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, Vishayandana, mardavatva, kledana, dehabala, sammurchana

INTRODUCTION: Sneha dravyas cause snehana, vishyandana, mardavata and kledana in the tissues and nourish them by improving the dehabala, agnibala and prolong the life span. 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. 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, 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 processed. Further ghrita is known to improve the intellect, memory, pro-
motes complexion, pitta shamaka, chakshushya, good for all dhatus, 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**

Moisture – 14.48%
Protein – 36%
Ash – 5%
Di – glycerides – 0.25 – 0.4%
Vit A (IU) – 2849
Vit K – 9.8
Fats – 32.4%
Triglycerides – 97 – 98%
Mono – glycerides – 0.016 – 0.035%
Glycerylesters – 0.01 – 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 isushna, teekshna, sukshma, vyavayi in nature and it istwachya. 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 obtained 2

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
Matulungsvarasasa – 12gms
Ghrita – 750gms
Water – 3.75 liter

**For Tilatailamurchana** 2

Manjishta – 1/6th part
Haridra – 1/64th part
Lodhra – 1/64th part
Nagara musta – 1/64\textsuperscript{th} part  
Nalika – 1/64\textsuperscript{th} part  
Haritaki – 1/64\textsuperscript{th} part  
Vibhitaki – 1/64\textsuperscript{th} part  
Amalaki – 1/64\textsuperscript{th} part  
Kumara - 1/64\textsuperscript{th} part  
Netrabala - 1/64\textsuperscript{th} part  
Ketaka - 1/64\textsuperscript{th} part  
Tilataila – 1part  
Water – 4parts  
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 sidhha 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\textsuperscript{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 quality\textsuperscript{2}.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\textsuperscript{4,5,6}. Acharya Sharangadhar 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 sunlight. Further he explains about the tridoshashamaka quality, that is the quality of passifying all the 3 doshas of ghrita when used with different anupanas. 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 kalpa. 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