



A review on *Sneha Kalpana*.

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ABSTRACT

Sneha Kalpana is a unique preparation of oleaginous medicine. This is one among the types of medicine which can be administered through all the routes of the body. *Sneha Kalpana* is a process where *Taila* and *Ghritha* are used regularly. *Sneha* is given in almost all the diseases especially in *Manasa Roga* as fat can pass through the blood brain barriers. In the preparation of *Sneha* there are different steps involved. They are *Poorva Karma* (selection of *Sneha* and vessels), *Pradhana Karma* (*Ama Paka*, *Mridhu Paka*, *Madhyama Paka*, *Khara Paka* and *Dhagdha Paka*) and *Paschat Karma* (Preservation of prepared *Sneha*). The particular techniques in preparation of different *Sneha* are discussed in this article in brief manner.

KEYWORDS: *Sneha Kalpana*, *Paka*, *Sidhi lakshanas* and pharmaceuticals.

INTRODUCTION

Ayurveda is one of the oldest scientific medicinal systems in the world. *Rasashastra & Bhaishajya Kalpana* is the special branch of Ayurveda where different traditional method of preparation of *kalpas* are mentioned. It includes many preparations like herbal preparations, mineral preparations and herbo-mineral

preparations. *Sneha kalpana* is one of the formulations mentioned in *Bhaishyajya Kalpana*. It is one of the commonly prescribed *Ayurvedic* dosage forms in day to day practice. The nomenclature of '*Sneha Kalpana*' is the union of the two words, '*Sneha*' and '*Kalpana*'.¹ **Sneha:-** The word '*Sneha*' is derived from '*snih*' dhatu with '*Ghaj*' pratyaya.² The word *Sneha* means fats or fatty material extracted from *Sthavara* or *Jangama Dravyas*.³ According to Manu, the one which enhances the fire is called *Sneha Dravyas*. **Kalpana :-** The word *Kalpana* is originated from the root word '*Krup Samarthye*'.⁴ It denotes the specific procedure, to convert a drug into medicaments. *Kalpana* is a process or a kind of modification or plan of preparation of medicine. That may be either a single drug or a combination of drugs in order to convert into more acceptable form.

AIM&OBJECTIVES:-

To review of *Sneha Kalpana* from Ayurvedic Texts

MATERIAL

Literature review from Samhita, Journals, Websites

METHODS

Conceptual study

Literature Review:

SNEHA KALPANA

Sneha Kalpana is defined as the pharmaceutical process where the fat soluble and water soluble active principles are extracted from the basic ingredients into the *Sneha*. It is a procedure to prepare oleaginous medicine from substances like *Kalka* and *Dravya*. They are prepared in specific proportions by subjecting them to uniform heating pattern and duration of fulfil certain pharmaceutical parameters as per requirement of therapeutics. Most of the *Ayurvedic* treatments and therapeutics are aimed at maintaining *Jatharagni* which is responsible for the maintenance of health and *Sneha* considered as the best one to stimulate *Jatharagni*.⁵ This process or method ensures absorption of active therapeutic principles of the ingredients in two different solvents i.e. water and fat and also some chemical constituents which are soluble in other different Medias like *Kanji*, *Gomutra* etc.

SNEHA YONI⁶

Sneha is derived from two sources, *Sthavara* and *Jangama*.

Sthavara Sneha- Includes *Sarshapa*, *Tila*, *Priyala*, *Vibheetaki*, *Danti*, *Harithaki*, *Eranda*, *Madhuka*, *Kusumbha*, *Bilwa*, *Shigru* etc.

Jangama Sneha- Includes *Mansa*, *Majja*, *Vasa* etc. of quadruped animals, birds and fishes⁷

Sarpi, *Majja*, *Vasa* and *Taila* are the *Sneha Chathushtayaas*. Among this *sarpi* is

considered as the best one, because of its power to assimilate the properties of the ingredients added to it without losing its own properties.

CLASSIFICATION OF SNEHA KALPANA

1. Based on the combination of *Snehas*⁸

a. ***Yamaka***- Combination of *Ghritha* and *Taila*.

b. ***Trivrut***- Combination of *Ghritha*, *Taila* and *vasa*.

c. ***Mahasneha***- Combination of all the four *Snehas*.

2. Based on the Nature of Media⁹

a) *Ghritha Kalpa*

b) *Taila Kalpa*

c) *Vasa Kalpa*

d) *Majja Kalpa*

3. Based on the stages of *Paka*¹⁰

a. *Ama Paka*

b. *Mridu Paka*

c. *Madhya Paka*

d. *Khara Paka*

e. *Dagdha Paka*

4. Based on the types of utility

a. *Pana*

b. *Anuvasana*

c. *Abhyanga*

d. *Shirobasti*

e. *Uttarabasti*

f. *Nasya*

g. *Karnapurana*

h. *Dharan*

Table-1: Showing number of preparations of *Sneha* by different authors.

Name of the text	Ghritha	Taila	Vasa	Majja	Yamaka	MahaSneha
Su.Sa	54	37	-	4	2	1
Ch.Sa	203	78	-	1	1	2
A.H.	93	39	1	-	1	1
Chak.Dhat	191	162	1	-	1	-
Sha.Sa	16	30	1	-	-	-
Bha.Pr	61	114	-	-	-	-

MURCHANA *Murchana* is mentioned for both *ghritha* and *taila*.

Ghritha murchana¹¹

Ghritha of 756 gm, *haritaki*, *vibhitaki*, *amalaki*, *musta*, *haridra* and *bheejapooraka* each measuring of 1 *pala* (48 gm), and 3.024 ml (4 *prastha*) of water. This is processed till the froth and waves disappear. This is said to be free from *Ama Dosha*.

Tila taila murchana¹²

1 part of *tila taila*, 1 part of water and 1/16 parts of *manjishta*, *haridra*, *musta*, *lodra*, *nalika*,

Amalaki, *harutaki*, *vibhitaki*, *ketaki*, *vatanakura*, *hriberi*. This is cooked on fire till the water content evaporates.

Essential ingredients of *Sneha Kalpana*: There are generally four essential components required for the preparation of medicated *Sneha*. They are as follows,

1. Kalka- If the drugs are wet, it should be pounded in *Khalva Yantra* till it becomes paste form. If the drugs are dry, then a fine powder should be prepared out of it and required amount of water is added to obtain a paste form. If the quantity of *Kalka* is not specified, it should be taken 1/4th of *Sneha Dravyas*.¹³

2. Sneha- Oleaginous substances are used in this preparation. In that *Ghritha* and *Taila* are the prime constituents of *Sneha Kalpana*. An oleaginous substance acts as a medium for fat soluble active principles and carrier of water soluble principles. If quantity is not specified, it should be 4 times to that of *Kalka*.

3. Dravadravya- It is taken 4 times to that of *Sneha*. *Dravadravyas* can be water, *Swarasa*, Milk, Curd or any other liquid preparations.

4. Gandha dravyas- *Sugandhi Dravyas* like *Ela*, *Lavanga*, *Karpura*, *Kasturi* etc.

are added in the end state to render fragrance to the *Sneha* especially *Taila*.

POORVA KARMA Collection of

Dravyas:-*Dravyas* are collected from the appropriate habitat and *kala* as mentioned in the *Ayurvedic* classics since they do have much active principles in that particular time. The *Jangama Dravyas* are collected from strong animals and their milk, urine etc. should be collected only after the complete digestion of food. After collecting, the drugs should be washed thoroughly to remove the physical impurities.

Selection of *Patra*:-Vessels selected should not react with the ingredients of the *Sneha Paka*. Usually vessels made out of iron, copper, earthen vessels and *Varthaloha (Panchaloha)* were used during ancient times. Now-a -day's stainless steel vessels and tin coated copper vessels have been used for various preparations in many of the pharmacies. The vessel must be strong enough to withstand the stages of temperature. It should be wide mouthed with proper depth in order to avoid spilling of oil while processing. After selecting the vessel, it should be cleaned thoroughly, sterilized and dried properly.

Selection of *Sneha*:-If the *Taila* to be used is not specified, then *Tila Taila* should be taken. If *Ghritha* to be used is not specified, then *Goghritha* should be used. Among *Jangama Yoni*, *Goghritha* is considered as the best and among *Sthavara yoni*, *Tila Taila* is considered as the best¹⁴

Quantity of *Sneha Dravya*:-*Sneha Dravya* are to be taken four times to that of *kalka* unless or otherwise specified.¹⁵

Kalka: A green or dry drug should be converted into paste form by rubbing or grinding with or without addition of water

and this called *Kalka*. Specific rules in selection of *Kalka Dravya*. Only *Dravyas* are mentioned for *Sneha Kalpana*, then *Kalka* of the same drugs should be taken. If only *Kwatha Dravyas* are given in a *Sneha* preparation then *Kalka* of same

drugs is added. When *Kalka* is not indicated or restricted, there *Sneha* may be prepared without *Kalka*. If *Pushpa Kalka* is indicated in *Sneha* preparation, it should be taken 1/8th quantity of *sneha*.

Table 1: Quantity of *Kalka* according to different *Drava Dravya*

<i>Drava Dravya</i>	Quantity of <i>Kalka</i> to <i>Drava Dravya</i>
<i>Jala</i>	1/4
<i>Kwatha</i>	1/6
<i>Rasa (Swarasa)</i>	1/8
<i>Ksheera</i>	1/8
<i>Dadhi</i>	1/6
<i>Takra</i>	1/8

Preparation of *Sneha Kashaya*¹⁷

If *Kashaya* has to be added as *Dravadravya*, the method of preparation of *Kashaya* is different from the general method of *Kwatha kalpana*. This is called *Sneha Kashaya*.

Table 2: *Sneha Kashaya* according to different authors.

Sr. No.	Name of Author	Quantity of Drugs	Quantity of Water	Quantity of reduction	Name of <i>Kashaya</i>
1	<i>Sushruta</i>	1 part 1 part 1 <i>Tula</i>	8 Parts 16 Parts 1 <i>Drona</i>	1/4 1/4 1/4	<i>Sneha Kashaya</i>
2	<i>Bhoja</i>	1 Part	4 Part	1/4	<i>Sneha Kashaya</i>
3	<i>Sharangdhara</i>	<i>Mrudu</i> -1part <i>Madhyama</i> <i>Kathina, Atyanta</i> <i>Kathina</i> -1 part	4 parts	1/4	<i>Sneha Kashaya</i>

PRADHANA KARMA:- *Sneha Pakas* are different types

Ama Paka: *Ama Paka Sneha* will be with more amounts of moisture content and

Guru in nature. It will not have any potency. Produce crackling sound on putting to the fire, very soft in consistency and heterogeneous media of water and

ghee. It causes *Agnimandya* and it is therapeutically not used.

Mrudu Paka: In this *Paka*, Sticky on touch, *Kalka* will be very soft to touch and will have little moisture left out in it and Cracking sound on putting to the fire. It is possible to prepare soft *Varti*.

Madhyama Paka: *Kalka* will be soft and if rolled in between fingers it can be rolled into a soft *varti*. It will be devoid of moisture. Not sticky.

Khara Paka: In this, *Kalka* will be hard to touch with no moisture. It is possible to make a perfect *varti* but there are chances of breakage of *varti* in between.

Dagdha Paka: In this *Paka* the *Kalka* is burnt, it is rough, dry, black often charred, burnt smell is noticed in this state. Essential contents of *Sneha* are partially lost. Loss of colour, Loss of odour and Loss of taste.

Sr. No.	Name of Acharya	No. of pakas	Name of pakas
1	Charak and Sushruta	3	Mrudu, Madhyama Khara
2	Harit	4	Mrudu Madhyama Kathin Vishoshi
3	Sharangdhara, Sodhala	5	Ama Mrudu Madhyama Khara Dagdha
4	Vagbhata	3	Mrudu Chikkana Khara

Table 4: Sneha pakas according to different Acharya:

SNEHA PAKA SIDDHI LAKSHANA¹⁹

Desired colour, odour and taste of ingredients become appreciable when *Sneha Paka* is completed. When *Sneha Paka* completes, the following confirmative tests can be observed.

1. *Sneha Kalka* attains perfect wick shape, when rolled between two fingers.
2. There should not be any sound when a part of *Sneha Kalka* put in fire.
3. Foam appears in *Taila Paka (Phenodgama)*; on the contrary it subsides in *Ghritha Paka (Phenashanti)*
4. *Gandha, varna* and *rasa* of the drugs added to individual *Sneha* is obtained.

PASCHAT KARMA

Preservation *Ghritha* must be preserved in a wide mouthed, air tight glass container or mud pot and *Tailas* are usually preserved in glass bottles with narrow mouth.

DISCUSSION

Sneha Kalpana is an important preparation which is used in *Ayurvedic* treatment as this is more stable, compatible and popular dosage form. This is an easy and regularly used dosage form as this reduces the oxidation and increased bio-availability of the processed drugs in it. *Kalka*: wet drugs are added in *Kalka* form as this increases the instance of releasing the active principles into *Sneha*. In case of dry drugs, powder is prepared and *Kalka* is obtained as this is helpful in the loosening of the compound in it and assessing the *Paka Lakshana* in it. 1/4th of *Kalka* is usually added for getting a quality *Sneha*. According to Acharya *Sharangadhara* when *Kalka* is prepared out of flowers 1/8th *Sneha* has to be taken this may be because the flowers are releasing their active principles easily as they are very soft in their nature. According to

Bhaishajya Ratnavali always a *Murchita Sneha* can be used. He clearly mentions the order of adding the ingredients that is *Sneha, Kalka and Kwatha (Drava Dravyas)*. Usually *Gandha Dravyas* are added at last only because the aromatic active principles present in it are volatile. Always it should be maintained with mild fire since it is difficult to calculate the *Paka Lakshana* correctly. Different time for the preparation like 1 day, 2 days, 3 days, 5 days and 12 days are mentioned for the preparation of *Sneha* in order to get the active principles in total into *Sneha* and also it is been mention with respect to the hardness of the ingredient which releases the chemical constituents slowly. *Shabdha heena agni nikshipta* (absence of sound when subjected to fire) indicates the absence of water content in the *Sneha* and vice versa. In *Sneha Paka* occurrence of *phenodgama* (presence of foam) in *taila* and *Phenashanti* (Absence of foam) in *Ghrita* is normal. It is one of the most frequently used dosage form which can be given in *Manasa Rogas* also as fat can pass through the blood brain barriers.

CONCLUSION

Sneha Kalpana is a very frequently used liquid dosage form and is administered through all the routes of our body. *Acharyas* have indicated the *Sneha* in almost all the diseases except the diseases like *Urusthamba* etc. this is being a great drug of choice in case of *Mansa Rogas*. Especially in case of *Vata Vyadhi*, *Sneha* is the most important dosage form which yields major therapeutic effects.

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