

SNEHAPANA - intake of medicated ghee / oil

preparatory treatment for the panchakarma process

Purpose	Description	Procedure	Do's	Don't's
to bring the ama or toxins from all parts of the body into the alimentary canal	this is a preparatory treatment for panchakarma	the physician administers the medicated ghee after a short prayer early in the morning between 5.30 to 6.00am or as decided by him	sip/drink warm water every 15-20 minutes initially; and later every 30 minutes	do not take bath in your room during this entire period
			take rest; lie down	do not take herbal drinks, coconut water or any other food or drinks without the permission of your physician
	medicated ghee / oil is given to drink in increased quantities over a maximum period of 7 days	after that, take rest in your room and keep sipping warm water	inform your physicians/therapists of the progress as also any discomfort that you may feel	
		initially you will feel the taste of the ghee in your mouth; as the digestion happens, the taste and smell of ghee will be reduced as you burp	if you feel tired or dehydrated, please inform physician	do not eat anything other than what the physician advises
	the patient eats food only after the ghee is completely digested as confirmed by the physicians; this may take anywhere between 2-12 hours depending on one's digestive capacity	when the burp is completely taste-free and smell-free, then it indicates that the ghee is digested	there may be some emotions that come up during this treatment; it is a part of the cleansing process	do not get stressed or agitated at any point during the process; the physician and therapists are there to take care of you
	it may be a little stressful from the 4th day onwards; it is good to keep your physicians informed and to stay with the process	at that point, you will be given an abhyanga and bath after which you will be served your food which is primarily rice kanji and boiled vegetables	whenever you feel like, please call your physicians and speak to them	do not do yoga asana practice, pranayama, meditation, exercise etc. without the permission of your physician
			do follow all the general guidelines most strictly	do not engage in any other strenuous activity
				do not go out of your room for the entire day