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RESEARCH ARTICLE

SNEHA KALKA TO THE DHOOPANA VARTI- A PIONEERING APPROACH

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ABSTRACT

Sneha Kalka is one of the primary wastes generated in Ayurveda pharmaceutical industry. This is because Ghrita and Taila (Sneha) are an important dosage form used in practice, thus widely prepared. The so generated Sneha kalka is discarded as a waste or at the most used as fuel (for Puta in teaching pharmacies). In an attempt to use this Sneha Kalka and up cycle it to another useful dosage form, this study was designed. Here Dhoopa Varti was prepared by using the Sneha Kalka, and adding a few Dhoopana Dravyas to it. The resultant product was up to the mark and served the purpose of Dhoopana efficiently. Subject Area: Rasashastra and bhaishajya Kalpana

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INTRODUCTION

Ayurveda pharmaceutical industry has grown vastly to in the last five decades. Through a boon, this bloom has its own flipsides like exploitation of plant recourses as the demand for Ayurveda products has increased; there is proportional rise in the manufacturing. One such *Aushadha Kalpana* which is majourly used *is Sneha Kalpana.* This includes processing of Oils and Ghee to prepare medicines. In Sharangadhara Samhita (madhyam khanda sneha vidhi adhyaya) while describing the *sneha kalpana* the author mentions the use of three main ingredients i.e *Sneha* (Oil and Ghee), *Kalka, Dravadravya* in the ratio of 1/4:4:16 respectively. On keen observation on this it can be noticed that there is substantial quantity of *Kalka* (sediment) in the preparation. This is due to addition of *Kalka* as well as concentration of added *Dravadravya* on filtration; this *Kalka* is rendered waste and discarded. In large scale manufacturing, the amount of *Sneha Kalka* generated is huge leading to wastage of lot of *Dravya.* Although, this *Kalka* might not be feasible for internal use, it can be used for preparation of other *Kalpanas* for external use. With this concept in the mind, the preparation of *Dhoopa Varti* was attempted by using *Sneha Kalka.*

MATERIALS AND METHODS

The *Kalka* of prepared *Sneha* was taken for the preparation of Dhoopa varti the ingredients was added 1/10th to quantity of *Kalka*)

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Procedure

- All the ingredients were taken in equal quantity pounded and fine powder was prepared.
- The fine powdered drugs was added to *Sneha Kalka* and mixed thoroughly.
- *Vartis* of the size of thumb were made and kept for drying under the shade.

Table 1. Ingredients

S. I. no.	Name of the ingredient
1	Karpura
2	Guggulu
3	Haridra
4	Vacha
5	Dhupa(Rala)
6	Kushtha

DISCUSSION

Waste management in the industrial sector has been a huge challenge in the recent days. Though there are multiple options like dumping into sea, shredding etc. for non-biodegradable waste and production of biogas, composting etc. for biodegradable waste; how much it is being practised is still debatable. Ayurveda pharmacy industry is also no exception to these problems. A lot of biodegradable waste is generated in the form of the marc of decoctions, the *Kinva* of *Asava* and *Arishtas,* sediments from *Sneha* etc. while the marc can be

reused for successive extractions and then dried and used as animal feeds, the *Kinva* can be used as fermentation initiators for successive batches of *Asavas* and *Arishtas*; but the *Sneha Kalka* is rendered useless and discarded. So we attempted to up cycle this pharmaceutical waste into *Dhoopana Vartis.* This will help in management of waste efficiently as well as in gaining profits without significant investment. The *Sneha Kalka* selected here was a by-product of *Anuvasana Basti Ghrita*(ref) consisting of *Patola, Nimba twak, Yashtimadhu, Madanphala churna* etc. the above mentioned drugs have shown significant antimicrobial and disinfectant properties in various studies conducted(ref). Hence it was zeroed down that *Dhoopa Varti* of this *Kalka* would be more benificial than any other type of formulation. Also if we see the reference of *Sneha siddha Lakshnas*(ref) it is clearly mentioned that on completion of *Sneha Paka* the Kalka can be rolled into *Varti* between the fingers. This indicates towards the fact that the presence of some amount of *Snigdhata* in the *Kalka* renders it feasible for preparation of *Varti* and the same factor also contributes to the binding capacity of *Varti*. Along with *Sneha kalka,* other ingredients like *Karpura, Guggulu, Haridra, Vacha, Rala, and Kushtha* were added in the ratio of $1/10^{th}$ of *Kalka*. Here addition of these ingredients was done to enhance the efficacy of the product. These are said to be *Rakshoghna Dravya* in Ayurveda classics (ref). Ingredients like *Karpura, Guggulu* and *Rala* act as disinfectants as well as are inflammable because of which the *Dhoopa Varti* can burn for a prolonged duration without the need of addition of oil or ghee; Whereas *Haridra, Vacha*, and *Kushtha* contribute towards fragrance of *Varti* along with their disinfectant properties. *Karpura, Guggulu* and *Rala* also contribute for enhancing fragrance. The quantity of these *Dravya* was decided on the basis of trial and error method.

Conclusion

The industrial sector has left no stone unturned in polluting the environment. Though some industries do take the social responsibility of sensible waste management it is substantially less in comparison to waste generated. Even if the generated waste is biodegradable, its improper disposal leads to the dumping, unpleasant odour due to decaying etc. Hence up cycling of industrial waste is the need of the hour. In this study, particularly the *Sneha Kalka* was up cycled to transform it into another *Kalpana* i.e. *Varti.* This served the main intention of waste management, prevented wastage of *Dravyas,* as well as is a profitable idea considering the fact that it involves negligible investment. As a popular saying goes "Innovation is a change that unlocks new value". This study is an attempt to such innovation.

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