

An Observational Study On Sneha Kalpana Based Murchhita And Amurchhita Ghritha

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ABSTRACT

Murchhana Sanskara is a *Sneha Paka* supplementary method used in conjunction with the *Ayurvedic Bhaishajya Ratnavali teeka*. *Sneha Kalpanas* has carved out an indelible niche for herself in the patient care industry. The book initiated the practice of emphasizing *Sneha Murchhana Sanskara* in the basic *Sneha*, which is intended to eliminate superfluous materials or *Doshas*. The *Sneha Kalpana*, in the old Ayurvedic book, said that *ghrita* is the most easily available and healthful substance for all people (*satmya*). It is frequently utilized as *anupana* (adjuvant), rice, and medication. The manufacture of medicinal ghee (*aushadhi siddha ghrita*) involves reducing *Amadosa*, *durgandhata* (foul odor), and other *doshas*. *Bhaishajya Ratnavali* states that *ghrita murchhana sanskara* (*ghrita processing*) is beneficial for both *taila* and *ghrita kalpana*, and it also enhances the *viryata* (potency) of the *sneha*. Nowadays, a lot of Ayurvedic pharmaceutical companies do not use this method since it is costly and time-consuming.

KEY WORDS: *Ghritha murchhana, Amuchana, Kalpana* etc.

INTRODUCTION

Notable texts in this regard are *Ashtanga Hridaya*, *Sushruta Samhita*, and *Charaka Samhita*. Nearly all Ayurvedic classics include a methodical description of how medicinal *ghrita*, or *ghee*, is made. Nonetheless, *Sharangadhara Samhita* is regarded as the greatest literature for therapeutic details on different kinds of herbal dose. Therefore, we are putting down some significant *Sneha Kalpana* preparation indicators from *Sharangadhara Samhita* for the best understanding of the term.

Sharangadhara defines *Sneha Kalpana* as a "medical product prepared by the use of one section of *Kalka Dravya* (past of herbal ingredients), four sections of *ghrita* (commonly cow ghee), and seventeen portions of *Dravya* (liquid media mainly *Kwatha* – herbal decoction)."¹

PREPARATION OF KWATHA DRAVYA

Depending on the intensity of the *Kwatha dravya*, water should be applied four times for *Mridu Dravya* (soft texture herbs), eight times for *Madhyama Dravya* (hard texture herbs), and seventeen times for *Atyanta kathina dravya* (hardest herbs) to make a *Kwatha* that is harsher. These guidelines are mentioned in the classics:^{1,2}

PROCEDURE FOR PREPARATION OF SNEHA

1. One should incorporate the fourth, sixth, and eighth parts of *sneha* when the *Drava Dravya* is *jala*, *kwatha*, and *swarasa* during *sneha* preparations.
2. The following cuts should have the complete conversion of active ingredients applied when the *sneha* preparation is visible: *dugdha* (milk), *dadhi* (curd), *takra* (milk), and *mamsa rasa* (meat juice). The *Kalka* to be used is 1/8 and the water to *samyaka matra* (moderate heating) four times.
3. If a *dravya* is eaten more than five times, it should be taken in the same quantity as *sneha*. If not more than five, the total volume of all the fluids should be four times that.
4. Water should be administered four times to replace the *dravya* when just *Kalka dravyas* are specified by *paka* (pharmaceutical technique for medicated ghee in which individualization of the heating process is performed). If just "*kwatha dravya*" is mentioned, then "*kwatha medicines*" should be used with prepared *kalka*.
5. An eighth of the flower's amount should be utilized if it is to be used as *Kalka dravya*.

SNEHA SIDDHI LAKSHANAS, TYPES OF SNEHA PAKA, DURATION FOR SNEHA PAKA

Completion checking of *Sneha Paka* viz forms, medicinal ghee, in Sharangadhara Samhita. The production process for *Mridu, Madhya, and Khar paka* is thoroughly examined and may be applied when preparing these *Snehas Kalpana* in accordance with the various forms and portions of the component materials. These requirements for the finishing evaluation along with other actions might serve as benchmarks for the control of product quality.⁴.

THERAPEUTIC MULTIPLICITY OF SNEHA KALPANA/PAKA

Some of the examples like –

Ayurvedic ghee, or *Sneha Kalpa*, is utilized in treatments both topically and systemically. As a result, *Sneha Kalpana* has several uses, some of which are mentioned below.^{5,6}.

1. *Nasya Kalpana* (e.g., *Anu Taila*)
2. *Mukha Kalpana* (e.g., *Irimeyadi Taila*)
3. *Netra Kalpana*-(e.g., *Triphala Ghrita*)
4. Internal administration-(e.g., *Panchatikta Ghrita*)
5. In nonhealing ulcer-(e.g., *Jatyadi Ghrita*)#

GHRITA MURCHANA –

NEED FOR GHRITA MURCHANA –

- i. Coloring
- ii. Fungal growth
- iii. Loss of Odor
- iv. Absorbability

Before submitting medications to *Sneha paka*, a unique pharmaceutical process called *Ghrita Murchana* is applied to aid in *Amadosaharatwa*, Odor removal, color bestowing, and drug potency. The *Murchana* of *Ghrita* methods were carried out in accordance with *Bhaishajya Ratnavali*.

MATERIAL AND METHODS

Materials relating to *Sneha Pak Kalpana*, like *Murchhita ghrita* and *Amurchhita Ghrita*, were collected from various journals, *Ayurvedic* and Contemporary Text Books, Reputed Newspaper Authentic Websites, Authentic Literature, Manuscripts, Sanskrit Dictionary, etc.

PREPARATION OF DRUG IN PHARMACY – Carried out in our Institute.

REQUIRED INSTRUMENT –

- i. Used Stainless Vessels
- ii. Spatula with long handle
- iii. Wide clean cloth for Filtering
- iv. Thermometer for temperature measuring
- v. Gas Stove
- vi. Measuring Cylinder
- vii. 1 Liter Beaker for sample collection
- viii. Weighing Machine

ANALYTICAL STUDY

- It is evident that *murchhana* modifies the pattern of absorbability and solubility required to produce the best possible medical effects. There was a noticeable stench and the *Murchhita Sneha* appeared heavier.
- The fundamental gravity in *Sneha* serves as an illustration of the solid to liquid ratio. The addition of solid extractives from the herbals during the *Murchhana* phase may be the cause of the rise in specific gravity observed in *Murchhita Sneha*, indicating a higher solid content in comparison to liquid.
- *Sneha* quality is denser than *Murchhana Sanskara*. Since moisture promotes oxidation, formulations have a longer shelf life when less liquid material is used during preparation. During *Murchhana Sanskara*, heating also aids in removing the moisture from the crude *Sneha*. Rancidity element and saponification and acid values are tightly related. The taste and Odor that is disagreeable is really caused by the hydrolysis and/or autoxidation of lipids into short-chain aldehydes and ketones.

TABLE 1: INGREDIENTS AND THEIR WEIGHTS USED FOR GHRITA MURCHANA

S. No.	Ingredients	Botanical Name	Family	Measurements
1.	<i>Haritaki</i>	<i>Terminelia chebula</i>	Combretaceae	160 gm
2.	<i>Bibhitaki</i>	<i>Terminelia bellerica</i>	Combretaceae	160 gm
3.	<i>Amalaki</i>	<i>Embelika officinalis</i>	Euphorbiaceae	160 gm
4.	<i>Nagar motha</i>	<i>Cyperus scariosus</i>	Cyperaceae	160 gm
5.	<i>Haridra</i>	<i>Curcuma longa</i>	Zingiberaceae	160 gm
6.	<i>Bijora Nibu</i>	<i>Citrus Medica</i>	Rutaceae	160 gm
7.	<i>Jala</i>			25 liters
8.	<i>Go-Ghrita</i>			8 kg

TABLE 2: SHOWING SNEHA SIDDHI LAKSHANA DURING GHRITA MURCHANA

Sr. No	Sneha Siddhi Lakshana	Kalka	Ghrita
1	<i>Shabda Hino Agni Nikshipta</i>	-	+
2	<i>Phenashanti</i>	-	+
3	<i>Sonya Eve Niriyase</i>	+	-
4	<i>Gandh Varna Rasotpatti</i>	-	+
5	<i>Madhye Darvi Vimunchati</i>	+	-

TABLE 3: SHOWING THE ORGANOLEPTIC CHARACTERS OF MURCHHITA GHRITA

Characters	Observation
Color	Creamy yellow- greenish
Appearance	Oily texture
Consistency	Like <i>Ghrita</i> texture
Smell	Like <i>Haridra</i> texture

TABLE 4: SHOWING PHYSICO-CHEMICAL STANDARDS OF MURCHHITA GO-GHRITA

Sl.No.	Name of tests	<i>Goghrita</i>	<i>Murchit Goghrita</i>
1	Specific gravity	0.935	0.889
2	Refractive index	1.45123	1.4165
3	Loss on drying	0.18 % w/w	0.602% w/w
4	Total ash	0.044	0.0332% w/w
5	Acid value	0.823	0.665
6	Ester value	335.889	69.342
7	Iodine value	29.543	39.765
8	Saponification value	245.654	59.765
9	Unsaponifiable matter	27.76% w/w	21.43% w/w
10	T L C (Rf value)	1.543	0.69

These processes in food will result in undesirable tastes and smells. But occasionally, the Flavors may be appealing (as with aged cheeses) 7 Reduced shelf life and therapeutic value are implied by higher rancidity values. Eliminating these precepts will also contribute to the prosperity and viability of the Siddha Snehas. Sneha would get more rancid due to a higher refractive index and increased light concentration. During the procedure, murchhana water- and fat-soluble extractives are added to the original Sneha, increasing its therapeutic effects.

According to the results of every experiment, the Murchhana technique raises the degree of unsaturation and decreases the degree of saturation in oils, which reduces the likelihood of decomposition and contributes to a rise in the life cycle and medicinal effect.

DISCUSSION

UTILIZATION OF SIDDHA GHRITA IN AYURVEDA

Ayurveda, a holistic medical system, suggests applying different medications topically to the body, either with or without massage, to provide health benefits and treat specific symptoms. Certain types of medicinal oils are still taken orally, even though the majority are intended for external use.⁸ Nonetheless, ghrita is taken orally and systemically in Ayurvedic medicine. Three other *Sneha Kalpana* medications—Brahmi, Jatyadi, and Maha Triphaladi—are suggested

by Ayurvedic physicians to address specific ailments of different human body systems. In addition to this, different degrees of Pancha Karma (the five fundamental procedures, namely

1. Vamana—therapeutic emesis, Ayurvedic therapy includes
2. Virechana (therapeutic purgation),
3. Niruha Basti (cleansing enema),
4. Anuvasana Basti (retention enema),
5. Nasya (therapeutic process).

- It is evident that both of these medicinal Ghrita's meet the target (therapeutic site of action) and fulfil their intended purpose when one looks closely at their various modes of administration (topical and systemic) and their respective levels of therapeutic efficacy.
- Numerous studies in the pharmaceutical field attest to the significant alterations that occur in Siddha Sneha (medicated ghrita) throughout the pharmaceutical phase, which may account for the medicinal and therapeutic qualities of medicinal ghee⁹.
- Regretfully, though, we haven't yet examined these drugs' pharmacokinetics and pharmacodynamics using modern research standards. On the other hand, it is also evident that a large number of Ayurvedic physicians possess in-depth knowledge of how each of these medications functions and interpret it based on Ayurvedic principles.
- The term "Sneha Murchhana" was originally used in Bhaisajya Ratnavali. The first stage before *Sneha Paka* is Sneha's Murchhana Sanskara, which is said to give the Sneha its ideal flavor, color, and smell. This process is used to get rid of Ama Dosha and improve Sneha's suitability for several aspects including treatment, palatability, and utilization. Ama Dosha, which includes plant contaminants, dissolved gasses, adulterants, intermediary chemical components, and moisture created by prolonged storage, might be regarded as a superfluous component of raw sneha. Murchhana aids in maintaining the proper proportion of saturated to unsaturated fats for human physiology¹⁰.
- Thus, *Sneha Murchhana Sanskara* can be employed to extend the formulation's shelf life and uniformity.
- The removal of Ama Dosha, which inhibits lipid oxidation and combines antioxidant qualities to enhance the therapeutic effects of Ghrita, is accomplished with the usage of murchhana of Sneha.^{11,12}.

CONCLUSION

Murchhana Sanskara introduces enhancements to analytical factors that guarantee a reduction in the likelihood of Siddha Sneha components degrading and oxidizing (Medicated fats). It is evident that comparatively few clinical trials comparing the effects of Amurchhita and Murchhita Snehas have been carried out. The significance of Murchhana Sanskara in *Sneha Kalpanas*, which is employed both internally and outside to confirm its potency and stability, has to be compared in more detail.

SOURCE OF SUPPORT: NIL

CONFLICT OF INTEREST: NONE DECLARED.

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