creamy,
<b>Rupa</b>	Watery, milky
<b>Gandha</b>	Sweet
<b>Sparsha</b>	Snigdha, warm

**RESULTS:**

Though exact reference is not provided for preparation of bahuneha ksheerpeya .on the basis of classical reference of peya (ahari- ya kalpana -sharagdhara) and panchaprasuti- ka peya (ashtang hriday) above mentioned procedure these recipes should be prepared and precaution should be taken to maintain desired nutritional value.the ratio obtained for bahuneha ksheerpeya preparation is 1:14 (rice:milk) for ksheerpeya and 1:4 (ksheerpey- a:ghee) for bahuneha ksheerpeya

**DISCUSSION:**

The bahuneha ksheerpeya is advised for sadyo snehana as a purvakarma of shodhan. The ingredients in bahuneha ksheerpeya have properties like madhur, madhur,snigha which will help to achieve upasthitha doshavatha which is first requisit of shodhan karmas. Hence using 14 part of milk for preparation of ksheer- peya and 4 times cow ghee that of ksheerpeya is going to enhance its effect. These methods of preparation should be used as based for the pharmaceutical standardization of these recipes to achieve the desired therapeutics result. the recipes used for sadyosnehan when prepared with proper standardized method it normalized the digestion and also with their respective properties it gives nutrition to the body during the panchakarma procedure

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