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A 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.*

INTRODUCTION

Ayurveda can be defined as a system, which uses the inherent principles of natural products, to maintain health in person by keeping the individual 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]

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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 Kashay Kalpana* as *Swaras, Kalka, Kwatha, Hima* and *Phanta*.^[5] *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 Ghrita Kalpana. The use of Ghrita 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 Ghrita 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, Ghrita, 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 have 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

Table 1: Showing the properties, season and its rationality of Snehas

| Sneha | Properties | Season | Rationality |
|--------|---|--------|---|
| Ghrita | <ul style="list-style-type: none"> Aggravates Pitta & Vata. Conducive to Rasa Dhatu, Sukradhatu & Ojas. | Sharad | Pitta gets aggravated in this season and among Snehas only Ghee has the capacity to alleviate Pitta |

| | | | |
|-------|--|----------|---|
| | <ul style="list-style-type: none"> Cooling & softening effect on body Clarity to voice & complexion | | due to its Sheeta Guna. |
| Taila | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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 diminutesishing process & the season is neither too hot nor too cold. Because of their moderate hot & cold properties. |
| Majja | <ul style="list-style-type: none"> Enhances strength, Sukra, Rasadhatu, Kapha, Medodhatu, | Vaishaka | Same as above |

| | | | |
|--|---|--|--|
| | <i>Kapha, Medodhatu & Majja.</i> It adds to physical strength, specially bones. | | |
|--|---|--|--|

Requirements for Sneha Kalpana

Sneha Kalpana needs following materials;

- **Kalka Dravya** : Fine pest of medicinal plants and minuteserals 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 upto 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 equanity 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.

Table 2: Kwatha preparations depending on the drug's nature

| | | |
|--------------|----------|------------------------------------|
| Soft drugs | 4 times | <i>Guduchi, Shatavari, Amalaki</i> |
| Medium drugs | 8 times | <i>Agravadha, Nimba, Twaka</i> |
| Hard drugs | 8 times | <i>Dasamoola, Lodhra</i> |
| Very hard | 16 times | <i>Daruharidra</i> |

For without Kalka Sneha Paka

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*.

Table 3: Showing ratio of Kalka Dravya according to the nature of media.

| SN | Drava Dravya | Kalka | Sneha |
|----|-------------------|----------|--------|
| 1. | <i>Ambu</i> | ¼ part | 1 part |
| 2. | <i>Kwath</i> | 1/6 part | 1 part |
| 3. | <i>Swaras</i> | 1/8 part | 1 part |
| 4. | <i>Dugha</i> | 1/8 part | 1 part |
| 5. | <i>Dadhi</i> | 1/8 part | 1 part |
| 6. | <i>Mansa Rasa</i> | 1/8 part | 1 part |
| 7. | <i>Takra</i> | 1/8 part | 1 part |

For 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 Gunaatharadhanam 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 kept 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, Labelle and store.

The preration of Sneha is mainly divided into three stages;

- *Mrudu Paka*
- *Madhyam Paka*
- *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 *Drava* 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.

Table 4: Showing duration of *Sneha Paka* according to *Drava Dravya*.

| SN | Duration | <i>Drava Dravya</i> |
|----|----------|--|
| 1 | 1 day | <i>Vrihi</i> (gruel) and <i>Mamsa Rasa</i> |
| 2 | 2 day | Milk |
| 3 | 3 days | <i>Swarasa</i> of different parts of plants. |
| 4 | 5 days | <i>Takra</i> and <i>Aranala</i> (fermated gruel) |
| 5 | 12 days | <i>Mula</i> (roots) and <i>Valli</i> (Creepers) |

Sneha Siddha Lakshana characteristics of *Sneha* at the end of process

- *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 Paka* during completion of preparation.
- Desired colour, odour and taste of the ingredients become appreciable as the preparation is properly boiled and completed.

Table 5: Showing *Sneha* and its *Anupana*

| | |
|-------------------------|--------------------------------|
| <i>Ghee</i> | Hot water (<i>Usha Jala</i>) |
| <i>Taila</i> | <i>Yusha</i> |
| <i>Vasa & Majja</i> | <i>Manda</i> |
| <i>Sarva Sneha</i> | <i>Ushnambu</i> |

Precaution of *Sneha Kalpana*

Before processing of *Sneha Paka*

1. *Sneha* for formulation should be used after *Murchhana* only.
2. *Sneha Patra* should be widely mouthed and depending on quantity *Patra* should be selected.

During the process

1. Maintain the intensity of fire throughout the operation.
2. Always *Sneha Paka* should be prepared in *Mrudu* and *Madhyam Agni* only.
3. In hot *Sneha*, *Kwatha* should be poured slowly to avoid it cominutes out of vessel.
4. The mixture should be stirred constantly and carefully so that *Kalka* doesn't stick to base leading to carbonization.
5. After *Drava Dravyas* gets evaporated continuous stirring is must and *Kalka* is taken out time to check the stages of *Paka*.

After *Sneha Paka* process

- To obtain optimum quality of *Sneha Kalka* be squeezed at hot stage only.
- *Gandha Dravyas* should be added gently in *Snehas* 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* are 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.

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 healths 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.

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 Anuvrtanat*' 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 pharmaceuticals. 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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