



# Sneha Kalpana : A Journey Towards Holistic Healing

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**Abstract** – Ayurveda, the ancient Indian system of medicine, has been a guiding light for individuals seeking holistic healing for centuries. Among the various practices within Ayurveda, Sneha Kalpana holds a significant place. Derived from the Sanskrit words “Sneha” meaning oil or fat and “Kalpana” meaning preparation, Sneha Kalpana Ayurveda refers to the preparation and administration of medicated oils or fats for therapeutic purposes. In the realm of Ayurveda, Sneha Kalpana is considered a vital tool in promoting overall well-being and rejuvenation. The process involves preparing herbal oils or ghee by infusing them with various medicinal herbs, following specific guidelines and proportions. These medicated oils or fats are then skillfully applied to the body through massages or other therapeutic techniques. The primary objective of Sneha Kalpana Ayurveda is to restore the balance of the doshas, the three fundamental energies that govern our physical and mental health. According to Ayurveda, an imbalance in the doshas leads to various ailments and diseases. Sneha Kalpana aims to pacify the aggravated doshas, thereby promoting harmony and vitality. In this review, an attempt has been made to explain about the history and general properties Sneha Kalpana.

**Keywords-** *Sneha Kalpana, Ghrita, Taila.*

## Introduction

Ayurveda, the ancient Indian system of medicine, offers a holistic approach to health and well-being. Sneha Kalpana stands out as a unique and effective therapeutic practice.

Sneha Kalpana - The Sneha Kalpana is sum of words Sneha + Kalpana, where

- Sneha - means fat or fatty material
- Kalpana – means pharmaceutical process of medicaments.

The substance which is called sneha dravya will be having gura, Sita, sara, snigdha, manda, sūkṣma, mṛdu, drava gunas. In Ayurveda, ghrta kalpana and taila kalpana are included in sneha kalpana. Sneha is obtained from two yonies (sources) i.e., Stavara and Jangama.

- Stavara Yoni- Tila, priyala, abhiṣuka, bibhītaki, danti, haritaki, eranda, madhuka, sarṣapa, kusumbha, bilwa, aruka mulaka, atasi, nikocaka, aksoda, karañja and sigru, these are stavara sources of sneha.
- Jangama Yoni- fish, quadruped animals and birds come under this group.

Ghrta, taila, vasa and majja are the best sneha dravyas of all. Amongst them ghrta is the sneha dravya par-excellence because of its power to assimilate effectively the properties of the substances. The medicated ghee or oils of our pharmacopoea, which are prepared by successively boiling or cooking them with drug- decoctions etc. we know how potent and efficacious they prove in the hands of our vaidyas.

## Material and methods

Various Ayurvedic texts, Samhitas, different text books of Ayurveda has been consulted to review. All information was then analyzed, discussed and concluded.

## Historical review on Sneha Kalpana

**Veda-** Vedas are the ultimate source of knowledge and Ayurveda is a part of it. Visha dravyas are utilised in the processing of pivas paka and taila paka, according to Atharvaveda. Havi and Ajya are also listed for Ghrita in the Yajurveda.

**Samhita Period-** In Brihtrayi, Samhita Kala is regarded as Sneha Kalpana's "golden age." Because of its great potential for a variety of uses, including external applications and internal administration via various channels, Sneha Kalpona prospered.

**Charaka Samhita-** Basic information about Sneha is provided, including its types, origin, qualities, and sources. This samhita discusses the methods of systematic preparation, kinds of Snehapaka, proportions, and Siddhilakshana of Sneha Kalpana, as well as their applications. Sneha Siddhi Lakshana is mentioned separately in Charaka VimanSthana, 7<sup>th</sup>. Different kalpas of Sneha Kalpana are elaborated.

**Susruta Samhita** – it contains a detailed description of Sneha Kalpana. Sneha Kashayas were first mentioned by Acharya Susruta. This treaty also highlights some preparations like Sahastrapaka taila and Satdhauta ghrita. Acharya Susruta listed the several kinds of seneha, how to make seneha kasaya, seneha siddhi lakshana, seneha paka, uses for seneha, and seneha's negative consequences at Chikitsa Sthana.

**Astanga Hridya and Astanga Sangrah-** Sneha Kalpana was mentioned in both treatises, albeit slightly differently than in the previous ones.

**Kashyapa Samhita-** Sneha dravaya was explained in detail, along with its origins, categorization, qualities, and dosage.

**Harita Samhita-** Under Taila vassa varga, the qualities of tila taila and their significance are discussed. The process of taila paka and the various varieties of paka along with their lakshans are thoroughly detailed in the second and fourth chapters. Additionally, he stated that the duration of paka for taila and ghrita was 15 days and 7 days, respectively.

**Bhel Samhita** - For Chaturvidha sneha, taila is stated as anupana, and for mardan, ushnodak. Under Rasavimanadhyay, taila is referred to as the preferred vehicle in Vimansthana.

**Chakradata-** This text mentions the usage of tailas and ghrilas in clinical settings. It has been stated that Sneha kalpas are prepared using a variety of mediums.

**Sharangadhara Samhita-** Sneha Kalpana separately discussed by Acharya Sharangadhara in details in Madhyam khand 9<sup>th</sup> chapter. This deals with the method of preparation, proportions, uses, and types of paka and Snehasiddhi lakshana.

**Gadnigraha-** Acharya Sodhala devoted separate chapters for Sneha Kalpana, Ghritadhikaras and Tailadhikaras in this text..

**Bhaishajya Ratnavali** - This text clearly described about Sneha murchhana. Acharya Govind Das Sen has also elaborated the method of preparation of Sneha Kalpana.

### **Requirements For Sneha Kalpana**

Sneha Kalpana needs the following constituents:

1. Drava dravya (A liquid which may be one or more as kaṣaya, swarasa, dugdha, etc.)
2. Kalka dravya (A fine paste of the drug or drugs).
3. Sneha dravya (ghrita, taila, etc.)

## Classification Of Sneha Kalpana

Based on the combination of Snehas	Based on the Nature of Media	Based on the stages of Paka	Based on the types of utility
<ul style="list-style-type: none"> <li>• Yamaka- Combination of Ghrita and Taila.</li> <li>• Trivrt- Combination of Ghrita, Taila and vasa.</li> <li>• Mahasneha- Combination of all the four Snehas.</li> </ul>	<ul style="list-style-type: none"> <li>• Ghrita Kalpa</li> <li>• Taila</li> <li>• Vasa</li> <li>• Majja</li> </ul>	<ul style="list-style-type: none"> <li>• Ama paka</li> <li>• Mridu paka</li> <li>• Madhya paka</li> <li>• Khara paka</li> <li>• Dagdha paka</li> </ul>	<ul style="list-style-type: none"> <li>• Pana</li> <li>• Anuvasana</li> <li>• Abhyanga</li> <li>• Shirobasti</li> <li>• Uttarabasti</li> <li>• Nasya</li> <li>• Karnapurana</li> <li>• Dharana</li> </ul>

### Properties

**Ghrita:-** Ghrita Aggravates Pitta & Vata. Conducive to Rasa Dhatu, Sukradhatu & Ojas. Cooling & softening effect on body Clarity to voice & complexion .

**Taila:-** Alleviates Vata Promotes bodily strength Beneficial to skin Hot in potency stabilizes & controls morbidity of the female genital organs

**Vasa:-** Prescribed for the treatment of injury, fracture, trauma, prolapsed uterus, earache, headache Improves Virility of the person Useful for person with physical exertion

**Majja:-** Enhances strength, Sukra, Rasadhatu, Kapha, Medodhatu, Kapha, Medodhatu & Majja. It adds to physical strength, specially bones.

**Benefits of Sneha Kalpana:** It is used in extraction of the fat soluble active principles of plants and minerals and the benefits of specific Sneha used in Sneha Kalpana. This Sneha Kalpana enhances shelf life of the drugs and principles present in it and absorption of drugs. It can be used both external and internal use. It also possesses nutritive value.

## Discussion

Ayurveda, a holistic system of medicine that has been practiced in our land for centuries. Sneha Kalpana, an essential aspect of Ayurveda, holds a significant place in this rich heritage. Sneha Kalpana, or the science of oil-based preparations, has been an integral part of Ayurvedic treatments since time immemorial. The word “sneha” itself means oil or fat, and it symbolizes the nourishing and lubricating properties of this ancient therapy. In Ayurveda, Sneha Kalpana is used to prepare various medicinal oils, ghee, and other herbal concoctions that are used for both internal and external applications. The history of Sneha Kalpana can be traced back to the ancient texts of Ayurveda, such as the Charaka Samhita and Sushruta Samhita. These texts mention the importance of Sneha Kalpana in promoting health and well-being. According to Ayurveda, the human body is composed of three doshas – Vata, Pitta, and Kapha. Imbalances in these doshas lead to various diseases and ailments. Sneha Kalpana plays a vital role in balancing these doshas and restoring the body’s equilibrium. The process of Sneha Kalpana involves the careful selection and processing of herbs and oils. The herbs are chosen based on their therapeutic properties and are then infused into oils or ghee through a meticulous process. This infusion allows the medicinal properties of the herbs to be absorbed by the oils or ghee, making them potent healing agents. These preparations are then used in various Ayurvedic treatments, such as Abhyanga (oil massage), Shirodhara (oil pouring on the forehead), and Panchakarma (detoxification therapies). The benefits of Sneha Kalpana are numerous. It not only nourishes and rejuvenates the body but also helps in improving digestion, promoting better sleep, reducing stress, and enhancing overall well-being. The oils and ghee used in Sneha Kalpana are known for their therapeutic properties, such as anti-inflammatory, analgesic, and anti-aging effects. They are also beneficial for the skin, hair, and joints. In today’s fast-paced world, where modern medicine often focuses on treating symptoms rather than addressing the root cause of diseases, Sneha Kalpana offers a holistic approach to healthcare. It emphasizes the importance of a balanced lifestyle, proper nutrition, and natural remedies. Sneha Kalpana reminds us of the wisdom of our ancestors and their deep understanding of the human body and its connection to nature.

## Conclusion

The history of Sneha Kalpana is a testament to the rich heritage of Ayurveda. This ancient science has stood the test of time and continues to be relevant in our modern lives. The properties of Sneha Dravya are mainly to pacify Vata, Pitta Dosha. Sneha Kalpana not only provides therapeutic benefits but also serves as a reminder of the importance of embracing our traditional practices and preserving our cultural heritage.

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