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Sneha Kalpana in *Ayurvedic* Pharmaceutics- A comprehensive review

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Abstract:
Ayurveda is a science of life that has been around for thousands of years. Plants, animal, minerals and metals are used in *Ayurvedic* formulations.The branch of *Ayurveda* that deal with the formulation of drugs is *Rasashastra* and *Bhaishjya kalpana*. In *Bhaishjya kalpana* there are various forms of herbal medicines like *Churna, Gutika,Vati ,Ghrit paka ,Tail paka, Lepa,Asava, Arishta etc*. *Sneha Kalpana* is one the form of herbal drugs.In *Sneha kalpana,sneha*means an unctuous, oily, greasy substance which contains mainly fats and *kalapna* means techniques used in pharmaceutical processing of medicaments. *Sneha kalpana* can be used for medicinal as well as cosmetic purpose. It is one of the widely used techniques to achieve solubility of both fats soluble and water soluble extractives into the oil medium. It is used to preserve the drugs for longer time. Medicated oils are used for both external application and internal consumption for the therapeutic effect.

Keywords: *Bhaishajya kalpana*, *sneha kalpana,* Medicated oil

I. Introduction

The word '*sneha'* defined in *Sanskrit*-"*Snih dhatu, ghanj pratyay*". "*Snih pratyay*" represents an attribute of getting attached or unification as characterized by oleaginous or fat or fatty material. *Kalpana* originated from "*krupusamarthe*" represents a process to transfer natural substance into aspecific therapeutic form. In *Ayurveda* on the base of *yoni,Sneha* is divided into two types[1]:-
1) *Sthavara*
2) *Jangama*
Ayurveda has classified them into four types [2]:-
1) *Ghrita*2) *Taila* 3)*Vasa* 4)*Majja*
1) *Ghrita*:It means ghee i.e substance obtained from milk which is processed first to convert into curd ,from which after churning ,butter is obtained andheated further to form ghee.
2) *Taila*: Seeds of many plants contain fatty substance e.g.Seed of sesaeme, sunflower ,cotton, ground nut , Coconuts etc.
3) *Vasa*: It is animal fats. Its main action is supposed to be lubrication during the movements and storage of food.
4) *Majja*: It means bone marrow. It also contains lot of fat.

Sneha murchana[3]

Before preparing *sneha* siddha *kalpana*,*Sneha* is supposed to undergo the particular*Sanskar* which is *Sneha Murchana*. It is applicable for both *ghrita* and *tail*a. The main aim of *snehamurchana* is to remove *amadosha , durgandha* and *sneha* gets good smell and color. Because of the *murchana, samaskara*, *sneha* will get the active principals of *murchanadravya*.

- *Murchana kalka Dravyas* for *Ghrita*:- *Haritaki, Bibhitaki , Amalaki, Musta, Haridra, Matulunga rasa*.
- *Murchana kalka Dravyas* for *Taila*:- *Manjistha, Haridra, Lodhara, Musta, Nalika, Triphala, Suchipuspa moolrasa*

Ghrit Murchana Vidhi[4]

1. Mentioned or required quantity of go *ghrita* is taken in vessel and heated over the *Mandagni*. Until the disappearance of froth and sound of *ghrita*.
2. Make the coarse powder of mentioned drugs and wet that powder with water to form *kalka*.
3. Add that wet *kalka* little by little and mix it well with *ghrita*.
4. Water is taken 4 times of *ghrita* quantity is added.
5. Continuously stir the mixture till *Sneha siddhi lakshna* appear.

Tail Murchana

1. Heat the tail until get froth free.
2. Allow it to self-cool.
3. Add the *murchana* drugs mentioned.

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4. Add water as mentioned.
5. Heat it until *siddhi lakshana* appears.

Specification to be followed while doing *sneha murchana*:

- *Sneha murchana* should be done over *mandagni*.

General method of preparation of *sneha kalpana*:

The preparation of *sneha paka* requires the following components:

1) *Sneha patra*
2) *Kalk dravya* .
3) *Drava-Dravya*
4) *Sneha dravya*

1) *Sneha patra*: It is the vessel, in which the *sneha* is prepared or processed.It is preferred to be of copper, iron or earthen mud. As a general rule, the preparation of the ingredients in *Sneha kalpna* is[5]
   - *Kalka* - 1 part
   - *Sneha* - 4 parts
   - *Drava* - 16 parts
2) *Kalka* - It is the paste of raw drugs mentioned in particular *sneha kalpana*. If drugs are fresh and green they are pounded to fine paste. If drugs are dry, then converted into coarse powder. The powder is made into paste by adding water or suitable liquid. Proportion of *kalka* for *sneha kalpana*is 1/4th of the quantity of *sneha* as a general rule. The quantity of *kalka dravya*differs from general ratio depending on different *drava- dravya* used. In case of *kwatha,swarasa;* the kalka quantity will be 1/6 th 1/8th respectively[6]. If *kalka* purposed with *puspa* then 1/8th of sneha should be used.If no kalka is mentioned in formulation, it should be purposed with the drugs of decoction specified for *drava - dravya*.It's proportion should also be 1/8th of *sneha* .
3) *Drava-Dravya:* It is the liquid components of the *sneha paka*. These *drava- dravyas* can be one or more and vary according to the formulation. If no *drava -dravya* is mentioned the decoction of the drug of *kalka* is used as *drava-dravya*.

   Proportion of water for *Drava-dravya*[7]
   - It the drugs are *Mridu*- 4 times of water reduce to 1/4th
   - If drugs are *Madhyam* - 8 times of water reduce to 1/4th
   - If drugs are of *Kathina* - 16 times of water reduce to 1/4th.
   - If drugs between 1 *karsha* - 1 *pala* - 16 times.
   - If the drug is between 1 *pala* -1 *kudava* – 8 times.
   - If the drug is between 1 *prastha* - 1 *khari* - 4 times.

Procedure of *sneha paka*:

- *Sneha* which was subjected to *murchana* was taken in abroad based and wide mouthed vessel and placed over *madhyamagni*.
- The drugs are made into coarse powder and ground with the little quantity of water into *kalka*.
- This *kalka* was added to a *sneha*.
- Prescribed *drava - dravya* were added to *sneha* and the contents were stirred well.
- The process of heating was continued over moderate fire.
- The heating was continued till the whole of the moisture of the *drava-dravya* is evaporated and sneha alone his left in the vessel.

Snehasiddha lakshana[8]:

1) *Phena Shanti* (Disappearance of foam in *ghrita kalpna*).
2) *Phena Udgama* (Appearance of bubbly foam in *taila Kalpana)*.
3) Good color.
4) Pleasant smell of the drug.
5) *Vartivata sneha kalka* (*Kalka* can be rolled into *varti*.
6) yadangulya vimerdita (Does not produce any crackling sound when placed on fire).

***Sneha paka*types and their uses**:

According to *Acharya sharangdhar*:

Types of *sneha paka*[9] -

- *Mridu paka*: *Sneha kalka* very soft to touch and will have little bit of moisture, but it is unable to be rolled into wick.
- *Madhyama paka*: *Sneha kalka*is soft and will be devoid of moisture. It could be rolled into wick.
- *Khara paka*: If the pulp is little hard to touch and could be rolled into wick but due to the lack of liquid as well demulcent substance the *varti* will break down into powder or pieces.
- *Ama paka*: *Ama paka sneha* will be guru in nature with no potency. It cause *agnimandya* and is therapeutically not used.

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- *Dagdha paka*: *Dagadha paka sneha* cause *daha* and it is therapeutically unfit as all its potency is burnt.

Uses[10]:-
1) *Mridhu paka sneha* used for *nasya karva*.
2) *Madhyama paka sneha* used for *Nasya, Abhayanga, Pana , Basti* etc .
3) *Khara paka sneha* used for *Abhyanga* purpose.

***Sneha paka kala[11]*:**
The preparation like oil, ghee, should not be complete within a dayas in any pharmaceutical process where different plant material of varied hardness and fiber content are used, the time taken to extract the active principle also differ.

Drava	Time required
Milk	2 days
Swarasa	3days
Takra,dadhi,kanji,gomutra	5 days
Roots, creepers, climbers	12 days
Dhanya, mamsarasa	1 day

General dose:
1 *pala* (48g)
Depending on the dose of *sneha* :-
Uttama matra-1 *pala*.
Madhyama matra - 3 *karshas*.
Jaghanya matra - 2 *karshas*.
Anupana *-Ushana jala*
Shelf life[12] - 16 months
According to D &C rule no. 161B - Ghrita (3 Years) Taila (2 years)

II. Discussion

In *Ayurvedic* pharmaceutics, *Sneha kalpana* is essential, especially when it comes to creating lipid base formulations that utilize the therapeutic properties of both fat soluble and water soluble medicinal herb constituents.This method's versatility stem from the fact that it enables the production of medicated *ghrita*and *taila*, which are frequently used for both internal and external application, such as *basti, abhyanga, pana and nasya*.
*Sneha murchana,*a purification method that eliminates contaminants, toxin and bad odor from the *ghrita* and *taila*,is an essential step in the process that improves the fat's effectiveness ,safety & shelf life. Important quantity control indicators in *sneha kalpana* are *siddhi lakshana*, which include the *kalka* ability to roll into *varti* (wick) due to its constant texture, pleasant aroma & removal of froth. The particular therapeutic use depends on the type of *sneha* and the *paka* technique (*madhyama, khara* and *mridu*).

III. Conclusion:

Sneha kalpana offers a distinctive method of drug delivery using lipid- base formulation. This technique preserve medicine for long term & multi-route administration improves the bio- availability of herbal active ingredients with its precise instruction on component ratios method of preparation & indicators of finished product. *Sneha kalpana* is a methodical & scientifically sound process. Proper implementation of the technique ensures the production of safe, effective & potent *Ayurvedic* medicaments for both therapeutic and cosmetic use.

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