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] 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 pharmaceutics 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.[5] 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 one of the commonly prescribed Ayurvedic dosage forms in day-to-day practice. Although a lot of varieties of Snehas are described in classic Ayurvedic text, the most common among 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 forms. The nomenclature of Sneha Kalpana is the 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 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 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**

<table>
<thead>
<tr>
<th>Sneha</th>
<th>Properties</th>
<th>Season</th>
<th>Rationality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ghruta</td>
<td>Aggravates Pitta &amp; Vata.</td>
<td>Sharad</td>
<td>Pitta gets aggravated in this season and among Snehas only Ghee has the capacity to alleviate Pitta</td>
</tr>
<tr>
<td></td>
<td>Conducive to Rasa Dhatu, Sukradhatu &amp; Ojas.</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pravrut</td>
<td>Alleviates Vata</td>
<td>Pravrut</td>
<td>Taila alleviates Vata and Kapha due to its hotness.</td>
</tr>
<tr>
<td></td>
<td>Promotes bodily strength</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beneficial to skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hot in potency stabilizes &amp; controls morbidity of the female genital organs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vasa</td>
<td>Prescribed for the treatment of injury, fracture, trauma, prolapsed uterus, earache, headache</td>
<td>Vaishaka</td>
<td>Vasa &amp; Majja are neither too hot nor too cold and the Anupanas administration when the body strength and Dhatu undergoes diminishes process &amp; the season is neither too hot nor too cold. Because of their moderate hot &amp; cold properties.</td>
</tr>
<tr>
<td></td>
<td>Improves Virility of the person</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Useful for person with physical exertion</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Majja</td>
<td>Enhances strength, Sukra, Rasadhatus, Kapha, Medodhatu,</td>
<td>Vaishaka</td>
<td>Same as above</td>
</tr>
<tr>
<td></td>
<td></td>
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</tbody>
</table>
Kapha, Medodhatu & Majja. It adds to physical strength, specially bones.

Requirements for Sneha Kalpana

Sneha Kalpana needs following materials;

- **Kalka Dravya**: Fine pest of medicinal plants and minute serals 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 stared.

**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 | Guduchi, Shatavari, Amalaki |
| Medium drugs | 8 times | Agravadha, Nimba, Twaka |
| Hard drugs | 8 times | Dasamoola, Lodhra |
| Very hard | 16 times | Daruharidra |

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.**

<table>
<thead>
<tr>
<th>SN</th>
<th>Drava Dravya</th>
<th>Kalka</th>
<th>Sneha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ambu</td>
<td>¼ part</td>
<td>1 part</td>
</tr>
<tr>
<td>2.</td>
<td>Kwath</td>
<td>1/6 part</td>
<td>1 part</td>
</tr>
<tr>
<td>3.</td>
<td>Swaras</td>
<td>1/8 part</td>
<td>1 part</td>
</tr>
<tr>
<td>4.</td>
<td>Dugha</td>
<td>1/8 part</td>
<td>1 part</td>
</tr>
<tr>
<td>5.</td>
<td>Dadhi</td>
<td>1/8 part</td>
<td>1 part</td>
</tr>
<tr>
<td>6.</td>
<td>Mansa Rasa</td>
<td>1/8 part</td>
<td>1 part</td>
</tr>
<tr>
<td>7.</td>
<td>Takra</td>
<td>1/8 part</td>
<td>1 part</td>
</tr>
</tbody>
</table>
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, Kumduuru, 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 1/16\textsuperscript{th} 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, Amadosa 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;

1. Mrudu 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 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.

<table>
<thead>
<tr>
<th>SN</th>
<th>Duration</th>
<th>Drava Dravya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 day</td>
<td>Vrihi (gruel) and Mamsa Rasa</td>
</tr>
<tr>
<td>2</td>
<td>2 day</td>
<td>Milk</td>
</tr>
<tr>
<td>3</td>
<td>3 days</td>
<td>Swarasa of different parts of plants.</td>
</tr>
<tr>
<td>4</td>
<td>5 days</td>
<td>Takra and Aranala (fermented gruel)</td>
</tr>
<tr>
<td>5</td>
<td>12 days</td>
<td>Mula (roots) and Valli (Creepers)</td>
</tr>
</tbody>
</table>

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

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ghee</td>
<td>Hot water (Usha Jala)</td>
</tr>
<tr>
<td>Taila</td>
<td>Yusha</td>
</tr>
<tr>
<td>Vasa &amp; Majja</td>
<td>Manda</td>
</tr>
<tr>
<td>Sarva Sneha</td>
<td>Ushnambu</td>
</tr>
</tbody>
</table>

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 coming 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 of 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 Ghrita*, *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 froms 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 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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