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Review Article

### REVIEW ON ADITYAPAKA – SNEHA KALPANA

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### ABSTRACT

Bhaishajya Kalpana is a branch which is scattered in Ashtangas of Ayurveda. It deals with Aushadha nirmana by using the tools like Samyoga, Vishlesha, kala, samskara and yukti. Sneha Kalpana is one among the aushadha kalpana which contains water soluble and lipid soluble active principles. *Adityapaka* also known as *Surya paka* is a *sneha kalpana* where *taila* is heated with mild temperature produced by the exposure of sunlight for a specific time period. This method is practiced to prepare *taila paka* from the drugs which are having volatile property and are heat sensitive in nature. Total 14 different references *Adityapaka* are available in different text of Ayurveda. It is commonly indicated in skin disorder.

**Keywords:** Ayurveda, Bhaishajya Kalpana, Sneha Kalpana, *Adityapaka*.

### INTRODUCTION

Sneha Kalpana may be defined as a pharmaceutical process to prepare oleaginous medicaments from substances like Kwatha, Kalka, and Drava Dravyas, taken in specific proportions by subjecting it to a unique heating pattern and to a specific duration to fulfill certain pharmaceutical parameters, according to the need of the therapeutics. This process ensures transformation of active therapeutic properties of the ingredients to the solvents and helps to get lipid soluble, water soluble or even the chemical constituents which are soluble in the media like Kanji, Butter milk etc. In other words, fixed oil mainly Tila Taila serves mostly as solvent for fat soluble substances.

As per the general rule for Sneha preparation<sup>1</sup>, the ratio of kalka, Sneha and Drava dravya is 1:4:16 and paka can be done in two methods,

1. Agni Paka (with fire)
2. Aditya Paka/Surya paka/Bhanu paka (with sun rays)

#### **Agni paka<sup>2</sup>-**

In this the paka method is done using fire as a heat source. It is a commonly followed method as usually all the sneha preparations are manufactured by using Agni. Here the sidhi

lakshanas (test of perfectness) is obtained as the sneha is getting prepared, such as kalka attains wick shape when rolled between fingers, no sound is produced when put into fire, foam disappears in Ghruta paka and appears in Taila paka and colour taste & odour of ingredients used is appreciated in the final product.

#### **Aditya paka<sup>3</sup>-**

In this the paka method is done using surya rays. In this the sneha along with kalka dravyas are kept in the sun rays for certain duration of time. Sometimes drava dravyas may also be added along with kalka dravyas. As such there are no specific sidhi lakshanas are mentioned, but few opine that the patra's (vessel) colour should change after the proper paka. Drugs having more volatile principles and rasa dravyas are commonly used in this method of paka. Snehas which are used for skin disorders can be prepared by this method.

Aditya Paka Sneha is used externally especially in skin disorders as this sneha absorbs the UV rays from sun. The sun's Ultraviolet rays are made up of UVA and UVB rays. UVB rays are more effective at treating skin disorders because they penetrate more and helps for rapid skin shedding and growth. It helps to reduce the inflammation of skin.

**Difference between Agni Paka and Aditya Paka**

<b>Agni paka</b>	<b>Aditya paka</b>
Heat source is Agni	Heat source is sunrays
Drava Dravya is added	Usually done with kalka, Drava dravya may be added
Paka Lakshanas are observed	As such no lakshanas are observed
Paka kala depends on ingredients /Drava Dravya added	Paka kala is till the moisture is completely evaporated
Used internally as well as externally	Used only externally
All types of drugs are used	Usually Volatile drugs are used

There are few Aditya paka sneha is mentioned in classics like Bharata bhaishajya ratnakara, Gada nigraha, Vangasena,

Chakradatta, Sahasrayoga, Sharangdhara, Bhaishajya ratnavali etc.

<b>Sl No</b>	<b>Name of Yoga</b>	<b>Ingredients</b>	<b>Indications</b>	<b>Ref</b>
01.	Manjishtadya surya paka taila	Sneha- Sarshapa taila Kalka-Manjishta, Triphala, Laksha, Nisha, Manashila, Haratala, Gandhaka churna	Pama	Gadanigraha <sup>4</sup>
02	Gugguladya surya paka taila	Sneha- Sarshapa taila Kalka-Guggulu, Maricha, Vidanga, Sarshapa, Kasisa, Musta, Sarjarasa, Shreeveshta, Haratala, Gandhaka, Manashila, Kushta, Kampillaka, Haridra, Daruharidra	Kushta	Gadanigraha <sup>5</sup>
03	Vachadi Surya paka taila	Sneha- Tila taila Kalka-Vacha, Bala mula	Sakalamaya hara in Shishu Pushtikara-Abhyanga	Bharata bhaishajya ratnakara <sup>6</sup>
04	Marichyadi Taila	Sneha-Tila taila Kalka-Maricha, Kushta, Tamalapatra, Manashila, Kasisa	Sidma When applied for 1 week Kilasa-For 1month	Bharata bhaishajya ratnakara <sup>7</sup>
05	Srivasaka ghruta	Sneha-Ghruta-1 Prastha Kalka-Shrivasaka, Sarjarasa, Lodhra, Kampillaka, Manashila, Gandhapashana-each 1 pala	Kushta	Vangasena <sup>8</sup>
06	Kushta Rakshasa taila	Sneha-Tila taila Kalka-Parada, Gandhaka, Kushta, Saptaparna, Chitraka, Sindhura, Lashuna, Haratala, Bakuchi, Araghvada beeja, Jeerna tamra, Manashila	Udumbara, Kacchu, Mamsavrudhi, Bhagandara, Pama, Vatarakta	Bharata bhaishajya ratnakara <sup>9</sup>
07	Adityapakva Ghruta(Kuranda nasana Yoga)	Sneha-Go ghruta Kalka-Saidhava lavana, Kept under sun in Sambhuka bhanda(snail cell) for 7 days	Kuranda	Chakradatta <sup>10</sup>
08	Adityapakva Ghruta(Kuranda nasana Yogall)	Sneha-Go ghruta Kalka-Saidhava lavana, Kept under sun in tamra patra(copper vessel) for 7 days	Kuranda	Bhaishajya ratnavali <sup>11</sup>
09	Aditya paka guduchi tailam	Sneha-Tila taila Kalka-Vatavrohaka, Bhutakeshi churna Drava-Guduchi swarasa	Kesha ropanam	Chakradatta <sup>12</sup>
10	Kasisadhya ghrutam	Sneha-Ghruta 30 pala Kalka-Kasisa, dwe haridra, Musta, Haratala, Manashila, Kampillaka, Gandhaka, Vidanga, Guggulu, Siktaka, Maricha, Kushta, Tuttha, Goura sarshapa, Rasanjana, Shrivasa etc each 1 karsha Kept under sun in tamra patra for 7 days	Dadru, Pama, Shiraspotadi, visarpa, shukadosha, Vatarakta Does Shodhana. Ropana and varna karana	Sharangadhara Samhita <sup>13</sup>
11	Kutaja patra taila	Taila-Narikela taila Kalka-Kutaja patra	Kushta	Vangasena <sup>14</sup>
12	Pruthvi sara taila	Taila-Karanja taila-8 Pala Drava dravya-Kanji-Pala Chitraka mula, Nirgundi, Karavira, Nadicha beeja each 1pala pounded with Kanji	Kushta, Vrana, Rakta vikruti	Chakradatta <sup>15</sup>
13	Aditya pakva taila	Taila-Tila taila (Seasome oil)-1 prastha Kalka dravya-Bala, Rasna, jayanti, Madhuka Musali, Nishotha, Chandana dwaya, Lavana etc	Khalityadi roga	Bhaishajya ratnavali <sup>16</sup>
14	Aditya paka taila	Taila-Tila taila (Seasome oil)-1/2 prastha Kalka dravya-Manjishta, Triphala, Laksha, Haridra, Manashila, Haratala, Gandhaka	Pama	Bhaishajya ratnavali <sup>17</sup>

## DISCUSSION

Sneha is a pharmaceutical preparation through which Water soluble and fat soluble active principles can be extracted from herbs. Sneha paka can be done by Agni paka or Aditya paka. Aditya paka sneha is widely indicated in skin disorders. Sneha is a best media which can pass easily through the lipid membrane present in the skin. During Aditya paka, sneha absorbs the ultra violet rays which facilitates the penetrating property of Sneha. As UV rays helps for rapid shedding and growth of skin it can be applied on wounds for quick healing. Many clinical studies proves that application of Surya tapi Kutaja patra taila cures Kitiba Kushta, Vicharchika. Aditya paka technique is also used in preparation of Vataka, guggulu kalpanas. In Rasashastra Shodhana of Shilajatu, Kasisa and Marana of loha etc are done using Surya tapa. Demerits of Aditya paka are, time consuming and cannot prepare in all seasons.

## CONCLUSION

Aditya paka taila is more beneficial in treating Skin disorders. It can be used only for external purposes.

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