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Review article

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Review on Shadbindu Ghritha –a Sneha Kalpana

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ABSTRACT

Ghrithas are preparations in which ghee is boiled with prescribed kashaya(decoction) and kalka of drugs according to the formula. This process ensures absorption of the active therapeutic principles of the ingredients used. Generally the proportion is one part of Kalka, four parts of ghritha, sixteen parts of dravadravya .Shadbindu ghritha is one of the Snehakalpana, two different references are available in classics in vangasenasamhitha and yogaratnakara.It contains ingredients like *Bhringaraja (Eclipta alba)*,*Yashtimadhu(Glycyrrhizaglabra)*,*Kushta(saussurealappa)*,*Lavanga (syziumaromaticum)*,*Shunti (zingiberofficinale)*,*Vidanga (Embliaribes)* is replaced by kushta and vice versa.

Keywords: Ghritha, Bhringaraja, Vidanga, Pinasa

INTRODUCTION

The basic ingredients of ‘SnehaKalpana’ are Kalka, Sneha and Drava Dravya. Taila and Ghritha are usually used for the preparation of Snehakalpana, but sometimes combination of any two or three or all the 4 Snehas namely Sarpi, Taila, Vasa, and Majja will be used to prepare particular formulation. Sneha chathushtayas are Sarpi, Majja, Vasa & Tailam. Among the four types of Sneha “SARPI” is considered as the best one because of its power to assimilate effectively the properties of the ingredients added to it without losing its own properties. Drava Dravyas such as water, Swarasa, Kwatha, Ksheeraetc, are commonly used for ‘SnehaKalpana’.

General method of Preparation:

- There are generally three essential components for the preparation of sneha (ghrita or taila) viz
 - Drava (a liquid which may be one or more as kashaya, svarasa, dugdha, mastu, etc.);
 - kalka [a fine paste of the drug(s)]
 - Snehadravya (ghrita, taila, etc.).
- Generally, unless otherwise mentioned in the text, if kalka is one part by weight. Sneha should be four parts and the drava-dravya should be sixteen parts. Exceptions are
 - Where no drava is prescribed, four parts of water is added to one part of sneha; the kalka is one fourth the weight of the sneha.

- Where drava-dravya is either kwatha or svarasa, kalka should be one-sixth and one-eighth respectively of sneha.
 - Where the number of drava dravyas is four or less than four, each drava has to be taken four times the weight of sneha.
 - Where the dravadravys are more than four, each drava will be equal in weight to the sneha.
 - If in a preparation, no kalkadravya is prescribed, then the drugs of the kwatha may be used as kalka.
- The kalka and the drava are mixed together, sneha is then added, boiled and stirred well continuously so that the kalka is not allowed to adhere to the vessel. Sometimes, the drava-dravyas are
- Directed to be added one after another as the process of boiling is continued till the drava-dravya added earlier has evaporated.
- When all the drava-dravyas have evaporated the moisture in the kalka will also begin to evaporate; at this stage, it has to be stirred more often and carefully to ensure that the kalka does not stick to the bottom of the vessel. The kalka is taken out of the ladle and tested from time to time to know the condition and stage of the paka.
- There are three stages of paka
- Mridupaka,
 - Madhyamapaka
 - Kharapaka
- In the sneha group, sarkara, if mentioned, is added to the final product when cool.
- Where the paka is to be done with kvatha, svarasa, dugdha and mamsa rasa, etc. the paka is to be done with these dravas separately in the above order. The period of paka with various dravyas should be as below:
- Kvatha, Aranala, Takra, etc. - 5 days
 - Svarasa - 3 days
 - Dugdha - 2 days
 - Mamsa rasa - 1 day
- Patrapaka : Patrapaka is the process by which the sneha is flavoured or augmented by certain soluble or mixable substances. The powders of the drugs are placed in the vessel into which fairly warm Sneha is filtered.
- Mrudupaka sneha is used for nasya; madhyama paka sneha is used for pana, vasti, etc.; kharapaka sneha is used only for abhyanga.
- In the beginning the boiling should be on mild fire and in the end also it should be only on mild (mrudvagni) fire.
- Whenever lavanas and ksharas are used in these preparations, they are added to the sneha and then strained. **Shadbindu Ghritha** is one among the Snehakalpana there are two different references with difference in the ingredients as follows

Table Showing the Uses of different pakas & the opinion of various authors

| SL NO | AUTHOR | MRUDU PAKA | MADHYAMA PAKA | KHARA PAKA |
|-------|---------------|------------|--------------------|---------------------|
| 1 | CHARAKA | NASYA | BASTI, ABHYANTHARA | ABHYANGA |
| 2 | SUSHRUTHA | PANA | NASYA, ABHYANGA | BASTI, KARNAPOORANA |
| 3 | VAGHBHATA | NASYA | PANA, BASTI | ABHYANGA |
| 4 | SHARANGADHARA | NASYA | SARVAKARMA | ABHYANGA |

| Sl.no | Ingredients | Proportion | Method of preparation | Dose | Indication | Reference |
|-------|--|--|---|---------|--|--------------------|
| 1 | Bhringaraja Yashtimadhu kushta Lavanga Shunti Ghritha | 1part 1part 1part 1part 1part 40 part | Bhringaraja, Yashtimadhu, Lavanga, Kushta Shunti equal quantity are taken made into fine powder. and kalka is prepared. 40 parts of Murchithaghritha & kalka of the above mentioned drugs are heated on mandagni (mild fire) until sneha siddhi lakshana appears. [4] | 6 drops | Nasasthika Roga, Pinasa, shiroroga. | yoga ratnakara [1] |
| 2 | Yashtimadhu Vidanga Bhringaraja Shunti Ghritha | For kalka : 4 tola each For kwatha : 64 tola each | Yashtimadhu, Vidanga, Bhringaraja, Shunti each 64 tola, water 32 ser and boiled on mandagni (mild fire) reduced to 8 ser. To this kalka of the same drugs measuring 4 tola each and ghritha 2 ser are taken and heated on mandagni till it | 6 drops | shiroroga, keshapatana, Breaking of teeth, promotes the vision like that of vulture and stabilizes the strength. [3] | Vangasena [2] |

Water : 32 appears sneha siddhi lakshanas.[5]
ser

Properties of the drugs used in the formulation

| Sl no | Name of the drug | Botanical name | Properties | Rogagnatha |
|-------|------------------|---------------------------|--|--|
| | Bhringaraja[6] | <i>Eclipta alba</i> | Rasa :katu ,Tikta Guna :Laghu,Teekshna Veerya :Ushna Vipaka :Katu Doshgnatha :Kaphavatashamaka | Netraroga, Shirashoola, Karnashoola, Suryavarta, Shiroroga, Ajeerna, Agnimandya, Pandu , Kasa, Shwasa |
| | Lavanga[7] | <i>syziumaromaticum</i> | Rasa:katu ,Tiktha Guna :Laghu,Teekshna Veerya :Sheeta Vipaka :Katu Doshgnatha: Kapha pitta shamaka: | Shirashoola,Shirashoola ,Prathishyaya,Mukharoga, Charmaroga,Amavata,Katishoola, Ajeerna,Agnimandya,Shwasa ,Kasa |
| | Yasthimadhu[8] | <i>Glycyrrhizaglabra</i> | Rasa :Madhura Guna :Guru,Snigdha Veerya :Sheeta Vipaka :Madhura Doshgnatha :vata pitta shamaka | Shiroroga, Shwasa, Kasa, Kalithya, Palithya, Vranashotha, Amlapitta, Netraroga |
| | Kushta[9] | <i>saussurealappa</i> | Rasa :Tikta,Katu,Madhura Guna :Laghu,Ruksha,Tikshna Veerya :ushna Vipaka :katu Doshgnatha :Kaphavatashamaka | Shirashoola, Agnimandya, Ajeerna, Dantashoola, Dourbalya, Kushta |
| | Shunti[10] | <i>zingiberofficinale</i> | Rasa: Katu Guna :Laghu,Snigdha Veerya :Ushna Vipaka :Madhura Doshaghnata : Vatakaphashamaka | Agnimandya, Ajeerna,Kantya, Balya, Pandugna , Mutrala |

DISCUSSION

Total Two references by name ShadbinduGhritha are found in ayurveda classics. ,Bhringaraja, Lavanga, Yashtimadhu, Kushta, Shunti [1] Kushta is replaced by Vidanga as a kalkadravya. Dravadravya mentioned is water in both references. Dose is 6 drops and indicated in Nasasthigatharoga, Shiroroga, Pinasa. [2] Shiroroga, Keshapatana, Breaking of teeth, promotes the vision like that of vulture and

stabilizes the strength [3]. The ingredients of this formulation having kaphavatashamaka properties, most of the drugs are indicated in urdwajathrugathavikaras. In both references Acharya's has mentioned for Nasya. For Nasyartha mrudupaka is considered as best. But Acharya Sharangadhara opines that Madhyamapaka for sarvakarmatva.

CONCLUSION

Shadbindu Ghritha is commonly available reference in different texts of Ayurveda. Though the ingredients are easily available and easy to prepare, it is not available in the market, as it is not

much prescribed by much of the physicians. It is necessary to explore the therapeutics of this formulation for the betterment of mankind and hence various clinical and experimental studies need to be carried out to prove its efficacy.

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