

REVIEW ON VISHATINDUKA TAILA: A HERBAL FORMULATION

Pallavi Kulkarni¹

Ravi.R.Chavan²

M.S.Doddamani³

¹PG Scholar, Dept of Rasashastra & Bhaishajya Kalpana, Taranath Govt Ayurvedic Medical College, Ballari, Karnataka, India

²Asst professor, Dept of Rasashastra & Bhaishajya Kalpana, Taranath Govt Ayurvedic Medical College, Ballari, Karnataka, India

³Professor & H.O.D, Dept of Rasashastra & Bhaishajya Kalpana, Taranath Govt Ayurvedic Medical College, Ballari, Karnataka, India

ABSTRACT

Taila is one among the *chaturvidha snehas* mentioned in Ayurvedic classical texts. It is used widely for internal and external administration in different conditions and is most easily available fixed oil of herbal origin used extensively in the form of food and medicine. In *Rigveda* the description of many herbal plants and qualities of *taila* i.e. *sarshapa*, *eranda*, *narikela*, and *tila taila* etc., are available. While going through the *Brihatrayi* and *Laghutrayi* it is noted that, Vagbhatacharya in *ashtanga hridaya sutra* while explaining the property of *taila* he quoted, *Samskaraat sarvarogajit. Vishatinduka taila* is one among the *taila kalpana* mentioned in *Basavarajeeyam* in the context of *Vataroganidanalakshana chikitsaadayaha*. It contains the drugs like *Vishatinduka beeja*, *Aranala*, *Jambeera swarasa*, *Vishatinduka beejachurna*, *Eranda taila* and *tila taila* which is indicated in *Sarvangavata*, *Sandhivata*, *Asthigatavata*, *Amlavayu*, *Kaphamaya*, *Anilaghorashoola*, *Vilomavayu*, *Anulomavayu* *Sthambhavata*, *Dhanurvata*. There are many formulations available in market for different *Vatavyadhi* but *Vishatinduka taila* is one of the most efficient among all others because of its ingredients hence this paper is an attempt to review formulation *Vishatinduka taila* mentioned in Ayurvedic classics.

Keywords: *Vishatinduka taila*, *taila*, *Vatavyadhi*.

MATERIALS AND METHODS:

Name of the *Yoga*: *Vishatinduka taila*¹

Table 1: List of ingredients in *Vishatinduka taila*¹.

S.No	Name of ingredient	Botanical/scientific name	Synonym	Part used	Chemical constituents
1	<i>Vishatinduka</i>	<i>Strychnous nux-vomica Linn</i> ²	<i>Kupilu</i> , <i>karaskara</i> , <i>kakatinduka</i> , <i>kakapiluka</i> , <i>kulaka</i> ²	leaf, seed, wood ⁴	Glycosides; Loganin, brucine, Strychnine, vomicine ³
2	<i>Aranaala</i>	Gruel	<i>Dhanyamla</i> , <i>kanjika</i> ³	-	Ethanol, Carbolic acid.
3	<i>Jambeera</i>	<i>Citrus medica Linn</i>	<i>Dantaghna</i> , <i>Jantumari</i> , <i>Shodhana</i> , <i>amlasara</i> .	Fruit, bark, leaf	Citric acid 7-10%, phosphoric acid, malic

					acid, Vitamin-A, Vitamin-C
4	<i>Tila taila</i>	<i>Sesamum orientale</i> Linn ⁴	<i>Jatila,</i> <i>snehaphala,</i> <i>papaghna, pavitra</i>	Roor, leaf, seed, oil ⁴	Oletic acid, linoleic acid, stearic acid, arochidic acid
5	<i>Eranda taila</i>	<i>Ricinus communis</i> Linn ⁵	<i>Gandharvahasta,</i> <i>panchangula,</i> <i>vatari, urubaka,</i> <i>Vyadambaka</i> ⁵	Root, leaf, flower, seed, seed oil ⁵	icoricinoleic, linoleic, stearic and isostearic acids

METHOD OF PREPARATION:

Generally *taila* is prepared using *kalka, sneha, drava dravya* in the ratio of 1:4:16. For the preparation of *snehapaka* copper or iron or earthen vessel is taken. *Tailapatra*(vessel) should be wide mouthed. To this wide mouthed vessel, first *taila* has to added and heated in *mandagni*. Then *kalka* and *dravadravya* are mixed together and added to *taila*. Boiling is carried out with continuous stirring, till the appearance of *taila siddhilakshana*.

Special method has been explained for this preparation. One part of *Shodhita Vishatindukabeeja* is taken and kept soaking with eight parts of *Kanjika* which is prepared out of Sorghum (*Jawar*) for a day. Often it is stirred well and water is decanted. To this *Kanjika* two parts of *Jambeera swarasa*, one part of *Shodhita Vishatinduka beejachoorna*, one part of *Eranda taila*, two parts of *Tila taila* are added and *tailapaka* is carried out till *snehasiddhilakshanas* of *taila* are observed. Then it is filtered & stored⁶.

Dose: For external use Quantity sufficient.

Table 2 :List of Rasapanchakas (Elements governing the act of the formulation) of the ingredients of Vishatindukataila.

Sl. No	Ingredient	Rasa	Guna	Veerya	Vipaka	Doshagh nata	Karma
1	<i>Vishatinduka</i>	<i>Tikta, katu</i> ⁷	<i>Ruksha, laghu, teekshna</i> ⁷	<i>Ushna</i> ⁷	<i>Katu</i> ⁷	<i>Kaphavata shamaka</i> ⁷	<i>Sandhivata, amavata, kampa, baadhira, ardita, pakshaghata</i> ⁷
2	<i>Aranala</i>	<i>Amla</i> ⁸	<i>Laghu, ushna</i> ⁸	<i>Ushna</i> ⁸	<i>Madhura</i> ⁸	<i>Vata-kaphahara</i> ⁸	<i>Deepana, bastishodhaka, vibandhahara, pachana, rochana, anulomaka, helps in vatavikaras</i> ⁸
3	<i>Jambeera</i>	<i>Amla</i>	<i>Guru, teekshna</i>	<i>Ushna</i>	<i>Amla</i>	<i>Kaphavata</i>	<i>Deepana, pachana, rochana, anulomaka</i>

			<i>a</i>			<i>maka</i>	
4	<i>Tila taila</i>	<i>Madhura, kasha ya, Tikta⁹</i>	<i>sukshma, vishada, snigdha, ushna, guru⁹</i>	<i>Ushna⁹</i>	<i>Madhura⁹</i>	<i>Vata-kaphara⁹</i>	<i>It is best vatahara, Kushtagha, vrinaropaka</i>
5	<i>Eranda taila</i>	<i>Madhura, katu, kasha ya¹⁰</i>	<i>snigdha, sukshma, Teekshna¹⁰</i>	<i>Ushna¹⁰</i>	<i>Madhura¹⁰</i>	<i>Kaphavata shamaka¹⁰</i>	<i>Amavatahara, vedanasthapaka, deepana, bhedana, snehana, anga mardaprashamana, balya¹⁰</i>

Table 3: Different references of the formulation named *Vishatinduka taila* with different ingredients, indication and dose.

S. No	Name of Yoga	Reference	Ingredients	Indication	Dose
1	<i>Vishatinduka taila¹¹</i>	<i>Bhaishajyaratnavali Vataraktadhikara, 167-169.</i>	<i>1)Kupiluphalamajja kashaya, 2)Sigruswarasa, 3)Lakucha vari, 4)Kanakanaswarasa, 5)Varunapatraswarasa, 6)Dantipatraswarasa, 7)Nirgundiswarasa, 8)Ashwagandha kashaya, 9)Snukswarasa, 10)Agnimantharasa, 11)Tila taila, 12)Lashuna, 13)Sarala, 14)Yashti, 15)Kushta, 16)Saindhavalavana, 17)Vidalavana, 18)Chitraka, 19)Haridra, 20)Pippali.</i>	<i>Vatavyadhi Vatarakta Suptavata Kushta Vaivarnya</i>	<i>Externa use (Quantity sufficient)</i>

2	Vishatinduka taila ¹	Basavarajeeyam 6 th Chapter, 160-163.	Vishatinduka beeja, Aranaala, Jambheera swarasa, Vishatinduka beeja Churna, Eranda taila, Tila taila.	Sarvangavata, Sandhivata, Asthigatavata, Amlavayu, Kaphamaya, Anilaghorashoola, Vilomavayu, Anulomavayu, Sthambhavata, Dhanurvata.	Externa use (Quantity sufficient)
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DISCUSSION: Most of the ingredients in *Vishatinduka taila* possess *ushna veerya* (Hot potency) and *ushna guna* which is helpful in reducing *vata and kapha doshas*. *Aranala* and *Jambheera*, being *aamla dravyas* do the *vatanulomana*. *Deepana paachana* property of *amla rasa* corrects the *Dhatvagnimandhya* which is the main cause for most of the *Vatavyadhis*. *Tila taila* and *Eranda taila* due to their *sookshma* and *snigdha guna* enters to deeper *asthi* and *sandhi* and nourishes them. *Kupilu* and *Eranda taila* due to their *vedana sthapaka*¹² property reduces the *Sandhishoola* which is the cardinal feature of *Vatavyadhis*. *Eranda* also reduces *sandhishotha* (inflammation of joints). *Brucine*, the active principle of *Kupilu* (*Strychnous nux-vomica* Linn) shows analgesic and ant-inflammatory activity¹³. *Flavonoids* and *phenolic compounds* present in *Jambheera* (*Citrus medica* Linn) also have analgesic property¹⁴. *Eranda* (*Ricinus communis* Linn.) shows the presence of secondary metabolites such as alkaloid, flavonoid, saponin, terpenoid, tannin, carbohydrate and glycoside in root. Alkaloids are

responsible for both analgesic and anti-inflammatory action. *Flavonoid* are known to target *prostaglandins* which are involved in the late phase of acute inflammation and pain perception. Also, *tannins* and *saponin* have some role in anti-nociceptive and anti-inflammatory activities¹⁵.

Sesamin is one of the active constituents of *Tila taila* (sesame oil) and represents a promising target for the treatment of pain and inflammation¹⁶.

CONCLUSION: *Vishatinduka taila* is one of the pure herbal formulation indicated in *Vatavyadhis* which is mentioned in *Basavarajeeyam*. Various formulations by the name *Vishatinduka taila* has been mentioned in the classics with which are majorly indicated in *Vatarakta*, *vatavyadhi*, *suptavata*, *kushta*, *vaivarnya*, but they do differ in list of ingredients. In spite of being told by the *Acharyas* as an effective formulation, *Vishatinduka taila* is neither practiced nor available in the market. The formulation contains the *dravyas* which are most beneficial in *Vatavyadhi* and are also cost effective. The unique method of

preparation adopted in this formulation makes it different from various other *Taila yogas*.

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Corresponding Author: Dr.Pallavi Kulkarni'PG Scholar, Dept of Rasashastra & Bhaishajya Kalpana, Taranath Govt Ayurvedic Medical College, Ballari, Karnataka, India

Email:drpallavirkulkarni@gmail.com

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Vishatinduka beeja
(*Strychnos nux-vomica* Linn. seeds)



Jambeera phala
(*Citrus medica* Linn. Fruit)



Eranda beeja
(*Ricinus communis* Linn. seeds)



Tila beeja
(*Sesamum indicum* Linn. seeds)