

Importance of Deepan, Pachana and Rookshan in Snehan

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Introduction

- • Deepan, Pachana and Rookshan are preparatory procedures in Panchakarma.
- • They play a vital role in preparing the body for Snehan (oleation therapy).
- • These therapies help in balancing Doshas and enhancing the effectiveness of Snehan.

Importance of Deepan

- • Enhances Agni (digestive fire).
- • Promotes proper digestion and metabolism.
- • Prepares the body for oleation.
- • Corrects Mandagni (low digestive fire).

Importance of Pachana

- • Helps in digestion of Ama (undigested toxins).
- • Clears channels and prevents obstruction.
- • Restores Dosha balance.
- • Essential before Snehan to avoid complications.

Importance of Rookshan

- • Reduces excess Kapha and Meda (fat).
- • Useful in obesity and Kapha disorders.
- • Prepares the body tissues for Snehan.
- • Improves absorption of Sneha.

Course Outcomes (CO)

- C01: Understand the preparatory role of Deepan, Pachana, and Rookshan in Snehan.
- C02: Explain their importance in enhancing the efficacy of Panchakarma.
- C03: Apply knowledge of these therapies in clinical practice.

Program Outcomes (PO)

- P01: Demonstrate knowledge of preparatory Panchakarma procedures.
- P02: Develop clinical decision-making skills for Snehan therapy.
- P03: Apply Ayurvedic principles in patient care with evidence-based approach.