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## Review of Sneha Kalpana W.S.R. to Ghrita



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### ABSTRACT

Indian system of medicine i.e. Ayurveda is serving man kind since long back. A wide range of dosage form is available in Ayurveda that makes it more effective and popular. Medicated Ghrita in ayurvedic pharmaceuticals is described in detail under Sneha Kalpana section along with preparation of medicated Taila. Sneha kalpana is an exclusive contribution of Ayurvedic science. In this article an attempt has been made to review regarding meaning of Ghrita murchana, general method of preparations of drugs, Stages of Paka (preparation) and its various therapeutic indications.



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## INTRODUCTION

Ayurveda is one of the oldest scientific medical systems in the world. Its history of origin started almost from vedic period<sup>1</sup>. Sneha kalpana is widely described in Ayurvedic pharmaceuticals under which medicated Oil and Ghrita are prepared. Acharya Charaka had stated that the main aim of Ayurveda is the maintenance of homeostasis in the functioning of the body tissues<sup>2</sup>. To fulfill the aforesaid aim, many dosages forms are described in Ayurveda. Swarasa (juice), kalka (paste), kwatha (decoction), hima (cold infusion) & phanta (hot infusion), are the basic pharmaceutical preparations coming down since antiquity in some form or other. Acharya Charaka mentioned them as Panchvidhakasayakalpana first time<sup>3</sup>. Acharya Charaka has given opinion that the drug having quality to produce arogya<sup>4</sup> is the best drug. Keeping this view in the mind a number of preparations have been derived from these five basic preparations e.g. Asavarishta (fermentation), lepa (paste), churna (powder), sneha kalpana (fatty preparation), vati (pills) etc.

### Types of Sneha<sup>5</sup>

Four types of Snehas are described in ayurvedic literature. These are ghrita, taila, vasa & majja. Among the four Sneha ghrita is regarded as best one.

### Ghrita<sup>6,7</sup>

Ghrita is obtained from the class mammalian of the animal Kingdom especially cow, buffalo, goat, sheep etc. Ayurveda recommends the Goghrita as best and the ghrita is choice for both food and medicinal purposes. Ghrita alleviates pitta and vata, is beneficial for rasa, semen and ojas, cooling, softening and improves voice and complexion. Ghrita has possess a special property i.e. *Samaskaranuvartana*. It means it carries the property of other drugs which are added during the paka of Sneha without losing its own property.

### Method of Preparation of Ghrita formulations

#### Murchana<sup>8,9</sup>

It is a process adopted for enhancing the potency of ghee or oil and to remove the bad odour and amadosa. Because of murchana Sneha will get such a capability to receive more active principles while the veerya of Sneha is enhanced. Bhaisajjaya Ratnavali has mentioned about murchana

first time. Researches show that murchana decreases the acid value and increases saponification value. Reduced acid value indicates less percentage of free fatty acids and increased saponification value indicates higher content of low molecular weight fatty acids. Medicated ghee/oil preparations containing low molecular fatty acids are absorbed fast.

### **Process of Ghrita Murchana<sup>10</sup>**

#### **Ingredients**

Pathya

Dhatri

Vibhitaki

Musta (Jaladha)

Rajani

Matulunga swarasa

From Pathya to Matulunga swarasa each 1 Pala = 48gram

Ghrita 1 Prastha (64 tola) = 788grams

Water 4 Prastha (256 tola) = 3.072liters

- ▶ Heat the Ghrita till it become free from froth. Add 4 part of water along with powder of all the drugs. Boil it on moderate heat till the Ghrita became free from water. Filter it and use for the preparation of other medicated Ghrita.
- ▶ By this process unpleasant odour of the Ghrita is removed. It obtains good colour and fragrance.

### **General Method of Preparation of Sneha<sup>11</sup>**

To prepare any medicated ghrita, 1 part of kalka dravya (paste of herbs), 4 parts of ghee/oil and 16 parts of drava (liquid) are to be mixed together & heat by mandagani. Then it is filtered and stored<sup>11</sup>. When there is no specification of liquid then water is advised in the same way, if there

is no specifications of Kalka (Paste) and Kwatha (decoction) then Kalka & Kwatha can be prepared by mentioned dravya varga (drugs).

**Agni used for Sneha pak:** Mridu and madhyamagni only.

**Vessel used for Sneha pak:** Copper or iron pan or earthen vessel is taken.

Usually wide mouthed and less depth having tin coated, copper vessel is used in many places.

### **Duration of Ghrita Kalpana<sup>12</sup>**

The preparation of medicated ghrita should not be complete within a day in order to increase the absorption of fat soluble constituents of the drugs and to increase potency of the Sneha. Its duration also depends upon the nature of the liquid substances added to Sneha. Acharya Harita further concluded that, ghrita paka should be completed in 7 days.

### **Precautions**

During the preparation of Ghrita kalpana following precautions should be taken according to different stages of preparation

- (i) **Before processing:** Ghrita should be pure, clear, without slurry and old.
- (ii) **During the process:** Maintain the intensity of fire throughout the observation in order to get desirable grade of temperature. Gentle boiling of Ghrita is to be maintained continuously. The mixture is stirred constantly and carefully to ensure that the kalka does not stick to the bottom of the vessel. Proper care should be taken to determine the proper stages of Ghrita paka.
- (iii) **After Sneha Paka Process:** In order to obtain optimum quantity of ghrita, the kalka should be squeezed at hot state. Preserving container should be free from moisture and perfuming drugs should be added gently with stirring when the ghrita is lukewarm.

**Doses<sup>13</sup>:** 1 pala / 4 tola (48g) in general

**Shelf Life Period of Ghrita:** According to Govt. of India notification life period of Ghrita is 2 years.

### **Types of Ghrita Paka (Stages)<sup>14, 15, 16</sup>**

In Ayurvedic literature various types of Ghrita paka is mentioned.

These are stages of ama paka, mridu paka, madhyama paka, khara paka and dagdha paka. Out of these medicines of mridu paka, madhyama paka, khara paka are therapeutically important.

Medicines of ama paka and dagdha paka are of therapeutically not important.

### **Following features can be seen in the kalka (paste) at the time of completion of Ghrita Paka (Stages)<sup>17</sup>**

**Mridu:** kalka with some liquid part

**Madhya:** kalka without liquid but Soft

**Khara:** hard kalka

### **Sign of Completion of Ghrita Preparation<sup>18</sup>**

Following features can be seen in the ghrita at the time of completion of ghrita paka.

- Foam should disappear.
- Ghrita should emerge colour, smell, taste of the drug.
- Ghrita should be free from water. Prepared ghrita should not produce any crackling sound on fire.

### **DISCUSSION**

Ghrita kalpana may be defined as a process, where various things like Ghrita, Kalka, Kwatha Ksheera and Gandha dravyas are employed for the preparation of oleagenous medicaments. Fat/water soluble active principles of drugs are extracted into Ghrita in this method. During the preparation extra benefits of Ghrita are added in formulations as their qualities are also mixed in drugs. Cooking should be done on medium temperature. Special emphasis should be given on stage detection during preparation as therapeutic indications changes with the stages. Medicated Ghritas are having more extra power and shelf life than unmedicated Ghrita.

## CONCLUSION

1. Formulations prepared from the Ghrita enhance life, complexion, strength and anabolism of body.
2. The water soluble as well as fat soluble active principles can be transformed into Ghrita media and this addition of properties of material made the Snehas potent and effective.
3. Shelf life period of Ghrita kalpana is two years.
4. Ghrita formulations should be analyzed with all the parameters laid down in ancient and modern texts to standardize them.

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