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Review on *Sneha Kalpana* with special reference to *Narasimha Ghrita*

Dr. Sudhir S. Ghuge¹, Dr. Manoj Kumar Samantaray², Dr. Vikram S.³

¹Post Graduate Scholar, ²Professor & Guide, ³Professor & HOD, Department of PG studies in Rasa Shastra And Bhaishajya Kalpana, Sri Sri College of Ayurvedic Sciences and Research Hospital, Bengaluru, Karnataka, INDIA.

ABSTRACT

Medicated ghee that is *Ghrita Kalpana* is a unique Ayurvedic preparation widely used by the physicians for various purposes. *Narsimha Ghrita* - a *Sneha Kalpana* is a famous formulation, indicated in *Khalitya*, *Palitya* as well used as *Vajikarana* and *Rasayana*. *Ashtanga Hridaya* and *Gada Nigraha* are the two references available in the classics for this formulation. All the market available samples are as per the reference of *Ashtanga Hridaya* but in the form of *Lehya* rather the *Ghrita* form. Hence the present article is an attempt to review the different references of *Narasimha Ghrita*.

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

INTRODUCTION

Sneha Kalpana - *Sneha* here means fat or fatty materials and *Kalpana* stands for pharmaceutical process of medicaments. *Taila* or *Ghrita* are processed with *Drava Dravya* and paste of drugs. *Sneha Kalpana* is aimed for the extraction of both lipid and water soluble active principles to enhance the drug absorption, to increase the therapeutic value of *Sneha*, to enhance the Shelf life of preparation.

Narsimha Ghrita is indicated in *Khalitya*, *Palitya* as well used as *Vajikarana* and *Rasayana* it is noted that there are two different references available in classics with mild difference of ingredients and its method of preparation.

Address for correspondence:

Dr. Sudhir S. Ghuge

Post Graduate Scholar, Department of PG studies in Rasa Shastra And Bhaishajya Kalpana, Sri Sri College of Ayurvedic Sciences and Research Hospital, Bengaluru, Karnataka, INDIA.

E-mail: dr.s.s.ghuge@gmail.com

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OBJECTIVES OF THE STUDY

1. To compile all classical references about *Narasimha Ghrita* and discuss them
2. To review the different method of preparation of *Narasimha Ghrita* as mentioned in various Ayurvedic texts.

METHODOLOGY

The classical texts of Ayurveda, *Ashtanga Hridaya* and *Gada Nigraha* were referred for the review.

Review on *Sneha Kalpana*

Sneha here means fat or fatty materials and *Kalpana* stands for pharmaceutical process of medicaments. *Taila* or *Ghrita* are processed with *Drava Dravya* and paste of drugs. *Sneha Kalpana* is aimed for the extraction of both lipid and water soluble active principles to enhance the drug absorption, to increase the therapeutic value of *Sneha*.

Charaka Samhita

In *Vimana Sthana*, 7th chapter, extraction of *Taila* and *Taila Paka* including tests and standards of *Taila Paka* are mentioned in detail. In *Kalpa Sthana*, 12th chapter, *Sneha Paka Siddhi Lakshana* and its different uses in therapeutics are mentioned.

Sushruta Samhita

Detailed description of *Sneha*, *Sneha Yoni*, sources of *Sneha* are available in *Snehopayogika Adhyaya* of *Chikitsa Sthana*. He is the first person to mention the term *Sneha Kashaya* and explained its preparation in detail. This chapter also includes mode of preparation, proportions, *Paka* etc.

Astanga Sangraha and Astanga Hrudaya

Both the treatises explained *Sneha Kalpana* in detail in *Kalpa Sthana* with mild changes from former treatises.

Cakradatta

It stood as the first major work of the medieval era which was accepted as a hand book of Ayurvedic medicine. In the first chapter, *Jvara Chikitsa*, a detailed description of *Sneha Paka* is available.

Gada Nigraha

A work of 12th century by *Vaidya Sodala*, the second chapter of *Prayoga Khanda*, deals with the different formulations of *Taila* in different diseases. A detailed description of *Sneha* and its *Trividha Paka* are explained under the *Rasayanatantra*.

Sharangadhara Samhita

Madyama Khanda of this treatise is completely devoted to Pharmaceuticals. The 9th chapter deals with *Sneha Kalpana*. It includes method of preparations, different rules for preparation, *Paka* and its *Lakshana* of *Sneha Kalpana*. It is tried to provide shelf life of most of the preparations.

Bhaishajya Ratnavali

Sneha Kalpana was explained under the *Jwaradhikara*, 5th chapter, which deals with sequence of addition of different ingredients to the *Sneha*. *Murchana* of *Sneha*, preparation of *Kwatha* for *Sneha* with different rules, Specific time duration for *Paka* depending upon different *Drava Dravya* are dealt here.

Yoga Ratnakara

There is detailed description of *Sneha Paka Vidhi* along with the order of adding different drugs during preparation.

Panchaboutik composition

Sneha is predominated by *Prithvi* and *Jala Mahabhoota*.

Sneha Guna

Sneha properties according to *Acharya Vagbhata: Guru, Sheeta, Sara, Snigdha, Manda, Sukshma, Mridu* and *Drava*.

Sneha properties according to *Acharya Charaka: Guru, Sheeta, Sara, Snigdha, Manda, Sukshma, Mridu, Drava* and *Picchila*.

Sneha Karma

The *Karma* of *Sneha Dravya* are

- Snehakrut*
- Mardavakrut*
- Balakrut*
- Varnakrut*
- Kledakrut*

Types

Mainly four types of *Sneha Dravyas* are mentioned. They are:

- Sarpi*
- Taila*
- Vasa*
- Majja*

These are also called as *Sneha Chatustaya*. Among these four types *Sarpi* is considered as '*Shresta Sneha*' because of its unique nature of incorporating the properties of the drugs with which it comes in contact, without leaving its own natural qualities. Medicated *Sneha Dravya* are recommended for many therapeutic purposes in various forms like *Abhyanga, Nasya, Karna Purana, Akshi Tarpana, Vasti* and *Pana*. Out of four *Snehas*, *Sarpi* and *Taila* are most commonly used in the present era.

Constituents of Sneha Kalpana

- Sneha Dravya - Ghrita/Taila/Vasa/Majja*

2. *Kalka Dravya* - Fine paste of medicinal plants and minerals.

3. *Drava Dravya* - Water, *Kwatha*, *Swarasa*, *Kanji*, *Ksheera*, *Dadhi*, *Takra* etc.

4. *Gandha Dravya*

General method of preparation

The following are the proportions of *Dravyas* used generally in the preparation of *Sneha Kalpana*.

- Kalka Dravya* – 1 part.
- Sneha Dravya* – 4 parts.
- Drava Dravya* – 16 parts.

The above methodology is applied for the preparation of any *Sneha Kalpana* when it is *Anukta* i.e. when the ratio of components is not mentioned.

Narasimha Ghrita

Narasimha Ghrita mentioned in *Ashtanga Hrudaya Uttara Sthana Vajikaranaadhikara* contains *Yatri*, *Shikhi*, *Shimsha*, *Asana*, *Hareethaki*, *Vella*, *Akshaka*, *Arishkara*, *Ayas*, *Ksheera*, *Bharanga Nirayasa*, *Vara Kashaya* and *Navaneetha*. There is a slight variation in *Gada Nigraha Ghritadikara* and it contains *Chitraka*, *Bhallathaka*, *Shimshapa*, *Khadira*, *Hareethaki*, *Vidanga*, *Jeevaka*, *Akshaka*, *Ayas*, *Shathavari*, *Dhatri*, *Brungaraja Swarasa*, *Aja Ksheera* and *Ghrita*.

Narasimha Ghrita Rasayana Sample - 1 (Ashtanga Hridaya Uttara Sthana Vajikarana Adhyaya)

SN	Dravya	Part used	Quantity
1.	<i>Gayatri (Khadira)</i>	Heart Wood	10gms
2.	<i>Sikhi (Chitraka)</i>	Root	10gms
3.	<i>Simsipa</i>	Heart Wood	10gms
4.	<i>Asana</i>	Heart Wood	10gms
5.	<i>Siva (Haritaki)</i>	Pulp	10gms
6.	<i>Vella (Vidanga)</i>	Fruit	10gms

7.	<i>Aksaka (Bibhitaki)</i>	Pulp	10gms
8.	<i>Aruskara (Suddha Bhallataka)</i>	Fruit	10gms
9.	<i>Ayas</i>		80gms
10.	Water for decoction.		2160ml
11.	<i>Khsira</i>		500ml
12.	<i>Vara Kasaya (Haritaki) (Bibhitaki) (Amalaki)</i>		1500ml
13.	<i>Bharanga Nirayasa Swarasa</i>		1000ml
14.	<i>Haiyangavina (Navanita)</i>		1500ml

Method of preparation

- Drug 1 to 9 to be soaked in water and keep in sun light for 3 days, intermittent stirring to be done.
- After 3 days, above soaked drugs to be made into *Kashaya* and filtered.
- In liquified *Navaneeta* the *Kashaya*, *Ksheera*, *Triphala Kashaya* and *Bhringaraj Swarasa* to be added .
- The mixture to be heated till it attained *Ghrita Paka Lakshana*, continuous stirring to be done to avoid the charring

Narasimha Ghrita Rasayana Sample- 2 (Gada Nigraha, Ghrita Adhikara)

SN	Dravya	Part Used	Quantity
1.	<i>Chitraka</i>	Root	96gms
2.	<i>Shuddha Bhallataka</i>	Fruit	96gms

3.	<i>Shimshipa</i>	Heart Wood	96gms
4.	<i>Khadira</i>	Heart Wood	96gms
5.	<i>Haritaki</i>	Fruit	96gms
6.	<i>Vidanga</i>	Fruit	96gms
7.	<i>Jeevaka</i>		96gms
8.	<i>Vibhitaki</i>	Fruit	96gms
9.	<i>Jala</i>		2500ml
10.	<i>Shatavari Swarasa</i>		1840ml
11.	<i>Amalaki Swarasa</i>		1840ml
12.	<i>Brungaraja Swarasa</i>		1840ml
13.	<i>Aja Dugdha</i>		1840ml
14.	<i>Ghrita</i>		1000ml

Method of preparation

- Drug 1 to 8 to be taken in a mentioned quantity, *Kashaya* to be made by adding 2500ml of water.
- Keep this *Kashaya* in closed vessel for 3 days.
- After 3 days, *Ghrita* is to be added with above *Kashaya* along with mentioned *Swarasa* and *Aja Dugdha*.

The above mixture to be heated till it attains the *Ghrita Paka Lakshana*.

DISCUSSION

Narsimha Ghrita is famous formulation, which is indicated in *Khalitya*, *Palitya* as well used as *Vajikarana* and *Rasayana*. There are two different

references available in classics with mild difference of ingredients and its method of preparation.

Narasimha Ghrita mentioned in *Ashtanga Hrudaya Uttara Sthana Vajikaranaadhikara* contains *Gayatri*, *Shikhi*, *Shimsha*, *Asana*, *Hareethaki*, *Vella*, *Akshaka*, *Arishkara*, *Ayas*, *Ksheera*, *Bharanga Nirayasa*, *Vara Kashaya* and *Navaneetha*. There is a slight variation in *Gada Nigraha Ghritadikara* and it contains *Chitraka*, *Bhallathaka*, *Shimshapa*, *Khadira*, *Hareethaki*, *Vidanga*, *Jeevaka*, *Akshaka*, *Shathavari*, *Dhatri*, *Brungaraja Swarasa*, *Aja Ksheera* and *Ghrita*. These two samples were prepared as per the method mentioned in respective texts.

Narasimha Ghrita is a formulation extensively manufactured by Ayurvedic pharma industries, while examining different market samples, it is observed that no such formulation named *Narsimha Ghrita*, rather *Narsimha Rasayana* is readily available in the market. After analysing the various market available samples it is noted that there is difference in the colour, consistency, taste, odour of the formulation. It is also observed that the sugar contents in the market available sample is almost 60 -70%. This may be the reason that sample attains *lehya* form. When classical references are considered, sugar is mentioned for the *Anupana* but not as the ingredient in the formulation. Thus adding sugar in the formulation itself changes the form of medicines and it is restricted to use in the specific conditions like diabetes. In the classics the formulation is mentioned in the form *Ghrita* which can be used as *Snehapana* and in *Basti*. But as market available sample is in the *Lehya* form it cannot be used for these purposes.

As per the classics *Ghrita* is the best among four *Sneha Dravyas Ghrita* promotes memory, intellect and power of digestion, semen, *Ojas*, *Kapha* and fat. It alleviates *Vata*, *Pitta*, toxic conditions, insanity and fever. It is posses *Sheeta Veerya*, *Madhura Vipaka* and *Madhura Rasa*. When administered according to the prescribed procedure, it increases, thousand times in potency and develops manifold utilities.^[37] Thus the formulation *Narasimha Ghrita Rasayana* will be more

beneficial to use in the form of *Ghrita* instead of any other forms.

CONCLUSION

Sneha Kalpana is a unique Ayurvedic formulation used widely in clinical practice. *Sneha Kalpana* is aimed for the extraction of both lipid and water soluble active principles to enhance the drug absorption, to increase the therapeutic value of *Sneha*. *Sneha Kalpana* mainly includes *Taila* and *Ghrita*. *Ghrita* being best among four *Sneha Dravyas* widely used in various conditions internally as well as for external purpose. *Narasimha Ghrita Rasayana* is one such *Sneha Kalpana* widely used in the clinical practice for *Rasayana*, *Vajikarana* effects. The two references available for this formulation *Ashtanga Hridaya* and *Gada Nigraha* with slight difference in ingredients and method of preparation. There are various samples available in the market by the name *Narasimha Rasayana* which are in the form of *Lehya*. There is no mention of standards in terms of organoleptic characters as well as analytical values of this formulation in any of the texts.

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