

**AYURVEDIC THAILA KALPANA- A REVIEW****Dr. U. Sarath Babu\*<sup>1</sup> and Dr. M. C. Patil<sup>2</sup>**

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**ABSTRACT**

Medicated oil / *ghee* is one of the big dosing forms generally referred to in *Ayurvedic* Pharmaceuticals. Four forms of *snehas* (fatty preparation) are described in *Ayurvedic* literature. These are *Ghrita*, *Taha*, *Vasa*, and *Majja*. Among these *taila* (medicated oil) and *ghrita*(medicated ghee) are more popular in therapeutic uses. *Taila Murchhana* is the first phase of tail planning. This procedure has been introduced to improve the effectiveness of oil and eliminate poor *odor* and *amadosa*. Analysis reveals that the *Murchana* cycle decreases the amount of acid and raises the importance of saponification. Reduced acid content suggests a reduced proportion of free fatty acids and an improved saponification content implies a higher concentration of low molecular fatty acids. Medicated oils containing low molecular fatty

acids are consumed rapidly. The fat / water soluble active principles of medicines are extracted into medicinal oil through this process. Medicated *Taila* has greater healing strength and shelf life than synthetic *Taila*. Tail-prepared formulations improve the body's health, appearance, power and anabolism. Water soluble as well as fat soluble active ingredients can be converted into a *Taila* medium and this introduction of material properties allows *Taila* strong and efficient.

**KEYWORDS:** Ayurvedic, *Thaila Kalpana*, Medicated Oil.

**INTRODUCTION**

*Ayurveda* is one of the oldest western therapies programs in the world in India. Its root history started almost in the Vedic era. Too many forms of *Ayurvedic* medicines are

contained in various traditional books of *Ayurveda* which have been used by ancient *acharyas* for the treatment of diseases.<sup>[1]</sup> *Snehakalpana* (mediated oil) is one of the most essential dosing methods commonly mentioned in *Ayurvedic* Pharmaceuticals. *Swarasa* (Juice), *Kalka* (Paste), *Kwatha* (decoction), *Hima* (cold infusion) and *Phanta* (hot infusion) are the main medicinal processes in the Indian medicine method.

A variety of dosage types were extracted from the five essential preparations, e.g. *Asavarishta* (fermentation), *Lepa* (pasta), *Churna* (powder), *Snehakalpan* (fatty preparation), *Vati* (pills) etc. Two forms of formulations are contained in *Snehakalpana* (fatty preparation) in *Ayurvedic* Pharmaceuticals, i.e. Medicated Oil and Medicated Ghee.

### ***Taila* (medicated oil)<sup>[2]</sup>**

*Tailas* are preparations where the *taila* is boiled with specified *kasayas* (decoction) and *kalkas* according to the recipe. This method guarantees that the active medicinal properties of the products are consumed.

### ***Ghrita* (medicated ghee)**

*Ghrita* is a preparation in which *Ghrita* is boiled with recommended *kasayas* (decoction) and *kalkas* according to the recipe. This method guarantees that the active medicinal properties of the products are consumed.

### **General Method of Preparation<sup>[3]</sup>**

There are three important components for the preparation of *Taila*.

- (i) *Drava* (a liquid that may be one or more, such as *kasaya*, *svarasa*, *dugdha*, *mastu*, etc.)
- (ii) *Kalka* (The fine paste of the drug)
- (iii) *Taila*

### ***Taila Murchhana*<sup>[4,5]</sup>**

The raw *taila* would have been treated with a special technique prior to preparation of the medicinal *taila*. The method is known as this one. This procedure has been introduced to increase the effectiveness of oil and extract bad *odor* and *amadosa* from *Taila Murchhan*. For the first time, *Bhaisajjyarnavali* stated a thorough definition of *Murchana*. Evidence reveals that *Murchana* decreases the importance of acid and increases the benefit of saponification. Reduced acid value suggests a smaller proportion of free fatty acids and a higher saponification value implies a higher content of small molecular fatty acids.

Medicated oil formulations containing low molecular fatty acids are consumed rapidly. In this *Taila Murchhana* method, different medications must be applied with the tail and heat before the smoke is minimized. This heated tail was then purified and used for further preparation of the skin.

### Principles of Procedure<sup>[6,7]</sup>

Unless otherwise mentioned in the document, if the *kalka* is one part by weight, the *taila* should be four parts and the *drava-dravya* should be sixteen sections. If no *drava* is recommended, four sections of the water are applied to one section of the *taila*; the *kalka* is one fourth the weight of the *taila*. Where *dravadravya* is either *kvatha* or *svarasa*, *kalka* will be one-sixth and one-eighth *taila* respectively. Whether the amount of *dravadravadrava* is four or less than four, each *drava* must be taken four times the weight of the neck. Where the *dravadrava* are more than four, each *drava* shall be equivalent in weight to the *taila*. If no *kalkadravya* is used in a treatment, *kasaya* drugs increasing be used *askalka*. If *sarkara* is specified in the *taila* preparation, it should be applied to the final product when it is cool. Where the *paka* is to be performed with *kvatha*, *svarasa*, *dugdha* and *mamsarasa*, etc., the *paka* must be done separately in the order referred to above. The period of *paka* with various *dravyas* should be as like,

- (i) *Kvatha, aranala, takra*, etc.- 5 days.
- (ii) *Svarasa*- 3 days.
- (iii) *Dugdha*- 2 days.
- (iv) *Mamsa rasa*- 1 day.

In the beginning, the boiling should be on a mild fire (*mridvagni*) and in the end it should also be on a mild fire. Once *lavanas* and *ksaras* are used in these arrangements, they are applied to the *sneha* and then stretched.

### Method of preparation

Heat the tail until it's free from the froth. Connect 4 sections of the water along with the *kalka*(paste) of the stated *murchhan* drugs. Boil it in moderate heat before the oil has been removed from the bath. Process it and using it for the preparation of certain therapeutic ears. This method eliminates the irritating scent of gasoline. It has strong color and scent. The *kalka* and the *drava* are mixed together, then boiled with the *murchhitataila* and stirring well continuously such that the *kalka* cannot be stuck to the pot. Often the *drava-dravyas* are guided to be inserted one after the other as the boiling cycle proceeds before the *drava-*

*dravya* applied earlier has evaporated. When all *drava-dravyas* have evaporated, the moisture in the *kalka* would also begin to evaporate; at this point, it must be stirring more regularly and carefully to insure that the *kalka* does not cling to the bottom of the vessel.

### Test for the Finished Product

The *kalka* is taken out of the ladle and measured from time to time to learn the state and level of the *kalka*. There are three stages of the *paka*. (I) *Mrdupaka* (ii) *Madhyamapaka* and (iii) *Kharapaka* (iv) *Dagdhapaka*. In *mrdupaka*, *kalka* is waxy and rolls like *laksa* without clinging between the fingertips. Throughout *madhyamapaka*, *kalka* becomes stronger and burns in the flames without any crackling effect. A further degree of heating would contribute to *dagdhapaka* and the *taila* will become unsafe for usage. When the tail hits the right *paka* point, it falls out. *Mrdupakataila* is used for *nasya*; *Madhya-mapakataila* is used for *pana* (internal), *vasti*, etc.; *kharapakasneha* is used for *abhyanga* only.

### Precautions

During the processing of *Taila*, the following steps should be taken at various levels of processing. Strength of fire will be preserved during the cycle in order to achieve the required temperature. The mixture is mixed constantly and deliberately to insure that the *kalka* does not adhere to the bottom of the pot. Proper consideration will be taken to assess the right stage of *TailaPaka*. In order to extract an optimal quantity of medicinal oil, the *kalka* should be pressed in a hot state. Preserving containers should be clear of moisture and perfuming medications should be applied softly with stirring while *Taila* is lukewarm.

### Doses

- For internal Uses :12 gm
- For *Nasya* :5 to 10 drops
- For external uses:As per required

### Uses

*Paksaghata* (Hemiplegia), *Avavahuka* (Frozen shoulder), *Mukharoga* (Disease of Oral cavity), *Karnaroga* (Disease of Ear), *Dantaroga* (Dental problem), *Ardita* (Facial Paralysis), *Khalitya* (Baldness), *Palita* (Graying hair), *Kustha* (Skin disease), *Amavata* (Rheumatoid arthritis), *Sandhivata* (Osteo arthritis), *Gridhrasi* (Sciatica), *Visphota* (Ulcer), *Bhagandara* (Fistula in Ano), *Switra* (Leucoderma), *Anidra* (Insomnia), *Manyasthambha* (Cervical

Spondilitis), Hanusthambha (Lock jaw) *Vicharchika* (Eczema), *Kitibha* (Psoriasis), *Vatarakta* (Gout) etc.

### CHARACTERISTICS<sup>[8]</sup>

*Taila* should usually have the hue, scent and taste of the medicines used and the quality of the liquid. When a large volume of milk is included in the preparation, the oil is thicker.

#### Preservation

*Tailas* are contained in glass or metal pots.

#### Shelf Life Period of *Taila*

According to Govt. of India notification life period of *Taila* is three years.

#### Some Classical Formulation

*AnuTaila*, *ArimedadiTaila*, *Asana vilwadiTaila*, *Kanaka Taila*, *KayyonnyadiTaila*, *Karpasaha -stadiTaila*, *KasisadiTaila*, *KunkumadiTaila*, *KustharaksasaTaila*, *KottamchukadiTaila*, *KsirRabalaTaila*, *GandharbahastadiTaila*, *GrahamihiraTaila*, *ChandanadiTaila*, *ChandanabalalaksadiTaila*, *ChitrakadiTaila*, *JatyadiTaila*, *JyotismatiTaila*, *TungadrumadiTaila*, *TubarakaTaila*, *TriphaladiTaila*, *Dhanwantarataila*, *NilikadyaTaila*, *NilibhringyadiTaila*, *PindaTaila*, *PippalyadiTaila*, *PramehamihiraTaila*, *PrasaraniTaila*, *Ela Taila*, *BalaguduchyadiTaila*, *BalaDhatryadiTaila*, *BalawagandhalaksadiTaila*, *BruhatGuduchyadiTaila*, *Bruhat masa taila*, *BrihatsaindhabadiTaila*, *BhrungamalakadiTaila*, *BhrungarajaTaila*, *ManjisthadiTaila*, *MahanarayanaTaila*, *MadhuyasthadiTaila*, *MahavisagarbhaTaila*, *LaksadiTaila*, *NirgundiTaila*, *VachadiTaila*, *VachalasanadiTaila*, *VisatindukaTaila*, *VranaraksasaTaila*, *SuskamulakaTaila*, *SadbinduTaila*, *SahacharadiTaila*, *SaindhavadiTaila*, *SomarajiTaila*, *HingutrigunaTaila*.

### CONCLUSION

*Tailakalpana* can be described as a process in which different materials such as *Taila*, *Kalka*, *KwathaKsheera* and *Gandhadravys* are used for the preparation of oleaginous drugs. Through this step, the fat / water soluble active principles of drugs are extracted into *Taila*. Medicated *Taila* has more additional strength and shelf life than rough *Taila*. Formulations prepared from the Tail improve the body's health, appearance, energy and anabolism. Water soluble as well as fat-soluble active principles can be converted into oil media and this

incorporation of the properties of the material allows *Taila* strong and efficient. Scientists associated with *Ayurvedic* Pharmaceuticals would be involved in improving the ancient pharmaceutical system without breaching the basic concept for the preparation of medicinal oils.

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