

# SNEHA KALPANA

**A**yurveda includes a separate branch which is completely dealing with the preparation of medicines which is called Rasa Shastra & Bhaishajya Kalpana.

It includes many preparations like herbal preparations, mineral preparations and herbo-mineral preparations in which Sneha Kalpana is one among them.

The word 'Sneha Kalpana' is the union of the two words, '**Sneha**' and '**Kalpana**'

## **Sneha:**

The word 'Sneha' is derived from 'snih' dhatu with 'Ghaj' pratyaya.

The word Sneha means fats or fatty material extracted from plants or animal Dravyas.

## **Kalpana:**

The word Kalpana is originated from the root word 'Krup Samarthye'. 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.

It is a secondary pharmaceutical procedure which is followed to produce Medicament in the form of Ghrita or oil usually by using three sets substances such as Kalka (herb paste), kvatha(decocotion), and drava dravyas (liquid medicine), in specific proportions by subjecting them to a specified heating pattern and duration.

By this process, one can ensure transformation of the active therapeutic properties of the ingredients to the Sneha dravya and hence, one can extract fat-soluble as well as water-soluble active constituents of added ingredients.

In Ayurveda, Sneha is used in four types.

**Sharpi** -ghee

**Taila** - oil

**Vasa**- fats

**Majja** - bone marrow

## **CLASSIFICATION OF SNEHA KALPANA**

### **1. Based on the combination of Snehas**

- a. Yamak- Combination of Ghrita and Taila.
- b. Trivrt- Combination of Ghrita, Taila and vasa.
- c. Mahasneha- Combination of all the four Snehas.

## **2. Based on the Nature of Media**

- a. Ghrita Kalpa
- b. Taila Kalpa
- c. Vasa Kalpa
- d. Majja Kalpa

## **3. Based on the stages of cooking**

- a. Ama Paka
- b. Mridu Paka
- c. Madhya Paka
- d. Khara Paka
- e. Dagdha Paka

## **4. Based on the types of use**

- a. Pana(drinking)
- b. Anuvasana basti (oil enema)
- c. Abhyanga (massage)
- d. Shiro basti
- e. Uttarabasti
- f. Nasya
- g. Karna purana
- h. Dharana

Sneha Kalpana done in following 3 stages

First Phase - Sneha Murchana

Second Phase - Sneha paka Vidhi

Third Phase - Paka Siddhi

## MURCHANA

Murchana is mentioned for both Ghrita and Taila.

### Ghrita murchana

Ghrita of 1 part

Haritaki, vibhitaki, amalaki, musta, haridra and bheejapooraka measuring of 1/16 part

4 part of water.

This is processed till the froth and waves disappear. This is said to be free from Ama Dosha.

### Taila murchana

1 part of Sesame Taila,

4 part of water and 1/16 parts of manjishta, haridra, musta, Lodhra, Amalaki, haritaki, vibhitaki, ketaki, vatankura.

This is cooked on fire till the water content evaporates.

Main aim of Sneha Murchana is to remove: -

1. Bad odor
2. Amadhosha (Unrefined)
3. Sharpness

After Sneha Murchana, Sneha will acquire the following qualities: -

- Good smell and color.
- Potency of Sneha is enhanced so that it can imbibe more active principles from the drug with which it is processed.
- Sneha will take up the active principles present in the Murchana dravyas also.

### Essential ingredients of Sneha Kalpana:

There are generally four essential components required for the preparation of medicated Sneha. They are,

1. **Sneha**

Oleaginous substances are used in this preparation. In that Ghrita 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.

## 2. 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.

## 3. Drava dravya

It is taken 4 times to that of Sneha. Drava dravyas can be water, Svarasa, Milk, Curd or any other liquid preparations.

If Kashaya has to be added as Drava dravya, the method of preparation of Kashaya is different from the general method of Kvatha Kalpana. For that drug should be taken 1 part water to be taken 8 or 16 part and reduced it up to ¼ part.

## 4. Aromatic dravyas

Aromatic Dravyas like cardamom, clove, camphor, Lavender etc. are added in the end state to render fragrance to the Sneha especially Taila. Aromatic plant ratio is 1/16 part of oil.

### General ratio for Sneha Paka of Dravyas

If the quantity of the ingredients is not mentioned, then the Kalka, Sneha, and Drava dravya should be collected in the proportion of 1: 4: 16 respectively.

## Preparation of Sneha

Preparation of medicated oils/Ghrita using following steps

First the oil has to be subjected to murchana.

In the second phase, specified amount of Kvatha or other liquids are added.

In the third phase, the Kalka is added and subjected to moderate heat till the liquid portion evaporates

The Kalka and the drava are mixed together, Sneha is then added boiled on mild fire and stirred well continuously so that the Kalka is not allowed to adhere to the vessel.

Sometimes the drava-dravyas are directed to be added one after another as the process of boiling is continued till the drava-dravyas added earlier has evaporated.

The whole process of Paka should be carried out on a mild to moderate flame.

## SNEHA PAKA SIDDHI LAKSHANA

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. smell, color and taste of the drugs added to individual Sneha is obtained.

## **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. Paste is hard Blackene.

### **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. Dagdha Paka Sneha causes burning sensation all over the body and it is considered therapeutically unfit.

## **Therapeutic uses of different Pakas**

**Ama Paka** - no any use

**Mrudu Paka** - nasya, pana

**Madhyama Paka** - basti, pana

**Khara Paka** - massage

**Dagdha Paka** – no any use.

## Preservation

Ghritha must be preserved in a wide mouthed, air tight glass container or mud pot and Taila are usually preserved in glass bottles with narrow mouth. Sterilized and moisture less containers are usually preferred for packing of Sneha Kalpanas.

## Drava dravya and duration of Sneha Pak

| Drava dravya                 | Duration |
|------------------------------|----------|
| Meat juice, grain decocotion | 1 day    |
| Milk                         | 2 days   |
| Juice                        | 3 days   |
| Decocotion, buttermilk       | 5 days   |
| Root                         | 12 days  |

Sneha Paka should not be completed within a day. Longer the duration of preparation of Sneha, more of the absorption of fat-soluble constituents of the ingredients takes place. Duration of Paka depends upon the nature of the liquids added to the Sneha.

## Avartit oil

To avoid administration of Sneha in large doses for a longer duration and to increase the potency of the formulation, the technique of Avartana was used and is well explained in various ancient ayurvedic classics.

Avartana is a kind of pharmaceutical modification (value addition) to increase the potency or therapeutic efficacy of an Ayurvedic formulation.

The meaning of the term avartana is the repetition of the process of snehapaka in the same batch with the same ingredients without changing Sneha drava.

In the process of avartana, each time the ingredients are added in Kalka/Kashaya form.

## Precautions during Sneha Kalpana

1. The Sneha Paka should be carried in Mandagni, keeping the intensity of the fire constant.
2. The mixture should be stirred constantly and carefully to ensure that the Kalka does not happen to stick to the bottom of the vessel that may result in carbonization.

3. Care should be taken to determine then proper stages of Sneha Paka. When all Drava dravyas have properly evaporated, the moisture in the Kalka also starts to evaporate. At this stage it has to be stirred often and should get ensured that the Kalka does not stick to the bottom of the vessel. The Kalka is taken from the ladle and tested from time to time to know the condition and stage of the Paka.
4. If Gomutra or Kshara Dravyas have been used in preparation of Sneha, then it has to be prepared with utmost care, because Kshara combination with Sneha may produce excessive froth and may even flow out of the Sneha Patra.
5. Wherever Saindhava Lavana, Kshara etc. are mentioned, these should be dissolved first in Kashaya and then Kalka and Sneha should be added.