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A Critical Review on *Sramsana* Effect of *Mishraka Sneha* in *Paittika Gulma*

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ABSTRACT

Mishraka sneha is a *virechana yoga* explained in the context of *gulma chikitsa* of *Ashtanga hridayam*. As the name depicts, this *yoga* is a *yamaka* kind of *sneha* with a combination of both *eranda taila* and *ghrita* as the base. *Virechana* is the general line of treatment for *paittika gulma*, but if it has manifested due to *snigdha* and *ushna guna*, then *sramsana* is indicated. In that context, a *snehayoga* with *vatapittahara* property along with *sramsana* action like *mishraka sneha* is widely selected. It is usually administered along with *ushna jala* or *ksheera* as *anupana*. Here an attempt is made to find out the probable mode of action of *mishraka sneha* in *paittika gulma*.

Keywords- *Mishraka sneha, Paittika gulma, Sramsana*

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