

# Review of Sneha Kalpana in Charaka Samhita w.s.r. to Chikitsa-Sthana

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**Abstract:** In Ayurvedic literature there are many dosage forms for drug delivery system. Initially form Panchavidha kashaya Kalpana to modern days well designed tablets; capsules etc. developed by various pharmaceutical companies are the witness for development of Ayurvedic drug delivery system. Sneha Kalpana, a secondary kalpana developed with integration of various primary kalpanas to provide an unique dosage form which would be complete to carry both water soluble and fat soluble medicaments to the target area. In this particular Kalpana both water soluble and fat soluble extractives are tried to get into the final preparation, with the aim to enhance the therapeutic effect and extend the shelf life. Literatures of samhita period disclose the use of different sneha preparations while after medieval period different pharmaceutical techniques are described. And in modern era, due to time needed commercialization of Ayurvedic medicines, the common man and Govt. authorities became sensitized towards the quality of medicine. This literary review is a small step to analyze different sneha preparations in Charak samhita

## 1. Introduction

Ayurvedic dosage forms are very exclusive in its pharmaceuticals and therapeutics. Sneha kalpana is a group of products of medicated taila and ghee, these drugs are treating very wide range of disease among patients of all age groups. Liposomal system of drug delivery is a new invention in conventional system of medicine.

This system is also covering a high degree of objective of therapeutics at different targets successfully. Probably; here is very distinctive similarity between these two on account of their aqueous and oleaginous origin. Most likely, these

are two faces of same coin. A brief survey of literature is done here to faces of same coin. A brief survey of literature is done here to explore possibilities of further investigation in benefit of mankind by applying wisdom of both fields together. In fact, this is a review paper based on certain hypothesis which may be established or rejected factually by further researches.

Sneha kalpana is one of the important dosages from widely described in Ayurvedic pharmaceuticals. Medicated oil/ ghee one of the important dosage forms widely described in Ayurvedic literature.

### Sneha Kalpana in Charak Chikitsa Sthana

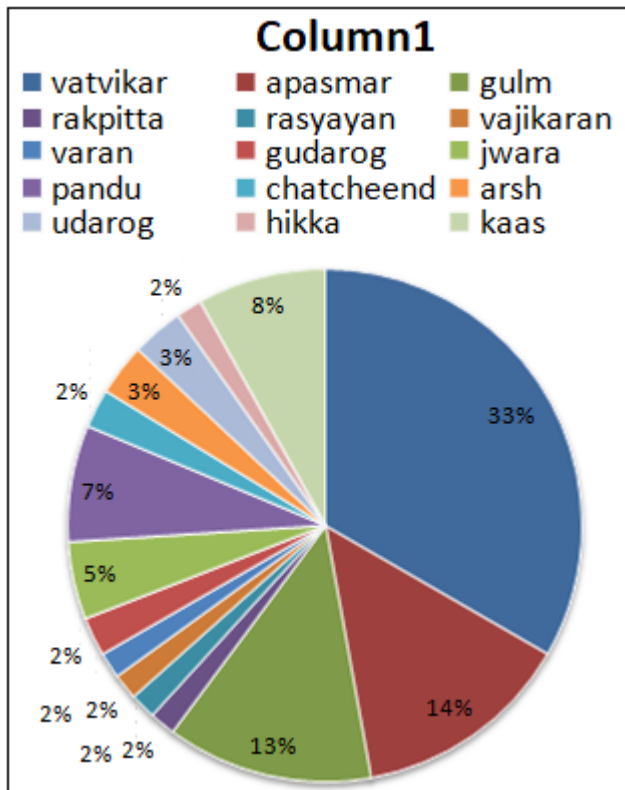
Sl. No.	Name of the medicine	Used in	References
1.	Amalaki Ghrit , Bhallatak Ghrit	Rasayana	Ch.Ch-1/1/4-15
2.	Vajikaran Ghrita ,Vrashya Ghrita	Vajikaran	Ch.Ch-1/2/21,34
3.	Apatyakar Ghrita	Santan kamna	Ch.Ch-1/2/29
4.	Vrashya utkarika	Vrshya	Ch.Ch-1/2/33
5.	Ghritapan ,Ghrita yukta kashya, Pipplayadi Ghrita ,Baladi Ghrita ,Vasadi Ghrita ,Chandanadi Taila Agurwadi Tail ,	Jwara	Ch.Ch-3/164-267
6.	Vasa Ghrita ,Satavaryadi Ghrita , Panchkul Ghrita	Rakt pitta	Ch.Ch-4/88-96
7.	Triyushna Ghrita , Hingul sowarchalyadi Ghrita	Gulma	Ch.Ch-5/65,74
8.	Hpushadi Ghrita ,Pipplyadi Ghrit	Arsh, swas, yoni rog in gulma	Ch.Ch-5/75
9.	Arand Taila ,Taila panchak	Vataj gulm	Ch.Ch-5/93,96
10.	Nilini Ghrita	Gulm me sodhan hetu	Ch.Ch-5/105
11.	Rohiniya Ghrita,Aamlkadya Ghrita,Drakshadh Ghrita,Vasadi Ghrita , Dasmooli Ghrita	Gulma	Ch.Ch-5/116-127,142
12.	Bhallatak Ghrita ,Mishrak Ghrita	Gulm, udarrog, yonishool	Ch.Ch-5/151
13.	Trikanthkadhy Ghrita	Vatanubandh	Ch.Ch-6/39
14.	Triphladi Ghrita , Kusthadi Tail ,Swet karviradi Tail , Kanakashiri Tail	Kustha	Ch.Ch-7/100 ,104,108-116
15.	Vipadikahar tail-Ghrita Tiktshadphalak Ghrita , Mahatiktak Ghrita , Mahakhdire Ghrita	Kustha	Ch.Ch-7/121 ,143-146
16.	Dasmuladhya Ghrita , Rasna ghrita, Bala Ghrit ,Khajuradi Ghritavleheh , Panchmool Ghrita , Jeevanaadi Ghrita , Panchkol ghrita	Rajyakshma	Ch.Ch-8/93-98,106-113,170
17.	Hing vadya ghrita , Kalyanak ghrit , Maha Kalyanak ghrita , Mahapashachik ghrita , Lehsunyadi ghrita ,Prapuram ghrita	Apasmar	Ch.Ch-9/34-63

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18.	Panchgavya ghrita ,Mahapanchgavya ghrita ,Bhrami ghrita,Sandhawadi ghrita	Apasmar	Ch.Ch-9/17-20
19.	Vachadi ghrita , jeevanyadi ghrita , kasadi ghrita, Aamalkadi ghrita , Katabhyadi tail , Palashadi tail ,Triphaladi tail	Apasmar	Ch.Ch-9/21-40,97
20.	Nyogrihadi ghrita ,Kokelashadi ghrita ,amritprash ghrita,swdrista ghrita	Chatsheend	Ch.Ch-11/31-47
21.	Dhatri falad ghrita ,chitrakadi ghrita ,chitrak ghrita	Balvridhi	Ch.Ch-12/55
22.	Panchkol ghrita ,Rohitak ghrita	Gulma	Ch.Ch-12/85
23.	Snuhisheer ghrita ,Arand tail	Udar rog	Ch.Ch-13/153,172
24.	Piplayadi ghrita ,Chavyadi ghrita ,Nagradya Ghrita , Snuhisheer Ghrita	Arsh	Ch.Ch-14/104-142, 230-233
25.	Dashmoladi ghrita , Triyushnadi ghrita ,Panchmooladi ghrita	Ghrani	Ch.Ch-14/82-93
26.	Chandanadi ghrita	Ghrani	Ch.Ch-14/125-128
27.	Dadimadhya ghrita , Katukadhy ghrita ,Pathyadi ghrita ,Danti ghrita ,Draksa ghrita ,Haridradi ghrita ,Darvi ghrita,Kaliyak ghrita	Pandu	Ch.Ch-15/45-54
28.	Viyoshadi ghrita Kesaradi ghrita	Pandu	Ch.Ch-15/119-122
29.	Dasmooladi Ghrita ,Tejovarati ghrita ,manahadi ghrita	Swasa	Ch.Ch-17/140-144
30.	Kantkari ghrita , Piplayadi ghrita , Triyushna ghrita , Rasna ghrita	Kasha	Ch.Ch-18/35-45
31.	Kulathyadi ghrita	Hikka ,kaasa	Ch.Ch-18/129
32.	Dipanchmooladi ghrita , Guduchi ghrita ,	Kaasa	Ch.Ch-18/158-164
33.	Changeri ghrita , chavyadi ghrita	Gudbhransh vedna	Ch.Ch-19/43-44
34.	Navneet pan ,satavari ghrita	Raktatisara	Ch.Ch-19/97-98
35.	Ghrita pan	Visarp	Ch.Ch-21/47
36.	Durva ghrita	Visarp	Ch.Ch-21/97
37.	Amrit ghrit	Visha	Ch.Ch-23/243-248
38.	Kampillak tail	Vrana	Ch.Ch-25/91
39.	Prepondrik taila	Vrana	Ch.Ch-25/93
40.	Sthiradi ghrita	Vibandh	Ch.Ch-26/23
41.	Arand tail	Vaat dosha	Ch.Ch-26/27-28
42.	Pashanbhedadi ghrita	Ashmari	Ch.Ch-26/60-61
43.	Swdrastadi ghrita	Mutrakrich	Ch.Ch-26/74
44.	Punarnvadi tail, haritkyadi tail , Triyushnadi ghrita ,	Hridayarog	Ch.Ch-26/82
45.	Drakshadi ghrita , Keserukadi ghrita	Hridya rog	Ch.Ch-26/93-94
46.	Anu tail	Pratisyay	Ch.Ch-26/139
47.	Bhagryadi tail, Rasnadi tail, Baladi tail, Mayor ghrita	Shirashool	Ch.Ch-26/153-164
48.	Hingwadi tail ,Devdarwadi tail ,Gandh tail ,Shar tail	Karnshool	Ch.Ch-26/223,224
49.	Mahaneel tail	Palita	Ch.Ch-26/268-277
50.	Prapondrikadi tail , peeluparnadi tail , kusthadi tail , Sandehavadi tail	Urustabh	Ch.Ch-27/41-42
51.	Dasmooladi tail , Baladi tail, Chitrakadi tail, Dasmooladi majja sneha ,Triphaladi maha sneha , Nirgundi tail ,Moolak tail , Panchkul tail , Yavagu tail ,Swdrasta tail ,Bala tail ,Sehchar tail ,Amritadhy tail ,Rasna tail , Vrashmooladi tail ,Lehsunadi tail	Vatvikara	Ch.Ch.-28-120/177
52.	Srawanadi tail ,Baladi ghrita ,Parushak ghrit , Jeevaniya ghrit ,Draksha ghrit Madhurastadi tail , Sukumar tail , Amrata tail, Mahapad tail ,Khudak padak tail ,satpak madhuk tail	Vat shodit	Ch.Ch-29-55/83,115-125
53.	Kasmaryadi tail , Saindhavadi tail , Guduchyadi tail , Jeevaniya sheer ghrit Udumbaradi tail ,Dhatkyadi tail	Yonivyapad	Ch.Ch.-30-52/80



**Graphical Presentation for frequency of use sneha kalpana w.r.t. various disease**

## 2. Discussion

Charaka Samhita is the authentic text for medicine practice in Ayurvedic treatment. In this literature mostly herbal medicines are used to treat different diseases. Other than herbals, rasoushadhies, sneha kalpana etc. are also emphasized for their internal or external uses. Though the internal use of sneha are found, but described rarely after adopting some pharmaceutical process (samskara) and following the precautions. There are different types of sneha are describe in samhita literature are ghrita taila vasa and majja. Ghrita is the most popular in therapeutic use. Sneha processings are described in the said literature but sneha murchhana is not found, which is practiced in current practice of Ayurvedic sneha kalpana manufacturing. In Charaka samhita, as per the analysis, it is observed that sneha preparations are mostly used for vata-vikara, it justifies the properties of oil/ghee as vata-samak. After vata-vikara extensive use of sneha-kalpana is found in apasmara like psychological/mental diseases because of it's lipohilic nature these medicines could be able to cross blood-brain-barrier to reach the target cells and acts accordingly. Modern sciences are indicating the unique methodology of general, sustain, and control pattern of drug delivery at target which is possible with dosage forms of sneha kalpana. Transdermal drug delivery system provides a new platform for the development of various medicated preparation mentioned in Ayurvedic classical literature.

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