

A Review on the Concept of Sneha Murchana in Ayurvedic Pharmaceutics

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ABSTRACT

Sneha Kalpanā is one of the most significant dosage forms in Ayurveda due to its ability to extract, preserve, and deliver both lipid- and water-soluble phytoconstituents [1]. Sneha Mūrchnā Saṁskāra is a preliminary pharmaceutical procedure performed on raw Sneha (Ghṛta and Taila) prior to medicated Sneha preparation as described in classical texts [2]. Analytical and pharmaco-clinical studies reveal that Mūrchita Sneha exhibits improved physicochemical stability and reduced rancidity parameters compared to Amūrchita Sneha [7,8].

KEYWORDS: *Sneha Mūrchnā, Saṁskāra, Ghṛta, Taila, Sneha Kalpanā.*

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INTRODUCTION

Saṁskāra in Ayurveda denotes a deliberate pharmaceutical intervention intended to modify intrinsic properties of substances to enhance therapeutic utility [1]. Sneha Kalpanā occupies a distinct position due to its superior penetration and affinity for biological membranes [4]. The concept of Sneha Mūrchnā is elaborately described in Bhaiṣajya Ratnāvalī as a mandatory preparatory process before Sneha Pāka [2].

Aim and Objectives

Aim: To review the concept and pharmaceutical significance of Sneha Mūrchnā.

Objectives: To explain the classical concept, pharmaceutical rationale, analytical changes, and therapeutic relevance of Sneha Mūrchnā.

Materials and Methods

This review is based on classical Ayurvedic texts [1,2], published pharmaceutico-analytical studies [7,9], clinical studies [5,6], and academic dissertations related to Sneha Mūrchnā.

Concept of Sneha Mūrchnā

Sneha Mūrchnā is a pharmaceutical process wherein raw Ghṛta or Taila is processed with selected herbal Kalka and liquid media to eliminate āma doṣa, remove durgandha, reduce ugrata, and enhance varṇa, gandha, and vīrya [2]. Herbs such as Manjiṣṭhā, Haridrā, Triphalā, and Lodhra commonly used in this process possess antioxidant and stabilizing properties [11,12].

Rationale of Mūrchnā Saṁskāra

Raw Sneha is susceptible to lipid oxidation and hydrolytic rancidity due to moisture and free fatty acids [4]. Mūrchnā removes these undesirable components and incorporates antioxidant phytochemicals, thereby enhancing stability and shelf life [11,12].

Results and Discussion

Analytical studies demonstrate increased specific gravity and decreased acid value in Mūrchita Sneha, indicating reduced rancidity and improved stability [7,8,9]. Pharmaco-clinical studies on formulations such as Pañcatikta Ghṛta reveal superior therapeutic outcomes when prepared using Mūrchita Sneha [5,6].

Conclusion

Sneha Mūrchanā Saṁskāra is a pharmaceutically justified and essential process that improves stability, acceptability, and therapeutic efficacy of medicated Sneha [2,7]. It should be considered indispensable in Sneha Kalpanā.

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