



A COMPILATION AND REVIEW OF SELECTED YAMAKA SNEHA FORMULATIONS IN CLASSICAL AYURVEDIC LITERATURE

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How to cite this Article: Dr. Abhishek Malipatil^{1*}, Dr. Govinda Sharma K.², Dr. Archana B. Pagad³, Dr. Prajwal Sanakyanavar⁴, Dr. Suchindra R.⁵ (2026). A Compilation And Review Of Selected Yamaka Sneha Formulations In Classical Ayurvedic Literature. World Journal of Advance Pharmaceutical Sciences, 3(10), 57-60.



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Article Info

Article Received: 24 August 2026,

Article Revised: 14 Sept. 2026,

Article Accepted: 04 Oct. 2026.

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DOI: <https://doi.org/10.5281/zenodo.23245333>

ABSTRACT

Aim: To compile and present selected Yamaka Sneha formulations described in classical Ayurvedic literature, with emphasis on their ingredients, formulation context and cited textual sources. **Objective:** To organize the available formulations in a systematic manner and identify the diversity of therapeutic applications in which the combination of Ghrita and Taila, or related Yamaka preparations, has been described. **Methodology:** A descriptive compilation was prepared from the provided reference document. Twenty selected formulations were extracted and arranged according to formulation name, ingredients and classical reference. These were reviewed to distinguish formulations identified as Yamaka Sneha from related Yamaka preparations used in Basti and Lepa. **Discussion:** The compilation demonstrates that Yamaka preparations occur across diverse therapeutic settings, including Prameha, Shiroroga, Vrana, Apasmara, Rakta Pitta, Vatavyadhi and other clinical contexts. Ghrita and Taila occur together with milk, decoctions, herbal pastes and other processing media, suggesting considerable forms in Ayurvedic Sneha Kalpana. **Conclusion:** The compiled formulations show that Yamaka Sneha represents a important pharmaceutical and therapeutic approach in classical Ayurveda. Systematic documentation of their ingredients, indications and textual sources can support further pharmaceutical standardization, comparative study and research study.

KEYWORDS: Yamaka Sneha, Ghrita, Taila, Sneha Kalpana, Ayurvedic pharmaceuticals, classical formulations, formulation compilation.

INTRODUCTION

Snigdha Dravyas such as Ghrita and Taila has an important action in Ayurvedic pharmaceuticals and therapeutics. Classical Ayurvedic literature describes Sneha and Snehana in both preventive and therapeutic contexts, while medicated Ghrita and Taila are prepared by processing suitable medicinal ingredients in a lipid medium.^[1,2,3]

Classical literature describes combinations of Ghrita and Taila and related Sneha preparations in different therapeutic combination. The present compilation brings together selected formulations from multiple classical

sources and records their ingredients and textual references in one organized format.^[1,2,4,5,6,7,8,9,10]

Because the present work is a literature compilation, the interpretation is limited to the formulations and references available. No new indication or therapeutic claim has been assigned to a formulation without a cited classical source.^[4,5,6,7,8,9,10]

AIM

To compile and systematically present selected Yamaka Sneha formulations from the classical Ayurvedic references.

OBJECTIVES

To collect the names of selected Yamaka Sneha and related Yamaka preparations.

To document the ingredients mentioned for each formulation.

To record the classical textual source and reference available for each formulation.

MATERIALS AND METHODS

Materials: Ayurvedic literatures.

Method: The information in the supplied compilation was reviewed and transcribed into a structured article format. Each entry was considered as a separate formulation record. The formulation name, major ingredients and cited references were retained as given. Where the compilation identified a preparation as Yamaka Basti or Yamaka Lepa, it was retained in the results but separately recognized as a related application

of Yamaka rather than being presented as a conventional oral intake Sneha formulation.

The resulting data were descriptively analysed to observe the range of ingredients, the combination of Ghrita and Taila, associated processing media such as milk, water and decoctions, and the therapeutic contexts represented by the selected references.

RESULTS

The compilation contained 20 selected formulations. These represented a range of classical formulation and therapeutic applications. Ghrita and Taila were repeatedly used together, while milk, water, herbal decoctions and Kalka were incorporated according to the individual formulation. Several formulations were clearly designated as Yamaka, while Jeevantiyadi Yamaka Basti and Jeevantiyadi Yamaka Lepa represented related applications of the Yamaka principle.^[4,5,6,7,8,9,10]

Table 1: List of Yamaka Sneha.

Sl. No.	Formulation	Ingredients (as recorded in compilation)	Classical reference
1	Shaalmali Ghritam	Goat's milk, goat's Murchita Ghrita, Shaalmali bark decoction, water, Ashwagandha, Triphala, Rasna, Musali, dried ginger, Anantamula, Madhuyashti, Draksha	Bhaishajya Ratnavali, Prameha Roga 37/192–194 ^[4]
2	Baladyam Yamaka	Bala Nirryasa, Jeevanti Nirryasa, Tila Taila, Ghrita, milk, Jeevaniya Gana Kalka, water	Vangasena, Shiroroga ^[5]
3	Chandanaadya Yamaka	Chandana, Vata, Manjishta, Madhuka, Pundarika, Murva, Patranga, Dhataki Pushpa, Ghrita, Tila Taila, milk	Vangasena; Chakradatta; Yogaratnakara, Vrana Chikitsa ^[5,6]
4	Jeevaniyo Yamaka Taila	Taila, Ghrita, milk, Jeevaniya Gana	Vangasena, Apasmara Chikitsa
5	Jeevantiyadi Yamaka	Jeevanti, Manjishta, Darvi, Kampillaka, Neeli, Tuttha, Ghrita, Taila	Gadanigraha ^[7]
6	Nagardya Yamaka	Nagara, Triphala, Ghrita, Taila, curd, water	Vangasena ^[5]
7	Shatavariyadi Yamaka	Shatavari, Jeevanti, cow's milk, Ghrita, Tila Taila, Jeevaniya Gana, water	Bhavaprakasha, Rakta Pitta Chikitsa ^[8]
8	Panchavalkadi Yamaka	Ashwatha, Vata, Udumbara, Plaksha, Parisa, Haridra, Sariva, Kadali, Padmaka, Kumudavathi, Utpala, Yastimadhu, Twak, Usheera, Kushta, Chandana, Ghrita, Taila	Sahasrayogam, Tailayoga Prakarana ^[9]
9	Ashwagandhyadi Yamaka	Taila, Ghrita, Ashwagandha, Shatavari/Shavdamshtra, Sariva, milk, Shweta Lodhra	Proprietary preparation
10	Anandabhairava Ghritam	Eranda Taila, Triphala, Gomutra, Chitraka, Visha/Vishama (as recorded), Ghrita	Rasa Ratna Samucchaya ^[10]
11	Sukumara Ghrita	Punarnava, Dashamoola, Kshirakakoli, Ashwagandha, Eranda, Shatavari, Darbharmoola, Kashamoola, Sharamoola,	Ashtangahrudaya, Sutrasthana 15/9–10 ^[3]

		Ikshumoola, water for decoction, Guda, Eranda Taila, Ghrita, Dugdha, Krishna/Krishnamoola, Saindhava Lavana, Yashtimadhu, Mridvika, Yavani, Nagara	
12	Jivantyadi Yamaka	Murchita Go-Ghrita, Murchita Nimba Taila, Jeevantiyadi Churna, Manjishta Churna, Daruharidra Churna, Shuddha Kampillaka, Shuddha Arka Kshira, water	Charaka Chikitsa 7/120–121; Ashtangahrudaya Chikitsa Sthana 19/77–78 ^[5]
13	Jeevantiyadi Yamaka Basti	Shatapushpa, Shati, Vacha, Jeevanti, Saunf, Karkatashringi, Madana, Pippali, Ghrita, Taila	Ashtangahrudaya 4/49, 60–62 ^[3]
14	Jeevantiyadi Yamaka Lepa	Jivanti, Manjishta, Daruharidra, Kampillaka, Ghrita, Taila, Tuttha, Sajarasa, Madhuchishta	Charaka Chikitsa Sthana 22/7 ^[1]
15	Dashamoola Bala Masha Yamaka	Bilva, Agnimantha, Gambhari, Shyonaka, Patala, Brihati, Kantakari, Shalaparni, Gokshura, Prishnaparni, Bala, Masha, Tila Taila, Go-Ghrita	Chakradatta and Yogaratnakara 25/72 or 128; Vishwachi, Vatavyadhi Chikitsa Adhyaya ^[6]
16	Erandamooladi Yapana Basti	Erandamoola, Palasha, Shalaparni, Prishnaparni, Brihati, Kantakari, Gokshura, Rasna, Ashwagandha, Guduchi, Devadaru, Nagarmotha, Kushta, Musta, Pippali, Bilva, Vacha, Rasanjana, Priyangu, Madhu, Ghrita, Taila, Saindhava	Charaka Siddhithana 12/15(2) ^[1]
17	Tritiya Baladi Yapana Basti	Bala, Atibala, Apamarga, Atmagupta, Guda, Ghrita, Taila, Saindhava, Madanaphala	Charaka Siddhithana 12/15(9) ^[1]
18	Titiryadi Basti	Meat of Tittiri, peacock and Rajahamsa, Shalaparni, Prishnaparni, Brihati, Kantakari, Gokshura, Mulethi, Rasna, Madanaphala, Ghrita, Taila, Guda, Saindhava	Charaka Siddhithana 12/17(1) ^[1]
19	Jivantyadi Yamaka	Jivanti, Madanaphala, Meda, Munditika, Yashtimadhu, Bala, Jivaka, Rishabhaka, Pippali, Kakanasha, Shatavari, Kapikacchu, Kshirakakoli, Sati, Vacha, Ksheera, Ghrita, Taila	Vangasena 83/96–98 ^[5]
20	Mishraka Sneha	Pippali, Amalaki, Draksha, Shyama, Danti, Dravanti, Kramuka, Kutarana, Shankhini, Saptala, Svarnakshiri, Gavakshi, Shikari, Rajanaka, Chinnaruha, Karanja, Bastantri, Vyadhighata, Bahala, Bahurasa, Tikshnavruksha, Eranda Taila, Go-Ghrita, Paya	Ashtangahrudaya Chikitsa 14/89–90 ^[3]

DISCUSSION

The compiled data indicates the broad representation of Yamaka-based preparations in classical Ayurvedic pharmaceuticals. A repeated feature is the combined use of Ghrita and Taila. In several formulations, these Sneha media are processed with milk, water, decoctions or herbal Kalka, indicating that the lipid medium is adapted according to the individual formulation.^[4,5,6,7,8,9,10]

The herbal variety is also notable. The selected formulations include drugs such as Ashwagandha, Jeevanti, Shatavari, Pippali, Nagara and other classical ingredients, providing formulation-specific therapeutic approach. The present compilation records the ingredients and classical indications; it does not by itself establish modern pharmacological mechanisms for individual preparations.^[4,5,6,7,8,9,10]

The presence of Yamaka preparations in Basti and Lepa contexts is an important observation. Jeevantyadi Yamaka Basti, Jeevantyadi Yamaka Lepa and other Basti preparations show that the combined Sneha principle occurs in more than one therapeutic application.^[1,5]

Another important observation is the variation in textual sources. The selected formulations are distributed across Bhaishajya Ratnavali, Vangasena, Chakradatta, Yogaratnakara, Gadanigraha, Bhavaprakasha, Sahasrayogam, Charaka Samhita, Ashtangahrudaya and Rasa Ratna Samucchaya. This distribution supports the need for source-wise comparative work before conclusions are drawn about formulation identity, exact proportions, preparation method or indication.^[1,4,5,6,7,8,9,10]

From a pharmaceutical research perspective, this compilation can serve as a preliminary database for further work on standardization of raw materials, Sneha proportions, preparation conditions, physicochemical characteristics, stability and therapeutic evaluation. Such work can connect classical descriptions with contemporary pharmaceutical assessment without altering the original Ayurvedic framework.^[2,3]

CONCLUSION

The present compilation documents 20 selected Yamaka Sneha and related Yamaka preparations from classical Ayurvedic sources. The formulations demonstrate considerable details of ingredients, therapeutic contexts and routes of application, with Ghrita and Taila forming a recurring pharmaceutical combination. The occurrence of Yamaka preparations in Sneha, Basti and Lepa contexts shows the adaptability of this formulation principle. Systematic compilation of these preparations provides a useful foundation for further pharmaceutical standardization and experimental or clinical research.

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