

**A REVIEW OF SNEHA KALPANA****Thuhina K. C.\***

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**ABSTRACT**

Sneha kalpana is one of the pharmaceutical procedure seen in the ancient literature. Sneha kalpana means preparation with fatty substances. Under sneha kalpana it includes taila and grhita kalpanas. Sneha kalpana is used for bahya and abhyantara medications Sneha kalpana is unique among all preparations because of its innate ability to absorb the active principles of ingredient drugs and prolonged shelf life

**KEYWORDS:** Sneha kalpana, Preparations.

**INTRODUCTION**

Sneha kalpana consist of two words - Sneha and Kalpana.

Sneha Kalpana can be defined as pharmaceutical process to prepare unctuous medicaments from materials like kalka dravya, dravadravya and sneha dravyas.<sup>[1]</sup> The word Sneha is derived from the dhatu 'snih' meaning that which produces snigdhatta.<sup>[2]</sup> Kalpana is the conversion of raw material to pharmaceutical form, "Kalpanam upayogartham prakalpanam samskaranamiti."<sup>[3]</sup>

**Properties of sneha<sup>[4]</sup>**

Dravata, Sukshma, Sara, Snigdha, Picchila, Guru, Sheeta, Manda, Mridu.

**Chronological view of sneha kalpana according to diferent textbooks****Vedic period**

Rig veda – usage of ghrita as medicine in the disease 'amiva'.<sup>[5]</sup>

Atharva veda – the usage of ghrita along with other medicine in the context of management of 'rapas', 'hrddyota', 'unmada'.<sup>[6]</sup>

**Samhita kala****Charaka samhita**

Detailed description of Sneha and its properties, source of origin, types etc. Are found in Charaka Samhita.<sup>[7]</sup>

Proportions, method of preparation, different types of Sneha paka, Sneha Siddhi lakshana and its uses are discussed in this samhita.<sup>[8]</sup> In this Samhita in the context of different diseases, different yogas of Sneha kalpana are elaborated.

**Susruta samhita**

Elaborate description of Sneha kalpana can be seen in Susruta Samhita. The types of Sneha, process of preparing Sneha kasaya, Sneha siddhi lakshana, types of Sneha paka, uses of Sneha and Sneha vyapats are described in Susruta Samhita Chikitsa sthana 31<sup>st</sup> chapter.<sup>[9]</sup>

**Ashtanga Samgraha<sup>[10]</sup> and Ashtanga Hridaya<sup>[11]</sup>**

Both tractates have described Sneha kalpana similarly to other treatises. There are some minor variations with respect to the proportion of water and paka, to the description found in the other Brihat trays.

**Chakradatta**

Description of Sneha paka is found in jwaraadhikara.<sup>[12]</sup> Clinical uses of tailas and ghritas are described in this text.

**Sarangadhara samhita**

Acharya Sarangadhara has discussed in detail about Sneha kalpana in a separate chapter in Sarangadhara madhyama kandha. This treatise deals with proportions, method of preparation, uses, types of pakas and Sneha siddhi lakshana.<sup>[13]</sup>

**Sahasrayoga**

The book written by Kerala Vaidyas has detailed description of the ingredients, its ratios, method of preparation and indications of different Ghrita and Taila preparations. 135 Ghrita & 96 Taila yogas are mentioned in this treatise.<sup>[14]</sup>

**Bhaishajya ratnavali**

The first description of Sneha Murcchana is found in Bhaishajya Ratnavali. Acharya Govind Das Sen<sup>[15]</sup> has described elaborately about the method of preparation of different Sneha yogas in the context of different diseases.

**Yogaratnakara**

Description of sneha paka is found in this book.<sup>[16]</sup> Different yogas of Sneha kalpana are elaborated in this text in the context of different diseases.

**Classification of sneha**➤ Based on Sneha Yoni<sup>[17]</sup>

- Sthavara yoni - Tila, Eranda, Sarshapa Priyala, Abishuka, Vibhitaki, Chitra, Abhaya, Madhooka.
- Jangama yoni – Matsya, Pasu, Pakshi

➤ Based on paka<sup>[18]</sup>

- Mridu
- Madhyama
- Khara

➤ Based on administration<sup>[19]</sup>

- Bahya
- Abhyantara

➤ Based on combination<sup>[20]</sup>

- Yamaka
- Trivrit
- Mahasneha

**Requirement for the preparation of sneha kalpana<sup>[21]</sup>**

The constituent ingredients of sneha kalpana are - Kalka, drava dravya and sneha dravyas.

Kalka – any dravya made into fine paste.

Dravadravya - The liquid which may be one or more as ksheera, kashaya, gomutra, dhanyamla.

Sneha - Ghrita or taila is used as sneha.

### General method of preparation of snehakaalpana

To prepare any medicated ghee or oil, 1 part of kalkadravya, 4 parts of taila/Ghrita and 16 parts of dravadravaya are to be mixed together and boiled on mandagni till only oil/ghee part remains.<sup>[22]</sup> Then it is filtered and stored.

### Ratio of kalka dravya

General ratio of Sneha to Kalka is 4:1.<sup>[23]</sup>

If kalka dravya is not mentioned in any of the sneha preparations, then it must be prepared by using the drugs of Kashaya. In such case, the proportion of kalka dravya must be 1/4<sup>th</sup> of the sneha dravya.<sup>[24]</sup>

If the dravadravaya is ksheera, swarasa, dadhi or takra, then the quantity of kalka should be 1/8<sup>th</sup> of sneha.<sup>[25]</sup>

Dravadravaya	Sneha	Kalka
Jala/Kwatha	1 part	1/4 part
Mamsa rasa	1 part	1/6 part
Ksheera, Dadhi, Takra, Swarasa	1 part	1/8 part

When flower is used as kalkadravya in any of the sneha preparation then its quantity should be 1/8<sup>th</sup> of that of oil. As per Dipika commentary on Sharangaradha Samhita, gandha nirayasa pushpa like Nagakesara, Kumkuma, Lavanga, Champaka, Utpala, Pundarika, Ketaki can be added as prakshepaka dravya.<sup>[26]</sup>

### Quantity of sneha when different dravadravayas are used

As a general rule, the quantity of drava dravya should be four times that of sneha.<sup>[27]</sup>

If drava dravya is not mentioned in the sneha yoga, then water is to be used as the drava dravya. It should be four times the quantity of oil used.<sup>[28]</sup>

When drava dravyas are more than 5, then each drava dravya should be taken in the same quantity as that of sneha.<sup>[29]</sup>

If the dravadravayas are less than 5, then the total quantity of all the liquids should be 4 times to that of snehadravaya.<sup>[30]</sup>

Depending upon the kathinyatha (Hardness) of the drugs, the amount of water required for the preparation of the kashaya differs.<sup>[31]</sup>

If decoction is the dravadravaya then padavasesa kashaya should be prepared from Mridu, Madhyama, Kathina dravyas by adding 4,8,16 parts of water respectively as the case may be.

Drugs according to kathinyata	Water
Mridu	4 parts
Madhyama	8 parts
Kathina	16 parts

The quantity of water to be taken for the preparation according to the ratio of dravya used<sup>[32]</sup>

- If dravya is in between 1 karsha and 1 pala – 16 parts water should be added.
- If dravya is in between 1 pala and 1 kudava - 8 parts of water should be added.
- If dravya is in between 1 prastha and 1 khari - 4 parts of water should be added.

Ratio of dravya	Water
1 karsha to 1 pala	16 parts
1 pala to 1 kudava	8 parts
1 prastha to 1 khari	4 parts

According to Chakradatta, the quantity of milk used in snehapaka should be equal to that of the sneha.<sup>[33]</sup>

### Steps of sneha kalpana

Murcchana

Paka

Paka siddhi

### Murcchana

There is no description of Murcchana in Brihat trayis. The description of Murcchana is found in Bhaishajya Ratnavali,<sup>[34]</sup> Yogaratnakara<sup>[35]</sup> and Gudartha Deepika commentary on Sarangadhara Samhita.<sup>[36]</sup>

Murcchana is to be done before processing the sneha with drugs for preparing the yoga.

Murcchana is done for both taila as well as ghrita.<sup>[37]</sup>

### Benefits of murcchana<sup>[38]</sup>

It enhances their potency

It removes their bad odour

It removes Amadosa.

It imparts good colour and pleasant smell

Gets capacity to receive more active principles

### **Ingredients for tila taila murcchana<sup>[39]</sup>**

Manjishta – 1/16<sup>th</sup> of taila

Triphala

Musta

Rajani

Hrivera

Lodhra

Ketaki

Vatankura

Nalika

- All other taken in equal quantity. Total quantity of kalka dravya otherthan manjishta should be 1/4<sup>th</sup> to that of Manjishta.

Taila-1 part

Jala- 16 parts.

### **Ingredients of Eranda taila murcchana**

Manjishta

Mushta

Dhanyaka

Hareetaki

Vibhitaki

Amalaki

Jayanti

Hribera

Vana kharjura

Vata sringi

Haridra

Daruharidra

Nalika

Ketaki

Dadhi

Kanijjka

Eranda taila

Jala

#### **Ingredients of sarsapa taila murchana**

Manjishta

Amalaki

Haridra

Mushta

Bilwa twak

Dadima twak

Nagakesara

Krisna jeeraka

Hribera

Nalika

Vibheetaki

Sarsapa taila

Jala

#### **Ingredients of ghritha murchana**

Hareetaki

Vibheetaki

Amalaki

Nagaramotha

Haridra

Matulunganambu swarasa

Ghritha

Jala

#### **Method of preparation**

The Sneha dravya which is to be subjected for Murchana is taken in a vessel and heated on moderate fire.

It is heated till the oil becomes free from froth.

Coarsely powdered Murcchana dravyas are taken and mixed with water to prepare a kalka.

4 parts of water is added along with the kalka of the above ingredients.

Kalka along with water are added to the oil and it is boiled on moderate heat till the oil only remains.

The vessel is taken out of the fire after sneha siddhi lakshana are observed.

It is then filtered and used for the preparation of other medicated oils.

In Yogaratnakara, Acharya has mentioned about sodhana (Purification) of Tila taila with the help of Panchapallava – Amra, Jambu, Kapitha, Bijapuraka, Bilva Kalka is prepared and added to the Tila taila and processed over fire, so as to purify Tila taila.<sup>[40]</sup>

According to Gudārtha Deepika commentary on Sarangadhara Samhita, taila should be taken in Kataha and heated in mandagni. Drugs like Manjishta, Haridra, Lodra, Musta, Nalika, Amalika, Vibhitaki, Haritaki, Suchipushpa are added to the taila for getting Gandha.<sup>[41]</sup>

### **Method of preparation of taila<sup>[42]</sup>**

Procedure

Sneha after subjecting to Murcchana is taken in a wide mouthed vessel and placed on mandagni.

The kalka dravyas after proper powdering to coarse form are grounded with little quantity of water.

This kalka is added to the Murcchita sneha

The required quantity of drava dravyas are also added

Heating is continued on mandagni till the paka siddi lakshanas are seen.

### **Sneha paka**

Sneha pakas are five in number, the most important ones are only three. They are Mridu, Madhyama and Khara pakas. Remaining two are Amapaka and Dagdha paka.<sup>[43]</sup>

In Ashtanga Hridaya, Acharya Vagbhata has told about 3 pakas namely – Mandapaka (mridu paka), Chikkanapaka (Madhyama paka) and Khara chikkana paka (daghdha paka).<sup>[44]</sup>

**Mridupaka**

Mridu paka Sneha will have Kalka with little quantity of moisture.<sup>[45]</sup>

Mridu paka is the paka in which Sneha and the drugs remain separately.<sup>[46]</sup>

**Madhyamapaka**

Kalka of Madhyama paka sneha will be snigdha but devoid of moisture content.<sup>[47]</sup>

Madhyama paka is the paka in which drugs become vishada (viscid) like madhuchishta (beeswax) and do not adhere to the ladle.<sup>[48]</sup>

**Kharapaka**

Khara paka sneha will have slightly hard kalka.<sup>[49]</sup>

Sneha sinks when a drop is put in water.<sup>[50]</sup>

Khara paka is the paka in which the kalka is krishna (black), slightly charred, viscid and hard.<sup>[51]</sup>

**Dagdhapaka**

In Dagdha paka, sneha will have hard and brittle kalka. It causes daha (burning sensation) and is unfit for therapeutic use.<sup>[52]</sup>

**Amapaka**

Amapaka sneha will be nirvirya (devoid of any potency). It is guru in nature (heavy for digestion).<sup>[53]</sup>

In Harita Samhita, 4 types of paka are described mainly – Khara, Madhyama, Chikkana and Vishoshi.<sup>[54]</sup>

- Khara paka – Taila will have the colour of Manjistha. It can be used in Vataja condition for doing mardana and abhyanga.
- Madhyama paka – taila will have bubbles with kalka in Pinda form. It can be used for Vasti and Pana.
- Chikkana Paka – taila will have bubbles with the colour of Chandra. It can be used for nasya.
- Vishoshi paka – Dhooma and dagdha gandha comes out from taila. It is to be rejected and it should not be taken for any purposes.

**Indication of sneha as per their paka**

Paka	C S <sup>[55]</sup> /A H <sup>[56]</sup>	Sa Sa <sup>[57]</sup> /Bh P <sup>[58]</sup>	Su Sa <sup>[59]</sup>
Mridupaka	Nasya	Nasya	Pana Bhakshya
Madhyama	Pana Basti	Sarvakarma	Nasya Abhyanga
Khara	Abhyanga	Abhyanga	Basti Karnapoorana

Ama paka and dagdha paka snehas are unfit for therapeutic purposes.<sup>[60]</sup>

**Gandha paka**

After the preparation of sneha the gandha dravyas are added to sneha for imparting the fragrance.<sup>[61]</sup>

**Gandha dravyas**

According to Bhaishjya Ratnavali, Gandhadravys like Samanga, Nakha, Ankola, Jatikosa, Twak, Kundaru, Karpoora, Tushkara and Kumkuma are to be added after the paka of the taila.<sup>[62]</sup>

In Chakradatta, reference of Gandha dravyas can be seen Vatavyadhi chikitsa.<sup>[63]</sup>

**Duration of snehapaka**

The preparation of taila, ghrita and guda should not be completed within a day. More than a day should be taken to prepare sneha so that it can gain more potency.<sup>[64]</sup>

- Time taken for the completion of Sneha paka varies according to the nature of Drava dravyas.<sup>[65]</sup>

Duration	Drava dravya
1 day	Vrihi and Mamsa rasa
2 days	Milk
3 days	Swarasa of different plants
5 days	Takra and Aranala
12 days	Moola and Valli

According to Harita Samhita, 15 days are required for taila paka and 7 days are required for ghrita paka.<sup>[66]</sup>

**Sneha Siddha lakshanas of taila<sup>[67]</sup>**

- 1) Sneha Kalka becomes vartivat (wick like), when rolled between two fingers.

- 2) There should not be any sound when sneha kalka is sprinkled over fire.
- 3) Foam is observed when taila paka completes; on the contrary it subsides in ghee.
- 4) Specific Gandha, varna, rasa of the ingredients become marked when sneha paka is over.

### Shelf life

According to Sarangadhara Samhita, the shelf life for ghritha and taila is 16 months.<sup>[68]</sup>

According to Yogaratnakara – the shelf life of Taila and Ghrita is 1 year.<sup>[69]</sup>

According to Vaidyaka Paribhasa Pradipa –Taila cooked with aushada dravya or in uncooked state will increase its potency as the time expands.<sup>[70]</sup>

### Dose

Usual dose of taila is 1 pala (internal).<sup>[71]</sup>

### Anupana

In sneha pana if specific anupana is not mentioned, warm water is to be used.<sup>[72]</sup>

In bhallataka taila pana - sheeta jala is to be used.<sup>[73]</sup>

**Preservation** –The prepared sneha has to be stored in a Kalasha (Big vessel) which is cleaned with a cloth. Covered with a Pidhana (Lid), tied with a Sukhla vastra (white cloth) and Sootra (Thread) and kept in a Suchi Desa (Clean and Neat place).<sup>[74]</sup>

### CONCLUSION

After proper analysis we can conclude that information from all available is required to understand about the preparation of sneha kalpana.

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