

COMPREHENSIVE REVIEW OF SNANA (AYURVEDIC BATHING): INTEGRATING TRADITIONAL PRACTICES WITH MODERN HEALTH INSIGHTS

Dr. Darshna Bharati*, Dr. Vibha Pali, Dr. Shrikant Jaisingpure, Dr. Richa Rajwade,
Dr. Rajneesh Porte

Govt. Ayurvedic College Raipur Chhattisgarh.

Article Received on 25 Feb. 2026,
Article Revised on 17 March 2026,
Article Published on 01 April 2026,

<https://doi.org/10.5281/zenodo.19325767>

*Corresponding Author

Dr. Darshna Bharati

Govt. Ayurvedic College Raipur
Chhattisgarh.



How to cite this Article: Dr. Darshna Bharati*,
Dr. Vibha Pali, Dr. Shrikant Jaisingpure, Dr.
Richa Rajwade, Dr. Rajneesh Porte. (2026).
Govt. Ayurvedic College Raipur Chhattisgarh.
World Journal of Pharmaceutical Research,
15(7), 135-137.

This work is licensed under Creative Commons
Attribution 4.0 International license.

INTRODUCTION

Daily routines in Ayurveda, particularly Dincharya, align life with nature for disease prevention and vitality. Snana cleanses the body and mind, with benefits spanning physical and psychological realms supported by ancient texts and recent research.

Definition and Importance

Defined as a daily cleanser of impurities and fatigue stimulator, Snana falls under external purity practices like Shaucha. It regulates biological rhythms, digestion, and emotional balance per Ayurvedic principles.

Types of Snana

Seven types per Yagnavalkya include mantra-based, mud, ash, dust, solar-rain, river (Varuna, optimal), and mental baths.

Classified further as routine, event-specific, or intentional.

Timing and Procedure

Post-exercise morning baths use abundant water in sacred spots like rivers. Elephant-like volume ensures full coverage.

Health Benefits: Ayurvedic ViewCharaka notes purification and strength; Sushruta highlights sensory stimulation and blood cleansing; Ashtanga Hridaya boosts appetite and lifespan.

Yogaratanakara adds sin relief, beauty, and stress reduction.

Health Benefits: Modern View Bathing reduces infections, stress hormones, and depression while aiding sleep and mood via serotonin. It improves circulation, metabolism, muscle relaxation, and skin glow.

Contraindications

Avoid Snana during fever, diarrhea, indigestion, or conditions like facial palsy and earache. Hot water suits Vata-Kapha but may weaken hair and eyes if overused on the head; cold water aids bleeding disorders. Modern advice lacks these specifics but supports timing baths before meals

DISCUSSION

While Ayurveda details Snana's dosha-balancing and holistic effects, modern research validates physiological benefits like waste elimination and mood regulation. Immersion bathing surpasses showers in efficacy, akin to Varuna Snana seasonally adjusted. This integration underscores Snana's timeless role in preventive health. Ayurveda's depth complements modern immersion benefits over showers.

CONCLUSION

Snana purifies holistically; practice mindfully for enduring wellness. Adopting Snana daily fosters physical, mental, and spiritual purity, bridging ancient wisdom with science. Future studies could explore medicated variants like Siddharthaka Snana for dermatological applications. Regular practice promises vigor, clarity, and longevity.

REFERENCES

1. Bhahadarey radhakanthdev shabdakalpadrum, kanda-5.
2. Agnivesh charak samhita sutrasthana chapter 5, shloka no. 94, volume I, edited by Prof. Priyavrat Sharma Chaukhamba prakashan orientalia Varanasi India., 2014.
3. Textbook of Swasthavrutta Sudha Dr. kashinath samgandi, New edition 2017, Publisher Ayurved Sanskrit Hindi Pustak Bhandar, Jaipur, 46.
4. Yogaratanakara, Vidyaprabha Hindi Commentary by Dr. Indradev Tripathi Dr. Dayashankar Tripathi, edited., 2011,
5. Chaukhambha Krishnadas Academy, Varanasi, Nityapravrutti chapter shlok 72, 51.
6. Textbook of Swasthavrutta Sudha Dr. kashinath samgandi, New edition 2017, Publisher

Ayurved Sanskrit Hindi Pustak Bhandar, Jaipur, 47.

7. Charak samhita with Charakchandrika commentary, Dr. Bramhanand Tripathi, Chaukhamba Surbharati Publication, Varanasi, Reprint, 2001; 137.
8. Sushrut Samhita, translated by Atridev, edited by Govind Bhaskar Ghanekar, Fifth edition, reprint, 2007, published by Motilal Banarasidas, Varanasi, Chikitsa sthan 24, shloka no. 57, 481.
9. Sarth Vagbhat, Dr. Ganesh Krushna Garde, Chaukhamba Surbharati Prakashan, Varanasi, edition., 2014; Chapter no.2 shloka 16, 8.
10. Bhavprakash of Bhavmishra English Translated by Prof. K.R. Shrikantha Murthy Vol I Krishnadas Academy Varanasi edition., 2016; Chapter 5, shloka no. 71.