

# A Common Review on Sneha Kalpana in Ayurveda

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**Abstract:** Ayurveda the science of life, uses natural resources to fulfill the fundamental objectives i. e. Swasthya Rakshanam and Vyadhi Prashamanam. Ayurveda has been given the greatest emphasis to comprehensive knowledge of drugs. This science of manufacturing drugs is divided under two branches as Rasashastra and Bhaishajya Kalpana. Bhaishajya means medicine and Kalpana means forms. Hence Bhaishajya Kalpana means branch of Ayurvedic medicine which deals with preparation of medicines by the use of herbal drugs. Bhaishajya Kalpana includes Panchavidha Kashaya Kalpana as Swarasa Kalka, Kwatha, Hima and Phanta. Bhaishajya Kalpana also includes preparation of various forms of medicine such as Churna, Guti, Vati, Ghruta Paka, Tail Paka, Lepa, Asava, Arishta etc. Sneha Kalpana is a group of products of medicated Taila and Ghruta. Quality and quantity of lipid soluble extract of medicinal ingredients varies, as per methods, types of material and ratio of material with reference to Sneha Dravya That is why various methods of Sneha Paka are described in classical texts of Ayurveda. Classically these formulations are having a longer shelf life in comparison to other Ayurvedic herbal medication form. It is only Kalpana which is used through all four modes of administration of such formulations i. e. Pana, Abhyanga, Nasaya and Basti. So, to review all these methods at a glance is main aim of this article. Key words: Sneha Kalpana, Paka, Ghruta, Oliaginous, Kalpana.

**Keywords:** Sneha Kalpana, Ayurvedic medicine, Ghruta, Taila, herbal formulations

## 1. Introduction

Ayurveda can be defined as a system, which uses the Samhita principles of natural products, to maintain the health of a person by keeping body, mind and spirit in perfect equilibrium with natural. The term 'Ayurveda' means the knowledge of life. [1]

Ayurveda the science of life, uses natural resources to fulfill the fundamental objectives i. e. Swasthya Rakshanam and Vyadhi Prashamanam. [2]

Ayurveda has been given the greatest emphasis to comprehensive knowledge of drugs. This science of manufacturing drugs is divided under two branches as Rasashastra and Bhaishajya Kalpana. [3]

Rasashastra is a Ayurvedic pharmaceuticals which deals with the drugs of minerals origin, their varieties, properties and their therapeutic uses.

Rasashastra means the science of manufacturing of the drugs by the use of Mercury and other minerals and conversion of minerals, irrespective of their natural form into Rasa form which can be easily absorbed and assimilated in the body. Bhaishajya means Medicine and Kalpana means forms, hence Bhaishajya Kalpana means branch of Ayurvedic medicine which deals with preparation of medicines by the use of herbal drugs. [4]

Bhaishajya Kalpana includes Panchavidha Kashaya Kalpana as Swaras, Kalka, Kwatha, Hima and Phanta. Bhaishajya Kalpana also includes preparation of various forms of medicine such as Churna, Guti, Vati, Ghruta Paka, Taila Paka, Lepa, Asava, Arishta etc.

'Sneha Kalpana' is one of the commonly prescribed Ayurvedic dosage form in day to day practice. Although lot of varieties of Snehas are described in classic Ayurvedic text, the most common amongst them are Taila and Ghruta Kalpana. The use of Ghruta as a base is presumably to extract or hold Lipid soluble active fraction from the ingredients

used. Classically these formulations are having a longer shelf life in comparison to other Ayurvedic herbal medication form. The nomenclature of Sneha Kalpana is sum of words Sneha and Kalpana.

Sneha means Fat or fatty material, Kalpana means, the process through which a substance is prepared into medicine from by using some raw materials according to physician requirement. There are many formulations described in Ayurveda from Ghruta Kalpana.

### Aims of Sneha Kalpana

- 1) To Extract water soluble, lipid soluble active fractions from the ingredients used.
- 2) To Enhance shelf life.
- 3) To Enhance the Drug Absorption.

### Type of Sneha Dravyas

There are four types, Ghruta, Taila, Vasa and Majja According to Charaka in the group of Stavara Yoni, Tila Taila is considered superior for Bala and Snehana. Through Sneha Dravya has properties like Guru, Sheeta, Sara, Snigdha, Manda, Sukshma, Mrudu, Drava etc. Each Sneha Dravya i. e. (4 Snehas mentioned) have their specific properties and uses. Properties of Sneha Dravya. Showing the properties, season and its rationality of Snehas Sneha Properties Season Rationality Ghruta Aggravates Pitta & Vata Conducive to Rasa Dhatu, Sukra dhatu & Ojas. Sharad Pitta gets aggravated in this season and among Sneha only Ghee has the capacity to alleviate Pitta Cooling & softening effect on body Clarity to voice & complexion due to its Sheeta Guna. Tail Alleviates Vata Promotes bodily strength Beneficial to skin Hot in potency stabilizes & controls morbidity of the female genital organs Pravrut Taila alleviates Vata and Kapha due to its hotness Vasa Prescribed for the treatment of injury, fracture, trauma, prolapsed uterus, earache, headache Improves Virility of the person Useful for person with physical exertion Vaishaka Vasa & Majja are neither too hot nor too cold and the Anupanas administration when the body strength and Dhatu undergoes diminution Shishu process & the season is neither too hot nor too cold. Because of their moderate hot & cold properties. Majja Enhances strength, Sukra, Rasadhatu,

Kapha, Medodhatu, Vaishaka Same as above Kapha, Medodhatu & Majja. It adds to physical strength, especially bones.

Requirements for Sneha Kalpana Sneha Kalpana needs following materials; Kalka Dravya: Fine paste of medicinal plants and minute cereals should be taken as Kalka Dravya. Drava Dravya: Water, Kwatha, Swarasa, Kanji, Ksheera, Dadhi, Takra etc. Sneha Dravya: Mainly different of fat containing media such as Ghruta. General method of preparation of Sneha Kalpana to prepare any medicated Ghruta or oil, 1 part of Kalka Dravya, 4 parts of Murchhit Ghruta/Oil and 16 parts of Dravya are to be mixed together and boiled on Mandagni till only Ghee oil part remain. Then it is filtered and stored.

### Specific Rules for Sneha Preparation

For more Drava Dravya in Sneha Kalpana If Drava Dravya number is up to 4 then each should be taken 4 times of the quantity of Sneha. If Drava Dravya for Sneha Siddhi is 5 or more that is Jala, Swarasa, Kwatha, Dugdha, Gomutra etc. then each Drava Dravya should be taken in equal quantity of Sneha Dravya.

For Sneha with Kalka Dravya alone If Drava Dravya are not mentioned in any of the Sneha preparations, then water is to be used to replace the Drava. It should be four times quantity of oil used.

For Sneha with Kalka Dravya alone If Kalka Dravya are not mentioned in any of the Sneha preparations, then it must be prepared by using the Drava (Kasaya Dravya itself. For Sneha with Puspa as Kalka Dravya

When flower is used as Kalka Dravya, in any of the Sneha preparation then its quantity should be 1/8th of that of oil.

When Kalka is not mentioned or restricted then Sneha should be Siddha by only Drava Regarding the proportion

If the quantity of the ingredients is not mentioned, then the Kalka, Sneha and Drava Dravya should be collected in the proportion of 1: 4: 16 respectively. The ratio of Kalka, Sneha and Drava Dravya mentioned in Sharangadhar. Gandha Dravya Certain Gandha Dravyas are added in the Sneha in order to improve the flavor or the composition. Patra Paka or Gandha Paka is the concept mention for addition of Gandha Dravyas. Drugs like Samanga, Nakhi, Kankola, Twak, Kumduru, Karpura, Lavanga, Kasturi, Usheera, Ela Kushtha, Musta etc. are Gandha Dravyas. These drugs are usually containing volatile principles, which may be lost if they are directly used for Sneha Paka. Hence at the end of Sneha Paka, the required drugs are taken in equal quantities and made its fine powder. Should be 1/16th part of Sneha and the drugs are kept in Pottali. This Pottali is suspended in the prepared oil for 10 days. After that the Pottali is taken out from the oil and this Oil is kept in airtight glass bottles.

Sneha Murchhana Before doing Sneha Siddha Kalpana, Sneha is supposed to undergo one particular Samskara called Sneha Murchhana. It is a special type of pharmaceutical procedure. 'Samskorahi Uchyate' The main aim of this

process is to remove the Durgandha, Amadosa and Ugrata etc. bad characters of crude form of Sneha. By this Samkara, Sneha acquires specific pharmaceutical as well as therapeutical properties. Murchhana Samskara is applicable for both Ghruta and Taila.

Advantages of Sneha Murchhana to remove the Durgandha, Amadosha and Ugrata of Sneha. Imparts appearing colour to the Sneha. Absorbability of the Sneha. Sneha will get special capabilities to attain more principles that are active during Paka. The Virya (potency) of the Sneha is improved. Sneha will get the active principles of Murchhana Dravyas. Stability of the Sneha is also supposed to increase.

Sneha Murchhana 1.  
Ghruta Murchhana 2.  
Taila Murchhana

### Preparation of Murchhita Ghruta

Ghruta will be taken in a cassel, heat on mild flame and after appearance of fumes gas will be switch off and allow to cool at some extent. Kalka will be added in Ghruta and mix properly in Ghruta and then remaining water be added and mix properly by the help of spatula. Then again gas will be start. It will keep over Mandagni (mild flame), without lid over it and slowly continuous stirring will be done.

After observing all the qualities of Sneha Siddhi, the vessel will be taken out from flame of gas and allowed to cool then Ghruta will be filter through clean cloth. The filtered Murchhita Ghruta will be transfer in a container, Label and store. The preparation of Sneha is mainly divided into three stages;

- 1) Mridu Paka.
- 2) Madhyam Paka.
- 3) Khara Paka

#### 1) Mrudu Paka

This is the first stage of Sneha Paka. When Kalka becomes gum like in consistency during Sneha Paka it is regarded as Mrudupaka. If the Sneha and Kalka can be distinctly observed then it is Mrudu Paka. In this stage Kalka is sticky on touch due to the presence of trace amount and produces cracking sound when kept on fire.

#### 2) Madhyama Paka

This is to the second stage of Sneha Paka when the Kalka becomes similar to "a kind of Avaleha like" and does not stick to the Darvi then it is said to attain Madhyam Paka, when the Kalka becomes soft and non-sticky it is Madhyam Paka. If Kalka does not yield any Drav and soft in consistency then it is said to be Madhyama Paka.

#### 3) Khara Paka

This is the third stage of Sneha Paka. When Kalka attain a state where it cannot be rolled into Varti, instead it breaks into smaller pieces. When the Kalka attain slightly blackish colour and becomes slightly hard in consistency.

Sneha Kalka attains perfect wick shape when rolled between thumb and index finger. If a part of Sneha Kalka is put into

the fire, no sound is produced indicating the loss of moisture in it. Foam appears in the Taila Paka and disappears in the Ghruta Pak during completion of preparation. Desired colour, odour and taste of the ingredients become appreciable as the preparation is properly boiled and completed.

After Sneha Paka process to obtain optimum quality of Sneha Kalka be squeezed at hot stage only.

Gandha Dravyas should be added gently in Sneha when it is in lukewarm state. Preservation Sneha are preserved in narrow mouthed glass bottles for easy pouring. Sneha can be preserved in glass, polythene container.

Sneha is stored in wide mouth glass jar, so that it will be convenient to remove the solidified Ghruta with spoon. All the jars and bottles should be sterilized and should have proper lid to it.

## 2. Discussion

Science is a systematic enterprise that builds and organizes knowledge in the form of testable explanations and predictions about universe. Discussion improves the knowledge and discussion with Shastra becomes the base of establishment of the concept. Thus, discussion is important phase of any research work.

Sneha Kalpana is in practice since Vedic period in different forms. But the systematic description of preparation is mentioned from Samhita Kala. It consists especially Taila and Ghruta Kalpa. Ghruta Kalpa has the advantage the both fat soluble principles. It prescribes usage of different medicated Ghruta for application of body, with or without massage for providing health benefits and to treat specific indications. Although most of the medicated Ghruta are administered orally also. Ayurveda which are indicated for particular disease i. e. Brahmi Ghruta, Jatyadi Ghruta are another group of products.

Sneha Kalpana which are prescribed by Ayurvedic physicians to treat certain disorders of human body. Apart from these, varieties of Ayurvedic Ghruta and Oil are used in different stages of Pancha Karma. Now a day, it is proved that Ayurvedic drugs of Sneha Kalpana are working systemically.

## 3. Conclusion

Sneha Kalpana is a unique formulation of Ayurveda which is widely used in therapeutic practice, Sneha Kalpana especially Taila and Ghruta Kalpas are the Oleaginous pharmaceutical dosage forms that have a versatile clinical use, as they are external and internal administration.

Amongst 4 Sneha Dravyas, Ghruta is the best because of its important property i.e. 'Samskarasya Anuvrtana' which means Ghruta not only increases properties of other Dravya, but also maintain its own properties without any change in formulation. Murchhana process has an important role in the process of Goghruta Siddhi.

It helps to remove the Durgandha, Amadosha from Ghruta. Sneha Kalpana is widely used dosage form in Ayurvedic

pharmaceutics. Method of preparation and rules are explained to acquire the complete efficacy of the drugs employed. More research needs to be done to revalidate the concepts explained.

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