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## Review Article

### SNEHA KALPANA: A PHARMACEUTICAL REVIEW

Babu Saran<sup>1</sup>, Kadibagil RVinay<sup>2</sup>, Ganti Y Basavaraj<sup>3</sup>

<sup>1</sup>PG Scholar, Department of Rasashastra and Bhaishajya Kalpana, SDMCAH, Hassan, Karnataka, India

<sup>2</sup>Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, SDMCAH, Hassan, Karnataka, India

<sup>3</sup>Associate Professor and Head, Department of Rasashastra and Bhaishajya Kalpana, SDMCAH, Hassan, Karnataka, India

*Correspondence	Abstract
<p>Saran Babu PG Scholar, Department of Rasashastra and Bhaishajya Kalpana, SDMCAH, Hassan, Karnataka, India</p> <p><b>DOI: 10.7897/2321-6328.01329</b></p> <p>Article Received on: 30/08/13 Accepted on: 11/10/13</p>	<p>Sneha Kalpana is a unique contribution of Ayurvedic Science. Sneha kalpana comprising Ghrita and Taila is an important section of Bhaishajya kalpana. In this article detail of Sneha Murchana, Snehapaka, siddhi lakshana, rules for preparing Sneha, Gandhapaka along with recent researches have been dealt. Sneha Kalpana is aimed for the extraction of both water and lipid soluble active principle, to enhance the drug absorption, to increase the therapeutic value of the Sneha and to enhance the drug absorption.</p> <p><b>Keywords:</b> Sneha Kalpana, Ghrita, Taila, Murchana, Paka</p>

## INTRODUCTION

The manufacturing technique where fat soluble and water soluble active principles are extracted in a suitable fat media is termed as Sneha Kalpana in Ayurveda. Usually Ghrita (Ghee) or Taila (oil) are used as media of extraction where as in rare cases Vasa and Majja are used. Sneha are of four types, Ghrita, Taila, vasa and majja<sup>1</sup>. Out of these Ghrita is considered to be the best because of its unique nature of incorporating the properties of the drugs with which it comes in contact, without leaving its own natural qualities.

## MATERIALS AND METHODS

### Pharmaceutical Processing

#### Sneha Murchana

Before conducting Sneha preparation its Murchana is required. It is carried out on uncooked Sneha to remove Aama Dosh and Durgandha from raw Sneha and render ready absorbability of medicinal properties in it from the drugs with which it is processed. The resultant Sneha attains good odour, colour and is easily absorbed and assimilated<sup>2</sup>.

#### General Method of Preparation

Medicated Taila and Ghritas are preparations in which oil or ghee is boiled with prescribed Dravya (Kashaya etc.) and Kalka of drugs according to the formula. Generally if Kalka is one part by weight, Sneha should be four parts and Drava Dravya should be 16 parts to that of Sneha. These preparations are meant for both internal and external administration<sup>3</sup>.

#### Specific Variation

The details are shown in Table 1<sup>4</sup>.

#### Sneha Siddhi Lakshana

- Sneha Kalka attains perfect wick shaped when rolled between thumb and index finger
- No sound should be produced when Kalka is put into fire

- Phenodgama in Taila Paka and Phenashanthi in Ghrita Paka
- Colour, odour and taste of the ingredients should be appreciable<sup>5</sup>

#### Sneha Paka

Sneha Paka is mainly 3 types.

1. Mrudu Paka
2. Madhyama Paka
3. Khara Paka<sup>6</sup>

These Pakas are identified by observing the Siddhi lakshana while preparing the Sneha Kalpana. Apart from this Aamapaka and dagdhapaka is also added by Acharya Sharangadhara. These Mrudu, Madhyama, Khara Paka are the only Pakas recommended for therapeutic purpose.

#### Paka Samaya

The details are shown in Table 2.<sup>7</sup>

#### Paatra Paka (Gandha Paka)

It is the process where in Sneha is flavored by certain drug materials. The powder of these drugs is placed in a vessel into which the warm prepared Sneha is filtered<sup>8</sup>.

## RESULT

From this review the following facts were observed of Sneha Kalpana:

- Sneha Kalpana is a secondary kalpana where lipid and water soluble active principles are extracted.
- It convert drug into absorbable form and increase Saveeryathaavadhi.
- Sneha Kalpana are innumerable and are advised for both bahya and abhyantharaprayoga

**Table 1: Specific variations in sneha kalpana**

Rules	Particulars
1 <sup>st</sup>	If Jala, Kwatha, Swarasa is the Drava Dravya then Kalka should be 1/4 <sup>th</sup> , 1/6 <sup>th</sup> , 1/8 <sup>th</sup>
2 <sup>nd</sup>	Drava Dravya = Godugdha, Dadhi, Mamsa Rasa, Takra ; Kalka = 1/8 <sup>th</sup>
3 <sup>rd</sup>	More than 5 Drava Dravya quantity of each should be equal to that of sneha
4 <sup>th</sup>	If only Dravyas are mentioned for sneha preparation, then Kalka of same drugs is prepared and used.
5 <sup>th</sup>	Only KwathaDravya is mentioned then Kalka of same drug is taken
6 <sup>th</sup>	Where Kalka is not mentioned Sneha prepared without Kalka
7 <sup>th</sup>	If Pushpa is the Kalka Dravya, then quantity should be 1/8 <sup>th</sup>

**Table 2: Pakasamaya in sneha kalpana**

Ingredients	Duration
Ghrita, Taila, Guda	More than one day
Milk	2 days
Swarasa	3 days
Takra, Aaranala	5 days
Roots, Creepers, Climbers	12 days
Mamsa rasa, Vrihi	1 day

**DISCUSSION**

General method of preparation is Kalka: Sneha: Drava = 1:4:16. Dose is 1 Pala and Saveeryathaavadhi is 16 months. Snehapaka should always be carried out in Mandagni. Sneha Murchana done prior to preparation enhances its properties. Various methods of preparation of Sneha are based on nature, quantity of drug etc. Mainly there are 3 types of Sneha Paka and 5 Sneha Siddhi Lakshana. Snehapaka for Nasya, Pana, Basti and Abhyanga are different. If Jala, Kwatha, Swarasa is the Drava Dravya then Kalka should be 1/4<sup>th</sup>, 1/6<sup>th</sup>, 1/8<sup>th</sup> as Swarasa being more potent than Kashaya and since there will

be sediments from Swarasa which will contribute to the weight of Kalka. Therefore Kalka is less in swarasa as compared to others. If Godugdha, Dadhi, Mamsa rasa, Takra are the Drava Dravya then Kalka should be 1/8<sup>th</sup> to that of Sneha and addition of 4 parts of water also, reason behind is for the complete extraction of active principle water is added and will also help in avoiding charring of the ingredient. If more than 5 Drava Dravya is mentioned quantity of each should be equal to that of Sneha because adequate amount of Drava Dravya is needed for transferring active principle to the Sneha and also proper paka won't assess with more Drava Dravya. Only Dravya mentioned then Kalka of same drugs is used because without Kalka it is difficult to attain Sneha Siddhi lakshana and Kalka will also potentiate by releasing active principle into it.

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