

Guna of Sneha Dravya

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Introduction

- • Sneha Dravya are unctuous substances used in Ayurveda for therapeutic and dietary purposes.
- • They play a crucial role in Snehan (oleation) therapy.
- • Their Gunas (properties) determine their medicinal application.

Guna of Sneha Dravya

- • Guru (Heavy)
- • Mridu (Soft)
- • Snigdha (Unctuous)
- • Sara (Flowing)
- • Drava (Liquid in nature)
- • Sheeta (Cooling)
- • Sukshma (Subtle)
- • Vyavayi (Spreading quickly)

Importance of Sneha Guna

- • Nourishes Dhatus (tissues).
- • Provides lubrication to body channels.
- • Enhances strength and immunity.
- • Pacifies Vata dosha.
- • Facilitates smooth functioning of joints and organs.

Course Outcomes (CO)

- C01: Understand the Gunas (properties) of Sneha Dravya.
- C02: Explain their therapeutic importance in Ayurveda.
- C03: Apply knowledge of Sneha Guna in Panchakarma and clinical practice.

Program Outcomes (PO)

- P01: Demonstrate knowledge of Sneha Dravya and their Gunas.
- P02: Correlate Ayurvedic concepts with practical applications.
- P03: Integrate classical knowledge in patient management effectively.