



CONCEPTUAL STUDY ON SNEHA MOORCHANA

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ABSTRACT: *Sneha dravyas* cause *snehana(oilyness)*, *vishyandana(flowing)*, *mardavata(softness)* and *kledana(moistening)* in the tissues and nourish them by improving the *dehabala*, *agnibala* and prolong the life span. We find number of preparations under *Sneha Kalpana* which are widely prescribed by practitioners in day to day practice. Here *Ghrita* or any other *sneha* like *tila taila* will be the base. Before using any *Sneha* for *ghrita* or *taila* preparation, *murchana/sammurchana* has to be done. *Sammurchana* is an important step or *samskara*. It is an integral procedure done to remove *ama dosha* and *gandhadosha* which will be present in *taila or ghrita*. This study aims at the importance of *ghrita and tila taila*, along with the importance of *Moorchana* in preparing a medicine under *Sneha Kalpana*.

Key words : *Snehana, Vishayndana, mardavatva, kledana, dehabala, sammurchana*

INTRODUCTION: *Sneha dravyas* cause *snehana, vishyandana, mardavata and kledana*¹ in the tissues and nourish them by improving the *dehabala, agnibala* and prolong the life span¹. *Snehana* is an integral procedure in Ayurveda treatment protocol. For its major role in panchakarma *chikista* and also for administration of *nitya sneha* as part of prescription. So *tailas* (oils) and *ghritas* are of greatest need for any Ayurveda physician. Benefits of internal usage of *snehana* can be attributed to, for removal of the accumulated toxins from the tissues, lubrication of the tissues and Gastro Intestinal tract, lubrication of the joints etc. *Ghrita* being the best pacifier of *Pitta dosha* and *Taila* being for *Vatadosha* protect the tissues by lubrication^{1,3}

Various formulations of *ghrita kalpana* and *taila kalpana* are found in our classical text books. Which *Sneha kalpas* are the secondary preparations next to primary preparations of *Panchavidha kashaya kalpanas of Bhaishajyakalpana*, primary preparations being *swarasa, kalka,*

kwatha, hima and phanta. Here fatty substances act as base to which *kwathas, kalkas* are mixed, heated, cooked and cooled. By which the *sneha* imbibes the nutrients which are both water and fat soluble in them. Thus *Sneha kalpanas* are one among the important formulations which have their own unique way of preparation. Chemical analysis of *ghrita* and *taila* help a lot to understand the basic importance of *ghrita and taila* in the field of *Bhaishajya kalpana*. This study explains about the importance of *moorchana* for both *ghrita* and *taila* before processing it for further formulations.

Importance of Ghrita: *GoGhrita* is considered to be the best of *ghritas* among all the *ghritas* obtained by animals like *mahisha*(she buffallow), *aja*(goat), *avi*(sheep) etc. And also among all the *snehas* explained in the classics^{7,9}, *ghrita* holds highest place as it is the only substance which has the ability to imbibe the qualities of the drugs, substances added to it and processed¹. Further *ghrita* is known to improve the intellect, memory, pro-

motes complexion, *pitta shamaka*, *chakshushya*, good for all *dhatu*s, *kshataksheena*. It passifies *Vata and Pitta*, and it cures *unmada*, *visha*, *shosha* and *jwara*. it is *sheeta* in nature and rejuvenates the body.^{4,8}

Composition^{2,5,10}

Moisture – 14.48%

Protein – 36%

Ash – 5%

Di – glycerides – 0.25 – 0.4%

Vit A(IU)– 2849

Vit K- 7.98

Fats – 32.4%

Triglycerides – 97 – 98%

Mono – glycerides – 0.016 – 0.035%

Glycerylesters – 0.011 – 0.015%

Free fatty acids – 0.1 – 0.44%

Phospholipids – 0.2-1%

Lactose – 12.0%

Sterols – 0.22-0.41%

Myristic acid – 21-33%

Oleic acid – 27-27.5%

Stearic acid – 11-11.5%

Capric acid – 1.5%

Caproic acid – 1-1.36%

Caprylic acid – 0.9-1%

Butyric acid – 4.5- 6%

Lauric acid – 6-7%

Arachidic acid – 0.5-0.8%

Lenoleic acid – 4.5%

Vit E- 24X10.3 gms/100 gms

Ghrita is given lot of importance in Ayurveda as it is considered as *vayasthapana*, *vrishya* and *rasayana*. It is one among the best preservatives said in Ayurveda and it can be explained as, as ghee has a long Poly Unsaturated Fatty Acids PUFA chain, when it is processed with other drugs it will have the capacity to incorporate the qualities of those drugs in it^{2,3,5}. And the preparations containing *ghrita* are extensively used in age related *vataja* disorders, which are mainly due to degeneration,

ghrita becomes one of the main component of medicine as it has Vit E and Beta carotene which are known anti oxidants.

Importance of Tila Taila

Tilataila is considered as best *taila* among all the *tailas*, as it passifies *Vata* and does not aggravate *kapha*. It is *isushna*, *teekshna*, *sukshma*, *vyavayi* in nature and it is *wachya*⁸. It nourishes the lean and emaciates the obese. It can cure many diseases when processed with suitable, desired drugs^{2,3,5}.

Characteristic features:

Density – 0.916-0.92

Liquid fats(Glycerides of Oleic, Linoleic acids) – 70%

Solid fats (Sterin, palmitin, myristine, sesamine, sesamol) – 12-14%

Sneha murchana

It is important to subject any *sneha* for the procedure of *murchana* before it is subjected for any pharmaceutical process. By *murchana* the following benefits can be obtained²

1. *Durgandhata* is removed
2. *Amadosha* is removed
3. *Ugrata* of the *sneha* reduces
4. Imparts good colour and smell to the *sneha*
5. Improves the efficacy

The following drugs are required for the *murchana of ghrita*²

Haritaki – 12gms

Vibhitaki – 12gms

Amalaki – 12gms

Nagara musta – 12gms

Haridra – 12gms

Matulungaswarasa – 12gms

Ghrita – 750gms

Water – 3.75 liter

For Tilatailamurchana²

Manjishta – 1/6th part

Haridra – 1/64th part

Lodhra – 1/64th part

Nagara musta – 1/64th part

Nalika – 1/64th part

Haritaki – 1/64th part

Vibhitaki – 1/64th part

Amalaki – 1/64th part

Kumara - 1/64th part

Netrabala - 1/64th part

Ketaka - 1/64th part

Tilataila – 1 part

Water – 4 parts

The procedure for *murchana* of *ghrita* and *taila* are similar.

Apparatus required :

1. Big burner Stove
2. Stirrer or spatula
3. *Khalwa yantra*
4. Big vessel
5. Strainer

Procedure of Sneha Murchana

Prepare the *kalka* of the drugs by making them into coarse powder and keep it aside. The *sneha* which is to be given *murchana* is to be taken in a big vessel, kept on fire and heated on a moderate fire. Heating is done till all the moisture evaporates. In case of *ghrita* disappearance of froth is the indicator and in case of *taila*, disappearance of bubbling sound indicates the evaporation of moisture content. *Kalka* is then added to the *sneha* whichever is being prepared accordingly. Specific quantity of water is added. All the contents are boiled on a moderate fire. Boiled until *Sneha siddha lakshanas* are obtained. The vessel is taken out of the fire. It is filtered using strainer or cloth and the *sneha* is collected in a clean and dry vessel. This *sneha* obtained will be used for pharmaceutical preparations.

Samyak Snigdha Laxanas

There are few *samyak laxanas* explained the classical text books of *Bhaishajyakalpana*. Once the cooking is optimum the *kalkadravya* which was

added can be rolled into a *varti* form. Whenever a small quantity of *sneha* is sprinkled into the *agni* it produces no sound. Which indicates the absence of moisture content. In case of *taila* there will be onset of *phena* on the surface and *phena* shanty in case of *ghrita* indicating the end point of the preparation. There will be the good smell of the ingredients used along with good colour and taste.

PRECAUTIONS

1. The drugs which are to be used for the *murchana* are to be made into *kalka* form and then only the *kalka* is added to the *sneha*
2. Powders of the drugs are not to be added
3. the procedure is carried out on a *mandagni* only
4. *Samyaklakshanas* are to be tested at regular intervals
5. Stirring of the contents is to be done.

DISCUSSION: Chakradatta in *Snehadhikara* explains about the importance of *Ghrita* among other *snehas*. Though there are various kinds of *snehas* available among which *chatusnehas* hold highest importance and among the *chatusnehasghrita* holds the highest level. *Samskarasyanuvartana*² is explained as one of the chief quality of *ghrita* as it can imbibe the qualities of the other drugs added and processed with it along with retaining its own original quality². While explaining the preparation part authors have clearly explained about the type of *agni* to be specifically used to get a good quality of medicine, *kharapakita* is clearly explained to be discarded. *Mridupaakitasnehas* are to be used for *nasya karma*, *madhyamapakita sneha* to be used for *pana*, *abhyanga*, *basti*, *ama pakita*, *dagdha* should be discarded^{4,5,6}. Acharya Sharangdhara also explains about how to impart good odour to the medicine if it

seems to be having an unpleasant odour and it is explained as *gandhapaka*. Surya or *Aditya paka* is a procedure in which there is no heating required and here the ingredients are exposed to sun light. Further he explains about the *tridoshashamaka* quality, that is the quality of passifying all the 3 *doshas* of *ghrita* when used with different *anupanas*⁴. *Tila taila* is considered best among all the *tailas*. *Taila* is considered to be the most important *dravya* for *vata shamana*. Further while explaining the *ritucharya* it is advised to consume *taila* in *Varsha ritu*, *ghrita* in *Sharatritu*.

CONCLUSION: *Ghritakalpa* and *tailakalpa* are dealt under *Sneha kalpana*. These are important and widely prescribed preparations of *Bhaishajyakalpana*. The preparation of any medicated *ghrita* or *taila* is a complex procedure involving steps from selection of drug to heating and filtering procedure. Obtaining *samyak laxanas* before ending the heating procedure is an important step. Improperly prepared *ghrita* or *taila* by over heating or lesser heating is going to spoil the medicine. So a *vaidya* must be aware of the theoretical part of *sneha kalpana* in general. Though *ghritas* have lesser palatability factor, but because of wider clinical importance they are integral part of any physicians prescription. *Tailas* have wider applicability and without which no *panchakarma* treatment procedure can be carried out.

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Source of support: Nil Conflict of interest:
None Declared

Cite this Article as : [Pallavi Y C et al : Conceptual Study on Sneha Moorchana] www.ijaar.in : IJAAR VOLUME IV ISSUE VIII MAY – JUNE 2020 Page No -883-886