

supply and lead to a heart attack, stroke or kidney failure.

EFFECT OF SNEHAPANA WITH VIRECHANA THERAPY ON THE LIPID PROFILE OF PATIENT WITH OVER WEIGHT

■ **K.G.C. Dissanyake**

JR 3rd - MD (Ayu.) Dept. of Kaya chikitsa, I.M.S., B.H.U. Varanasi.

■ **Nitin Pandey**

JR 3rd - MD (Ayu.) Dept. of Kaya chikitsa, I.M.S., B.H.U. Varanasi.

■ **S.K.Tiwari**

Reader & Senior consultant,

Dept. of Kaya chikitsa,

I.M.S., B.H.U. Varanasi.

Ayurvedic Panchakarma therapy is the most important method of management in various acute and chronic diseases of human being. In the preparatory measure of Panchakarma therapy, administration of Sneha (oils and fat) is most important. According to the modern concept, the intake of ghee and oils will contribute for the increase of blood lipid profile that may lead to atherosclerosis and related problem. So there is confusion among the patients and public regarding the intake of ghee and oils that prescribed by Ayurvedic Physicians.

In this study, classical method of Panchakarma therapy was administered to evaluate its effect in the lipid profile of patients and to prove the safety of Ayurvedic approach.

Snehapana and vashpaswed were administered as purvakarma and Eranda tails used for "Virechana". Biochemical and pathological investigations giving special emphasis to lipid profile at various stages of treatment carried out. A placebo study with plain ghee for snehapana was also done and compared with the study subjects.

The study showed that the intake of ghee as snehapana would not contribute to the increase of cholesterol level in blood. There is a significant decrease in the levels of total cholesterol, LDL, VLDL cholesterol and triglyceride levels and elevating the HDL fraction in patients who were undergone snehapana (tila taila) followed by virechana (Eranda tila). The study provides clinical evidence that snehapana intake helps reduce the undesirable lipids of the body and enhance the good cholesterol fraction. Thus, the anxiety regarding the same by the modern concept proved baseless and proves the safety of Ayurvedic approach.