

**A REVIEW ON SHUDDHABALA TAILA RELATED TO
DHATUKSHAYAJANYA VATA VYADHI****¹Dr. Rajendra G. Mane and ²Dr. Priyanka S. Kale**

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ABSTRACT

ShuddhaBala Tail is effective Ayurvedic oil for management of various Vata Vyadhi. This tail balance vata doshas prominently in body. Acharya charaka mentioned that tila is best amongst the drugs in pacification of vata. Sneha(oil) has the power to rejuvenate body tissues and control the vata vyadhi. This article represents the preparations, indications and role of Shuddhabala tail in dhatukshayajanya vata vyadhi.

KEYWORDS: Suddhabala tail, dhatukshayajanya, vata vyadhi, dhatukshaya, Sneha, ksheera.

AIMS AND OBJECTIVE

To study Shuddhabala tail with special reference to sahasrayoga tail prakaran.

To study Physical and mental benefits of Shuddhabala tail, described in various ancient reference books of ayurveda.

INTRODUCTION

पित्तं पंगुः कफः पंगुः पंगवो मलधातवः।

वायुना यत्र नीयंते तत्र वर्षन्ति मेघवत्॥

This describes clearly that vata has the power to circulate the two doshas, mala and sapta dhatus. As air direct the clouds to move just like that vata is directing doshas, mala and sapta dhatu in body. Vata is mainly responsible for all the physical and mental activities of body.

Vata in unimpeded state creates, develops, accumulates, destroys etc. is responsible activities in body. Vata is productive, protective and factor according to its role in body.

वायुरायुर्बलं वायुर्वायुर्धाता शरीरिणाम्।

वायुर्विश्वमिदं सर्वप्रभुर्वायुश्च कीर्तितः ॥

-च.चि.२८/३

Vayu is life, strength and sustainer of creatures. Vayu is the entire world; it is the master of all. With such balance state of vata. The person whose Vayu is with unimpeded movements and in normal state can live a healthy life with conscious mind for long devoid of disorders.

According to vata nature like Balwan(strong) and Ashukari (fast acting) the disease state produces by such imbalance of vata similar to its nature. Vata vyadhi is divided in two parts:

1. Dhatukshayajanya.
2. Margavrodhajanya.

We are highlighting the Dhatukshaya janya vata. In which the kshaya of dhatu with response to the patients Ahara, Vihara. Aptarpana causes dhatu kshaya which further leads to Sneha kshaya and vata prakopa causing vata vyadhi. In Dhatukshaya janya avastha pain is reduce after touching or giving pressure. This happens because vitiated vata present in Rikta strotas is directed to different direction resulting in pain reduction for that moment. Dhatukshaya leads to the kshaya of kapha due to atirukshata(dryness) produces by imbalance of vata in body. Parallel to that it also shows the imbalances of types of Vayu like Prana, Udana, Saman, Vyana and Apana. Which shows the symptoms like loss of sensations, Weakness in upper and lower limbs, Anger, instability of mind, Loss of sleep, Anxiety, Dryness of skin, Loss of patience, Constipation. For the treatment of such kshaya vata; Sneha(oil) plays an important role as it is termed to be the medicine by Acharya charaka. Oil is useful in vata disorders which promote life span, strength and complexion, destroy the disorders implanted by dhatukshaya janya vata vyadhi.

Sneha Kalpana

Ayurveda is science which is rich in the combinations of Sneha Kalpana. Bhaishajya Kalpana which is the branch of Ayurveda deals with the preparations and combinations of various Sneha preparation. Tailas are one among the aushadha Kalpana comes under the Sneha

Kalpana. The medicinal dravya used to processed Sneha; increases the efficacy of Sneha is known as Sneha Kalpana. Medicated tail is prepared with prescribed medium such as swaras\kashaya\Kalka and water with ratio mentioned in Samhita. Indication for siddha Sneha is samyak paka lakshana with shabda pariksha of Sneha. It also mentions the phendgam of Sneha. Medicated Sneha is used for various disease and route in patients. In which one of the Sneha is Suddha Bala tail. Which is effectively known for curing the various vata vyadhi. Sudha bala tail ingredients are:

- 1) Balamool (*sida cordifolia*)
- 2) Tila Tail (sesame oil)
- 3) Ksheera (cow milk)

These three ingredients are excellent combination; which will help the dhatukshaya and vata vyadhi to improve its kshaya by physically and mentally.

Role of Suddhabala Tail According To Ingredients

➤ Bala (*sida cordifolia*)

Literary meaning of Bala is 'Strength'; 'Powerful' in reference to its medical efficacy. Bala (*sida cordifolia*) is described as Balya, Bruhaniya, Vatashaman and Prajasthapana. All the above properties are useful and plays a vital role in Dhatukshayajanya vata vyadhi. Dhatukshayajanya vata vyadhi is kshaya of dhatu; in which Bala plays important role as it uplift with all its guna.

➤ Til Tail (*sesamum indicum*)

Til tail is said to be excellent vatahara dravya. According to its properties like vyavayi, suksma, vikasi; the absorption level is Sukshama. Which is specifically useful in vata vyadhi. Also, the abhyanga of bala tail is highly effective in all vata vyadhi patients with bahya karma like Abhyanga, Nasya, Karnapurana, Padabhyanga, Nabhipurana, Shiropichu, Basti.

➤ Ksheera (cow milk)

Among the eight types of milk mentioned in Ayurveda; cow milk is said to be the best. It has the guna like rejuvenation (rasayana), ojavardhaka, Dhatuvardhaka, jeevaneeya, balya, Sara. With the properties of such medicated oil; it will help to give Sneha (mardav) to the patient. Which is most important thing in vata vyadhi patient They all give up their confidence, calm, dhairya (patience), Sthairya (mental stability) and mruduta in daily life. Suddhabala tail has all the properties once required for the equilibrium of all types of vata and Bruhana of dhatu.

MATERIALS AND METHODS

Literature, preparation, uses of Sneha Kalpana collected from Ayurvedic reference book like Sharanghadhar Samhita, Sushruta Samhita, Sahastrayoga and connected research and review articles along with ongoing researches on review work and presented it in the systemic manner.

शुद्धबला तैल निर्माण

बलामूलकषायस्य भागाः षट् पयसस्तथा।

तैलप्रस्थं बलामूलकल्कसिद्धं समीरनुत्॥

-सहस्रयोग- तैलयोग प्रकरण

The same formulation has been described in chakradatta vataroga chikitsa in the name of bala tail.

- | | |
|-------------------|------------|
| 1. Balamool Kalka | 160gm |
| 2. Tila tail | 640ml |
| 3. Balamool kwath | 3.96litres |
| 4. Ksheer | 3.96litres |

Balamool was washed with distilled water to remove dirt and soil, and dried in shade. The dried material was pulverized. The coarse powder was soaked overnight. The soaked powder was kept on fire for kashaya preparation. After obtaining 1/4th quantity of kwatha. Later to this kwatha, til tail was added and kept for paka; adding ksheera after that, till it gets its siddha paka lakshana accurately. Tail siddhi pariksha was performed of medicated tail and was sieved and collect in container.

OBSERVATION

वर्तित्वस्नेहकल्कः स्याद्यदाङ्गुल्या विमर्दितः।

शब्दहीनोऽग्निनिक्षिप्तः स्नेहः सिद्धो भवेत्तदा॥

यदा फेनोद्गमस्तैले फेनशान्तिश्च सर्पिषि।

गन्धवर्णरसोत्पत्तिः स्नेहसिद्धता भवेत्॥

-शा.सं.म. ९/१२-१३

When kalka can be made into varti like rolls, when rubbed with the fingers and when dropped on fire should not produce any sound and then one should understand that medicated oil is prepared.

Phenodgama (appearance of froth) at the time of completion of the process is observed.

Gandha varna rasotpatti: It should develop desired smell colour and taste.

ROUTE OF ADMINISTRATION

1. Application by abhyanga
2. Application by basti karma
3. Application by shiropichu
4. Application by nasya karma
5. Application by karnapurana
6. Application by nabhipurana
7. Application by pad abhyanga

INDICATIONS

Vataroga, Dhatukshayajanya vata vyadhi, Ekadoshaja vata vyadhi

DISCUSSION

Shuddhabala tail has many references in books of Ayurveda, above mention and reviewed shuddhabala tail has many positive benefits in various vata vikaras. Positive benefits of shuddhabala tail, which we have mentioned, are described in various references mentioned below.

CONCLUSION

Shuddhabala tail prepared by shahasrayog tail prakaran reference can be used in various vata vikaras.

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