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Review Article

## EXPLORING SNEHA KALPANA: A COMPREHENSIVE ANALYSIS IN AYURVEDIC PRACTICE

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### ABSTRACT:

Ayurveda, uses natural resources to accomplish its two primary objectives, Swasthya Rakshanam and Vyadhi Prashamanam. Ayurveda has assigned the utmost importance to comprehending drugs completely. The two branches of this science that make medications are called Rasashastra and Bhaishajya Kalpana. Kalpana means forms, while Bhaishajya denotes medicine. Therefore, the term "Bhaishajya Kalpana" refers to the Ayurvedic medicine branch that deals with making medicines using herbal remedies. In Bhaishajya Kalpana, Kalka, Swarasa, Kwatha, and Hima are the representatives of Panchavidha Kashaya Kalpana. Bhaishajya Kalpana also involves preparing many medications, including Churna, Vati, Tail Paka, Asava, etc. A collection of medicinal Taila and Ghruta items is called Sneha Kalpana. The amount and quality of lipid-soluble extracts containing therapeutic compounds differ according to the processes, types, and ratios of the materials used (Sneha Dravya). This is the reason why old Ayurvedic scriptures describe a variety of Sneha Paka techniques. Traditionally, these combinations have a longer shelf life than other herbal Ayurvedic medicine forms. Only Kalpana is utilized in the four ways that these formulations—Pana, Abhyanga, Nasaya, and Basti—are administered. This article's primary goal is to provide a quick overview of each of these approaches.

**KEYWORDS:** Ghruta, Kalpana, Oliaginous, Paka and Sneha Kalpana

**INTRODUCTION:**

The definition of Ayurveda is a system that keeps an a person's body, mind, and soul in perfect harmony with the natural world by making use of the inherent qualities of natural items."Ayurveda" literally translates to "knowledge of life."Natural resources are used by To accomplish its two primary objectives, Swasthya Rakshanam and Vyadhi Prashamanam, Ayurveda is known as the science of life. According to Ayurveda, the highest priority on having a thorough understanding of medications. Bhaishajya Kalpana and Rasashastra are the names of the two branches of this discipline that manufacture pharmaceuticals<sup>[1]</sup>.

Rasashastra is an Ayurvedic branch of pharmacy that focuses on the many types, qualities, and medicinal applications of minerals-derived pharmaceuticals. The technique of creating medications using mercury and other minerals, as well as transforming any mineral into a Rasa form that the body can readily absorb and digest, is known as Rasashastra.As a result, the term Bhaishajya Kalpana refers to the field of herbal remedies are used in the manufacture of drugs in Ayurvedic medicine. Kalpana denotes forms, while Bhaishajya signifies medicine. In Bhaishajya Kalpana, Panchavidha Kashay Kalpana appears as Kalka, Hima, and Phanta. preparing a variety of medications, including Asava, Ghruta Taila Paka, and Guti is another aspect of Bhaishajya Kalpana<sup>[2]</sup>.

It is most likely intended to use ghruta as a base in order to extract or hold onto the lipid-soluble active component of the contents. These mixtures have historically held up better than other herbal Ayurvedic medication formulations. The term Sneha Kalpana is derived from the combination of Sneha and Kalpana. Fat or fatty materials are referred to as Sneha, while the process of turning a material into medication is referred to as Kalpana.Utilizing certain basic ingredients in accordance with a doctor's orders<sup>[3,4,5]</sup>.

**Aims**

1. To prolong the shelf life.
2. To separate the active fractions that are fat and water soluble from the components.
3. To improve the absorption of the drug.

**Sneha Dravya's kinds**

- There are four varieties: Ghruta, Majja,Vasa and Taila.
- Charaka claims that Tila Taila is preferred by the Stavara Yoni gang above Bala and Snehana.
- Dravya obtains properties through Sneha, such as Sheeta, Snigdha, Sukshma, Drava, etc. Each of the four Snehas mentioned, or Sneha Dravyas, has special traits and uses.

**Sneha Dravya's characteristics**

1. *Vasa*- Prolapsed uterus, headache, earache, fracture, and damage are among the conditions for which it is prescribed. increases an individual's virility. beneficial for those who exercise physical effort.
2. *Ghruta*- Makes Pitta and Vata worse. favorable to Ojas, Sukradhatu, and Rasa Dhatu. Cooling & softening impact on body. Vocal clarity and skin clarity

3. *Majja*- Strengthens Majja, Sukra, Rasadhatu, Kapha, Medodhatu, and Kapha. It strengthens the body, especially the bones.
4. *Taila*- Vata is alleviated. encourages physical power. advantageous for the skin. The hot potency of the female vaginal organs stabilizes and regulates their morbidity<sup>[6]</sup>.

**Sneha Kalpana Requirements**

1. Drava Dravya: Takra, Swarasa, Kanji, Ksheera, etc.
2. Kalka Dravya: Kalka Dravya should be applied to medicinal plant pests and minerals.
3. Sneha Dravya: Mainly distinct from fat-containing media like Ghruta is Sneha Dravya.

**The general process for preparing Sneha Kalpana**

Medicated Ghruta or oil can be made by combining sixteen parts Dravya, one part Kalka Dravya, and five parts Murchhit Ghruta/Oil. After that, the mixture needs to be cooked on a Mandagni until the Ghee oil is the only thing remaining. After that, it's scrutinized and filtered.

**PARTICULAR GUIDELINES FOR SNEHA PREPARATION:**

- a. Just for Sneha and Kalka Dravya- Water is to be used in place of Drava Dravya if they are not mentioned in any of the Sneha recipes. Four times as much oil should be used.\
- b. Just for Sneha and Kalka Dravya- The Drava (Kasaya) Dravya alone must be used to prepare Sneha if Kalka Dravya is not listed in any of the preparation methods.
- c. Puspa as Kalka Dravya for Sneha- The amount of flower used as Kalka Dravya in any Sneha concoction should be one-eighth that of oil.
- d. Without Sneha Paka Kalka- Only Drava should consider Sneha to be Siddha when Kalka is not specified or prohibited.

**In relation to the ratio**

1. **Gandha Dravya**- To enhance the flavor or composition of Sneha, specific Gandha Dravyas are used. The idea mentioned for the addition of Gandha Dravyas is Patra Paka, also known as Gandha Paka.

Gandha Dravyas include drugs like Kankola, Lavanga, and Musta, among others.These medications typically contain volatile ingredients that could be lost if used for Sneha Paka directly. As a result, the necessary medications are taken in equal amounts and ground into a fine powder at the conclusion of Sneha Paka.Pottali is where the medications are housed, and it should be one sixteenth of Sneha.

2. **Sneha Murchhana**- It's a unique kind of medication process. "Uchyate Samskorahi Gunaatharadhanam" Removing the negative traits of the primitive form of Sneha, such as Durgandha, Amadosa, and Ugrata, among others, is the primary goal of this technique. Through this Samkara, Sneha gains particular therapeutic and medicinal qualities. Ghruta and Taila are both covered under the Murchhana Samskara<sup>[7]</sup>.

**There are three primary stages of Sneha's preparation:**

- a. Madhyama Paka:This speaks about the later stage after first step of Sneha Paka, when the Kalka is said to have

reached Madhyam Paka when it behaves like "a kind of Avalaha like" and stops sticking to the Darvi. It becomes soft and non-sticky at this point. If Kalka has a soft consistency and does not yield Drava, it is called Madhyama Paka.

- b. Khara Paka: This is the third step for Sneha Paka. When Kalka can no longer be coiled into Varti, it breaks apart into tiny pieces instead. When the Kalka start to turn a shade of black and their consistency starts to get a little harder.
- c. Mrudu Paka: This is Sneha Paka's initial phase. Mrudupaka is what happens to Kalka during Sneha Paka when it turns gum-like in substance. It's Mrudu Paka if you can clearly see the Sneha and Kalka. At this point, trace amounts of Kalka make it sticky to the touch and, when burned, make cracking noises.

#### **Sneha Kalpana Guidelines**

1. Prior to starting Sneha Paka- Sneha should only be utilized for formulation after Murchhana.
2. In the process- Throughout the procedure, keep the flames at a consistent intensity. Sneha Paka should only ever be made in Madhyam Agni and Mrudu. To prevent it from escaping the vessel, slowly pour the Kwatha into the heated Sneha. To prevent Kalka from sticking to the base and causing carbonization, the mixture needs to be properly and continuously stirred. Continuous stirring is required when Drava Dravyas evaporates, and Kalka is taken out to examine.
3. Once Sneha Paka is completed- Sneha should only be squeezed at a hot stage in order to achieve the highest quality.  
When the snehas is somewhat warm, add the gingha dravyas gradually.

#### **DISCUSSION:**

Conversation enhances understanding, and conversation with Shastra serves as the foundation for concept development. As a result, the discussion stage of every research project is crucial. Sneha Kalpana has been practiced in various forms since the Vedic era. Nonetheless, Samhita Kala offers a methodical explanation of preparation. It is mostly composed of Taila and Ghruta Kalpa. The benefit of both fat-soluble principles is Ghruta Kalpa. It suggests applying several medicated Ghrutas to the body, either with or without massage, to cure particular indications and promote health. Even yet, the majority of medicated Ghruta are also given orally. Ayurvedic remedies that are recommended for certain ailments, such as Another group of commodities consists of Brahmi Ghruta and Jatyadi Ghruta.

Sneha Kalpana, which Ayurvedic physicians advise using to treat specific physical ailments. In addition to this, other Ayurvedic Ghruta and Oil kinds are employed during distinct phases of Pancha Karma. It is now established that Sneha Kalpana's Ayurvedic medications function accurately.

#### **CONCLUSION:**

A unique Ayurvedic concoction known as Sneha Kalpana is often used in therapeutic contexts. Due to their internal and external administration, Ghruta Kalpas and Taila in particular are oleaginous dosages forms with a broad variety of therapeutic applications. Ghruta is the best Sneha Dravya among all because of its most important characteristic. The Murchhana technique is crucial to the Goghruta Siddhi process. It aids in removing Amadosha and Durgandha from Ghruta. Ayurvedic pharmacies frequently utilize the dose form Sneha Kalpana. The regulations and preparation method are described in order to obtain the full effectiveness of the medications used. To revalidate the ideas presented, more research is required.

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