

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

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### Abstract

**Background:** Panchakarma is a fundamental Ayurvedic detoxification process requiring preparatory procedures such as snehana. Bahu Sneha Ksheera Peya is used for sadhya snehana before Panchakarma, yet its standardization and nutritional evaluation require further study.

**Objective:** This systematic review aims to evaluate the pharmaceutical standardization and nutritional values of Bahu Sneha Ksheera Peya using PRISMA guidelines.

**Methods:** A systematic literature search was conducted using Ayurvedic classical texts and modern databases to identify relevant studies on Bahu Sneha Ksheera Peya. Inclusion criteria consisted of experimental studies, pharmacological standardization, and nutritional evaluations. The PRISMA methodology was applied to ensure a transparent and replicable review process.

**Results:** The study found that Bahu Sneha Ksheera Peya is composed of milk, ghee, and rice in standardized proportions (1:14 for rice:milk and 1:4 for ksheera peya:ghee). The nutritional analysis showed significant caloric, protein, fat, carbohydrate, and moisture content, indicating its role in providing essential nourishment before Panchakarma.

**Conclusion:** The standardization of Bahu Sneha Ksheera Peya ensures its effectiveness in Ayurvedic detoxification. Its nutritional properties support its use in achieving optimal snehana before Panchakarma.

**Keywords:** Bahu Sneha Ksheera Peya, Sadya Snehapan, Panchakarma, Standardization, Nutritional Analysis

### Introduction

Panchakarma is a comprehensive detoxification therapy in Ayurveda that requires pre-procedures like snehana (oleation).<sup>(1)</sup> Bahu Sneha Ksheera Peya is traditionally used for sadyo snehana, a rapid oleation method. However, the lack of standardization in its preparation affects its efficacy. This systematic review follows PRISMA guidelines to evaluate pharmaceutical standardization and nutritional values of Bahu Sneha Ksheera Peya.<sup>(2)</sup>

### Methods

A systematic review was conducted using PRISMA guidelines.

### Search Strategy

A structured search was performed in classical Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya) and modern scientific databases (PubMed, Scopus, Google Scholar). Search terms included “Bahu Sneha Ksheera Peya,” “Ayurvedic pharmaceutical standardization,” and “nutritional evaluation in Panchakarma.”

### Inclusion and Exclusion Criteria

- **Inclusion:** Experimental studies on Bahu Sneha Ksheera Peya, pharmaceutical standardization research, nutritional value assessments.

- **Exclusion:** Studies on non-Ayurvedic snehapan formulations, studies lacking methodological rigor.

### Data Extraction

Key data extracted included composition, preparation methods, analytical parameters, and nutritional composition.

### Data Synthesis

Descriptive analysis was performed to summarize the findings.

### Results

#### Pharmaceutical Standardization

- Ingredients: Milk (ksheera), Ghee (ghrita), Rice (tandula)
- Ratio standardization: Rice:Milk = 1:14, Ksheera Peya:Ghee = 1:4
- Method: Rice and milk were boiled until well-cooked; ghee was added in specified proportions to ensure consistency.

#### Nutritional Values

Table 1 summarizes the nutritional values of Bahu Sneha Ksheera Peya:

Nutrient	Value
Calories (Kcal)	544
Protein (%)	2.7
Fat (g)	58.48
Carbohydrates (g)	2.7
Moisture (%)	36.48
pH	6.81

### Organoleptic Properties

- Taste: Sweet, creamy
- Appearance: Milky, watery
- Aroma: Pleasant, dairy-like
- Texture: Smooth, warm

### Discussion

Bahu Sneha Ksheera Peya plays a crucial role in Ayurvedic detoxification therapies as a preparatory formulation in Panchakarma<sup>(3)</sup>. Its significance is due to its ability to induce snehana (internal oleation) effectively within a short time, ensuring that the body is adequately prepared for shodhana (purification).<sup>(4)</sup> The ingredients in Bahu Sneha Ksheera Peya, primarily milk, ghee, and rice, have been selected based on their inherent properties. Milk is madhura (sweet) and acts as a tridosha pacifier, balancing Vata and Pitta while mildly increasing Kapha. Ghee, being snigdha (unctuous) and deepana (digestive stimulant), helps in ensuring optimal digestion and absorption of lipids necessary for proper oleation. Rice, known for its bruhana (nourishing) and laghu (light-to-digest) properties, makes the formulation easy on digestion while providing necessary carbohydrates for energy.<sup>(5)</sup>

The standardization of Bahu Sneha Ksheera Peya is essential to maintain its therapeutic efficacy. Variations in preparation methods, ingredient proportions, and procedural execution can significantly impact its effectiveness. Ensuring a uniform preparation process allows for predictable therapeutic benefits, making it suitable for clinical application across Ayurvedic centers. Additionally, by maintaining precise ingredient ratios, the formulation's potency and consistency are upheld, preventing under or over-consumption of sneha dravya (unctuous substances).<sup>(6)</sup>

Nutritionally, Bahu Sneha Ksheera Peya is rich in calories and healthy fats, which play a crucial role in tissue nourishment and cellular regeneration. The high-fat content aids in promoting the lubrication of bodily tissues, thereby enhancing the therapeutic effects of snehana. Additionally, the presence of carbohydrates provides a sustained source of energy, which is particularly beneficial for individuals

undergoing detoxification processes. The protein content, although moderate, contributes to tissue repair and muscle maintenance during the Panchakarma regimen.<sup>(7)</sup>

A major challenge in the widespread adoption of Bahu Sneha Ksheera Peya is the lack of uniformity in preparation across different Ayurvedic practitioners. Variations in cooking time, ingredient proportions, and administration practices can lead to inconsistent results. Hence, establishing pharmaceutical guidelines for its preparation is essential to standardize its use and maximize its therapeutic benefits. Future studies should focus on further refining the preparation method and conducting clinical trials to assess its efficacy in different patient populations. Integrating modern analytical techniques can provide deeper insights into the bioavailability and pharmacokinetics of its active components, ensuring evidence-based application in clinical settings.<sup>(8,9)</sup>

### Conclusion

Standardizing Bahu Sneha Ksheera Peya ensures its efficacy as a pre-Panchakarma formulation. Its nutritional profile supports its role in promoting adequate oleation. Future research should focus on clinical trials to validate its effectiveness.

**Source of Support:** Nil

**Conflict of Interest:** Nil

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