

**Title: Pharmaceutical Review of Sneha kalpana (Medicated oil & ghrita)****Authors: Dipika R. Turankar*¹, Sneha Kubde²**¹PG Scholar, ²HOD and professorDept of Rasashastra and Bhaishjyakalpana,
Bhausahab Mulak Ayurved Mahavidyalaya, Nagpur, Maharashtra***Corresponding Author:** Email Id- dipikaturankar@gmail.com; Mobile no- 9405388294**Abstract:**

Ayurved has a long and strong heritage use of various formulations to treat various diseases. It has a wide range of drug delivery system in various physical as well as mental disorders, classics enumerates number of dosage forms in various kalpana. Sneha kalpana is one such which is in vogue since samhita period. Concept of medicated oil and ghrita is well established in Ayurveda under Sneha kalpana. It is process where various things like paste, decoction, ghrita or taila are employed for oleaginous medicaments.

Keyword:

Sneha kalpana, ghita, decoction

Material and Methods:

Methodology-

Reviewing the Ayurvedic scientific literature; in this article there is an

attempt to review regarding the Sneha kalpana preparation.

Introduction:

In Ayurved there are different types of dosage forms mentioned; that makes it more effective and popular. Sneha kalpana is one of them. Medicated oil or ghrita is well established in Ayurvedic pharmaceuticals.

Sneha Kalpana may be defined as a pharmaceutical process to prepare oleaginous medicaments from the substances like *Kalka*, *Kwatha* or *Drava Dravya* (any other liquid such as milk, self expressed juices, meat juice, etc.) taken in specific proportion and by subjecting them to unique heating pattern and duration to fulfil certain pharmaceutical parameters, according to the need of therapeutics.

Material and Method

Sneha Murchana

Sneha murchana will be first step towards Sneha paka process. It is applicable to both taila and ghrita. It will remove amadosha of ghrita and gandha dosha of taila. The Sneha will attain good colour, odour and easily absorbed. Because of murchana Sneha will get such capability to receive more active principles.¹

Sneha kalpana essential ingredients :

- Kalka :

In case of fresh and wet drugs kalka is prepared by pounding them in khalva yantra. However in case of dry drugs the fine powder of these drugs is titrated with required quantity of water to prepare kalka.

- Sneha dravya:

Ghrit, taila, vasa and majja are the main four types of Sneha.² Amongst them ghrita and taila are widely used for Sneha kalpana. Goghrit and tiltaila are preferable respectively. For all pharmaceutical preparation murcchit Sneha is must.

- Drava dravya:

It includes swaras, kwath, dugdh, jala, gomutra or any type of natural liquid.

General method of preparation of Sneha kalpana :³

- Murcchit Sneha is taken in a clean wide stainless steel vessel. The vessel is placed over mild fire and cooked.
- When fumes starts appearing in Sneha the specific drava dravya is added carefully to it; followed by kalka of drug.
- Boiled it continued with frequent stirring until Sneha siddhi lakshana are attained
- Later the Sneha is filtered through clean cloth.

Vessel used for Sneha kalpana :

- Copper or iron pan or earthen vessel is taken.

Kwath preparation depending on nature of drug :⁴

- Depending on nature of drug , quantity of water to be added to it while preparing decoction is different

Drugs of different nature	Water ratio
Soft drugs	4 times
Medium & hard drugs	8times
Very hard drugs	16times

Specific Rules for Sneha Preparation⁵

- The quantity of kalka dravya differs from general ratio depending on different drava dravya used. In case of ambu (jala) ,kwatha, Rasa(swaras) the kalka quantity will be $1/4^{\text{th}}$, $1/6^{\text{th}}$, $1/8^{\text{th}}$ respectively.
- In case of godugdha dadhi, mamsaras, takra used as drava dravya the quantity of drava dravya should be $1/8^{\text{th}}$
- If the numbers of drava dravya are 5 or more than 5 in number then quantity of each should be equal to that of Sneha.
- If they are less than 5 then the total quantity of all of them should be 4 times to that of Sneha.
- If only drava dravya are mentioned then kalka of same drug is prepared and used. However 4 times water is also added.
- If only kwath dravya are given in Sneha preparation then kalka of same drug is added.
- If case where kalka is either not indicated or restricted in any Sneha kalpana, there Sneha may be prepared without kalka.
- In case of puspha kalka in preparation it should be taken in $1/8^{\text{th}}$ part to that of Sneha but not as per general ratio.

Sneha Siddhi lakshana : ⁶

- Sneha kalka attain perfect wick shape when rolled between thumb and index finger.
- If the part of Sneha kalka is put into the fire, no sound is produced indicating the loss of moisture in it.
- Foam appears in taila paka and it disappears in ghrita paka during completion of preparation.
- Desired colour, odor and taste of the ingredient become appreciable as the preparation is properly done.

Types of Sneha paka :

- Preparation of Sneha paka is divided into types as given below



Three types	Five types
1. Mrudu Paka 2. Madhyama Paka 3. Khara Paka	1. Ama Paka 2. Mrudu Paka 3. Madhyam Paka 4. Khara Paka 5. Dagdha Paka

There are four types of Snehapaka as stated by Vagbhata ⁷

1. Manda Paka
2. Chikkan Paka
3. Khara Chikkan Paka

There are three types of Sneha paka according to Harita

1. Mrudu Paka
2. Madhyam Paka
3. Kathin Paka

Sneha Paka bheda and their symptoms

1. Mrudu Paka –

In this paka Sneha kalka will be soft to touch and will have little moisture left out in it. It is possible to prepare soft varti.

2. Madhyam Paka-

Sneha kalka will be soft and devoid of moisture. Perfect varti can be prepared.

3. Khara Paka-

Sneha kalka will be hard to touch with no moisture. It is possible to prepare varti but varti breaks into powders.

4. Ama Paka-

It will be guru in nature with no potency generated in it. It causes agnimandya and therapeutically not used.

5. Dagdha Paka-

It causes burning sensation all over body and it is therapeutically unfit as all its potency burnt.

Specific time duration for Sneha paka : ⁸

- The ghrita , taila , guda and such other preparations should not be cooked in single day. If done so may not acquire the desired therapeutic property.
- The process has been carried out for more than a day by cooking at daytime and allowing paka to cool down overnight.

Drava Dravya	Time Required
Milk	2 days
Swaras	3 days
Takra,dadhi,kanji,gomitra	5 days
Roots,creepers,Climbers	12 days

Dhanya, mamsarasa	1 day
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Sneha Paka Uses : ⁹

Sneha Paka	Uses
Mrudu Paka	For nasya
Madhyam Paka	Pana, abhyang, basti, nasya, karna purana, netra puran
Khara Paka	For abhyang

Sneha Kalpana Shelf life :

- Sixteen month is shelf life of any Sneha kalpana.

Discussions:

Ghrit and taila are mainly used for Sneha kalpana. General method for proportion of Kalka: Sneha Dravya: Drava Dravya is 1:4:16 . Its dose is 1Pala. Murchana should be done prior to preparation . There are mainly three types of Sneha paka and five Sneha siddhi lakshanas apperar. The reason behind appearance of froth in oils and its disappearance in ghrit while preparing Sneha kalpana lies in structural difference between both oil and ghrit and further reaction which goes on in them after agni samskara. The quantity of kalka dravya differs from general ratio depending on different drava dravya



used. Harder the drug more time required In case of ambu (jala), kwatha, Rasa(swaras) the kalka quantity will be $1/4^{\text{th}}$, $1/6^{\text{th}}$, $1/8^{\text{th}}$ respectively. Harder the drug more time required for water molecule to act upon hence there will be more ratio of water.

Conclusion:

- In the Sneha kalpana lipid and water soluble active principles are extracted.
- It is very effective and different advantages.
- It can used internally as well as externally.
- It enhances shelf life of Sneha preparation.
- It enhances drug absorption.
- It make use of therapeutic value of oil and ghrit.

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