A review on Sneha Kalpana.

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ABSTRACT
Sneha Kalpana is a unique preparation of oleaginous medicine. This is one among the types of medicine which can be administered through all the routes of the body. Sneha Kalpana is a process where Taila and Ghrittha are used regularly. Sneha is given in almost all the diseases especially in Manasa Roga as fat can pass through the blood brain barriers. In the preparation of Sneha there are different steps involved. They are Poorva Karma (selection of Sneha and vessels), Pradhana Karma (Ama Paka, Mridhu Paka, Madhyama Paka, Khara Paka and Dhagdha Paka) and Paschat Karma (Preservation of prepared Sneha).The particular techniques in preparation of different Sneha are discussed in this article in brief manner.

KEYWORDS: Sneha Kalpana, Paka, Sidhhi lakshanas and pharmaceuticals.

INTRODUCTION
Ayurveda is one of the oldest scientific medicinal systems in the world. Rasashastra & Bhaishajya Kalpana is the special branch of Ayurveda where different traditional method of preparation of kalpas are mentioned. It includes many preparations like herbal preparations, mineral preparations and herbo-mineral preparations. Sneha kalpana is one of the formulations mentioned in Bhaishyajya Kalpana. It is one of the commonly prescribed Ayurvedic dosage forms in day to day practice. The nomenclature of 'Sneha Kalpana' is the union of the two words, 'Sneha' and 'Kalpana'. The word 'Sneha' is derived from 'snih' dhatu with 'Ghaj' pratyaya. The word Sneha means fats or fatty material extracted from Sthavara or Jangama Dravyas. According to Manu, the one which enhances the fire is called Sneha 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.

AIM&OBJECTIVES:-
To review of Sneha Kalpana from Ayurvedic Texts

MATERIAL
Literature review from Samhita, Journals, Websites

METHODS
Conceptual study

Literature Review:
SNEHA KALPANA
**Sneha Kalpana** is defined as the pharmaceutical process where the fat soluble and water soluble active principles are extracted from the basic ingredients into the Sneha. It is a procedure to prepare oleaginous medicine from substances like Kalka and Dravya. They are prepared in specific proportions by subjecting them to uniform heating pattern and duration of fulfil certain pharmaceutical parameters as per requirement of therapeutics. Most of the Ayurvedic treatments and therapeutics are aimed at maintaining Jatharagni which is responsible for the maintenance of health and Sneha considered as the best one to stimulate Jatharagni. This process or method ensures absorption of active therapeutic principles of the ingredients in two different solvents i.e. water and fat and also some chemical constituents which are soluble in other different Medias like Kanji, Gomutra etc.

**SNEHA YONI**

Sneha is derived from two sources, Sthavara and Jangama.

**Sthavara Sneha**- Includes Sarshapa, Tila, Priyala, Vibheetaki, Danti, Harithaki, Eranda, Madhuka, Kusumbha, Bilwa, Shigru etc.

**Jangama Sneha**- Includes Mansa, Majja, Vasa etc. of quadruped animals, birds and fishes

Sarpi, Majja, Vasa and Taila are the Sneha Chathushtayaas. Among this sarpi is considered as the best one, because of its power to assimilate the properties of the ingredients added to it without losing its own properties.

**CLASSIFICATION OF SNEHA KALPANA**

1. Based on the combination of Snehas
   a. **Yamaka**- Combination of Ghrita and Taila.
   b. **Trivrut**- 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 Paka
   a. Ama Paka
   b. Mridu Paka
   c. Madhya Paka
   d. Khara Paka
   e. Dagdha Paka

4. Based on the types of utility
   a. Pana
   b. Anuvasana
   c. Abhyanga
   d. Shirobasti
   e. Uttarabasti
   f. Nasya
   g. Karnapurana
   h. Dharan

<table>
<thead>
<tr>
<th>Name of the text</th>
<th>Ghrita</th>
<th>Taila</th>
<th>Vasa</th>
<th>Majja</th>
<th>Yamaka</th>
<th>MahaSneha</th>
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<tr>
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<td>162</td>
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<td>-</td>
<td>1</td>
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<td>30</td>
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<td>Bha.Pr</td>
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<td>114</td>
<td>-</td>
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</tbody>
</table>

Table-1: Showing number of preparations of Sneha by different authors.
**MURCHANA** Murchana is mentioned for both ghritha and taila.

**Ghritha murchana**

Ghritha of 756 gm, haritaki, vibhitaki, amalaki, musta, haridra and bheejapoorka each measuring of 1 pala (48 gm), and 3.024 ml (4 prastha) of water. This is processed till the froth and waves disappear. This is said to be free from Ama Dosha.

**Tila taila murchana**

1 part of tila taila, 1 part of water and 1/16 parts of manjishta, haridra, musta, lodra, nalika, Amalaki, harutaki, vibhitaki, ketaki, vatankura, hriberi. This is cooked on fire till the water content evaporates.

**Essential ingredients of Sneha Kalpana:** There are generally four essential components required for the preparation of medicated Sneha. They are as follows,

1. **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.

2. **Sneha** - Oleaginous substances are used in this preparation. In that Ghritha 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.

3. **Dravadravya** - It is taken 4 times to that of Sneha. Dravadravyas can be water, Swarasa, Milk, Curd or any other liquid preparations.

4. **Gandha dravyas** - Sugandhi Dravyas like Ela, Lavanga, Karpura, Kasturi etc. are added in the end state to render fragrance to the Sneha especially Taila.

**POORVA KARMA** Collection of Dravyas:- Dravyas are collected from the appropriate habitat and kala as mentioned in the Ayurvedic classics since they do have much active principles in that particular time. The Jangama Dravyas are collected from strong animals and their milk, urine etc. should be collected only after the complete digestion of food. After collecting, the drugs should be washed thoroughly to remove the physical impurities.

**Selection of Patra:** - Vessels selected should not react with the ingredients of the Sneha Paka. Usually vessels made out of iron, copper, earthen vessels and Varthaloha (Panchaloha) were used during ancient times. Now-a -day’s stainless steel vessels and tin coated copper vessels have been used for various preparations in many of the pharmacies. The vessel must be strong enough to withstand the stages of temperature. It should be wide mouthed with proper depth in order to avoid spilling of oil while processing. After selecting the vessel, it should be cleaned thoroughly, sterilized and dried properly.

**Selection of Sneha**:- If the Taila to be used is not specified, then Tila Taila should be taken. If Ghritha to be used is not specified, then Goghritha should be used. Among Jangama Yoni, Goghritha is considered as the best and among Sthavara yoni, Tila Taila is considered as the best.

**Quantity of Sneha Dravya**:- Sneha Dravya are to be taken four times to that of kalka unless or otherwise specified.

**Kalka**: A green or dry drug should be converted into paste form by rubbing or grinding with or without addition of water
and this called Kalka. Specific rules in selection of Kalka Dravya. Only Dravyas are mentioned for Sneha Kalpana, then Kalka of the same drugs should be taken. If only Kwatha Dravyas are given in a Sneha preparation then Kalka of same drugs is added. When Kalka is not indicated or restricted, there Sneha may be prepared without Kalka. If Pushpa Kalka is indicated in Sneha preparation, it should be taken 1/8th quantity of sneha.

Table 1: Quantity of Kalka according to different Drava Dravya

<table>
<thead>
<tr>
<th>Drava Dravya</th>
<th>Quantity of Kalka to Drava Dravya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jala</td>
<td>1/4</td>
</tr>
<tr>
<td>Kwatha</td>
<td>1/6</td>
</tr>
<tr>
<td>Rasa (Swarasa)</td>
<td>1/8</td>
</tr>
<tr>
<td>Ksheera</td>
<td>1/8</td>
</tr>
<tr>
<td>Dadhi</td>
<td>1/6</td>
</tr>
<tr>
<td>Takra</td>
<td>1/8</td>
</tr>
</tbody>
</table>

Preparation of Sneha Kashaya

If Kashaya has to be added as Dravadravya, the method of preparation of Kashaya is different from the general method of Kwatha kalpana. This is called Sneha Kashaya.

Table 2: Sneha Kashaya according to different authors.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Author</th>
<th>Quantity of Drugs</th>
<th>Quantity of Water</th>
<th>Quantity of reduction</th>
<th>Name of Kashaya</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sushrutha</td>
<td>1 part, 1 part, 1 Tula</td>
<td>8 Parts, 16 Parts, 1 Drona</td>
<td>1/4, 1/4, 1/4</td>
<td>Sneha Kashaya</td>
</tr>
<tr>
<td>2</td>
<td>Bhoja</td>
<td>1 Part</td>
<td>4 Part</td>
<td>1/4</td>
<td>Sneha Kashaya</td>
</tr>
<tr>
<td>3</td>
<td>Sharangdhara</td>
<td>Mrudu-1part Madhyama Kathina, Atyanta Kathina–1 part</td>
<td>4 parts</td>
<td>1/4</td>
<td>Sneha Kashaya</td>
</tr>
</tbody>
</table>

PRADHANA KARMA:- 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.

**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.

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**SNEHA PAKA SIDHDI 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. *Gandha*, *varna* and *rasa* of the drugs added to individual *Sneha* is obtained.

**PASCHAT KARMA**

**Preservation** *Ghritha* must be preserved in a wide mouthed, air tight glass container or mud pot and *Tailas* are usually preserved in glass bottles with narrow mouth.

**DISCUSSION**

*Sneha Kalpana* is an important preparation which is used in *Ayurvedic* treatment as this is more stable, compatible and popular dosage form. This is an easy and regularly used dosage form as this reduces the oxidation and increased bio-availability of the processed drugs in it. *Kalka*: wet drugs are added in Kalka form as this increases the instance of releasing the active principles into *Sneha*. In case of dry drugs, powder is prepared and Kalka is obtained as this is helpful in the loosening of the compound in it and assessing the *Paka Lakshana* in it.1/4th of Kalka is usually added for getting a quality *Sneha*. According to Acharya *Sharangadhara* when *Kalka* is prepared out of flowers 1/8th *Sneha* has to be taken this may be because the flowers are releasing their active principles easily as they are very soft in their nature. According to

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<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of Acharya</th>
<th>No.of pakas</th>
<th>Name of pakas</th>
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<tbody>
<tr>
<td>1</td>
<td>Charak and Sushruta</td>
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<td>Mrudu, Madhyama Khara</td>
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<td>2</td>
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<td>4</td>
<td>Mrudu Madhyama Kathin Vishoshi</td>
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<tr>
<td>3</td>
<td>Sharangadhara, Sodhala</td>
<td>5</td>
<td>Ama Mrudu Madhyama Khara Dagdha</td>
</tr>
<tr>
<td>4</td>
<td>Vagbhata</td>
<td>3</td>
<td>Mrudu Chikkana Khara</td>
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</table>

Table 4: Sneha pakas according to different Acharya:
Bhaishajya Ratnavali always a Murchita Sneha can be used. He clearly mentions the order of adding the ingredients that is Sneha, Kalka and Kwatha (Drava Dravyas). Usually Gandha Dravyas are added at last only because the aromatic active principles present in it are volatile. Always it should be maintained with mild fire since it is difficult to calculate the Paka Lakshana correctly. Different time for the preparation like 1 day, 2 days, 3 days, 5days and 12 days are mentioned for the preparation of Sneha in order to get the active principles in total into Sneha and also it is been mention with respect to the hardness of the ingredient which releases the chemical constituents slowly. Shabdha heena agni nikshipta (absence of sound when subjected to fire) indicates the absence of water content in the Sneha and vice versa. In Sneha Paka occurrence of phenodgama (presence of foam) in taila and Phenashanti (Absence of foam) in Ghrita is normal. It is one of the most frequently used dosage form which can be given in Manasa Rogas also as fat can pass through the blood brain barriers.

CONCLUSION

Sneha Kalpana is a very frequently used liquid dosage form and is administered through all the routes of our body. Acharyas have indicated the Sneha in almost all the diseases except the diseases like Usrsthamba etc. this is being a great drug of choice in case of Mansa Rogas. Especially in case of Vata Vyadhi, Sneha is the most important dosage form which yields major therapeutic effects.

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