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Neutraceuticals in Ayurvedic *Sneha Kalpana* with special reference to *Ghrita*

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ABSTRACT

Neutraceutical is term derived from 'Nutrition' and 'Pharmaceutics'. The term applied to product that isolate from herbal products, dietary supplements, specific diet and processed foods are also used as medicine. A neutraceuticals is defined as a substance which has physiological benefit or provide protection against chronic diseases. In Ayurvedic pharmaceutics there are some secondary preparations like *Sneha Kalpana (Ghrita/Taila)*, *Avaleha Kalpana*, *Asvarista Kalpana*, *Kshirpaka Kalpana* etc. can be correlated with neutraceuticals. In this paper neutraceuticals and *Sneha Kalpana (Ghrita)* are correlated and discussed.

Key words: *Sneha, Ghrita, Sneha Paka, Kalpana.*

INTRODUCTION

Neutraceutical can be defined as a food or part of food or nutrients, that provide health benefits including the prevention or treatment of disease. Also provide protection against chronic disease. Neutraceutical is term derived from 'Nutrition' and 'Pharmaceutics'. Neutraceuticals may range in form of dietary supplements, herbal products, processed products such as cereals, soups and beverages etc. neutraceuticals have the potential to play important role in healthy eating and contribute to prevention and treatment of disease also improve health, delay aging process, prevent chronic disease.^[5]

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Ayurveda is traditional Hindu system of medicine incorporated in *Atharva Veda*. *Bhaishajya Kalpana* is one of the most important branch of Ayurveda, which deals with awareness of drug, including identification, processing, preparation and application. It deals with various forms of medicines such as *Swarasa, Kwatha, Hima, Fanta, Churna, Avaleha, Sneha* and *Satwa* etc. It is mainly divided into primary and secondary formulations. Primary formulations are *Swarasa, Kalka, Kwatha, Hima, Fanta*. Secondary formulations are *Sneha Kalpana (Ghrita/Taila)*, *Avaleha Kalpana, Asavarista Kalpana, Kshirpak Kalpana* etc. In this neutraceuticals and *Sneha Kalpana (Ghrita)* is correlated and discussed.

AIMS AND OBJECTIVES

1. To study *Sneha Kalpana* with special reference to *Ghrita*.
2. To study neutraceuticals in Ayurvedic *Sneha Kalpana* with special reference to *Ghrita*.

SNEHA KALPANA

Sneha Kalpana is one the best *Kalpana* from Ayurveda. Its pharmaceutical procedure to prepare oleaginous medicine from subject like *Kalka* and *Dravya*. *Samhita Kala* is considered as the golden

period for *Sneha Kalpana*. There are four main *Sneha* described i.e. *Ghrita*, *Taila*, *Vasa*, *Majja*. From these four, *Ghrita* is excellent. It increases the potency of medicine by *Samskara* i.e. *Visheshha Gunantardhana* (adding or generating special property).

Advantages of *Sneha Kalpana*

To extract fat soluble active principles of plants and minerals.

To obtain extra benefit of specific oil/ghee used.

To preserve drug for long time.^[1]

Properties of *Sneha Dravya*

The substance which is called as *Sneha Dravya* will be having *Drava* (liquidity), *Sukshma* (minute and capable of penetrating deep), *Sara* (flow), *Snigdha* (unctuous), *Pichchila* (sticky), *Guru* (heavy), *Sheetala* (cold), *Manda* (slow) and *Mrudu* (smooth) Gunas.^[7]

Ghrita

Ghrita is obtained from the class of animal kingdom (*Jangam*) especially cow, goat, sheep, buffalo, camel etc. In Ayurvedic classic and tradition specific *Ghrita* that is *Go-Ghrita* (cows *Ghee*). Cow *Ghee* is easily digestible and assimilable food which provide essential nutrients and antioxidant to human body for its protection and growth.

In *Bhava Prakash* it is mentioned that *Ghrita* is a *Rasayana* tasty, good for eyes, stimulant for digestion, support glow and beauty, enhance memory and stamina, promotes longevity and protect body from various diseases.^[1]

General method of preparation

In ancient literature there is immense description regarding manufacture of *Sneha Kalpana* (*Ghrita/Taila*).

Sneha Paka of *Ghrita* (medicated *Ghrita*) process may be divided into three phases:

1. *Ghrita Murchhana*.
2. *Ghrita Sneha Paka*.
3. *Ghrita Pakasiddhi*.

Component in *Ghrita*

Vitamin A, D, E, K, Triglycerides, Diglycerides, Monoglycerides, Ketoacid glycerides, free fatty acid, phospholipids, fat, protein, lactose, ash etc.^[1]

Sneha Murchhana

For preparing medicated *Ghrita* are supposed to undergo the process called *Murchana Samskar*. It is applied for both *Taila* and *Ghrita*. But different medicinal *Dravya* used for *Murchana* of *Ghrita* and *Taila*.

It is process adopting to enhance the potency of *Ghrita/oil*. By this process *Amadosharatwa* - removal of "Ama" which can be correlated to the "moisture content" which can be directly related to rancidity problems. Also Removal of bad odour of crude *Taila* or *Ghrita*.^[8]

Ghrita Murchana^[8]

Ingredients

Pathya, *Dhatri*, *Vibhitaki*, *Musta*, *Rajani*, *Matulungaswarasa* - all ingredient 1 *Pala* (*Yavakutachurna*)

Ghrita - 1 *Prastha*

Jala - 4 *Prastha*

Apparatus - Wide mouth vessel copper / Iron / earthen pot taken. Cloth, gas, *Khalva Yanta*, *Palika Yantra*.

Procedure - Heat *Ghrita* on low flame till it stop foaming and allow it to cool down. Add *Kalka* of all above mentioned drugs and water in prescribed quantity to *Ghee*. Heat it on moderate flame till all water content evaporates. This will free from *Amadosha* and become more potent. It is filtered and stored for further use.

Sneha Paka - for *Ghrita /Taila*^[9]

Sneha Paka is carried out with desired drug. Specified amount of *Kalka* and *Dravadravyas* are added and subjected to moderate heating till the watery portion is completely evaporated. This *Sneha Paka Kalpana* is general method applied for both *Taila* and *Ghrita*. There are different opinions available regarding the

method and time of addition of *Kalka* and *Sneha* during *Sneha Paka*.

Sneha Paka Dravyas^[9]

1. *Kalka Dravya* - Fine paste of medicinal plants and minerals should be taken as a *Kalka Dravya*.
2. *Drava Dravya* - Water, *Kwatha*, *Swarasa*, *Kanji*, *Ksheer*, *Dadhi*, *Takra*, etc.
3. *Sneha Dravya* - Mainly different types of fat containing media such as *Taila* and *Ghee*.

Table 1: Showing quantity of *Sneha Paka Dravyas*.

SN	<i>Kalka Dravya</i> (parts)	<i>Drava Dravya</i> (parts)	<i>Sneha Dravya</i> (parts)	Reference
1.	1/4 th - if specific quantity not mentioned	4 (if specific quantity not mentioned)	1	<i>Charaka Kalpasthana</i> 12/101 ^[11]
2	1/4 th - only <i>Kalka Dravya</i> mentioned	4 (water)	1	<i>Sharangadhara Samhita Madhyamkhanda</i> 9/9 ^[12]
3.	1/6 th	4 (<i>Kwatha</i>) if only <i>Kwatha Dravya</i> mentioned	1	<i>Sharangadhara Samhita Madhyamkhanda</i> 9/10 ^[12]
4.	1/8 th - <i>Pushpa Kalka</i>	4 (water)	1	<i>Sharangadhara Samhita Madhyamkhanda</i> 9/11 ^[12]
5.	1/8 th	4 (<i>Swarasa</i>)	1	<i>Sharangadhara Samhita Madhyamkhanda</i> 9/6 ^[12]
6.	1/8 th	4 (<i>Mansarasa</i> , <i>Dadhi</i> , <i>Ksheera</i> , <i>Takra</i>)	1	<i>Sharangadhara Samhita Madhyamkhanda</i> 9/7 ^[12]

Duration for completion of *Snehapaka*

This duration is applicable to *Ghrita*/oil/*Avleha* also, time taken to completion of *Sneha Kalpa* varies according to nature of *Drava Dravya*.^[12]

Table 2: Duration for completion of *Snehapaka*

SN	Duration (days)	<i>Drava Dravya</i>
1.	1	<i>Mamsa Rasa</i> and <i>Vrihi</i>
2.	2	Milk
3.	3	<i>Swaras</i> of different parts
4.	5	<i>Takra</i> and <i>Aranala</i>
5.	12	Roots, creepers (<i>Valli</i>)

Ghrita Siddhi Lakhana (medicated *Ghrita Siddhi Lakshana*)

1. *Sneha Kalka* becomes wick like, when rolled between two fingers.
2. There should not be any sound when *Sneha Kalka* is sprinkled over fire.
3. Foam is subside when *Ghrita Paka* completed.
4. Specific colour, odour and test of ingredients become marked when *Ghrita Paka* is over.^[1]

Types of *Ghrita Paka*^[7]

1. *Mrudu Paka* - *Kalka* with little quantity of moisture. Used for *Nasya Karma*
2. *Madhyama Paka* - No moisture content. Usefull in therapeutic use like *Nasya*, *Pana*, *Basti* etc.
3. *Khara Paka* - Slightly hard *Kalka*. It is used for *Abhyanga*.
4. *Dagdha Paka* - Hard and brittle *Kalka*. It causes burning sensation and unfit for therapeutic use.
5. *Amapaka* - Not have any potency.

Matra (dose) of *Ghrita* ^[2]

Dose of *Ghrita* varies from 10gm to 60gm.

So the dose can be decided by the physician after seeing the severity of the disease and the digestion capacity of the patient. This is to ensure that it should not be interfere the normal diet of the person.

Ghrita Sevana Kala (Time for consuming medicated Ghrita)^[12]

In diseases affecting the supra-clavicular region, *Avaleha* should be taken in the evening and in disease affecting the lower parts, it should be taken before food. Sometimes it is advised in the morning in enhancing absorption and systemic effects.

Saveeryata Avadhi (Shelf life): It has a shelf life of four months.^[4]



Fig. 4: Addition of water



Fig. 5: Murcchana Preparation



Fig. 6: Ghrita Murcchana



Fig. 7: Varti Pariksha



Fig. 1: Goghrita



Fig.2: Kalka Preparation



Fig. 3: Addition of Kalka in Ghrita

DISCUSSION

In Ayurveda basically there are two types of formulations i.e. Primary formulations and Secondary formulations. Preparation of medicated *Ghrita* (*Sneha Kalpana*) is considered as secondary formulation. It is prepared by boiled in *Drava Dravya* and *Kalka* according to formulation. This process ensures absorption of active principles of ingredients before prepared medicated *ghrita* is supposed under go one peculiar *Sanskara* called *Sneha Murchana*. It removes *Durgandha*, *Ama Dosha*, *Ugrata* etc.

Ghrita when treated with other drug, It has specific property of accepting attributed of drug without losing its own character. *Ghrita* has capacity to transform itself so all qualities of substance are added to it. This assimilating property is not prominent in other *Sneha Dravya*. It is significant that *Ghrita* does not give up its own properties even mixed with other drug e.g. If *Ghrita* prepared with *Chitraka* so *Guna* of *Chitraka Ushna* (heat) and *Ruksha* (dry) added to it. Also *Ghrita* maintain their own quality *Sneha* and *Shita Guna*.

Ghrita alleviates *Pitta* and *Vata*. It is beneficial to *Rasa Dhatu*, *Shukra Dhatu* and *Oja*. *Ghrita* has *Shita Guna* (cooling), *Mrudukarma* (softening), *Swara Prasadana* (Improve voice), *Varana Prasadana* (improve complexion). Use of various medicated *Ghrita* preparations recommended for treatment of different diseases.

These preparations are external or internal. 44 different medicated *Ghrita* preparations are listed in 'Ayurvedic Formulary of India'.

Most Ayurvedic preparations are made with *Ghrita*. Digestion, absorption and delivery to target organ system is crucial in obtaining maximum benefit in any formulation. Active ingredients are mixed with ghee, easily digested and absorbed. According to modern concept Lipophilic action of *Ghrita* facilitates transportation to target organ and drug delivery inside cell, because cell membrane also contain lipid. This lipophilic nature of *Ghrita* facilitates entry of

formulation into cell and its delivery to mitochondria, microsome and nuclear membrane.

CONCLUSION

Medicated *Ghrita Kalpana* (*Sneha Kalpana*) can be compared with Nutraceutical but not with functional food or dietary supplement. It fulfills the needs of Nutraceutical i.e. both nutrition and pharmaceutical effects. *Ghrita* contains Vitamin A, D, E, K, Triglycerides, Diglycerides, Monoglycerides, Keto acid glycerides, free fatty acid, phospholipid, fat, protein, lactose, ash etc. Nutraceutical can be defined as a food or part of food or nutrients that provide health benefits including the prevention or treatment of disease. Nutraceuticals not only supplement the diet but also aids in the prevention and treatment of a disease or a disorder. The 'functional foods' are those, which are cooked by scientific intelligence. These foods provide required amounts of vitamins, fats, proteins, carbohydrates etc. needed for health e.g. dietary products, citrus fruits etc.

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