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 pharmaceutics 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 pharmaceutics. Medicated oil/ ghee one of the important dosage forms widely described in Ayurvedic literature.

### Sneha Kalpana in Charak Chikitsa Sthana

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2. Discussion

Charka Samhita is the authenticate 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 preparations are described in the said literature but sneha murchhana is not found, which is practiced in current practice of Ayurvedic sneha kalpana manufacturing. In Charak 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 apasmar 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.

References