

## **APPLICATION OF TAILA KALPAS IN CLINICAL PRACTICES**

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### **ABSTRACT**

Taila kalpana is nothing but the dravyas like Taila, Kalka, Kwatha, Ksheera with proper matra will processed for the preparation of different taila kalpas. Taila possess gunas like Drava, Sukshma, Sara, Snigdha etc and Taila is fat soluble form it is highly absorbable through mucous membrane. Based on paka it is used through different body routes. Taila murchana samskara is must before preparation of any medicated taila yoga. Different types of tailas have been used from different routes for their therapeutic effects. Before using any taila Murchana samskara of taila is most important process which removes Amata, Ama gandha and enhances its medicinal property and Taila murchana snaskara first explained in Bhaishajyaratnavali. By Taila murchana it will be properly absorbed into the system. The different functions of a drug are due to the various guna of the dravyas. The various gunas for Snehadravya are Sukshma, Sara, Snigdha, Drava, Picchila, Guru, Sheeta, Manda and Mridu.

**KEYWORDS:** Taila, Abhyanga, Vatavyadhi, Rasayana, Murchana, Gunas

### **INTRODUCTION**

Taila, medicated oil is extracted from herbs. For preparation of any taila Kashaya dravyas, Swarasa, Ksheera, Takra, Mamsarasa, Kwatha dravyas and taila are main contest to prepare any taila. According to dosha and based on action there are different base for tailas like Ksheerabala taila- Tilataila base, Saindhavadhya taila is Saindhava taila base, Karpooradi taila is Narikela taila base etc. Acharyas have been explained many number of tailas in taila kalpana or prakarana in different disease context. In Vatavyadhi chikitsa number of tailas explained here question arise in mind that how to select taila in disease? Answer is in case of Vatavyadhi understanding the

samprapti by means of Dhatukshayajanya or Margavarodhajanya, Upasthambhita or Nirupasthambhita based on this different taila should be selected. Mridupaka taila is used for Nasya, Madhyamapaka is used for Pana and Basti Kharapaka is used for Abhyanga. The taila will have the colour, odour and taste of the drug used to prepare. If Anupana is not mentioned in case of internal administration of Taila then sukhoshna jala or Sukhoshna Ksheera is used.

**Tila Taila:** Ushna, Teekshna, Madurarasa, Maduravipaka, Brimhana, Preenana, Vyavayi, Sukshma, Vishada, Guru, Vrushya, Twakprasada, Meda,

Mardhava, Mamsastirya, Bala and Varnakara. **Su.Su.45.**

**Indicated in:** Pravrida Sleshama, Medhaska, Chala Sthoola Galodara, Vatavyadhi, Vataprakriti, Balartha, Dridata, Sthiragatrata, Twak snigdghata, Krurakoshti, Krimikoshti, Nadivrana, Ardita. In Atyayeeeka avasta if Sneha is required for Shodhanartha in Hemantha and Shishira rutu taila is used.

**Taila kalpas:**

The following Tailas may be selected based on Dhatukshyajanya and Margavarodhajanya  
**Yoganama- Kottamchukaditaila<sup>1</sup>,**  
**Prakarana Pramukha dravya-** Kottum (Kushta), Chukku (Nagara), Vacha, Shighru, Lashuna, Himsra, Devadaru, Sarshapa, Rasna, Chinchu, Tilataila and Dadi.

**Karma:** This yoga is Murchita Tilataila base, Because of Nagara it acts Amahara, because of Rasna, Chinchu, Shighru, Sarshapa and tilataila and Devadaru acts Vatahara, because of Lashuna it acts Kaphahara, Amahara, Shoolahara acts srotoshodhaka and Rasayana.

**Rogagnata:** Angastambha and Vataroga.

**Mahanarayanataila<sup>2</sup>,** **Prakarana- Pramukha dravya-** Kushta, Rasna, Devadaru, Tilataila, Dashamula, Agnimanta, Karpoora, Saindhava, Bala, Atibala, Ashvagandha, Shathavari, Punarnava, Manjishta, Yastimadhu, Chandana, Ela, Gokshura, Vacha.

**Karma:** This yoga is Tilataila base, because of Rasna, Dashamoola and Tilataila and Devadaru acts as Shoolahara, Vatahara and Shothahara, because of Bala, Atibala, Ashvagandha, Shathavari it acts as Balya, Vatahara, Rasayana, because of Punarnava and Gokshura it acts as Mutrala and Shothahara, because of Yastimadhu, Chandana, Ela acts Pittashamaka and

Manjishta acts Raktashodhaka and Raktaprasadaka.

**Use:** Nasya, Anuvasana and Abhyanga

**Rogagnata:** Arditavata, Panghu, Manyastambha, Hanustambha, Jiwhastambha, Ekanagavata, Kampavata, Astibhaghna, Shakha and Koshtashritavata.

**Yoganama- Laghu Vishagarbhataila<sup>3,4</sup>,**

**Prakarana- Pramukha dravya-** Kushta, Dattura, Kanji, Vacha, Maricha, Vatsanabha, Saindhavalavana, Tilataila for Mahavishagarbha Dashamoola is added.

**Karma:** This yoga is Tilataila and Saindhavataila base, because of Maricha acts Amahara, because of Dashamoola and Tilataila acts as Shoolahara, Vatahara and Shothahara, because of Kanji it acts Vatahara because of Saindhavalavana acts as Kaphahara, Ama and Medohara.

**Rogagnata:** Vataroga, Pakshaghata, Hanustambha, Manyastambha, Katigraha, Sarvangavata and Shirokampa.

**Yoganama- Saindhvaditaila<sup>5,6</sup> Prakarana- Pramukha dravya-** Saindhavataila, Chitraka, Maricha, Arka, Daruharidra, Haridra and Tilataila.

**Karma:** This yoga is Tilataila and Saindhavataila base, because of Chitraka, Maricha acts Amahara, Kaphahara and Srotoshodhaka, because of Arka and Haridradwaya and Tilataila acts Shoolahara, Vatahara and Shothahara.

**Rogagnata:** Kaphavataroga.

**Yoganama-Brihatsaindhvaditaila<sup>7</sup>,**

**Prakarana- Pramukha dravya-** Saindhava, Rasna, Kushta, Maricha, Pippali, Shunti, Vacha, Ajamoda, Jeeraka, Erandataila, Kanji and Dadi.

**Action:** This yoga is Erandataila base, because of Trikatu, Ajamoda, Jeeraka acts Amahara, Kaphahara, Vatanulomaka and Srotoshodhaka, Saindhava Kaphahara and

Srotoshodhaka and Amahara, because of Kanji Vatahara and Erandataila acts as Vrushya and Vatahara.

**Indication:** Arditavata, Amavata, Sandhgataivata, Katishoola and Janushoola.

**Yoganama-** **Dhanvantarataila**<sup>8,9</sup>,  
**Pramukha dravya-** Bala, Dashamoola, Devadaru, Kushta, Saindhava, Punarnava, **Ashvagandha**, Gokshura, **Shatavari**, Triphala, Ela, Chandana, Yasti, Sariva, Tilataila, **Godugdha**, Yava, Kola and Kulatha.

**Karma:** This yoga is Tilataila base, because of Dashamoola, Devadaru, Tilataila Vatahara, Shoola and Shothahara because of Punarnava, Gokshura it acts Mutrala, Shothahara, because of Shathavari, Ashvagandha acts Balya, Brumhana add Vatahara, because of Ela, Chandana, Yasti acts Pittashamana and Saindhava Kaphahara, Srotoshodhaka and Amahara, because of Yava, Kola and Kulatha acts Kaphahara in total it is Tridoshashamaka.

**Rogagnata:** Vataroga, Pakshaghata, Sarvangavata and Avabahuka.

**Yoganama-** **Karpasasthyaditaila**<sup>10</sup>,  
**Pramukha dravya-** Karpasa, Bala, Kulattha, Devadaru, Kushta, Sarshapa, Rasna, Shunti, Pippali, Punarnava, **Tilataila** and Ajaksheera.

**Karma:** This yoga is Tilataila base

**Rogagnata:** Vataroga, Pakshaghata and Arditavata.

**Yoganama-** **Karpooraditaila**<sup>11</sup>, **Prakarana-** **Pramukha dravya-** Narikelataila, Karpoora.

**Karma:** This yoga is Narikelataila base

**Rogagnata:** Shoola, Shotha, Stabdhatata in Joints and Mamsapesi.

**Yoganama-** **Ksheerabala taila**<sup>12</sup>  
**Prakarana Pramukha dravya-** Bala kashaya, Bala kalka, Ksheera Jala and Tilataila.

**Karma-** This yoga is Tilataila base

**Use:** Abhyanga and Nasya

**Rogagnata:** Vataroga, Karshya and Rasayana.

**Yoganama-** **Balashvagandhalakshataila**<sup>13</sup>

**Prakarana-** **Pramukha dravya-** Bala, Ashvagandha, Laksha, Tilataila, Dadi, Rasna, Kushta, Devadaru, Chandana, Sariva, Yastimadhu, Kamala, Manjishta, Ushira, Haridra and Tilataila.

**Karma:** This yoga is Tilataila base, because of Rasna, Devadaru, Kushta, Tilataila acts Vatahara, Shoolahara, because of Bala, Ashvagandha acts Balya, Brumhana, Vrushya and Rasayana, because of Chandana, Sariva, Yastimadhu, Manjishta, Ushira acts as Pittahara and Laksha nourishes Asthidhatu.

**Rogagnata:** Vataroga, Karshata and Krishata.

**Yoganama-** **Mahamashataila**<sup>14</sup>,

**Prakarana-** **Pramukha dravya-** Masha, Dashamoola, Chagamamsa, Goksheera, **Kapikacchu**, Eranda, Lavanatraya, Manjishta, Devadaru, Chavya, Chitraka, Trikatu, Kushta, Ashvagandha, Rasna, Guduchi and Tilatala.

**Karma:** This yoga is Tilataila base, because of Chitraka, Trikatu it acts as Amahara because of Dashamoola, Rasna, Devadaru, Kushta, Tilataila acts Vatahara, Shoolahara and Shothahara, because of Chagamamsa, Goksheera, Kapikacchu, Guduchi, Ashvagandha acts Balya, Brumhana, Vrushya and Rasayana, because of Chandana, Sariva, Yastimadhu, Manjishta, Ushira acts as Pittahara and Laksha nourishes Asthi.

**Rogagnata:** Pakshaghata, Arditavata, Sandhigatavata, Avabahuka, Gridhrasi and Tridoshajavyadhi.

**Yoganama- Sahacharditaila<sup>15</sup> Prakarana- Pramukha dravya-** Sahachara, Dashamoola, Kushta, Devadaru, Choraka, Ushira, Ela, Chandana, Manjishta, Gokshura, Tilataila, Jatamamshi, Agaru and Shilajathu.

**Karma:** This yoga is Tilataila base, because of Sahachara, Dashamoola, Devadaru,

Kushta, Tilataila it acts as Vatahara, Shoolahara and Shothahara, because of Chandana, Manjishta, Ushira, Ela it acts as Pittahara, and because of Jatamamsi and Shilajathu it acts as Rasayana

**Rogagnata:** Vatavyadhi, Kampa, Urustmbha, Shosha and Akshepaka.

Sl.No	Name of the Taila	Prakarana/ Reference	Pradhanadravyas	Use	Rogagnata
1.	Kottamchukaditaila	Sahasrayoga Taila prakarana	Kottam (Kushta), Chukka (Nagara), Lashuna, Rasna, Chinch, Tilataila.....	Abhyanga	Angastambha and Vataroga.
2.	Mahanarayanataila	Baishajyaratnavali Vatavyadhi prakarana	Rasna, Devadaru, Tilataila Karpooora, Tilataila.....	Nasya, Anuvasan a and Abhyanga	Arditavata, Panghu, Manyastambha, Hanustambha, Jiwhastambha, Ekanagavata, Kampavata, Astibhaghna, Shakha and Koshtashritavata.
3.	Laghu Vishagarbhataila	Baishajyaratnavali Vatavyadhi prakarana	Kushta Vatsanabha Dashamoola Tilataila.....	Abhyanga	Vataroga, Pakshaghata, Hanustambha, Manyastambha, Katigraha, Sarvangavata and Shirokampa
4.	Saindhvaditaila	Baishajyaratnavali Nadivrana prakarana	Saindhavataila, Chitraka, Maricha, Tilataila.....	Abhyanga	Kaphavataroga
5.	Brihatsaindhvaditaila	Baishajyaratnavali Amavatadikara	Saindhava, Rasna Trikatu Erandataila.....	Abhyanga	Arditavata, Amavata, Sandhivata, Katishoola, Janushoola
6.	Dhanvantarataila	Sahasrayoga, AFI-Tailaparakarana	Bala, Devadaru Dashamoola, Tilataila Gokshura, Ashvagandha, Shatavari...	Abhyanga	Vataroga, Pakshaghata, Sarvangavata and Avabahuka
7.	Karpasastyaditaila	Sahasrayoga Taila prakarana	Karpasa,Bala, Rasna, Devadaru	Abhyanga	Vataroga, Pakshaghata and Ardita.

			Tilataila ...		
8.	Karpooraditaila	Sahasrayoga Tailaparakarana	Narikelataila, Karpoora.	Abhyanga	Shoola, Shotha, Stabdhatta in Joints and Mamsapesi
9.	Ksheerabalataila	AFI- Tailaparakarana	Bala kashaya, Bala kalka, Ksheera and Jala, Tilataila...	Abhyanga Nasya	Vataroga, Karshya and Rasayana
10.	Balashvagandhalaksh adi taila	Sahasrayoga Tailaparakarana	Bala, Ashvagandha, Laksha, Tilataila Rasna, Devadaru..	Abhyanga	Vataroga, and Karshyata
11.	Mahamashataila	Baishajyaratnavali Vatavyadhiprakara na	Masha, Dashamoola Chagamamsa, Goksheera Kapikacchu, Ashvagandha, Rasna Tilatala....	Abhyanga	Pakshaghata, Arditavata, Sandhigatavata, Avabahuka, Tridoshajavyadhi and Gridhrasi.
12.	Sahacharaditaila	Ashtangahrudaya Chikitsasthana Vatavyadhichikitsa	Sahachara, Dashamoola Devadaru Manjishta, Gokshura Tilataila, Shilajathu. ....	Abhyanga	Vatavyadhi, Kampa, Urustmbha, Shosha and Akshepaka.

## DISCUSSION

Tila because of Guru, Snigdha and Madhurarasa it acts as Vatashamaka, Kaphapittakara and by its Yogavahi and samskara it acts as Tridosha shamaka and Sarvarogahara.

It acts Medhya, Grahi, Shoola prashamana, Balya and Vrushya

Some tails are used for Abhyanga, Basti, Nasya and Pana (Intrnally).

The common dose is 10-20 ml

### Actions of Snehana:

The various actions of Snehana results due to the properties of the Sneha dravyas and so a thorough evaluation of the actions of these properties Snehana is very necessary.

**Drava:** The Sneha dravyas impart some moisture to the Srotas which removes

impediment of doshas, helps in diffusion of Sneha over the body.

**Sukshma:** The Sukshma property of Sneha helps it to easily enter into the minute channels of body. Sukshma has Sroto Vishodhana property.

**Sara:** The spreading of Sneha all over the body is brought about by the 'Vyaptishilatva' property i.e., spreading nature of Sara.

**Snigdha:** Snigdha brings there is a better conveyance of Dosha, Dhatu and Mala due to the softness of Srotas.

**Picchila:** Shleshmala property helps the Sneha to come in contact with Doshas for longer duration and thus brings about Dosha Utklesha.

**Guru:** This property of Sneha is the one responsible for the increase in body dimensions.

**Sheeta:** It keeps the intactness of the body. As a result of this quality it creates satiety and prevents the occurrence of Murcha, Sweda and Daha.

**Mridu:** It brings about Srotomardavata. By generating softness, laxity and loosening the Dosha Sanghata.

### **CONCLUSION**

Before selecting any taila yoga it is better to understand and analyze Dhatukshayajanya and margavarodhajanya or Upasthambhita or Nirupasthambhita.

Different Acharyas have been mentioned that some tails are Tilataila base, some are Eranda taila and some are Coconut base. Based on this the buddhiman vaidya select the tails based on the need.

Saveeryatavadi (Shelf life of medicated Oil) of Taila is for 3 years.

The action of Taila is mainly based on Gunas of sneha, Route of drug administration and active principles present in respective taila or Ghritayoga.

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