

**CLASSIFICATION OF SNEHA KALPANA - A CRITICAL REVIEW THROUGH
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ABSTRACT

Introduction: Sneha Kalpana is an important and widely practiced dosage form in Ayurveda, with references tracing back to the Vedic period. It is formulated using Kalka, Drava, and Sneha, which facilitate the extraction and delivery of both fat-soluble and water-soluble constituents. **Methods:** This review was undertaken through a comprehensive examination of the Brihatrayi texts to collect and analyze references related to Sneha formulations. **Results:** The textual review indicates that Sneha Kalpana may be classified on the basis of Sneha Yoni, types of Sneha Dravya, pharmaceutical procedures, Sneha Paka, and therapeutic applications. **Conclusion:** The review highlights the classical foundations and classification framework of Sneha Kalpana as described in Brihatrayi, thereby providing a structured understanding of this important Ayurvedic formulation.

KEYWORDS: *Sneha Kalpana*, Classification, *Brihatrayi*.**INTRODUCTION**

Bhaishajya Kalpana consist the comprehensive knowledge of drugs including identification, collection, preparatory method and storage of drug/medicines. Based upon the preparatory method, *Panchavidha Kashaya Kalpana* is explained as fundamental process techniques in *Samhita* which is also considered as basic/primary formulations. By using these basic formulations, secondary formulations such as *Vati*, *Churna*, *Avaleha*, *Sandhana*, *Sneha* and many more are developed. *Sneha Kalpana* is one among the exceedingly established secondary formulation of Ayurvedic system of medicine, due to its utility and several mode of administration.

Sneha Kalpana can be defined as "A pharmaceutical process in which *Sneha* (oleaginous material), *Kalka* and *Drava* (*Jala*, *Swarasa*, *Kwatha* other *Drava Dravya*) are taken in specific proportions and further processed by subjecting to a specific heating pattern and duration to

fulfill certain pharmaceutical parameters, according to the need of therapeutics.

Through the screening, *Sneha Kalpana* classified in several groups with wide implementation of its uses to increasing absorption of its ingredients in media of *Sneha*. The present review is aimed to gather all information of *Sneha Kalpana* preparation in context to type of *Sneha Dravya*, used pattern of its ingredients, pharmaceutical processing and therapeutic uses. Brihatrayi has been screened comprehensively to collect this information.

MATERIALS AND METHODS

A review of *Brihatrayi* i.e. *Charaka Samhita*, *Sushruta Samhita* and *Astanga Hridaya* has been made. The commentaries like *Chakrapanidatta* and *Dalhana* have been also referred to clarify the controversies. The gathered information is presented in tabular form.

Components of Sneha Kalpana

Generally three basic components are required for the preparation of *Sneha Kalpana* viz.

- **Kalka Dravya:** Paste of various parts of medicinal plants, metals, and minerals are used.
- **Drava Dravya:** Liquid media such as *Swarasa*, *Kwatha*, *Go*, *Mahisha* and *Aja Dugdha*, *Kanji*, *Sauviraka*, *Tushodaka*, *Gomutra*, *Shakrid Rasa* and so on.

- **Sneha Dravya:** Mainly different types of fat containing media such as *Taila*, *Ghrta*, *Vasa*, *Majja* and *Meda*.

Though, there are exceptions found in *Brihatrayi* in which *Snehapaka* is done only by using *Kalka Dravya* or *Drava Dravya*. Only *Kalka Siddha Sneha* is used in internal as well external administration in management of innumerable diseases which illustrated in table no. 1

Table no. 1: References of only Kalka Siddha Sneha.^[1,2,3]

Sr.No.	Name of Formulation	Indication	Reference	Application
1	<i>Drakshaydhya Taila</i>	<i>Kamla, Pandu, Gulma</i>	Cha. Chi. 16/51	<i>Panarthe</i>
2	<i>Kampallikadi Taila</i>	<i>Vrana Ropana</i>	Cha. Chi. 25/89-90	<i>Abhyanga</i>
3	<i>Prapaundrika Ropana Taila</i>	<i>Vrana Ropana</i>	Cha. Chi. 25/91	<i>Abhyanga</i>
4	<i>Kampillaka Taila</i>	<i>Vrana Ropana</i>	Cha. Chi. 25/91	<i>Abhyanga</i>
5	<i>Darvitwaka Taila</i>	<i>Vrana Ropana</i>	Cha. Chi. 25/91	<i>Abhyanga</i>
6	<i>Haritkyadi Ghrta</i>	<i>Vataja Gulma, shola, Hridaroga</i>	Cha. Chi. 26/82	<i>Panarthe</i>
7	<i>Pathadya Taila</i>	<i>Pratishyay</i>	Cha. Chi. 26/144	<i>Nasya</i>
8	<i>Hingvadi Taila</i>	<i>Karna Shoola</i>	Cha. Chi. 26/229	<i>Karnapoorana</i>
9	<i>Pilluparnaydi Taila</i>	<i>Urustambha</i>	Cha. Chi. 27/40	<i>Panarthe</i>
10	<i>Kushthadhya Taila</i>	<i>Urustambha</i>	Cha. Chi. 27/41-42	<i>Panarthe</i>
11	<i>Chitrakadi Taila</i>	<i>Vataroga</i>	Cha. Chi. 28/121	<i>Panarthe</i>
12	<i>Kashmaryadi Ghrta</i>	<i>Yoniroga, Vataroga</i>	Cha. Chi. 30/48-50	<i>Panarthe</i>
13	<i>Saindhvandhya Taila</i>	<i>Yonishoola</i>	Cha. Chi. 30/57	<i>Yonipichu</i>
14	<i>Drakshaydhya Taila</i>	<i>Kamla, Pandu, Gulma</i>	Cha. Chi. 16/51	<i>Panarthe</i>
15	<i>Pippalyadi Ghrta</i>	<i>Jwara, Vishmagi, Aruchi, Vamana</i>	A. H. Chi. 1/90-91	<i>Panarthe</i>
16	<i>Jivantyadi Ghrta</i>	<i>Rajyakshma</i>	A. H. Chi. 5/16-17	<i>Panarthe</i>
17	<i>Pilu Ghrta</i>	<i>Anaha</i>	A. H. Chi. 15/38	<i>Panarthe</i>
18	<i>Aargvadha Ghrta</i>	<i>Kushtha</i>	A. H. Chi. 19/13	<i>Panarthe</i>
19	<i>Vajraka Ghrta</i>	<i>Visharpa, Jwara, Kushtha, raktavikara</i>	A. H. Chi. 19/18	<i>Abhyanga</i>
20	<i>Rasnadi Ghrta</i>	<i>Vatarogahara</i>	A. H. Chi. 21/57	<i>Panarthe</i>
21	<i>Brahmadyadi Ghrta</i>	<i>Medha-Smriti- Ayushya- Papnashaka</i>	A. H. Utt. 1/42	<i>Panarthe</i>
22	<i>Ashtanga Ghrta</i>	<i>Ayushya- Medha-Smritivardhaka</i>	A. H. Utt. 1/43-44	<i>Panarthe</i>
23	<i>Sarastvata Ghrta</i>	<i>Vakshakti-Medha-Smriti-Agnivardhaka</i>	A. H. Utt. 1/45	<i>Panarthe</i>
24	<i>Vachadi Ghrta</i>	<i>Vakshakti-Medha-Smriti-Agnivardhaka</i>	A. H. Utt. 1/46	<i>Panarthe</i>
25	<i>Shtiradi Ghrta</i>	<i>Balashosha</i>	A. H. Utt. 2/48-49	<i>Panarthe</i>
26	<i>Sinhyadi Ghrta</i>	<i>Balashosha</i>	A. H. Utt. 2/50	<i>Panarthe</i>
27	<i>Yashtadyadi Ghrta</i>	<i>Balashosha</i>	A. H. Utt. 2/50-51	<i>Panarthe</i>
28	<i>Sarivadi Ghrta</i>	<i>Balagraha</i>	A. H. Utt. 3/53-54	<i>Sarvarthe</i>
29	<i>Kalyanaka Ghrta</i>	<i>Unnamada, Kushtha</i>	A. H. Utt. 6/26-31	<i>Panarthe</i>
30	<i>Jyotishmati Taila</i>	<i>Hridaroga</i>	A. H. Utt. 28/34	<i>Abhyanga</i>
31	<i>Madhukadi Taila</i>	<i>Bhagandar, Apachi, Kushtha</i>	A. H. Utt. 28/35-36	<i>Abhyanga</i>
32	<i>Vachadi Taila</i>	<i>Apachi</i>	A. H. Utt. 30/25	<i>Panarthe</i>
33	<i>Kashmaryadi Ghrta</i>	<i>Yoniroga</i>	A. H. Utt. 34/28-29	<i>Panarthe</i>

Only *Drava* (Liquid media) *Siddha Sneha* is also administrated by internally as well as externally. The repeated liquid media used for *Snehapaka* are *Swarasa*

and *Kwatha* out of 16 formulation. The references regarding only *Drava Sadhita Sneha* are available in *Samhita* listed in table no. 2.

Table no. 2: Sneha prepared by using only Drava Dravya.^[4,5,6]

Sr. No.	Name of Formulation	Used as	Indication	Reference	Application
1	<i>Durva Taila</i>	<i>Swarasa</i>	<i>Vrana Ropana</i>	Cha. Chi. 25/92	<i>Abhayanga</i>
2	<i>Shtiradi Ghrta</i>	<i>Kwatha</i>	<i>Udavarta</i>	Cha. Chi. 26/22	<i>Panarthe</i>
3	<i>Punarnavadhya Taila</i>	<i>Kwatha</i>	<i>Vataja Hridaroga</i>	Cha. Chi. 26/81	<i>Sarvarthe</i>
4	<i>Nirgundi Taila</i>	<i>Swarasa</i>	<i>Nadivrana, Kushtha, Vataroga</i>	Cha. Chi. 28/133	<i>Panarthe, Abhyanga</i>
5	<i>Karpasha Taila</i>	<i>Swarasa</i>	<i>Vataroga</i>	Cha. Chi. 28/134	<i>Panarthe</i>

6	Drakshadi Ghrita	Kwatha	Vatarakta	Cha. Chi. 29/70	Panarthe
7	Kashmaryadi Ghrita	Kwatha	Yonivyapada	Cha. Chi. 30/99	Uttarabasti
8	Shallakyadi Sneha	Kwatha	Yonivyapada	Cha. Chi. 30/107	Uttarabasti
9	Baladhya Taila	Mamsa Rasa	Urdhavajatrugata Roga	Cha. Chi. 26/160-161	Nasya
10	Karvellaka Ghrita	Kwatha	Vatarakta	Su. Chi. 5/12	Abhyanga
11	Guduchi-Kantakri Ghrita	Swarasa	Kasa, Deepana	A. H. Chi. 3/3	Panarthe
12	Nirgundi Ghrita	Swarasa	Kasa	A. H. Chi. 3/57	Panarthe
13	Vidanga Ghrita	Kwatha/Swarasa	Kasa	A. H. Chi. 3/57	Panarthe
14	Bijapooraka Ghrita	Swarasa	Grahani	A. H. Chi. 10/30	panarthe
15	Yavadi Ghrita	Kwatha	Udararoga	A. H. Chi. 15/8	Panarthe
16	Jirnapinyakadi Taila	Kwatha/Swarasa	Vataroga	A. H. Chi. 21/64	Panarthe

General and specific ratio of the ingredients of Sneha Kalpana

Anukta Mana for Sneha Kalpana is delineated in our classics. While preparing Sneha Kalpana, the definite quantity of Kalka, Sneha and Drava Dravya are not

mentioned, in such conditions, it should be taken in proportion of 1:4:16. But at some places the specific ratio of Kalka, Sneha and Drava Dravya is followed for the Sneha Kalpana which are listed in table 3.

Table no. 3: General and specific ratio of Kalka, Drava and Sneha.

	Kalka Dravya	Drava Dravya	Sneha Dravya	Reference
General Ratio	1/4 th	4 part Drava	1 part	Cha. K. 12/101 Su. Chi. 31/9-10 A. S. K. 8/16 A. H. K. 6/15 Chakradatta 1/245 Sha. Sa. Ma. 9/1-2
Specific Ratio	1/4 th	4 part water	1 part	Sha. Sa. Ma. 9/1-2
	1/6 th	4 parts Kwatha	1 part	A. S. K. 8/16 A. H. K. 6/16 Sha. Sa. Ma. Kh. 9/6
	1/8 th	4 part Swarasa	1 part	A. S. K. 8/16 A. H. K. 6/16
		4 parts (Swarasa, Mamsarasa, Dadhi, Kshira, Takra)		Sha. Sa. Ma. Kh. 9/7
	1/8 th (Puspa Kalka)	4 parts (water)	1 part	Sha. Sa. Ma. Kh. 9/11
	1/4 th	Upto 4 in no., 4 parts	1 part	Sha. Sa. Ma. Kh. 9/8 Su. Chi. 31/8
	1/4 th	More than 4 in no., each equal to Sneha	1 part	A. S. K. 8/16 A. H. K. 6/17 Sha. Sa. Ma. Kh. 9/8

CLASSIFICATION OF SNEHA KALPANA

Sneha Kalpana can be classified on the basis of Sneha

Yoni, types of Sneha Dravya, pharmaceutical process, Sneha Paka and therapeutic uses.

Table no. 4: Classification of Sneha Kalpana.

1	Sneha Yoni	Sthavara
		Jangama
2	Types of Sneha Dravya	Ghrita
		Taila
		Vasa
		Majja
3	Pharmaceutical Process	Agnipaka
		Adityapaka
		Dhauta
4	Snehapaka	Mridu
		Madhyama
		Khara
5	Therapeutics uses	Bahya
		Abhyantara
		Abhyanga, Pichu, Netrakalpa Nasya, Pana, Basti

1. Sneha Yon^[7,8]

Sneha is obtained from two Yoni i.e. *Sthavara* and *Jangama*. Among *Sthavara* and *Jangama Dravya*, *Tila Taila* and *Go-Ghrita* are considered as best consequently.^[9]

(*Yamaka*) and *Chatuhsneha* are used in different *Sneha* preparation. Out of 17 formulation most of *Sneha Kalpa* contain *Chatuhsneha* for internal administration. The references regarding this available in *Brihatrayi* are cited below in table no. 5.

2. Types of Sneha Dravya

For the preparation of *Sneha Kalpana*, commonly *Taila* and *Ghrita* are used. In addition to that, *Mishraka*

Table no. 5: Yamaka/Chatuhsneha used in the preparation of Sneha.^[10,11,12]

Sr.No.	Name of formulation	Sneha Dravya	Indication	Reference	Application
1	Mishraka Sneha	Goghrita & Eranda Taila	Kaphaja Gulma, Kushta, Pliharoga	Cha. Chi. 5/151	Panarthe
2	Punarnavadi Mishraka Sneha	Ghrita-Taila-Vasa	Mutrakrichha	Cha. Chi. 26/46	Panarthe
3	Maha Sneha	Ghrita-Taila-Vasa-Majja	Sira-Majja-Ash thaigata Vata	Cha. Chi. 28/128-132	Sarvarthe
4	Chatuh Sneha	Ghrita-Taila-Vasa-Majja	Vatarkta	Cha. Chi. 29/71-74	Panarthe
5	Baladhya Yamka Sneha	Ghrita-Taila	Vatapittajanita Garbhada	Cha. Chi. 30/48-50	Panarthe
6	Arkadi Taila	Ghrita-Taila-Vasa-Majja	Karnapalli Vriddhi	Su. Su. 16/21	Abhyanga
7	Tryodashanga Taila	Ghrita-Taila-Vasa-Majja	Vranaropana	Su. Chi. 2/39-40	Abhyanga
8	Trivruta Ghrita	Ghrita-Taila-Vasa-Majja	Aptanaka	Su. Chi. 5/18	Sarvarthe
9	Karnapali Vardhana Taila	Ghrita-Taila-Vasa-Majja	Karnapalli Vardhana	Su. Chi. 25/25-27	Abhyanga
10	Maha Sneha	Ghrita-Taila-Vasa-Majja	Tarpana, Brihana, Balya, Vatarogahara	A. H. Chi. 6/39-40	Panarthe
11	Mishraka Sneha	Ghrita-Taila	Gulma	A. H. Chi. 14/89-91	Panarthe
12	Palasha Kshara Sneha	Ghrita-Taila	Gulma	A. H. Chi. 14/122	Panarthe
13	Nagaradi Ghrita-taila	Ghrita-Taila	Udararoga, Gulma	A. H. Chi. 15/5-6	Panarthe
14	Maha Sneha	Ghrita-Taila-Vasa-Majja	Vatavyadhi	A. H. Chi. 21/28-29	Sarvarthe
15	Yamana Sneha	Yamaka	Brihana, Vatavikara	A. H. K. 4/59-61	Anuvashanarthe
16	Manjishthadi Sneha	Ghrita-Vasa-Majja	Vyanga, Nilika	A. H. Utt. 32/31-32	Abhyanga, Nasya
17	Vasasneha	Vasa	Vatavikara	A. H. K. 4/58	Anuvashanarthe

3. Pharmaceutical process

While preparing *Sneha Kalpana*, heat plays a significant role during preparation of *Snehapaka*. It is given directly through *Agni* or under exposure of sunrays (*Aditya Paka*). Albeit another unique pharmaceutical procedure has also mentioned for *Sneha* called *Dhauta*. The pharmaceutical procedure of *Sneha Kalpana* can be divided as below:

A) Agnipaka**B) Adityapaka****C) Dhauta****A) Agnipaka**

In this method, fire is used as a heat source for *Sneha* preparation and often the same method is followed for *Sneha* preparation. The ingredients used in *Agnipaka* method can be classified according to *Kasthaushadhi* and *Rasaushadhi* as follows;

a) Types of Agnipaka according to ingredient

Generally, three essential components i.e. *Kalka*, *Sneha* and *Drava* (*Kwatha*, *Swarasa*, *Ksharodaka*, *Takra*, *Kanji* and many more) are required for *Sneha* preparation. For *Kalka* or *Drava Dravya* preparation, *Kasthaushadhi*

(herbal drugs) or *Rasaushadhi* (metals and minerals) are used. From review, it is found that in Brihatrayi, total 23 *Ghrta* and *Taila* formulations contain metals and minerals i.e. *Manahshila*, *Hartala*, *Tuttha*, *Kasisa*, *Sindoora*, *Parada*, *Shilajita* as an ingredients which used in external as well as internal administration.

i. *Kashthaushadhi*

E.g. *Chitraka Ghrta*, *Chandanabala lakshadi Taila*, *Panchatikta Ghrta*, *Arka Taila*

ii. *Rasaushadhi*

Metals and minerals are also used along with *Kasthaushadhi* in the preparation of *Kalka Dravya* which are enlisted in table 6.

Table no. 6: Metals and minerals used in the preparation of *Sneha*.^[13,14,15]

Sr. No.	Name of formulation	Metals and minerals used	Indication	Reference	Application
1	<i>Manahashiladi Ghrta</i>	<i>Manahshila</i> , <i>Hartala</i>	<i>Hikka</i> , <i>Swasa</i>	Cha. 17/145-146 Chi.	<i>Panarthe</i>
2	<i>Gandha Taila</i>	<i>Varatika</i>	<i>Karnashoola</i>	Cha. 26/231 Chi.	<i>Karnaapoorana</i>
3	<i>Mahanila Taila</i>	<i>Kasisa</i>	<i>Sarvashiro Roga</i> , <i>Palitya</i>	Cha. 26/275-283 Chi.	<i>Panarthe</i> , <i>Nasya</i> , <i>Abhyanga</i>
4	<i>Kasisadi Taila</i>	<i>Kasisa</i>	<i>Shodhanarthe</i>	Su. Su. 37/16	<i>Panarthe</i>
5	<i>Kasisadi Ghrta</i>	<i>Kasisa</i>	<i>Shodhanarthe</i>	Su. Su. 37/16	<i>Sarvarthe</i>
6	<i>Arkadi Ghrta</i>	<i>Kshara</i> , <i>Kasisa</i>	<i>Sanshodhanarthe</i>	Su. Su. 37/17	<i>Panarthe</i>
7	<i>Mayurkadi Taila</i>	<i>Hartala</i> , <i>Manhashila</i>	<i>Shodhanarthe</i>	Su. Su. 37/18	<i>Panarthe</i>
8	<i>Tagaradi Taila</i>	<i>Manahshila</i> , <i>Tuttha</i>	<i>Vrana Ropana</i>	Su. Chi. 2/68	<i>Abhyanga</i>
9	<i>Manjishthadi Taila</i>	<i>Tuttha</i>	<i>Vrana Ropana</i>	Su. Chi. 2/73	<i>Abhyanga</i>
10	<i>Dravantyadi Taila</i>	<i>Kasisa</i> , <i>Tuttha</i> , <i>Hartala</i>	<i>Vrana Shodhana</i>	Su. Chi. 2/89	<i>Abhyanga</i>
11	<i>Nila Ghrta</i>	<i>Loharaja</i>	<i>Kushtha</i>	Su. Chi. 9/30-33	<i>Abhyanga</i>
12	<i>Vajraka Taila</i>	<i>Kasisa</i> , <i>Manhashila</i>	<i>Kushtha</i>	Su. Chi. 9/54-56	<i>Panarthe</i>
13	<i>Mahavajraka Taila</i>	<i>Tuttha</i> , <i>Sindoora</i>	<i>Kushtha</i> , <i>Gandamala</i> , <i>Bhagandara</i>	Su. Chi. 9/57-63	<i>Panarthe</i>
		<i>Hartala</i> , <i>Manahshila</i>	<i>Switra</i> , <i>Sotha Granthi</i>	A. H. Chi. 19/21	<i>Abhyanga</i>
14	<i>Manahshiladi Taila</i>	<i>Manahshila</i> , <i>Hartala</i>	<i>Medaja Vriddhi</i>	Su. Chi. 19/17	<i>Panarthe</i>
15	<i>Nili Taila</i>	<i>Loha Choorna</i>	<i>Palitya</i>	Su. Chi. 25/28-31	<i>Sarvarthe</i>
16	<i>Saireykadi Taila</i>	<i>Kasisa</i> , <i>Loha Choorna</i>	<i>Palitya</i>	Su. Chi. 25/32-37	<i>Abhyanga</i> , <i>Nasya</i>
17	<i>Lakshadi Ghrta</i>	<i>Hartala</i> , <i>Manahshila</i> , <i>Gairika</i> , <i>Parada</i>	<i>Vyanga</i> , <i>Nilika</i>	Su. Chi. 25/38-42	<i>Mukha-Mardana</i>
18	<i>Kushadi Ghrta</i>	<i>Shilajita</i>	<i>Pittaja Mutraghata</i>	A. H. Chi. 11/24	<i>Panarthe</i>
19	<i>Sikhtadi Taila</i>	<i>Tuttha</i> , <i>Sindoora</i>	<i>Vrushanakachhu</i> , <i>Vicharchika</i>	A. H. Chi. 19/84	<i>Abhyanga</i>
20	<i>Bhadrayadi Taila</i>	<i>Hartala</i> , <i>Manahsila</i>	<i>Nadivrana</i> , <i>Apachi</i>	A. H. Utt. 30/22-24	<i>Sarvarthe</i>
21	<i>Dhatkyadi Taila</i>	<i>Kasisa</i> , <i>Sphatika</i>	<i>Yoniroga</i>	A. H. Utt. 34/51-53	<i>Abhyanga</i> , <i>Pichu</i> , <i>Uttarbasti</i>
22	<i>Pancharvinda Ghrta</i>	<i>Suvarna</i>	<i>Rasayana</i>	A. H. Utt. 39/48	<i>Panarthe</i>
23	<i>Chatushkuvalaya Ghrta</i>	<i>Suvarna Khanda</i>	<i>Rasayana</i> , <i>Medhya</i>	A. H. Utt. 39/49	<i>Panarthe</i>

B) *Adityapaka*

Heating media such as *Agni*, (fire) and *Aditya* (sun rays) are used for *Sneha* preparation. Most of the references found for *Snehapaka*, *Agni* is commonly used heating media but in some formulations, *Aditya* as well as *Aditya* along with *Agni* are used for *Sneha* preparation.

In *Adityapaka* method, *Sneha Dravya*, *Kalka* and *Drava Dravya* are kept in direct sunrays for specific time duration. As such there are no specific *Siddhi Lakshana* are mentioned, but few opine that the *Patra's* (vessel's) colour should change after proper *Paka*. E.g. *Mahanila Taila*.^[16]

C) Dhauta^[17]

Dhauta process is done by washing of *Ghrta* with water by rubbing.

E.g. *Shatadhauata*^[18] and *Shashastradhauta Ghrta*^[19]

4. Snehapaka

Ancient Ayurved literature has defined *Snehapaka* as the completion test of *Sneha* which are measured during three different stages of heating based on how it is to be used. Almost all Acharya have described these three stages namely *Mridu*, *Madhyama* and *Khara Paka*.^[20,21]

Acharya Vagbhatta^[22,23] and Sharangadhara^[24] have mentioned two more stages preceding and succeeding to

above 3 stages respectively i.e. *Ama* and *Dagdha Paka*, which are not suitable for therapeutic uses. Vagbhatta has named *Mridu Paka*, *Madhyama Paka* and *Khara Paka* with *Manda Paka*, *Chikkana Paka* and *Khara Chikkana Paka* respectively. Harita adds one more stage of oil, *Vishosi Paka* – which succeeds *Khara Paka*.^[25]

5. Therapeutic uses of Sneha

Ayurvedic classics have mentioned different therapeutic uses in context to stages of *Paka* i.e. *Mridu*, *Madhyama* and *Khara*. These *Snehapaka* are used externally for *Abhyanga*, *Pichu* as well as internally as *Nasya*, *Basti*, *Pana* and *Lehyarthe*.

Table no. 7: Therapeutic uses of Sneha by different Acharya.^[26,27,28,29,30]

Sr.no.	Types of Paka	Charaka Samhita	Sushruta Samhita	Astanga Hridaya	Sharangdhara Samhita	Harita Samhita
1	<i>Ama Paka</i>	-	-	-	-	-
2	<i>Mridu Paka</i>	<i>Nasya</i>	<i>Pana</i>	<i>Nasya</i>	<i>Nasya</i>	Not mentioned
3	<i>Madhyama Paka</i>	<i>Pana & Basti</i>	<i>Nasya & Abhyanga</i>	<i>Pana & Basti</i>	<i>Pana, Abhyanga, Basti</i>	<i>Pana & Basti</i>
4	<i>Khara Paka</i>	<i>Abhyanga</i>	<i>Basti & Karnapoorana</i>	<i>Abhyanga</i>	<i>Abhyanga</i>	<i>Abhyanga</i>
5	<i>Dagdha Paka</i>	-	-	-	No therapeutic use mentioned	-
6	<i>Vishosi Paka</i>	-	-	-		Mentioned & no therapeutic use

DISCUSSION

Sneha Kalpana is a pharmaceutical procedure in which *Kalka*, *Sneha* (oleaginous material) and *Drava* (liquid media) are used as former ingredient for preparation with applying unique heating pattern with duration of *Paka* for the preparation of *Sneha Kalpana*. *Ghrta* and *Taila* are the most popular formulation included in *Sneha Kalpana* due to liposomal drug delivery system, different rout of administration and multidimensional utility in the treatment of various diseases. While preparing *Sneha*, for the understanding of basic concept of *Sneha*, it can be classified in various group. In this review, an attempt has been made through *Brihatrayi* to screen *Sneha Kalpana* in context to *Sneha Yoni*, types of *Sneha Dravya*, pharmaceutical process, *Snehapaka* and therapeutic use of *Sneha*.

Component of Sneha Kalpana

For the preparation of *Sneha Kalpana*, there are three basic components required viz. *Kalka*, *Drava* (liquid media) and *Sneha*. Besides that, the references are also found in which *Sneha* preparation done with using only *Kalka* or *Drava* (liquid media).

Rationality on only Kalka and Drava Siddha Sneha

In general where is ingredient of *Kalka* and *Drava* not described for particular formulation that time from same ingredient *Kalka* and *Kwatha* should be prepare. In view of only *Kalka Siddha Sneha*, the amount of *Kalka* very less in compare with *Drava Dravya* (liquid media) but it is also potent pharmaceutical preparation which can

reduce therapeutic dose of drug with same concentration of drug found in only *Kalka* and *Drava Siddha Sneha*.

Drava (liquid media) is the former components of *Sneha Kalpana* which plays an important role in the preparation. A lot of references are mentioned there only liquid media viz. *Swarasa*, *Kwatha*, *Dugdha*, *Takra*, *Kanji* etc. are used in the preparation of *Sneha Kalpana* which are the prime source of hydroxyl group and also helps in the dissolution of active principles into *Sneha* thereby enhancing the therapeutic value.

Proportion of Sneha Kalpana

While preparing *Sneha Kalpana*, general proportion for *Kalka*, *Sneha* and *Drava* (liquid media) are mentioned i.e. 1:4:16. But in specific condition, the ratio of *Kalka*, *Sneha* and *Drava* are altered. When water, *Kwatha* and *Swarasa* etc. are taken as liquid media, *Kalka* should be taken in 1/4th, 1/6th and 1/8th part to *Sneha* respectively. When *Pushpa* is used in the preparation of *Sneha Kalpana*, *Kalka* should be taken in 1/8th part to *Sneha*. When one to four and more than four *Drava* (liquid media) are used, each *Drava* should be taken four times to *Sneha* and equal to *Sneha* respectively. When specific liquid media does not describe in *Sneha* preparation, water should be taken as liquid media.^[32]

Sneha Yoni

Sneha obtained from two *Yoni* i.e. *Sthavara* and *Jangama*. Total 66 *Sthavara Sneha*^[32] are mentioned and they are used in different *Karma* i.e. *Virechana* (13),

Vamana (06), Shirovirechana (07) and diseases Mahavyadhi (05), Mutravardha (05), Ashmari (03), Prameha (08), Pitayukta Vata (09), Krishnikarana (03), Pandukarma (03) and Tvaka vikara (04).

Ghrita, Taila, Vasa and Majja are main sources of Sneha. Amongst them Ghrita is par-excellence because of its power to assimilate effectively the properties of the substances.^[33]

Types of Sneha Dravya

From screening, Chatuhsneha are used maximum time in number in compare to Yamaka and Trivruta in both internal as well as external administration in management of Vatavyadhi. The reason behind selection of specific or combined types of Sneha Dravya as per season and Dosha might be interference with the treatment of diseases.

Pharmaceutical process

Heat plays a significant role during preparation of Snehapaka. It is given directly through Agni or under exposure of sunrays (Aditya Paka).

• Agnipaka

According to ingredient used

In Sneha preparation, mainly Kastaushadhi and Rasaushadhi are used as an ingredient. Review also emphasizes on extensive use of metal and minerals in various Ghrita and Taila Kalpana for treat a wide range of disorders which shows the prominence to use with taking care during preparation with using specific method followed in various pharmaceutical techniques (Shodhana, Bhavana, Marana) which displays their own significance in detoxifying and increasing the therapeutic potential of metals.

• Adityapaka

In Adityapaka method, Sneha Dravya, Kalka and Drava Dravya are kept in direct sunrays for specific time duration for the preparation of specific drugs having volatile property and are heat sensitive in nature. This method does not suitable for all season and also it takes more time to prepare.

• Dhauta

Dhauta process is done by washing of Ghrita with water by rubbing. The pharmaceutical process is much elaborated by author of Kaiyadeva Nighantu that cold Ghrita should be taken with cold water and they are to be blended. When the Ghrita turns bright white and solid, it is called Dhauta Ghrita. Dhauta Ghrita is indicated for external administration as Abhayanga, Pichu and Lepa in management of Jwara, Daha, Pitta-Vata, Rakta-Vata etc. conditions.

Sneha Paka

Ancient sages quoted three stages of Sneha Paka namely Mridu, Madhyama and Khara Paka. Acharya Vagbhatta and Sharangadhara have mentioned two more Paka i.e.

Ama and Dagdha Paka, which are not suitable for therapeutic uses.

Therapeutic use of Sneha

Concerning the therapeutically use of Sneha, there is difference on belief of types of Paka.

Acharya Charaka advocates Mridu Paka for Nasya Karma while Sushruta advocates for internal administration. The rationality behind use of Mridu Paka Sneha in Nasya Karma is that it may not produce irritation to nasal mucosa due to Saumya nature of it.

Madhyama Paka is indicated for Pana -Basti and Nasya-Abhyanga by Acharya Charaka and Sushruta respectively. These references suggest the wide use of Paka which having proper action in different route of administration.

Acharya Charaka advocates Khara Paka for Abhyanga while Acharya Sushruta indicates for Basti and Karnapurana. Khara Paka Sneha is completely free from moisture and absorbed rapidly through the skin.

Ama Paka is not recommended for therapeutic indication may be due to presence of more water content and as well as less therapeutic properties.

Dagdha Paka should not be recommended for therapeutic use as there is chance of producing burning sensation in the stomach.

CONCLUSION

Sneha Kalpana has been recognized since the Vedic period as an important Ayurvedic pharmaceutical preparation because of its broad therapeutic applicability. Its relevance is further supported by its versatility in drug delivery and multiple routes of administration, which make it suitable for diverse clinical needs. This review outlines the classification of Sneha Kalpana, its therapeutic uses, and the different Paka types described in the Brihatrayi, thereby providing a structured basis for selecting the appropriate formulation according to specific clinical requirements. Overall, Sneha Kalpana is a stable, effective, and clinically significant dosage form that remains relevant in both classical Ayurvedic practice and contemporary pharmaceutical understanding.

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