

Clinical Utility of Charakokta Snehopaga Mahakashaya: A Narrative Review

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ABSTRACT:

Introduction: *Snehopaga Mahakashaya* is one of the fifty *Mahakashayas* enumerated in the fourth chapter of *Charaka Samhita Sutra Sthana (Shadvirechanashatashritiya Adhyaya)*. The term *Snehopaga* refers to the drugs by incorporating which the properties of unctuous substances like oil or ghee are enhanced to create a synergistic effect and ultimately enhancing the overall therapeutic benefits. These drugs can be employed in dual modes i.e., internally and externally in accordance with the prevailing *Doshic* imbalance or condition of the disease. So, in this paper an effort is undertaken to shed light on the pharmacological and Ayurvedic qualities of *Snehopaga Mahakashaya* as well as its potential clinical application in various administration methods. **Methodology:** *Charaka Samhita*, *Susruta Samhita*, and *Astanga Hridaya* were thoroughly reviewed to collect formulations containing *Snehopaga* drugs and their modes of administration. Data were compiled from both direct and indirect references, including details of formulations, indications, routes of administration, and textual sources. The definition of “*Snehopaga*” was obtained from *Charaka* and *Susruta* Samhita. Only formulations and procedures that adhere to the definition of *Snehopaga* were included, whereas preparations such as *Kwatha*, *Gutika*, *Churna*, and *Parisheka* etc. were excluded. Pharmaceutical and pharmacological information on *Snehopaga* drugs was gathered from PubMed and Google Scholar using their botanical names and relevant keywords. **Results:** The comprehensive review and analysis of the ten drugs categorized under *Snehopaga Mahakashaya* demonstrated their collective and individual efficacy in supporting *Snehana Karma*. The concept highlights a unique *Ayurvedic* strategy, not merely administering oil or ghee for oleation, but enhancing its effect through supportive herbal companions. **Conclusion:** The *Snehopaga Mahakashaya* represents a thoughtful formulation strategy in *Ayurveda*, where herbs are grouped not merely by pharmacological activity but by synergistic action. Its application may enhance efficacy of *Snehana* therapy and contributes to improve outcomes in cleansing, nourishment and rejuvenation.

KEYWORDS: *Snehopaga*, *Mahakashaya*, *Dashemani*, oleation

RECEIVED ON:
27-06-2026

REVISED ON:
20-07-2026; 01-08-2026

ACCEPTED ON:
16-08-2026

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Website Link:

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DOI Link:

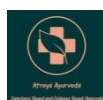
<https://doi.org/10.70066/jahm.v14i7.2892>

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CITE THIS ARTICLE AS

Puja Nahak, Anup B Thakar, Rahul S Gandhi. Clinical Utility of Charakokta Snehopaga Mahakashaya: A Narrative Review. Journal of Ayurveda and Holistic Medicine (JAHM) 2026; 14(7):63-78.



1. INTRODUCTION

Snehana (Oleation) is a unique therapeutic procedure having a wider applicability in *Ayurveda*. Depending on the purpose, it can be used in the preparatory phase of *Shodhana Karma* to loosen and disintegrate the Dosha stuck in tissue and different channels of body or it may be used as *Pradhana Karma* either for palliative purpose to balance the *Doshas* or for nourishing the body. The substance which induces *Sneha* (unctuousness), *Vishyanda* (liquefaction), *Mardavata* (smoothness), *Kledata* (moistness) is called *Sneha* and *Acharyas* have mentioned four best unctuous substances i.e., *Ghrita*, *Taila*, *Vasa* and *Majja*. The measures adopted to bring about these actions in the body are known as *Snehana*. [1] *Snehana* is brought about by specific qualities in the drugs, which are *Picchila*, *Sukshma*, *Sara*, *Snigdha*, *Drava*, *Guru*, *Sheeta*, *Manda*, *Mrudu*. [2]

Sutra Sthana is the first section of *Charaka Samhita* dealing with fundamental principles of *Ayurveda*. The section's name suggests that it is a chain of essential principles in a concise form. The first tetrad in *Sutra Sthana* i.e. *Bheshaja Chatushka*, discusses a variety of medications that are applied internally or externally in different conditions. In the fourth chapter of this tetrad, details about fifty *Mahakashaya* are explained, which are used in different forms for external or internal use depending on the requirement. The decoction's names are derived from the effects they have on the body, which can be either curative or palliative. Among these fifty decoctions, there are seven *Mahakashayas* known as "*Upaga*" that refers to something supportive. *Upagas* are auxiliary substances, which support the primary therapeutic actions of a treatment or medicine. *Snehopaga* is the first *Upaga* described by *Charaka* which makes the oleation process more efficient by enhancing the action of the primary oleating agents, such as ghee. This group includes: *Mrudvika*, *Madhuka*, *Madhuparni*, *Meda*, *Vidari*, *Kakoli*, *Ksheerakakoli*, *Jivanti*, *Jivaka* and *Shalaparni*. [3]

***Snehopaga*:** As per *Charaka*, *Snehopagani* are those substances which assist unctuous materials like ghee in the process of oleation (*Snehana*). When ghee, oil etc. are used along with *Snehopaga* substances such *Mrudvika*, it becomes more effective for oleation. [4]

As per *Susruta*, it is a therapeutic procedure that involves the application of unctuous substances (*Sneha*) is called *Snehopayogic*. This therapy can be administered in two ways i.e. externally (externally applied) or internally (ingested). [5]

Charaka has also mentioned that "*Snehopaga*" are the substances that assist or support the process of oleation (*Snehana*), acting as adjuncts or helpers in this therapeutic procedure. [6]

Why this topic: First ever *Charaka* has mentioned these *Upaga* drugs, but no such direct references were found regarding its utility. So, across this paper an effort is undertaken to shed light on the pharmacological and Ayurvedic qualities of *Snehopaga Mahakashaya* as well as its potential clinical application in various administration methods.

2. METHODOLOGY:

Charaka Samhita, *Susruta Samhita* and *Asthanga Hridaya Samhita* have been thoroughly scrutinized and formulations containing the drugs of *Snehopaga* with their mode of administration were collected manually. Data was compiled in two forms, with direct reference from *Charaka Sutra* 4th chapter and indirect references with mention of drugs. Details like- references, drugs, formulations, route of administration and indications were recorded. The etymological derivation of the term '*Upaga*' was taken from *Vachaspatyam*. *Charaka* and *Susruta Samhita* were referred for the definition of '*Snehopaga*'. The compilation of the drugs used in different formulations were made from *Charaka*, *Susruta* and *Asthanga Hridaya Samhita*. Those formulations and procedures which adhere to the definition of *Snehopaga* were included in this paper and other formulations like *Kwatha* preparation, *Gutika*, *Churna*, *Parisheka* etc. were excluded.

Table 1: Search Strategy Database

Database	Search terms used	Filters applied	Results Retrieved	Notes
PubMed	Every botanical name of <i>Snehopaga</i> drugs (e.g., <i>Vitis vinifera</i> , <i>Glycyrrhiza glabra</i> , <i>Tinospora cordifolia</i> , <i>Polygonatum verticillatum</i> , <i>Pueraria tuberosa</i> , <i>Leptadenia reticulata</i> , <i>Desmodium gangeticum</i> , etc.) AND (pharmaceutical* OR pharmacological OR chemical constituents OR review OR <i>Mahakashaya</i> OR <i>Dashemani</i> OR <i>Snehopaga</i>)	Language: English; Full-text available; Publication period: Last 10 years; Article types: Clinical trials, Randomized controlled trials, Meta-analysis, Narrative reviews, Systematic reviews	63	Articles screened manually; Relevant studies included after title, abstract
Google Scholar	Every botanical name of <i>Snehopaga</i> drugs AND (pharmaceutical* OR pharmacological OR chemical constituents OR review OR <i>Mahakashaya</i> OR <i>Dashemani</i> OR <i>Snehopaga</i>)	English language; No restriction on publication type	49	Relevant articles screened manually; Additional references retrieved through citation searching
Classical Ayurvedic Literature	<i>Charaka Samhita</i> , <i>Sushruta Samhita</i> , <i>Ashtanga Hridaya</i> , and <i>Vachaspatyam</i> were searched manually using the keywords <i>Snehopaga</i> , <i>Upaga</i> , formulations containing <i>Snehopaga</i> drugs, and routes of administration	Relevant chapters and commentaries only	-	Direct and indirect classical references compiled; Formulations fulfilling the definition of <i>Snehopaga</i> were included
Manual Reference Search	Reference lists of eligible review articles and research papers	No filters applied	3	Used to identify additional relevant studies not retrieved during electronic database searching

For the studies regarding the pharmaceutical and pharmacological actions of these drugs, proven studies, review studies were obtained from PubMed and Google Scholar with research words being their botanical names. The Boolean operator used was- 'AND', 'OR'. The search words were 'Pharmaceuticals', 'Pharmacological', '*Mahakashaya*', '*Dashemani*', '*Snehopaga*', 'Chemical constituents', 'Review' related to each *Snehopaga* drugs. The language used was- 'English'. Text availability was selected as- 'Full text available'. The inclusions of article types were- clinical trials, meta-analysis, randomized clinical trial, narrative review, systematic review. The articles before 10 years were included in the study.

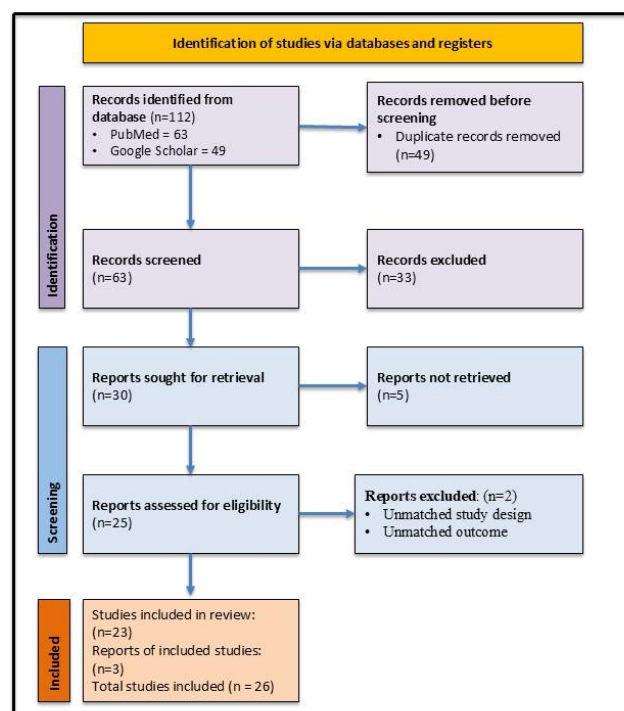


Figure 1: Description regarding studies included for review

3. RESULT:

The data pertaining to the *Snehopaga* drugs were systematically compiled and presented across 06 tables. Among these, the first two tables provide detailed information regarding the botanical nomenclature, phytochemical constituents, pharmacological properties, and *Rasa Panchaka* of the *Snehopaga* drugs. [Table 4 &

Table 5] categorize these ten drugs according to their classification under *Mahakashayas*, *Ganas*, and other drug groups described in *Charaka Samhita*, *Susruta Samhita*, and *Astanga Hridaya*. The remaining two tables summarize various formulations containing these drugs, along with their modes of administration, therapeutic indications, and classical references.

Table 2: Botanical name, Family, Chemical constituents and pharmacological action of *Snehopaga* Drug:

Sl. No.	Drug	Botanical name and Family	Chemical constituents	Pharmacological Properties
1	<i>Mrudvika</i> [7]	<i>Vitis vinifera</i> , <i>Vitaceae</i>	Catechin, Epicatechin, B- Sitosterol. Ergosterol	Antioxidant, anticarcinogenic, immunomodulatory, anti-diabetic, Neuroprotective, anti-obesity, anti-ageing, anti-microbial
2	<i>Madhuka</i> [8]	<i>Glycyrrhiza glabra</i> , <i>Fabaceae</i>	Glycyrrhizin isoliquirtin, gum, mucilage, sulphuric acid and metabolic acids, calcium and magnesium salts	Antacid, aphrodisiac, anti-inflammatory, anti- oxidants, analgesics, immunomodulator, antibacterial, anti-asthmatic
3	<i>Madhuparni</i> [9]	<i>Tinospora cordifolia</i> , <i>Menispermaceae</i>	Tinosporin, isocolumbin, tinocordifolioside, cordioside, syringin, pregnane glycoside, Beta- sitosterol, Delta- sitisterol, giloinsterol, tinocordifolin	Anti-inflammatory, anti-pyretic, antiosteoporotic, antioxidant, hepatoprotective, anti-hyperglycemic, nootropic
4	<i>Meda</i> [10]	<i>Polygonatum</i> <i>verticillatum</i> , <i>Liliaceae</i>	Saponin, alkaloids, glycosides, phenols, flavonoids, sterols, tannins, anthraquinones	Antipyretic, anti-inflammatory, anticonvulsant, diuretic, antidiarrheal, antispasmodic, anti- nociceptive, antifungal, antibacterial, bronchodilator
5	<i>Vidari</i> [11]	<i>Pueraria tuberosa</i> , <i>Fabaceae</i>	Beta- sitosterol, stigmasterol, daidzein, puerarin, daidzein and tuberosin	Antioxidant, antimicrobial, anti-inflammatory, anti-ageing
6	<i>Kakoli</i> [12]	<i>Roscoeia procera</i> , <i>Zingiberaceae</i>	Carbohydrates, flavonoids, protein, alkaloids, glycosides, phenolics	Anti-diabetic, immunomodulator, spermopirotic, antipyretic
7	<i>Ksheerakakoli</i> [13]	<i>Lilium polyphyllum</i> , <i>Liliaceae</i>	Saponins, phytosterols and carbohydrate	Galactagogue, aphrodisiac, diuretic, antipyretic, anti-inflammatory
8	<i>Jivaka</i> [14]	<i>Microstylis wallichii</i> , <i>Orchidaceae</i>	Linoleic acid, oleic acid, palmitic acid stearic acid, γ -linolenic acid	Antioxidant, anti-inflammatory, analgesic, styptic, anti-dysenteric, antimicrobial, aphrodisiac
9	<i>Jivanti</i> [15]	<i>Leptadenia</i> <i>reticulata</i> , <i>Asclepidaceae</i>	Beta-sitosterol, beta- amyryn acetate, leptidine glycoside	Anti-inflammatory, antioxidant, galactagogue, hepatoprotective, antimicrobial, antidiabetic
10	<i>Shalaparni</i> [16,17]	<i>Desmodium</i> <i>gangeticum</i> , <i>Fabaceae</i>	Gangetinin, desmodin, caudicine, hypaphorine	Analgesic, cardiostimulant, cardiostimulant, analgesic, bronchodilator, anti-oxidant, anti- inflammatory

Table 3: Rasa Panchaka, Doshaghnata and Karma of the Snehopaga Dashemani

Sl.no.	Drug	Rasa	Guna	Veerya	Vipaka	Doshaghnata	Karma
1	Mrudvika	Madhura, Kashaya	Snigdha, Sara	Guru, Sheeta	Madhura	Vata Pittahara	Hrudya, Vrishya, Chakshushya, Srishta Mutravat
2	Madhuka	Madhura	Snigdha, Guru	Sheeta	Madhura	Vata Pittahara	Medhya, Rasayana, Chakshushya, Shukrala, Keshya
3	Madhuparni	Tikta, Katu, Kashya	Snigdha, Laghu	Ushna	Madhura	Tridosahara	Hrudya, Vrishya, Chakshushya, Vayasthapana
4	Meda	Madhura	Snigdha, Guru	Sheeta	Madhura	Vata Pittahara, Kaphavardhan	Brihmana, Shukrala, Bhagnasandhanakrit
5	Vidari	Madhura	Snigdha, Guru	Sheeta	Madhura	Vata Pittahara	Brihmana, Vrishya, Mutrala, Balya
6	Kakoli	Madhura	Snigdha, Guru	Sheeta	Madhura	Vata Pittahara, Kaphavardhan	Brihmana, Shukrala, Jeevaniya, Vrishya
7	Ksheerakakoli	Madhura	Snigdha, Guru	Sheeta	Madhura	Vata Pittahara, Kaphavardhan	Jwarahara, Brihmana, Vrishya, Shukrala
8	Jivaka	Madhura	Snigdha, Guru	Sheeta	Madhura	Vata Pittahara, Kaphavardhan	Brihmana, Shukrala, Balya
9	Jivanti	Madhura	Snigdha, Laghu	Sheeta	Madhura	Tridosahara	Vrishya, Chakshushya, Balya
10	Shalaparni	Madhura, Tikta	Snigdha, Guru	Ushna	Madhura	Tridosahara	Balya, Shothahara, Jwarahara

Table 4: Drugs of Snehopaga Mahakashaya mentioned under different Mahakashayas of Charaka Samhita and different Gana of Sushruta Samhita* and Astanga Hridaya Samhita#:

Sl.no.	Drug	Mahakashaya	Gana
1	Mrudvika	Kanthya, Virechanopaga, Kasahara, Jvarahara, Shramahara	Parushakadi [#]
2	Madhuka	Jivaniya, Shonita Sthapana, Angamarda Prashamana, Mutra Virajaniya, Asthapanopaga, Vamanopaga, Kandughna, Kanthya, Varnya, Sandhaniya	Kakolyadi*, Sarivadi*, Anjanadi*, Jivaniya [#] , Padmakadi [#] , Parushakadi [#]
3	Madhuparni	Sandhaniya	Kakolyadi*, Aragvadhadi*, Shyamadi*, Patoladi*, Guduchyadi*, Padmakadi [#]
4	Meda	Jivaniya, Shukra Janana	Kakolyadi*, Jivana Panchamoola [#] , Jivaniya [#] , Vidaryadi [#] , Padmakadi [#]
5	Vidari	Kanthya, Angamarda Prashamana	Vidarigandhadi*, Vidaryadi [#]
6	Kakoli	Jivaniya, Brihmaniya, Sukrajanana, Angamarda prashamana	Kakolyadi*, Jivaniya [#] , Padmakadi [#]
7	Ksheerakakoli	Jivaniya, Brihmaniya, Sukrajanana	Kakolyadi*, Jivaniya [#] , Padmakadi [#]
8	Jivaka	Jivaniya, Sukra Janana	Vidarigandhadi*, Kakolyadi*, Jivana Panchamoola [#] , Jivaniya [#] , Vidaryadi [#] , Padmakadi [#]
9	Jivanti	Jivaniya, Vaya Sthapana, Shwasahara	Kakolyadi*, Jivana Panchamoola [#] , Jivaniya [#] , Vidaryadi [#] , Padmakadi [#]
10	Shalaparni	Shothahara, Balya, Vaya Sthapana	Vidarigandhadi*

This table presents the occurrence of Snehopaga Mahakashaya drugs in other Mahakashayas of Charaka Samhita and in the Ganas described in Susruta Samhita and Astanga Hridaya. For instance, Mrudvika is included in several Mahakashayas like Kanthya, Virechanopaga, Kasahara, Jvarahara and Shramahara Mahakashaya of Charaka and in the Parushakadi Gana of Asthanga Hridaya. () denotes Ganas from Susruta Samhita and (#) denotes Ganas from Asthanga Hridaya.

Table 5: Drugs of *Snehopaga Mahakashaya* mentioned under different group of drugs from *Charaka*, *Susruta* and *Astanga Hridaya Samhita*:

Sl.no.	Drugs	Varga	Samhitas
1	<i>Jivaka, Jivanti, Kakoli, Ksheerakakoli, Shalaparni, Meda, Guduchi, Niruha Dravya – Madhura Skanda Yasthimadhu, Mrudvika</i>	[18]	Charaka Samhita
2	<i>Guduchi</i>	<i>Niruha Dravya – Tikta Skanda</i> [19]	
3	<i>Kakoli, Ksheerakakoli, Jivaka, Meda, Guduchi, Jivanti, Yasthimadhu, Vidari</i>	<i>Madhura Varga</i> [20]	Susruta Samhita
4	<i>Kakoli, Ksheerakakoli, Jivaka, Meda</i>	<i>Asthapana Upayogi Dravya</i> [21]	
5	<i>Kakoli, Meda, Jivanti, Jivaka, Yasthimadhu, Mrudvika, Shalaparni, Vidari</i>	<i>Madhura Skanda Dravya</i> [22]	Asthanga Hridaya Samhita
6	<i>Yasthimadhu</i>	<i>Vamana Dravya</i> [23]	
7	<i>Yasthimadhu</i>	<i>Niruha Upayogi Dravya</i> [24]	
8	<i>Shalaparni, Yasthimadhu, Jivanti, Kakoli, Ksheerakakoli, Meda, Jivaka</i>	<i>Pitta Nashaka Dravya</i> [25]	
9	<i>Jivanti, Kakoli, Ksheerakakoli, Meda, Jivaka, Yasthimadhu</i>	<i>Snehana Putapaka</i> [26]	
10	<i>Kakoli, Meda, Jivanti, Jivaka, Yasthimadhu, Draksha, Shalaparni, Vidari</i>	<i>Prasadana Putapaka (Madhura Dravya)</i> [27]	

*Apart from *Mahakashaya* of *Charaka Samhita* and *Ganas* of *Susruta* and *Asthanga Hridaya Samhita*, *Acharyas* have described different groups of drugs (for example- in the last chapter of *Charaka Vimana Sthana* total 6 groups of drugs based on their taste are mentioned for *Niruha Basti*) in different context. Here, in this table the drugs of *Snehopaga* given in different groups other than *Mahakashaya* and *Ganas* are outlined.

Table 6: Drugs of *Snehopaga Mahakashaya* found in different formulations:

Sl.no.	Drugs	Formulations	Disease	Reference
1	<i>Kakoli, Meda, Yasthimadhu, Vidari</i>	<i>Satavaryadi Ghrita</i>	<i>Raktapitta</i>	<i>Cha.Chi.4/95-96</i>
2	<i>Ksheerakakoli, Jivanti</i>	<i>Trayamanadya Ghrita</i>	<i>Gulma (Pitta & Rakta)</i>	<i>Cha.Chi.5/118-121</i>
3	<i>Jivanti, Yasthimadhu, Draksha</i>	<i>Jivantyadi Ghrita</i>	<i>Rajanyakshma</i>	<i>Cha.Chi.8/111-113</i>
4	<i>Jivanti, Shalaparni</i>	<i>Rasna Ghrita</i>	<i>Rajanyakshma</i>	<i>Cha.Chi.8C/170</i>
5	<i>Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu</i>	<i>Ghrita</i>	<i>Pittaja Unmada</i>	<i>Cha.Chi.9/76</i>
6	<i>Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu</i>	<i>Yamaka</i>	<i>Apasmara</i>	<i>Cha.Chi.10/28</i>
7	<i>Jivaka, Jivanti, Shalaparni, Meda, Kakoli, Ksheerakakoli, Yasthimadhu, Draksha, Vidari</i>	<i>Amritaprasa Ghrita</i>	<i>Kshataksheena</i>	<i>Cha.Chi.11/35-43</i>
8	<i>Shalaparni, Jivanti, Jivaka, Meda</i>	<i>Swadanstradi Ghrita</i>	<i>Kshataksheena</i>	<i>Cha.Chi.11/44-47</i>
9	<i>Jivaka, Meda, Kakoli, Jivanti, Ksheerakakoli, Yasthimadhu, Vidari</i>	<i>Prathama Sarpiguda</i>	<i>Kshataksheena</i>	<i>Cha.Chi.11/50-55</i>
10	<i>Draksha, Jivaka, Ksheerakakoli, Meda</i>	<i>Tritiya Sarpiguda</i>	<i>Kshataksheena</i>	<i>Cha.Chi.11/62-65</i>
11	<i>Jivaka, Meda, Kakoli, Jivanti, Ksheerakakoli, Yasthimadhu</i>	<i>Ghrita</i>	<i>Pittaja Plihodara</i>	<i>Cha.Chi.13/87</i>
12	<i>Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu</i>	<i>Ghrita</i>	<i>Hikka, Shwasa</i>	<i>Cha.Chi.17/156</i>
13	<i>Madhura Gana Kalka Siddha</i>	<i>Ghrita</i>	<i>Kasa</i>	<i>Cha.Chi.18/102-105</i>
14	<i>Shalaparni, Meda, Draksha, Ksheerakakoli</i>	<i>Jivaniya Ghrita</i>	<i>Chardi</i>	<i>Cha.Chi.20/47</i>
15	<i>Shalaparni, Meda, Draksha, Ksheerakakoli</i>	<i>Jivaniya Ghrita</i>	<i>Vata-Pittaja Trishna</i>	<i>Cha.Chi.22/41</i>
16	<i>Mrudvika, Kakoli, Ksheerakakoli, Meda, Jivaka</i>	<i>Drakshadi Ghrita</i>	<i>Pittaja Hridroga</i>	<i>Cha.Chi.26/93</i>

17	Kakoli, Ksheerakakoli	Rasnadi Taila	Vataja Siroroga	Cha.Chi.26/160
18	Madhura Varga Dravya	Mayur Ghrita	Siroroga	Cha.Chi.26/163-165
19	Jivanti, Meda, Mrudvika, Jivaka, Kakoli, Vidari	Mahamayura Ghrita	Siroroga	Cha.Chi.26/166-174
20	Shalaparni, Meda, Mrudvika, Ksheerakakoli	Jivaniya Sarpi	Siroroga	Cha.Chi.26/176
21	Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu	Taila	Khalitya, Palitya	Cha.Chi.26/263
22	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu, Mrudvika	Dashamooladi Ghrita	Vatavyadhi	Cha.Chi.28/119-121
23	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu, Vidari	Dashamooladi Majja Sneha	Vatavyadhi	Cha.Chi.28/124-127
24	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu	Triphaladi Sneha	Chatuh	Cha.Chi.28/129-132
25	Guduchi, Yasthimadhu, Jivaka	Bala Taila	Vatavyadhi	Cha.Chi.28/148-156
26	Guduchi, Meda, Jivaka, Kakoli, Ksheerakakoli, Jivanti, Vidari	Amrutadya Taila	Vatavyadhi	Cha.Chi.28/157-164
27	Ksheerakakoli, Jivaka, Yasthimadhu	Sravanyadi Ghrita	Vatarakta	Cha.Chi.29/55
28	Meda, Kakoli, Ksheerakakoli	Bala Ghrita	Vatarakta	Cha.Chi.29/56-57
29	Kakoli, Ksheerakakoli, Vidari	Parushaka Ghrita	Vatarakta	Cha.Chi.29/58-60
30	Shalaparni, Meda, Mrudvika, Ksheerakakoli, Vidari	Jivaniya Ghrita	Vatarakta	Cha.Chi.29/61-70
31	Jivaka, Meda, Yasthimadhu, Guduchi, Kakoli, Ksheerakakoli, Vidari	Jivakadi MahaSneha	Vatarakta	Cha.Chi.29/72-75
32	Meda, Yasthimadhu, Jivanti, Jivaka, Shalaparni	Sthiradi Ghrita	Vatarakta	Cha.Chi.29/76-78
33	Yasthimadhu, Meda, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Shalaparni	Madhuparnyadi Taila	Vatarakta	Cha.Chi.29/92-95
34	Yasthimadhu, Mrudvika, Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Vidari	Sukumara Taila	Vatarakta	Cha.Chi.29/97-102
35	Guduchi, Yasthimadhu, Shalaparni, Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli	Amrutadya Taila	Vatarakta	Cha.Chi.29/103-109
36	Yasthimadhu, Jivaka, Meda	Mahapadmaka Taila	Vatarakta	Cha.Chi.29/110-113
37	Yasthimadhu, Ksheerakakoli, Kakoli	Khudaka Padmaka Taila	Vatarakta	Cha.Chi.29/114
38	Jivanti, Jivaka, Kakoli, Ksheerakakoli, Shalaparni	Bala Taila	Vataja Yonivyapad	Cha.Chi.30/49-51
39	Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu, Mrudvika	Brihat Satavari Ghrita	Yoniroga, Artava Vikara, Sukra Dosha	Cha.Chi.30/64-68
40	Yasthimadhu, Kakoli, Jivanti, Ksheerakakoli, Jivaka, Meda, Guduchi, Shalaparni, Vidari	Ksheera Taila	Ardita	Su.Chi.5/22
41	Madhura Gana	Yakshma Ghrita	Nivaraka Rajayakshma	Su.Ut.41/47
42	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu	Sarpi	Murccha	Su.Ut.46/16
43	Madhura varga siddha	Ghrita	Pittaja, Kshayaja, Kshataja Kasa	Su.Ut.52/33

44	Madhura Varga Aushadha	Kuliradi Ghrita	Trividha Kasa	Su.Ut.52/48
45	Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi	Ghrita/taila	Pittaja Mutrakricchna	Su.Ut.59/20
46	Meda, Kakoli, Ksheerakakoli, Jivaka, Yasthimadhu	Bala Taila		A.H.Sa.2/47-52
47	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu, Shalaparni	Rasnadi Ghrita	Kasa	A.H.Chi.3/6-9
48	Meda, Kakoli, Jivaka, Vidari	Medadi Ghrita	Kasa	A.H.Chi.3/38-40
49	Jivanti, Shalaparni	Rasnadi Ghrita	Rajayakshma	A.H.Chi.5/24
50	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu	Mamsa Sarpi	Rajayakshma	A.H.Chi.5/25-27
51	Jivanti, Jivaka, Shalaparni	MahaSneha	Vata Hridroga	A.H.Chi.6/39
52	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu	Ghrita	Pittaja Gulma	A.H.Chi.14/62-63
53	Shalaparni, Meda, Kakoli	Mahakalyanaka Ghrita	Unmada	A.H.Ut.6/32-33
54	Kakoli, Ksheerakakoli, Shalaparni	Mahapaisachika Ghrita	Unmada	A.H.Ut.6/34-37
55	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu	Yamaka Sneha	Apasmara	A.H.Ut.7/25
56	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu	Jivaniya Gana Siddha Ghrita	Vata-Pittaja Apasmara	A.H.Ut.7/26-27
57	Jivanti, Kakoli, Yasthimadhu, Mrudvika	Jivantyadi Ghrita	Timira	A.H.Ut.13/2-3
58	Mrudvika, Kakoli, Ksheerakakoli, Jivaka, Meda, Yasthimadhu	Drakshadi Ghrita	Timira	A.H.Ut.13/4-5
59	Yasthimadhu, Kakoli, Guduchi Ksheerakakoli, Mrudvika	Mahatriphala Ghrita	Timira	A.H.Ut.13/12-13
60	Jivanti, Jivaka, Ksheerakakoli, Shalaparni	Baladi Yamaka Sneha	Vata-Pittaja Yoniroga, Garbhadharana	A.H.Ut.34/42-43
61	Yasthimadhu, Meda, Kakoli	Phalaghrita		A.H.Ut.34/63-67

*This table shows different Ghrita, Taila and Sarpiguda containing the drugs of Snehopaga Mahakashaya with its indication in different diseases.

Table 7: Drugs of Snehopaga Mahakashaya mentioned for different purpose like Rasayana, Vajikarana, Ropana and Sandhana Karma, Swedana, Basti, Pana and Nasya etc.:

Sl.no.	Drugs	Formulations	References
Rasayana formulations			
1	Shalaparni, Jivaka, Meda, Jivanti, Yasthimadhu, Vidari	Prathama Brahma Rasayana	Cha.Chi.1/41-57
2	Shalaparni, Jivanti, Guduchi, Yasthimadhu	Dwitiya Brahma Rasayana	Cha.Chi.1/58
3	Shalaparni, Mrudvika, Jivanti, Jivaka, Guduchi, Meda, Kakoli, Vidari	Chyavanprasha	Cha.Chi.1/62-69
	Jivaka, Jivanti, Meda, Guduchi, Kakoli, Ksheerakakoli, Yasthimadhu, Shalaparni, Mrudvika, Vidari	Chyavanprasha	A.H.Ut.39/33-41
4	Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Vidari	Haritakyadi Rasayan	Cha.Chi.1/76
5	Shalaparni, Guduchi, Yasthimadhu	Haritakyadi Yoga	Cha.Chi.1/77
6	Jivanti, Vidari	Amalaki Ghrita	Cha.Chi.1.2/4
7	Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu, Guduchi,	Amalaka Ayasa Brahma Rasayana	Cha.Chi.1.3/3

Shalaparni			
8	Yasthimadhu, Guduchi	Medhya Rasayana	Cha.Chi.1.3/30-31
9	Jivanti, Shalaparni, Meda, Jivaka, Kakoli, Ksheerakakoli, Yasthimadhu, Vidari	Indrokta Rasayana	Cha.Chi.1.4/6
10	Guduchi, Mrudvika, Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu, Shalaparni, Vidari	Dwitiya Indrokta Rasayan	Cha.Chi.1.4/13-26
Vajikarana formulations			
11	Ksheerakakoli, Jivanti, Jivaka, Meda, Kakoli, Yasthimadhu, Mrudvika, Vidari	Brihmani Gutika	Cha.Chi.2.1/28-32
12	Jivaka, Kakoli, Meda, Yasthimadhu, Vidari	Vajikarana Ghrita	Cha.Chi.2.1/34
13	Jivanti, Jivaka, Kakoli, Yasthimadhu, Draksha, Vidari	Apatyakari Yasthikadi Gutika	Cha.Chi.2.2/3-9
14	Ksheerakakoli, Yasthimadhu, Draksha	Vrishya Kshira	Cha.Chi.2.2/18-20
15	Jivaka, Jivanti, Meda, Yasthimadhu, Mrudvika, Vidari	Vrishya Ghrita	Cha.Chi.2.2/21-23
16	Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu, Vidari	Vrishya Kshira Prayoga	Cha.Chi.2.3/6-7
17	Meda, Ksheerakakoli, Jivanti, Vidari	Apatyakara Kshira	Cha.Chi.2.3/8-10
18	Madhuka, Meda, Kakoli, Ksheerakakoli, Jivaka, Jivanti	Vrishya Pupalika Yoga	Cha.Chi.2.3/15-17
19	Kakoli, Ksheerakakoli, Jivaka, Meda, Guduchi, Jivanti, Yasthimadhu	Best for Vajikarana	Su.Chi.26/38
20	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu, Shalaparni, Mrudvika, Vidari	Vajikarana Yoga	A.H.Ut.40/12-20
Ropana and Sandhana Karma			
Drug with name of formulation and route of administration		Indications	
21	Yasthimadhu, Kakoli, Ksheerakakoli - Prapoundarikadi Taila	Vrana Ropana	Cha.Chi.25/92
22	Yasthimadhu, Jivaka - Tarpana	Netra Abhighata	Su.Chi.2/44
23	Madhura Aushadhi Siddha Ksheera and Ghrita - Pana	Bhagna	Su.Chi.3/13
24	Vataghna Madhura Dravya - Nasya	Hanusandhi Vishlesha	Su.Chi.3/39-40
25	Bhavna Dravya- Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi - Bhagna Sandhanakara Taila		Su.Chi.3/55-59
26	Yasthimadhu, Kakoli, Meda, Ksheerakakoli, Jivaka, Guduchi, Mrudvika, Jivanti Siddha Taila - Pana, Abhyanga, Nasya, Basti, Bhojana	Bhagna Sandhana	Su.Chi.3/55-59
27	Application of Madhura Dravya Siddha Ghrita - After Vrana Shodhana	Pakva Granthi	Su.Chi.18/11
28	Madhura Varga Siddha Ghrita	Ropana (Vivruta, Indravruddha, Gardabhi, Jalagardhava, Irivellika, Gandhanama, Kaksha, Visphotaka)	Su.Chi.20/7-8
29	Karna Paali Vardhana Taila- Abhyanga		Su.Chi.25/25-27
Snehopaga Mahakashaya in different types of Swedana			
Drug and type of Swedana			
30	Jivanti, Yasthimadhu, Vidari – Upanaha	Rajayakshma	Cha. Chi.8/75-76
31	Yasthimadhu, Kakoli, Vidari – Pradeha	Rajayakshma	Cha. Chi.8/78-80
32	Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu - Upanaha	Vataja Siroroga	Cha. Chi.26/159
33	Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu - Upanaha	Vataja Vatarakta	Cha. Chi.29/137
34	Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Yasthimadhu - Pralepa	Vataja Vatarakta	Cha.Chi.29/141-144
35	Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi -	Vrana with Ksheena Mamsa Tanu	Su.Chi.1/51-52

	<i>Utkarika</i>	<i>Srava Paka Toda Kathinya</i> <i>Parushya Shoola Shotha</i>	
36	<i>Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi, Shalaparni, Vidari - Salvana Upanaha</i>		<i>Su.Chi.4/17</i>
37	<i>Jivanti, Jivaka, Kakoli, Ksheerakakoli, Yasthimadhu, Meda (Jivaniya Gana Siddha Ghrita) - Parisheka</i>	<i>Vatarakta</i>	<i>Su.Chi.5/12</i>
38	<i>Jivanti, Jivaka, Kakoli, Ksheerakakoli, Yasthimadhu, Meda (Jivaniya Gana Siddha Ghrita) - Parisheka</i>	<i>Pittaja Vidradhi</i>	<i>Su.Chi.16/10</i>
39	<i>Yasthimadhu, Kakoli, Meda, Mrudvika, Shalaparni, Jivaka - Parisheka</i>	<i>Pittaja Visarpa</i>	<i>Su.Chi.17/10-13</i>
40	<i>Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi - Upanaha</i>	<i>Vatavyadhi</i>	<i>Su.Chi.32/12</i>
41	<i>Madhura Gana Siddha Ghrita - Pradeha</i>	<i>Raktapitta</i>	<i>Su.Ut.45/19</i>
42	<i>Madhura Dravya - Upanaha</i>	<i>Guhya Roga (Mrudita)</i>	<i>A.H.Ut.34/13</i>
<i>Snehopaga Mahakashaya in different types of Anuvasana and Yapana Basti</i>			
	<i>Drugs and name of Basti</i>		
43	<i>Jivanti, Yasthimadhu, Meda - Jivantyadi Anuvasana</i>	<i>Jwara</i>	<i>Cha.Chi.3/250-251</i>
44	<i>Yasthimadhu, Jivaka, Meda, Kakoli, Jivanti Ksheerakakoli, Guduchi - Dashamooladi Anuvasana Taila</i>	<i>Sarva Vata Vikaranut</i>	<i>Cha.Si.4/4-6</i>
45	<i>Meda, Yasthimadhu, Ksheerakakoli - Jivantyadi Anuvasana Yamaka</i>	<i>Vata-Pitta Shamana, Brihmana, Bala Sukra Agnivardhana</i>	<i>Cha.Si.4/9-11</i>
46	<i>Kakoli, Ksheerakakoli, Yasthimadhu, Vidari - Sukra and Mamsa Vardhaka Basti</i>	<i>Sukra and Mamsa Vardhaka</i>	<i>Cha.Si.10/28-29</i>
47	<i>Jivanti - Sangrahika Basti</i>	-	<i>Cha.Si.10/30-31</i>
48	<i>Yasthimadhu, Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti, Mrudvika - Jivadana Nasaka Basti</i>	<i>Jivadana</i>	<i>Cha.Si.10/38-42</i>
49	<i>Guduchi, Shalaparni, Yasthimadhu - Musthadi Yapana</i>	<i>Sadyabalajanana Rasayana</i>	<i>Cha.Si.12/15-1</i>
50	<i>Guduchi, Shalaparni - Erandamooladi Yapana</i>	<i>Sukumara, Lalita, Stree Vihara, Ksheena Kshata, Vriddha, Jirna Arsha</i>	<i>Cha.Si.12/15-2</i>
51	<i>Guduchi, Yasthimadhu - Brihatyadi Yapana</i>	-	<i>Cha.Si.12/15-4</i>
52	<i>Shalaparni, Yasthimadhu, Vidari - Prathama Baladi Yapana</i>	<i>Sadya Bala Janana Rasayana</i>	<i>Cha.Si.12/15-5</i>
53	<i>Shalaparni, Yasthimadhu - Hraswapanchamooladi Yapana</i>	<i>Ksheena Vishamajwara Karshitasya</i>	<i>Cha.Si.12/15-8</i>
54	<i>Yasthimadhu, Mrudvika, Vidari - Chaturtha Baladi Yapana</i>	<i>Jwara</i>	<i>Cha.Si.12/15-10</i>
55	<i>Guduchi, Jivaka, Meda, Vidari, Yasthimadhu - ChatuhSneha Anuvasana Basti</i>	<i>Anartava, Ksheena Mamsa Rudhira, Rasayana, Bali Palita</i>	<i>Cha.Si.12/18-1</i>
56	<i>Yasthimadhu, Mrudvika, Jivaka, Meda, Vidari - Baladi Yamaka Anuvasana Basti</i>	<i>Vrishya, Balya Brihmana, Ayushya, Bali Palitanut, Kshata Ksheena, Nasta Sukra, Vishama Jwara</i>	<i>Cha.Si.12/18-2</i>

57	Yasthimadhu, Meda, Kakoli, Ksheerakakoli, Vidari - Aparā Yamaka Anuvasana Basti	Kshata Kshaya, Vata-Pitta Vedana, Swasa Kasahara, Bali-Palitanut, Varna Rupa Bala Mamsa Sukra Vardhana	Cha.Si.12/18-3
58	Shalaparni, Kakoli, Meda, Jivaka - Chitrakadi Taila Anuvasana	Maruta Amaya Nasana	Su.Chi.37/15-18
59	Jivanti, Meda, Kakoli, Ksheerakakoli, Jivaka, Yasthimadhu - Anuvasana	Sukra Agni Bala Vardhana, Brihmana, Vata-Pittaghna	Su.Chi.37/23-26
60	Meda, Yasthimadhu, Shalaparni, Jivaka, Kakoli, Ksheerakakoli, Jivanti - Lodhradi Asthapana	Pitta Vyadhi	Su.Chi.38/55-59
61	Madhura Dravya Kalka - Brihmana Asthapana	-	Su.Chi.38/83
62	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu, Guduchi, Shalaparni - Dashamooladi Sneha	Vataja Roga	A.H.Ka.4/54-57
63	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu - Vasa Sneha	-	A.H.Ka.4/58
64	Jivanti, Meda, Yasthimadhu, Ksheerakakoli - Yamaka Sneha	Brihmana, Vata-Pittaghna, Bala Sukra Agni Vardhana, Raja Sukra Amayahara, Putriya	A.H.Ka.4/59-61
Snehopaga Mahakashaya used in different forms of administration			
Drugs in different forms used for oral administration			
65	Kakoli, Meda - Mamsa Rasa, Kshira, Yusha	Pittaja Kasa	Cha.Chi.18/99
66	Shalaparni, Jivaka, Kakoli - Sthiradi Kshirapaka	Kasa	Cha.Chi.18/101
67	Yasthimadhu, Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti - Kshirapaka-Pana	Trishna	Cha.Chi.22/32
68	Jivaniya Dravya (Yasthimadhu, Jivaka, Meda, Kakoli, Ksheerakakoli, Jivanti) Siddha Ghrita - Pana	Garbhapata	Su.Sa.10/61
69	Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi Siddha Ghrita - Pana	Skanda Apasmara	Su.Ut.29/5
70	Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi Siddha Ghrita - Pana	Revati Graha	Su.Ut.31/5
71	Madhura Dravya Siddha Ghrita - Pana	Putana Graha	Su.Ut.32/5
72	Madhura Dravya Siddha Ghrita - Pana	Andhaputana Graha	Su.Ut.33/5
73	Madhura Dravya Siddha Ghrita - Pana	Mukhamandika	Su.Ut.35/5
74	Madhura Dravya Siddha Ghrita - Pana	Naigmesha	Su.Ut.36/5
75	Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu, Mrudvika - Satavari Avaleha	Guhya Roga	A.H.Ut.34/36-40
Other than oral administration			
76	Jivanti, Yasthimadhu, Vidari - Utsadana	Rajayakshma	Cha.Chi.8/175-177
77	Meda, Yasthimadhu - Dhumapana	Kshataja Kasa	Cha.Chi.18/145
78	Madhura Dravya - Nasya	Trishna	Cha.Chi.22/33
79	Vata Nashaka Dravya Siddha TriSneha - Tarpana, Dhumapana, Nasya	Vataja Abhishyanda and Vataja Adhimantha	Su.Ut.9/10-11
80	Jivaniya Ghrita - Nasya	Sushka Akshipaka	Su.Ut.9/22
81	Madhura Dravya Siddha Taila - Nasya	Vata & Pittaja Timira	Su.Ut.17/33

82	<i>Yasthimadhu, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Meda, Guduchi (Siddha Ghrita) - Karnapurana</i>	<i>Pittaja Karnashoola</i>	<i>Su.Ut.21/29</i>
83	<i>Madhura Dravya Siddha Kshira - Mukhalepa, Nasya</i>	<i>Pittaja Siroroga</i>	<i>Su.Ut.26/15</i>
84	<i>Madhura Dravya Siddha Nasya - Nasya</i>	<i>Kshayaja Siroroga</i>	<i>Su.Ut.26/25</i>
85	<i>Taila prepared from Madhura Dravya - Abhyanga</i>	<i>Sakuni Graha</i>	<i>Su.Ut.30/4</i>
86	<i>Madhura Aushadha Yukta Vesavara</i>	<i>Vataja Yonivyapad</i>	<i>Su.Ut.38/23</i>
87	<i>Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu (Jivaniya Siddha Ghrita) - Nasya</i>	<i>Jwara Upadrava- Sunya Murdha</i>	<i>Su.Ut.39/305</i>
88	<i>Ksheerakakoli, Mrudvika, Yasthimadhu, Vidari Siddha Kshira – Sechana (After Virechana and Rakta Mokshana)</i>	<i>Kshataja Sukra Roga (Sandhigata Roga)</i>	<i>A.H.Ut.11/30-31</i>
89	<i>Kakoli, Ksheerakakoli, Yasthimadhu - Tarpana</i>	<i>Vataja Timira</i>	<i>A.H.Ut.13/58-59</i>
90	<i>Jivanti, Jivaka, Meda, Kakoli, Ksheerakakoli, Yasthimadhu (Jivaniya Gana Siddha Ghrita) - Nasya</i>	<i>Timira</i>	<i>A.H.Ut.13/67</i>
91	<i>Yasthimadhu, Kakoli, Jivaka - Karnapurana (Taila)</i>	<i>Karnashoola</i>	<i>A.H.Ut.18/8-9</i>
92	<i>Madhura Skanda Siddha Taila - Nasya</i>	<i>Mukharoga- Khandostha</i>	<i>A.H.Ut.22/2</i>
93	<i>Madhura Dravya - Pratisarana, Gandusha, Nasya</i>	<i>Pittaja Jihvakantaka</i>	<i>A.H.Ut.22/43</i>

*The table summarizes the formulations and therapeutic applications of *Snehopaga Mahakashaya* drugs described in the *Charaka Samhita*, *Susruta Samhita*, and *Asthanga Hridaya*. It includes their use in *Rasayana*, *Vajikarana*, *Ropana*, *Sandhana Karma*, *Swedana Karma*, *Basti* therapies, and various modes of administration for the management of different disease conditions.

4. DISCUSSION:

Depending upon the properties and mode of interaction with biological systems, a single medicine may have manifold pharmacological effects. Similarly, different drugs could work in similar pattern to produce a common cumulative pharmacological effect. The *Mahakashayas* are named according to the actions they render in the body for example *Snehopaga* drugs which assist unctuous substance like ghee in the process of oleation.

The pharmacological action of a drug is primarily determined by its physicochemical properties, dosage form, route of administration, and timing of administration. Considering these fundamental factors, the mechanisms of action and therapeutic applications of *Snehopaga* drugs can be systematically analyzed and discussed under the following aspects.

Action of *Snehopaga* drugs

Lipophilic nature of *Snehopaga* Drugs: The drugs used in preparing medicated oils include *Mrudvika*, *Guduchi*, *Meda*, *Kakoli*, *Ksheerakakoli*, *Jivaka*, *Shalaparni*. They contain lipid-soluble compounds like flavonoids, alkaloids, phenolics,

steroids, terpenoids, glycosides and fatty acids [Table 2], which, when dissolved in the fatty base, accelerate their dissolution and make them available for absorption and entry through the fatty layers of the body. *Mrudvika* and *Guduchi* improve absorption and bioavailability, *Meda* provides fatty acids which help in transporting the active principles, *Kakoli*, *Ksheerakakoli* and *Jivaka* provide lipophilic compounds and dissolve in the drug, and *Shalaparni* aids the digestion and absorption of the medicinal components.

Surfactants and emulsification: *Ksheerakakoli*, *Meda*, and *Yasthimadhu* are found to possess saponins, steroidal glycosides, and mucilage [Table 2]. These constituents have emulsifying, surfactant, and surfactant-related activities. This helps in homogenization of medicinal oils and ghee, formation of stable oil-water emulsion. *Meda* and *Yasthimadhu* being natural surfactants help in better digestion and absorption of fats. Thus, these ingredients increase bioavailability of the active principles and the overall therapeutic action.

Anti-oxidant property: Due to the presence of flavonoids, phenolic compounds, [Table 2] and other bioactive constituents *Jivanti*, *Shalaparni*, *Kakoli*, *Vidari*, *Yasthimadhu*, and *Draksha* possess significant antioxidant activity. These compounds help scavenge free radicals, inhibit lipid peroxidation, and protect tissues from oxidative damage. The antioxidant properties of *Shalaparni*, *Kakoli*, and *Vidari* also enhance the stability of medicated oils and ghee by preventing oxidation and rancidity. *Yasthimadhu* contributes additional antioxidant protection through compounds such as glabridin and licochalcones. *Draksha* further supports the preservation of sensitive constituents in the formulation. Collectively, these drugs improve the therapeutic efficacy, thermal stability and shelf life of medicated preparations.

Demulcent and Anti-inflammatory effect: *Ksheerakakoli* and *Yasthimadhu* have demulcent and soothing properties due to their constituents which include mucilage and glycyrrhizin, respectively [Table 2]. These properties protect and soothe the mucous membranes. They also have an anti-inflammatory effect and improve absorption of nutrients and active medicinal components especially in conditions involving gastric irritation and ulcers.

After the above discussions, an important question arises: if many Ayurvedic drugs possess both lipophilic character and antioxidant properties, why are only these ten drugs (*Mrudvika*, *Madhuka* etc.) specifically classified under *Snehopaga Mahakashaya*? This distinction can be explained by following points:

a) Both *Meda* and *Mahameda* are paired in *Ashtavarga* and is *Jivaniya Mahakashaya*, but the former is included under *Snehopaga*. Their common presence of maleamic acid appears to be the biochemical basis for their pairing in traditional use. [28] Comparative studies of genus *Polygonatum* of western Himalaya indicated that *Polygonatum verticillatum* (*Meda*) and *Polygonatum cirrhifolium* (*Mahameda*) have a higher polyphenolic activity and stronger DPPH (2,2-diphenyl-1-picrylhydrazyl) and FRAP (Ferric reducing antioxidant power) activity,

respectively. [29] In terms of fatty substances, higher polyphenolic activity is more advantageous than higher DPPH or FRAP values. Naturally, amphiphilic or lipophilic polyphenols integrate directly into lipids where polyphenols act as the first line of defense against fat oxidation and to neutralize free radicals which deduce the fats. Polyphenols hence form a major component of assessment of the oxidative stability of oils susceptible to rancidity. However, FRAP assays are performed in an aqueous medium and so are more suitable to assess the aqueous antioxidants rather than in lipophilic actions such as fatty oil. In contrast, DPPH assays are easily adaptable in organic solvents and DPPH free radical reductants in bulk compounds may be dominated by proteins and organic acids (fructose, citric acid etc.) which may give a high DPPH value and yet are not useful in protecting the fatty substances.

b) The *Vidarikanda*, *Shatavari* and *Ashwagandha* were comparatively analyzed for antioxidant activities. Among the three, *Vidarikanda* had shown significantly higher antioxidant activity than those observed with *Ashwagandha* and *Shatavari*. The ethanolic extract of *Vidarikanda* has shown maximum antioxidant activity compared with the other two herbs. [30]

Therapeutic utility of *Snehopaga* drugs: The therapeutic benefits of *Snehopaga* drugs can be harnessed through multiple modes of administration, including oral, topical and formulation-based approaches.

Shodhana Chikitsa: During the *Purvakarma* of *Shodhana Chikitsa*, in the preparatory phase unctuous substances are administered internally and externally to facilitate mobilization of aggravated *Doshas*, soften body tissues and improve lubrication. Although classical texts do not directly mention the use of these ten *Snehopaga* drugs for *Shodhanartha Snehapana*, their predominance of *Madhura Rasa*, *Guru* and *Snigdha Guna* suggests potential utility in disorders dominated by *Vata* and *Pitta Dosha*. Therefore, the formulations listed in [Table 6] may be used as medicated *Sneha* for preparatory oleation therapy.

Shamana Chikitsa: In Shamana Chikitsa, unctuous drugs are used to pacify aggravated *Dosha* and reduce dryness often also employed to lubricate tissue as carriers of herbal drug. Drugs of *Snehopaga Mahakashaya* can be given by direct Incorporation in *ghee* or oil, or by processing in medicated *Sneha*. The mode of administration can be external or internal as mentioned below.

- I. **External Application:** These drugs may be used in various forms of *Snigdha Swedana* such as *Upanaha*, *Pradeha* and *Parisheka*, where they are processed with oil or ghee. Such applications help reduce stiffness, pain and tissue dryness, especially in *Vata*-dominant disorders. Examples are listed in [Table 7].
- II. **Internal Application:** Medicated ghee or oil prepared from these drugs may be administered internally in appropriate dose and duration. These preparations exert local as well as systemic effects by promoting nourishment, lubrication and *Dosha* pacification. [Table 6 and Table 7]

Brimhana Chikitsa: *Brimhana Snehapana* refers to the therapeutic administration of unctuous substances for nourishment, tissue restoration and strength promotion. It is indicated in *Dhatu Kshaya*, chronic *Vata* disorders, emaciation and post-illness recovery. The role of *Snehopaga* drugs in *Brimhana Karma* may be explained as follows:

Rasayana Chikitsa: The drugs of *Snehopaga Mahakashaya* are predominantly characterized by *Prithvi* and *Apa Mahabhuta*, with *Madhura Rasa*, *Guru* and *Snigdha Guna*. They possess properties such as *Brimhana*, *Balya*, *Vrishya*, *Chakshushya* and *Hridya*, making them useful in conditions requiring tissue regeneration, postoperative healing, rejuvenation and enhancement of immunity and vitality [Table 7].

Vajikarana Chikitsa: According to *Acharya Charaka*, substances possessing *Madhura Rasa* and *Snigdha Guna* exhibit *Vrishya* action and are beneficial in *Shukra Dhatu Kshaya*. *Snehopaga* drug based medicated formulations may therefore be administered in forms such as ghee, oil,

medicated milk preparations, tablets etc. for nourishment and enhancement of *Shukra Dhatu*. [31,32] [Table 7].

Ropana and Sandhana Karma: Most drugs of *Snehopaga Mahakashaya* possess *Madhura Rasa*, *Snigdha*, *Guru* and *Picchila Guna* with *Jivaniya* properties, which support *Sandhana Karma* and tissue healing. Their application in forms such as *Lepa*, *Tarpana* and *Abhyanga* may enhance tissue repair, fracture healing and postoperative recovery by providing local nourishment and promoting regeneration. Examples from different *Samhitas* are listed in [Table 7].

Brimhana Basti: *Anuvasana Basti* and *Yapana Basti* are mainly done for nourishment, rejuvenation, and pacification of *Vata*. Since most of the *Snehopaga* drugs are having *Madhura Rasa*, *Guru* and *Snigdha Guna*, these drugs can be used in *Anuvasana* and *Yapana Basti* drugs [Table 7] for increasing *Brimhana*, *Balya* and *Vrishya* effect especially in debilitated patients, postnatal recovery period and chronic *Vata* conditions.

Strength, Limitation and Future scope of this study:

Strength: The review combines classical Ayurvedic literature with modern pharmacological and phytochemical evidence. It creates a connection between traditional knowledge and current scientific understanding.

Limitation: The evidence available on individual *Snehopaga Mahakashaya* drugs is heterogenous and mostly consists of classical textual references, pharmacological and phytochemical studies with relatively limited clinical evidence.

Future scope: Preclinical and clinical studies should be conducted to investigate the proposed mechanisms underlying the *Snehopaga* action of individual drugs.

5. CONCLUSION:

The *Snehopaga Mahakashaya* represents a thoughtful formulation strategy in *Ayurveda*, where herbs are grouped not merely by pharmacological activity but by synergistic action. Its application may enhance efficacy of *Snehana* therapy and contributes to improve outcomes in cleansing, nourishment and rejuvenation. Apart from the definition of *Snehopaga*, these ten drugs may act as *Snehana Dravya*

itself. Different utilities of *Snehopaga Mahakashaya* need to be evaluated and analyzed on a large sample to obtain a clear conclusion on its mode of action in varied conditions.

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Declaration of Generative AI

The authors declare this manuscript was written without the use of generative artificial intelligence tools. All the content, including text generation, data analysis and references was developed and reviewed by the author without assistance from AI technologies.

Conflict of Interest – The authors declare no conflicts of interest.

Source of Support – The authors declare no source of support.

Additional Information:

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