

REVIEW ARTICLE

Critical Study of Sneha Kalpanas of Jeevak [*Crepidium Acuminatum* D.Don) Szlach.] In BrihatrayeeRamita Maharjan¹, Mahesh Kumar Mainali², Prema N. Mysore³, Abin Maharjan⁴

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ABSTRACT

Introduction: The Brihatrayee (Charak Samhita, Sushruta Samhita and Astanga Hridaya) is a treasure trove of numerous formulations, including sneha kalpana (oleaginous preparation). The oleaginous preparation includes the preparation related to taila (oil), ghrita (ghee), majja (bone marrow fat) and vasa (animal fat). The main purpose of oleaginous preparation is to transfer lipid-soluble active ingredients into the oil or fat medium.

Material and Methods: The Brihatrayee, Charak Samhita Sushruta Samhita, and Ashtanga Hridaya were explored in depth to examine the various sneha preparations of Jeevak.

Results and Conclusion: A total of forty-nine oleaginous preparation containing Jeevak was found among which the preparation in the form of ghee for internal use was found mostly. The preparation including majja (bone marrow fat) and with mahasneha was less frequently mentioned.

KEYWORDS

• Sneha kalpana • Jeevaka • Brihatrayee

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INTRODUCTION

Brihatrayee consists of Charak Samhita, Sushruta Samhita and Astanga Hridaya¹. These contain various types of formulations, including those based on sneha (oleaginous substance). Four types of sneha are mentioned in ayurveda. They are taila (oil), ghrita (ghee), majja (bone marrow fat) and vasa (animal fat).² The combination of any of these two are called yamak sneha and a mixture of all four is mahasneha.³ When preparation is made using any of the sneha it is called sneha kalpana. The primary aim is to transfer the aqueous and lipid-soluble active principles of medicinal plants into that oleaginous substance. Among various important and rare medicinal plants, Jeevak is mentioned under various important groups like jeevaniya mahakashaya (Ca.Su.- 4/8.1), shukrajanana mahakashaya (Ca.Su.- 4/8.19), snehopaga mahakashaya (Ca.Su.- 4/8.21), madhura skanda (Ca.Vi.- 8/139), vidarigandhadi gana (Su.Su.- 38/4-5), kakolyadi gana (Su.Su.- 38/35-36), jeevana-pancamula (AH.Su.- 6/170), madhura gana

pancamula (AH.Su.- 6/170), jeevaneeya gana pancamula (AH.Su.- 15/8), padmakadi gana pancamula (AH.Su.- 15/12), astavarga^{4,5} that is used extensively in Ayurveda.

A critical analysis of various oleaginous preparations, particularly those incorporating Jeevak as one of the key important ingredients, has been undertaken in this research work.

MATERIAL AND METHODS

The Brihatrayee, Charak Samhita⁶ Sushruta Samhita,⁷ and Ashtanga Hridaya⁸ were explored in depth to examine the various sneha preparations of Jeevak. Several preparations that included ghee, oil, bone marrow fat, animal fat and combinations of these oleaginous substances (sneha kalpana), have been reviewed. These preparations are categorized further based on their intended use and combinations whether they are for internal use for intake, external application, or both.

Following table describes various preparation in Brihatrayee

Ghee preparation for internal use:

Charak Samhita (Ca.)	Jeevaneeyaghrita (Ca.Sha.- 8.27), Vajeeakaranaghrita (Ca. Ci. - 2.1/33-37), Vrishyaghrita (Ca. Ci. - 2.2/21-23), Amritaprashaghrita (Ca. Ci. - 11/35-43), Shvadamshtadighrita (Ca. Ci. - 11/44-47), Jeevakadighrita (Ca. Ci. - 18/102-105), Trooshnadighrita (Ca. Ci. - 26/89), Drakshadyaghrita (Ca. Ci. - 26/93), Mahamayooraghrita (Ca. Ci. - 26/166-174), Shravanayadighrita (Ca. Ci. - 29/55), Sthiradighrita (Ca. Ci. - 29/76-78), Madhurnyaditaila (Ca. Ci. - 29/88-95)
Sushruta Samhita (Su)	Shatavaryaditaila (Su. Ci. - 5/7), Vachaditaila (Su. Ci. - 37/11-14), Chitrakaditaila (Su. Ci. - 37/15-18), Bhootikaditaila (Su. Ci. - 37/19-22)
Astanga Hridaya (AH)	Medadighrita (AH. Ci. - 3/38-40), Shvadamashtadighrita (AH. Ci. - 3/102-105), Shravaneeghrita (AH. Ci. - 22/6), Soopaparnyadighrita (AH. U - 2/52), Drakshyadighrita (AH. U - 13/4-5), Mahamayuraghrita (AH. U - 24/50-55), Sharadi ghrita (AH. U - 40/13-20)

Ghee preparation for external use:

Sushruta Samhita	Vakshyamanataila (Su. Su. - 17/40-41), Madhukadighrita (Su. Ci. - 2/44)
Astanga Hridaya	Yashtyahvadighrita (AH. U - 26/16-18)

Ghee Preparation for internal and external use:

Charak Samhita	Bala taila (Ca. Ci. - 28/148-156), Mahapadma taila (Ca. Ci. - 29/110-113)
Sushruta Samhita	Gandha taila (Su. Ci. - 4/60-66)

Taila preparation for internal use:

Charak Samhita	Baladi taila (Ca. Ci. - 26/161-162)
Sushruta Samhita	Shatavaryaditaila (Su. Ci. - 5/7), Vachaditaila (Su. Ci. - 37/11-14), Chitrakaditaila (Ci. - 37/15-18), Bhootikaditaila (Su. Ci. - 37/19-22)
Astanga Hridaya	Baladi taila (AH. U - 34/42-43)

Taila preparation for external use:

Charak Samhita	Chandanadyataila (Ca. Ci. - 3/258)
Sushruta Samhita	Vakshyamanataila (SS. Su. - 17/40-41)
Astanga Hridaya	Prasarineetaila (AH. Ci. - 21/65-66), Yashtyaditaila (AH. U - 18/8-9), Shatavaryaditaila (AH. U - 18/40)

Taila preparation for internal and external use:

Charak Samhita	Bala taila (Ca. Ci. - 28/148-156), Mahapadma taila (Ca. Ci. - 29/110-113)
Sushruta Samhita	Gandha taila (Su. Ci. - 4/60-66)
AstangaHridaya	Bala taila (AH. Sha - 2/47-52), Madhuyashtyaditaila (AH. Ci - 22/41-44)

Majjasnehapreparation for internal use:

Charak Samhita	Dashmooladimajjasneha (CS. Ci. -28/124-127)
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Mahasnehapreparation for internal use:

Charak samhita	Jeevakadimahasneha (CS. Ci. - 29/72-75)
Astangahridaya	Rasanadimahasneha (AH. Ci - 6/39-40)

Preparation that can be made both ghee and oil for internal use:

Sushruta Samhita	Jeevantyadighrita/ taila (Su. Ci. - 37/23-26)
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Note: Sha: Shareerasthana, Ci: Chikitsa sthana, U: Uttarasthana Su: Sutrasthana

RESULTS

A total of forty-nine sneha kalpana (oleaginous preparations) were identified. Among these, ghrita kalpana/ghee preparation was the most common in formulation, primarily used for internal intake. External application of ghee formulation was observed only in the Sushruta Samhita and Astanga Hridaya. Preparations of Ghee for both internal and external use were limited in number and was found in the Charak Samhita and Sushruta Samhita.

Taila preparations were few, for both internal and external use, were present in the Brihatrayee. In Charak Samhita only one formulation using majja/bone marrow fat was identified. Six oil preparations were found for internal use, with most of them appearing in the Sushruta Samhita. Five oil preparations were identified for external use as well as for both internal and external use. External application of mahasneha was not found in brihatrayee. Mahasneha formulations for internal use were mentioned in the Charak Samhita and Astanga Hridaya. Additionally, only one preparation that could be made into either ghee or oil for internal use was found in the Sushruta Samhita.

From these findings, it can be concluded that ghrita kalpanas (ghee preparations) for internal use are the most prevalent among the preparations involving Jeevak.

DISCUSSION

The phytochemicals present in Jeevak include steroids, tocopherol, fatty acids and phenols which are predominantly lipid-soluble compounds. In brihatrayee, many traditional ayurvedic preparations involving Jeevak are formulated in ghee. The lipid medium facilitates the solubility of various phytoconstituents which are lipid soluble. Hence, lipid medium might enhance the bioavailability and absorption of these phytoconstituents which have broad spectrum therapeutic applicability. Additionally, polyphenols have also been found to help improve bioavailability of lipids. Therefore, both the phytochemicals and lipid contribute to their better pharmacological effects and therapeutic potential.⁹⁻¹¹

CONCLUSION

Based on the findings, it can be concluded that among the various drug delivery methods to administer Jeevak, ghrita kalpanas (ghee preparations) are preferable due to their wider range of therapeutics, ease of administration, and enhanced absorption and therapeutic efficacy in ghee form.

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Conflicts of interest: None

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