

LITERATURE REVIEW ON SNEHA KALPANA W.S.R TO ADITYA PAKA

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Article Received on
25 Nov. 2024,

Revised on 16 Dec. 2024,
Published on 15 Jan. 2025

DOI: 10.20959/wjpr20252-35272



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ABSTRACT

Bhaishajya Kalpana has its history since Vedas. *Ayurveda* being *Upaveda* of *Atharvaveda* has mentioned wide range of *Ahara* and *Aushadha Kalpanas*. *Panchavidha Kashaya Kalpanas* are the elementary preparations of *Ayurveda* which evolved into numerous *Kalpana* based on various requirements and developments like improvement in stability, palatability, therapeutic efficacy, dosing etc. *Sneha Kalpana* is a unique contribution to the field of medicine where the medicinal drugs are processed with different *Sneha dravyas*. *Sneha Kalpana* is a group of products of medicated *Taila*, *Ghrita*, *Vasa*, *Majja*. It is an effective and potent *Kalpana* which may contain water as well as fat soluble active principle. *Sneha Kalpana* is advised for both *Bahya* and *Abhyantara* Prayoga. *Snehapaka* can be done by *Agni Paka* or *Aditya Paka*. The importance of sun is known in various aliments is known from the ancient literature. The usage of *Taila*, *Ghrita* and various *Sneha* preparation are also highlighted in different classical text books. Here a humble attempt has been made to compile

the role of various *Snehas* along with the importance of Sun told in different classical text books.

KEYWORDS: *Taila*, *Aditya paka*, *Sneha*.

MATERIALS AND METHODS

History review

The word *Kalpana* is familiar from the Vedic period onwards. Various *Ahara Kalpana* and *Aushadha Kalpana* have been mentioned. From various reference of *Yajurveda*, *Athreya* etc. we can assume that the people in Vedic era well versed with *Sneha Kalpana*.

Vedic period

Rigveda Specialty in Rigveda is the use of natural remedy such as sunlight, fire, air, water have been discussed. Exposure to sun's rays gives relief to many disorders such as cardiac, worms, anemia, jaundice.^[1] **Samaveda**-Mainly dealt with the use of natural remedies like sun, water, fire.^[2] **Atharvaveda** -*Hridroga* and *Harima (Kamala)* was treated with rays of morning sun. **Yajurveda** -Mentioned *Havi* and *Ajya* for *Ghrita*.^[3]

Puranas

Padmapurana -By worship of sun god number of disease such as *Kamala*, *Asmari* etc can be cured. By disregarding of sun *Kustha* occur. Dead body preservation in *Taila Droni*.^[4]

Agni purana-Detailed description about *Sneha Paka* in *Kalpastana* under 21st chapter.^[5]

Ramayana-Dead body of Dasharatha was preserved in *Taila Droni* till the arrival of Bharatha.^[4]

Mahabharata-Gandhari during her pregnancy beat herself on her abdomen which resulted in abortion. The pieces were kept separately, one in each earthen pot containing ghee for a period of 10 months as a result engendered one child from each piece. The zygote formed in the uterus of Kadruva and Vinata were kept in an earthen pot containing ghee gave birth to children. Test tube baby formation already practice.^[6]

Bhuddha literature-Combination of 5 substances (*Pancha Bhesaja*) such as ghee, butter, honey, oil and jaggery as a remedy for the treatment of vitiated *Tridoshas* and in case of poisoning. Ghee & butter – *Pitta hara*, Oil- *Vata hara*, Therapeutic procedure like *Sneha*, *Sweda*, *Nasya* etc.^[7]

Maha Vagga -*Sneha Pana* is advised in case of distension of abdomen. Shirashoola can be managed by the external application of oil on the head as well as the administration of drug into nostril.^[7]

Chulla Vagga- *Pitta dosha* aggravate after the rainy season hence the combination of 5 substances (ghee, butter, oil, honey & jaggery) is useful. For eye disease eye ointment were applied.

Jainism-Treatment methods like anointing, fumigation etc.^[8]

Samhita period- Samhita kala is considered as the golden period for *Sneha Kalpana*. In *Brihtrayee*, *Sneha Kalpana* flourished due to its immense use for different purposes ranging from external applications to internal administration through different routes.^[9]

Charaka Samhita-Sutrasthana 13th chapter -knowledge of *Sneha* & its properties,^[10] *Vimanastana* 7th chapter extraction of *Taila* and *Taila Paka* including tests and standards are mentioned in detail.^[11] *Kalpastana* 12th chapter – *Snehapaka Siddhi Lakshana* and different *Yogas* of *Sneha Kalpana* and different uses in therapeutics are mentioned.^[12]

Susrutha Samhita-Explained *Sneha*, *Snehayoni*, sources, types of *Sneha*, *Sneha Kashaya*, uses of *Sneha*, evil effects of *Sneha* in *Snehopayogiga Adhyaya*.^[13]

Astanga Samgraha^[14] & Astanga Hrudaya^[15]-Both explained *Sneha Kalpana* in detail in *Kalpastana* with little changes from earlier treatises.

Kashyapa Samhita -In *Sutrasthana* 22nd chapter detail explanation about *Sneha Dravya* its sources, classification, properties and doses are mentioned.^[16] In chapter 18 *Dhatrichikista Adhyaya* preparation of *Bala Taila*, *Rasna Taila*, method of preparation of oil from other drugs explained.^[17] In *Kalpastana* 3rd chapter *Katutaila kalpa* various pharmaceutical preparation of mustard oil is explained.^[18]

Haritha Samhita- In *Taila -Vasa Varga* 14th chapter of *Prathama sthana*, properties of *Tila taila* & its importance are mentioned. In 4th *Sthana* 2nd chapter Procedure of *Taila paka* & 4 types of *Paka* with its *Lakshana* are explained in detail.^[19] He also explained and give importance to *Paka of Ghrutha* and *Taila* as 7 and 15 days respectively.

Bhela Samhita- In *Annapana Vidhi Adhyaya*, *Taila* is mentioned for *Mardana* and *Ushnodaka* as *Anupana* for *Chaturvidha Sneha*. In 28th chapter *Taila Samanya Guna* is explained. *VimanaSthana Rasavimanadhyaya* *Taila* is referred as the vehicle of choice.^[20]

Chakradatta-It is considered as one of the best hand books of ayurvedic medicine. 1st chapter *Jwara Chikista* explains detail about *Sneha Paka*, *Sneha Pareeksha*, *Sneha matra*, etc. He explains many *Ghrita* and *Taila Yogas* for various types of disease.^[21] Many *Taila yogas* prepared by *Suryapaka* are also explained by *Chakradatta*.

Gada Nigraha -12th century work by *Vaidya Shodala*. In *Prayoga Khanda* 1st chapter deals with *Ghrita Adhikara*. In *Prayoga Khanda* 2nd chapter deals with *Taila Adhikara*.^[22]

Sharangadhara Samhita-It is one of the best books on ayurvedic pharmaceuticals and a good hand book for clinical and pharmaceutical practice. In *Madyama Khanda* 9th chapter explains detail about *Sneha Kalpana*. it includes about method of preparation, proportion, different rules for preparation, *Sneha Paka*, *Sneha Siddhi Lakshana*, shelf life of different *Sneha* preparations.^[23]

Bhava Prakasa-In *Misraprakarana* while explaining *Svabhavata Hita Dravya*, *acharya* mentioned *Tailas* in which *Tila Taila* is the best. Reheating once cooked and cooled *Ghrita*, *Taila*, *Kashaya* etc will act as poison. *Taila Varga* and *Ghrita Varga* are explained in detail. In *Purva Khanda Dwitiya Bhaga* explained in detail about *Ghrita & Taila Kalpana*, *Sneha Paka*, *Snehapaka Pareeksha*, *Trividha Paka*, duration of preparation etc.^[24]

Arka Prakasha-According to author *Lankapathi ravana*, he considered *Taila Kalpana* under *Pancha Vidha Kashaya Kalpana*. *Acharya* explains its importance as due to *Samyoga* with other drugs one can extract *Taila*.^[25] Every drug has its *Arka & Taila*. Even from stone one can extract *Arka and Taila*. who is expert in preparation of *Taila and Arka* extraction will achieve fame.^[26]

Bhaishajya Ratnavali- Explained in detail *Sneha Kalpana* under *Jwara Adhikara* 5th chapter. Concept of *Sneha Murchana* are explained. Preparation of *Kashaya* for *Sneha* with different rules, *Sneha paka Kala*, different types of *Dravadravya* that can be used are also explained.^[27]

Yoga Ratnakara-Detailed description of *Snehapaka Vidhi*, *Kashaya* preparation of *Sneha Kalpana*, *Sneha Paka Bheda* and its indication, *Sneha Siddhi Lakshana* are explained in detail.^[28] *Tila Taila Murchana Vidhi* also explained.

Yoga Tarangini-Caturtha Taranga deals with types of *Sneha*, classification of *Sneha Paka Vidhi*, *Taila Murchana*, *Sneha Siddhi Lakshana* etc. Sequence of addition of ingredients are mentioned in detail.^[29]

Ayurveda Prakasha- Text book by *Maddhavopadyaya* while explaining the qualities of *Vaidya*, he explained that he should be expert in all types of *Parada Karma*, *Uparasa* along with it he should be expert in *Sneha Paka* also.^[30]

Sahasrayoga- The treaty owned by Kerala *Vaidyas* also elaborated the ratios and different *Ghrita* and *Taila* preparations.^[31] 135 *Grithas* and 96 *Tailas* are mentioned in this treaty.

RESULTS AND DISCUSSION

Sneha has an immense role in ayurveda, as a health promoter used in various *Panchakarma* procedure, they help in balancing the *Tridosha*. They will help in promoting the longevity and vitality. The *Sneha* can also be used as carriers in different medicine. They are also used in various ritual practices for purification and spiritual growth. In everyday regimen *Sneha* plays an important role to maintain skin health. In ancient days oils were used to preserve weapons and armor, oil infused with herbs are used for wound healing. Sun is considered as a natural healer and sun is symbol of brilliance, righteousness and sustenance. In ayurveda the daily routines are aligned with suns movement to harmonize the body function. Many *Suryapaka/ Adithya paka yogas* are mentioned in the ayurveda texts which signifies the importance of sun. The ancient seers explained many *Adithya paka Taila Yogas* that are mainly indicated for various skin diseases. The sunlight helps to extract subtle and volatile components. For *Loha Sodhana Bhanu paka* is also mentioned. Like this the importance of *Sneha* preparations and the role of *Adithya/ Surya* are explained in various places since ancient classics.

CONCLUSION

From ancient classics itself the *Sneha Kalpana* like *Taila*, *Ghrita* etc are used in various field such as a rejuvenator, as a preservative, for various *Panchakarma* procedure, for performing various rituals etc. Sun also plays a vital role in maintaining health, and they act as a medium of heat for various formulations. Sunlight helps to kill the bacteria it is also considered as a natural healer. In modern the sun plays a central role in Vitamin D synthesis helpful for immune system function, they also help to stimulate the mental health and maintain the circadian rhythm.

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