

## PREPARATION OF SNEHA KALPANA AND ITS USE

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## Sneha kalpana definition

सर्पिस्तैलं वसा मज्जा सर्वस्नेहोत्तमा मताः । एषु चैवोत्तमं सर्पिः संस्कारस्यानुवर्तनात् ॥

(Ca. Sū. 13/13)

कल्काच्चतुर्गुणीकृत्य घृतं वा तैलमेव वा । चतुर्गुणे द्रवे साध्यं तस्य मात्रा पलोन्मिता ॥

(Śā. Ma. Kha. 9/1)

The nomenclature of Sneha Kalpana is sum of words Sneha and Kalpana. Sneha means fat or fatty material and Kalpana stands for pharmaceutical process of medicaments.

The medicaments prepared by using 1 part of Kalka Dravya, 4 parts of Sneha Dravya and 16 parts of Drava Dravya is known as Sneha Kalpana. Sneha Kalpas is prepared by using either oil, ghee or such other fatty substances as the base.

सर्वस्नेहोत्तमा इत्यत्र सर्वशब्देन दधिक्षीरादयो गृह्यन्ते; सर्वस्नेहोत्तमत्वं च सर्पिरादीनां स्नेहगुणप्रकर्षवत्त्वेन । संस्कारो गुणान्तरारोपणं, तस्यानुवर्तनमनुविधानं स्वीकरणमिति यावत् । एतदुक्तं भवति यत्—न तथा तैलादयो द्रव्यान्तरसंस्कृताः संस्कारगुणान् वहन्ति यथा सर्पिरिति । अत एवोक्तं—नान्यः स्नेहस्तथा कश्चित् संस्कारमनुवर्तते । यथा सर्पिरतः सर्पिः सर्वस्नेहोत्तमं मतम् ॥

(Ca. Sū. 13/13; Cakrapāṇi Tīkā)

## Types of sneha

Sneha is of four types:

- 1] Ghrita
- 2] Taila
- 3] Vasa
- 4] Majja

Out of these, Ghrita is considered as the best by virtue of its following unique inherent properties;

\*It readily incorporates the properties of the other drugs which come in contact with it. And

\*Does not leave its own natural qualities when in contact with other drug/drugs.

### **Advantages of sneha kalpana**

- 1) To extract the active principles of plants and minerals into fatty media.
- 2) To obtain extra benefits of specific oil/ghee used.
- 3) To preserve the drug/drugs for longer time.
- 4) To enhance and hasten the absorption of drugs, when used topically in fatty medias.
- 5) To make the preparation more palatable and pleasing with good odour.

### **Ghrita bheda**

- 1] Purana ghrita – One years to 11 years old. It will have pungent odour. It is best purgative, tridosahara, sita and intellect promoting. Ten years old according to Dalhanacharya, the commentator of Susruta Samhita.
- 2] Prapurana ghrita – Ten years to 100 years old. It is expected to be more potent than the earlier.
- 3] Kumbha ghrita - Between 100 years up to 111 years old. Ten years old as per the opinion of Chakrapanidatta. It is indicated mainly in manasika vyadhi.
- 4] Maha ghrita – Older than 111 years. It is beneficial in all types of ‘bhutavikara’.

### **Sneha kalpana essential ingredients**

- 1- Kalka Dravya – In case of fresh and wet drugs, kalka is prepared by pounding them in khalva yantra. In case of dry drugs, the fine powder of these drugs is triturated with required quantity of water to prepare kalka.
- 2- Sneha Dravya – Sneha Dravya (oil or ghee) is taken 4 times to that of kalka Dravya. For all pharmaceutical preparations ‘murcchita sneha’ is must.
- 3- Drava Dravya – Drava Dravya is taken 4 times to that of Sneha. The drava Dravya might be water, any of the other natural liquids or any of the liquid preparations.

### **Sneha Kalpana general method of preparation**

Murcchita Sneha is taken in a clean wide mouthed stainless steel vessel. The vessel is placed over mild fire and cooked. When fumes start appearing in Sneha, the specified Drava Dravya is added carefully to it; followed by the kalka of drugs. Boiled is continued with frequent

stirring until 'sneha siddhi laksana' are attained. Later the Sneha is filtered through a clean cloth and preserved in widemouthed glass or plastic containers for therapeutic use.

### Drava-dravya

Any of the natural liquids or the classical liquid preparations can be used as drava-dravya. However, kwatha (Decoction is the one which is widely used as drava-dravya.

### Specific rules of sneha kalpana

Rule -1 – The quantity of Kalka Dravya differs from general ratio depending on different drava-dravya used. In case of ambu (Jala), kwatha, rasa (Swarasa) the kalka quantity will be  $1/4^{\text{th}}$ ,  $1/6^{\text{th}}$  and  $1/8^{\text{th}}$  respectively.

अम्बुक्वाथरसैर्यत्र पृथक् स्नेहस्य साधनम् । कल्कस्यांशं तत्र दद्याच्चतुर्थं षष्ठमष्टमम् ॥

(Śā. Ma. Kha. 9/6)

Rule – 2 – In case godugdha (Milk), dadhi (Curd), mamsarasa (Meat soup), takra (butter milk) used as drava-dravya the quantity of kalka Dravya should be  $1/8^{\text{th}}$ . However, for appropriate paka of Sneha four times of water is also added.

दुग्धे दधि रसे तक्ने कल्को देयोऽष्टमांशकः । कल्कस्य सम्यक् पाकार्थं तोयमत्र चतुर्गुणम् ॥

(Śā. Ma. Kha. 9/7)

Rule – 3 – If numbers of drava-dravya are five or more than five in number, then the quantity of each should be equal to that of Sneha.

द्रवाणि यत्र स्नेहेषु पञ्चादीनि भवन्ति हि । तत्र स्नेहसमान्याहुर्न्यापूर्वं चतुर्गुणम् ॥

(Śā. Ma. Kha. 9/8)

If they are less than five then the total quantity of all of them should be four times to that of Sneha.

Rule – 4 - If only Dravya (Medicinal drugs) are mentioned for a Sneha preparation, then kalka of the same drugs is prepared and used. However, four times of water is also added.

द्रव्येण केवलेनैव स्नेहपाको भवेद् यदि । तत्राम्बुपिष्टः कल्कः स्याज्जलं चात्र चतुर्गुणम् ॥

(Śā. Ma. Kha. 9/9)

Rule – 5 - If only kwatha Dravya (Drugs for preparation of decoction) are given in a Sneha

preparation then kalka of same drugs is added.

चतुर्गुणं मृदुद्रव्ये कठिनेऽष्टगुणं जलम् । तथा च मध्यमे द्रव्ये दद्याद् अष्टगुणं पयः ॥  
अत्यन्तकठिने द्रव्ये नीरं षोडशिकं मतम् ।  
(Śā. Ma. Kha. 9/3-4)

Rule – 6 – In case where kalka is either not indicated or restricted in any Sneha Kalpana, there Snehamay be prepared without kalka.

कल्कहीनस्तु यः स्नेहः स साध्यः केवले द्रवे ।  
(Śā. Ma. Kha. 9/11)

Rule – 7 – In case of puspa kalka in the preparation, it should be taken in 1/8<sup>th</sup> part to that of Snehabut not as per general ratio.

पुष्पकल्कस्तु यः स्नेहस्तत्र तोयं चतुर्गुणम् । स्नेहे स्नेहाष्टमांशश्च पुष्पकल्कः प्रयुज्यते ।  
(Śā. Ma. Kha. 9/11-12)

Reasons: Lighter weight of petals yield more quantity of Kalka Dravya and perhaps because of only essence part in flowers the ratio of puspa kalka is less.

### Types of sneha

Sneha is obtained from two sources i.e., stavara and jangama. Tila, Priyala, abhisuka, bibhitaki, danti, haritaki, eranda, madhuka, sarsapa, kusumbha, bilwa, aruka mulaka, Atasi, nikocaka, aksoda, karanja and sigru, these are stavara sources of Sneha.

Jangama types of Sneha are fish, quadruped animals and birds.

According to Chakrapani the properties ruksa, usna of chitraka etc. which are quite antagonistic to those Sneha (Unctuousness) and Sita (Coldness) of ghee coexist. This is because, with the reason that ruksa and usna properties of citraka belong to its fraction dissolved in ghee while Sneha and sita reside in ghee itself, hence because of the difference in location there is no any real contradiction. It is the excellence of ghee in its capacity to carry the properties of processing that it holds on the former without any damage to it.

Chakradatta say that samskaranu-vartana means carrying the properties of the processing drug while losing ones innate property as oils do and not ghee which does not lose its own property even while carrying the properties of processing.

Yogendranatha further clarifies it by saying that anu in anuvartana is in the sense of saha (with). Samskara is giving rise to some new property. The properties of ghee co-exist with those of processing but not those of taila etc. they lose their properties on processing. For instance, oil on processing with on candana etc. lose its usna property.

As per Gangadhara kshirasarpischa means preparing the ghee without any paste. By kshirasapi Gangadhara considers ghee extracted from milk.

### **Use of Ghrita and Taila**

The medicated ghee or oils of our pharmacopoeia, which are prepared by successively boiling or cooking them with drug decoctions etc. to keep more potent and efficacious of this.

### **Ghrita**

Navanita (butter) – Which is fresh is light (easily digested), makes the body tender (soft), is sweet, astringent and slightly sour in taste, cold in potency, good for intellect, kindles digestion, good for heart, constipating, mitigates pitta and vata, aphrodisiac, does not cause heart burn, cures consumption, cough, emaciation from ulcers and facial paralysis; that which has become stale is heavy, increases kapha and meda (fat), bestows strength, stoutening, cures phthisis and beneficial to children especially.

Butter obtained from churning milk is the best in respect of unctuousness (Fat content and lubrication) and sweetness, is very cold (In potency), confers tenderness (Softness) to the body, good for eye (Vision), constipating, cures bleeding diseases and eye disease and bestows brilliance to colour of the skin. Its use is recommended especially in diarrhoea, duodenal disorders, haemorrhoids etc.

Santanika (Cream of milk) mitigates vata, is nourishing, aphrodisiac, strengthening, unctuous, enhance taste, sweet both in taste and taste after digestion, relieves bleeding disease and is heavy (Hard for digestion).

### **Ghrita (Ghee)**

Ghrita (ghee): Butter-fat obtained by cooking butter) is sweet, mild in action, soft, cold in potency, not increasing moisture in the tissues, lubricating, relieves upward movement in the alimentary tract, insanity, epilepsy, colic, fever and distention of the abdomen; mitigates vata and pitta, kindles digestive fire, increases memory, wisdom, intelligence, complexion, voice, beauty, softness of the body, vitality, vigour, strength and span of life; is aphrodisiac, good for

vision, increases kapha, wards off sins and in-suspiciousness, destroys poisons and demons (Evil spirits, Bacteria etc).

### **Go ghrita (Cows ghee)**

Gavya sarpi (Ghee obtained from cows butter) is sweet after digestion, cold in potency, mitigates vata, pitta and poison, best for eyes (Vision) bestows strength and very good in properties.

Clarified milk fat or butter fat is known as ghrita (ghee). It is prepared by heating or cream to just over 100° C to remove water content by evaporation. The residue is filtered out as pure ghee.

### **The composition of ghee residue obtained from Indian cow is as follows**

Moister 14.4%

Fat 32.4%

Protein 36.0%

Lactose 12.0%

Ash 5.2%

The colour of ghee is yellow to white depending upon the carotene content. Ghee contains approximately 8% lower saturated fatty acids which makes it easily digestible. These lower saturated fatty acids are the most edible fat and which are not found in any other edible oil or fat.

Ghee also contains Vitamin A, D, E, and K. Vitamins A & E are anti-oxidant and are helpful in preventing oxidative injury to the body. No other edible fat or oil contains Vitamin A except fish oil. Vitamin A keeps epithelial tissue of the body intact, keeps the outer lining of the eyeball moist and prevents blindness. Ghee also contains 4-5% linoleic acids as essential fatty acids, which promotes proper growth of human body.

### **Taila**

Taila, (Oil of tila-sesame seeds) is fire like in properties, hot in potency, penetrating, sweet in test and taste after digestion, stoutening, nourishing, spreading throughout the body quickly, entering through minute pores, dry, heavy (Hard for digestion), laxative, causes looseness of the joints, is aphrodisiac, cleanses the skin, promotes intelligence, softness, stability of muscles, colour and strength of the body, removes obstruction of urine, scarification, has bitter

and astringent as secondary tastes, is digestive, decreases vata and kapha, kills worms, causes thinness of structures, produces pitta, subsides pain of the vagina, head and ears; purifies (clears) the uterus; enema therapy, drinking in oleation therapy, nasal medication, filling the ears and along with foods and drinks for the purpose of mitigating aggravation of vata.

Eranda taila (Castor oil) is sweet, hot in potency, penetrating, kindless digestive fire, enters into minute pores, aphrodisiac, sweet after digestion, withholds ageing, purifies vagina (menstrual fluid) and semen, bestows health, intelligence, brilliant complexion, memory and strength, mitigates vata and kapha and removes the dosas from below (Produces purgation).

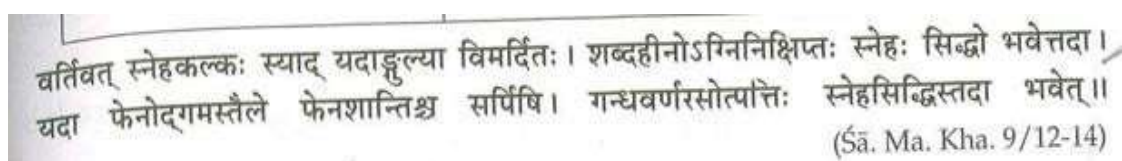
Oil obtained from the fruits (or seeds) of nimba, Atasi, kusumbha, mulaka, jimutaka, vrksaka, krtavedhana, arka, kampilaka, hastikarna, prthvika, pilu, karanja, nirgundi, sigru, sarsapa, suvarcala, vidanga and jyotismti are penetrating, light (easily digestible), hot in potency, pungent both in taste and taste after digestion and laxative, cure disease produced by vata and kapha, worms, leprosy, diabetes and disease of the head.

### Sneha murchana vidhi

Before preparing Sneha siddhakalpana, Sneha is supposed to under go one particular samskara called Sneha murchana. It is applicable for both ghrit and taila. The main aim of Snehamurchana is to remove the durgandha, amadosa and ugrata etc. bad characters of crude form of Sneha.

### Sneha siddhi laksanas

Confirmative tests for completion of snehapaka:



- 1] Vartivwata snehakalka – Sneha kalka attains perfect wick shape when rolled between thumb and index finger.
- 2] Yadamgulya vimrdita – If a part of Sneha kalka is put into the fire, no sound is produced indicating the loss of moisture in it.
- 3] Phenodgama and phenasantichha sarpisi – Foam appears in taila paka and it disappears in ghritapaka during completion of preparation.
- 4] Gandhavwarnarasotpati – Desired color, odor and taste of the ingredients become



appreciable as the preparation is properly done.

### Phenodgama and Phenasant

The reason behind appearance of froth in oils and its disappearance in ghee while preparing Sneha Kalpana lies in the structural differences between both oil and ghee and the further reaction, which goes on in them after agni-samskarana.

#### Ghrita

- 1] Saturated fatty acids.
- 2] More stable in room temperature.
- 3] Possess single bonded structure.
- 4] Undergoes hydrolysis on heating.
- 5] As a result, water part evaporates and fumes subside.

#### Taila

- 1] Unsaturated fatty acids.
- 2] Unstable in room temperature.
- 3] Possess double bonded structure.
- 4] Undergoes continuous oxidation on heating.
- 5] As a result, lower fatty acids are generated leading to continuous bubbling.

### Types of snehapaka

Sneha paka are of different types as bellow;

#### Three types

- 1] Mrdu paka

ईषत्सरसकल्कस्तु स्नेहपाको मृदुर्भवेत् ।

(Śā. Ma. Kha. 9/15)

- 2] Madhyama paka

मध्यपाकस्य सिद्धिश्च कल्के नीरसकोमले ॥

(Śā. Ma. Kha. 9/15)

- 3] Khara paka (Sa.Ma.Kha. 9/14)

ईषत्कठिनकल्कश्च स्नेहपाको भवेत् खरः ।

(Śā. Ma. Kha. 9/16)

#### Five types

- 1] Ama paka

आमपाकश्च निर्वीर्यो वह्निमान्द्यकरो गुरुः ।

(Śā. Ma. Kha. 9/17)

- 2] Mrdu paka

- 3] Madhyama paka

- 4] Khara paka

- 5] Dagdha paka



तदूर्ध्वं दग्धपाकः स्यादाहकृत्रिप्रयोजनः ॥

(Śā. Ma. Kha. 9/16)

### According to vagbhata

- 1) Manda paka
- 2) Cikkana paka
- 3) Khara para
- 4) Avisosi paka

### According to haritaki

- 1] Mrdu paka
- 2] Madhyama paka
- 3] Mathina paka

### Mrdu paka

In mrdu paka, the Sneha kalka will be very soft to touch and will have little moisture left out in it. It is possible to prepare soft varti.

### Madhyama paka

In this paka Sneha kalka will be soft and will be devoid of moisture. Perfect varti can be prepared.

### Khara paka

In this paka the Sneha kalka will be hard to touch with no moisture. It is possible to prepare varti but the varti breaks into powder.

### Amapaka

Ama paka Sneha will be guru in nature with no potency generated in it. It causes agnimandya and is therapeutically used.

### Dagdha paka

Dagdha paka Sneha causes daha (burning sensation all over the body) and it is therapeutically unfit as all its potency is burnt.

### Sneha paka usages

नस्यार्थं स्यान्मृदुः पाको मध्यमः सर्वकर्मसु । अभ्यङ्गार्थं खरः प्रोक्तो युञ्ज्यादेवं यथोचितम् ।

खरोऽभ्यङ्गे स्मृतः पाको मृदुर्नस्तः क्रियासु च । मध्यपाकं तु पानार्थं बस्तौ च विनियोजयेत् ॥

(Ca. Kalpa 12/104)

Mrdu paka – For nasya (Nasal administration).

Madhyama paka – For all purposes (Pana, abhyanga, basti, nasya, karna purana, netra purana

etc. Khara paka – For abhyanga (Body massage).

### Specific time duration for snehapaka

घृततैलगुडादींश्च साधयेन्नैकवासरे । प्रकुर्वन्त्युषिता ह्येते विशेषादगुणसञ्चयम् ।

(Śā. Ma. Kha. 9/18)

घृत-तैल-गुडादींश्च नैकाहादवतारयेत् । यूषितास्तु प्रकुर्वन्ति विशेषेण गुणान् यतः ॥

(V. P. P. Tṛtīya khaṇḍa 29)

Drava Dravya – 2 days Swarasa – 3 days

Takra, dadhi, kanji, gomutra – 5 days Roots, creepers, climbers – 12 days Dhanya, mamsarasa – 1 day

क्षीरे द्विरात्रं स्वरसे त्रिरात्रं तक्रारनालादिषु पञ्चरात्रम् । स्नेहं पचेद्वैद्यवरः प्रयत्नादित्यादुरेके भिषजः प्रवीणाः ॥ द्वादशाहन्तु मूलानां वल्लीनां क्रममेव च । एकाहं व्रीहिमांसानां पाकं कुर्याद् विचक्षणः ॥

(V. P. P. Tṛtīya khaṇḍa 27-28)

### Rationality

In any pharmaceutical process where different plant materials of varied hardness and fibre content are used, the time taken to extract the active principles also differ.

### Sneha Kalpana-shelf life (Saviryatavadihi)

हीनत्वं गुटिकालेहौ लभेते वत्सरात्परम् । हीनाः स्युर्घृततैलाद्याश्चतुर्मासाधिकात् तथा ॥

(Śā. Pra. Kha.1/52)

चतुर्मासाधिकाद् वत्सरात् परं षोडशमासादुपरीत्यर्थः ।

(Śā. Pra. Kha.1/52; Dīpikā Tīkā)

देया दीप्ताग्नये मात्रा स्नेहस्य पलसम्मिता । मध्यमाय त्रिकर्षा स्याज्जघन्याय द्विकर्षिकी ॥

(Śā. U. Kha 1/7)

Sixteen months is the self-life of any Sneha Kalpana (Medicated ghee or oils).

**Sneha Kalpana-general dosage adjuvants:**

One pala (48 g) is the general dosage of Sneha-kalpana administered along with suitable adjuvants like warm water, honey, sugar, medicinal powders, decoctions etc. Depending on the digestion capacity of the patient the dose has to be finalized. Uttama matra, Madhyama matra, Jaghanya matra as 1 pala, 3 pala and 2 karsa respectively.

**Examples****ghrita yoga**

- 1) Amrta ghrta
- 2) Aswagandha ghrta
- 3) Brahmi ghrta
- 4) Cangeri ghrta
- 5) Draksa ghrta
- 6) Jatyadi ghrta
- 7) Ksiratsapala ghrta
- 8) Pancagavya ghrta
- 9) Pancatikta ghrta
- 10) Phala ghrta
- 11) Pippali ghrta
- 12) Satavari ghrta
- 13) Sunthi ghrta
- 14) Triphala ghrta

**Taila yoga**

- 1) Arka taila
- 2) Anu taila
- 3) Bhallataka taila patana
- 4) Bhrngaraja taila
- 5) Cakramarda taila
- 6) Jatyadi taila
- 7) Kasisadi taila
- 8) Ksirabala taila
- 9) Mahanarayan taila
- 10) Maricadi taila

- 11) Narayana taila
- 12) Pancaguna taila
- 13) Pinda taila
- 14) Sadbindu taila.