

PATHADI TAILA: CLASSICAL OVERVIEW

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ABSTRACT

Aushadha is an integral part component of the *Trisutriya Ayurveda* and *Ayurveda* is our prestigious science of life. Similarly, in *Chikitsa Chatuspada*, *ausadhyas* is an important part. Medicated oil/ghee is one of the big dosing forms generally referred to in Ayurvedic Pharmaceuticals. Four forms of *Snehas* are described in Ayurvedic literature. These are *Ghrita*, *Taila*, *Vasa* and *Majja*. Among these *Ghrita* and *Taila Kalpana* are the most popular one's. *Taila Moorchana* is the first phase of *Taila* planning. This procedure has been introduced to improve the effectiveness of oil and eliminate the poor odor and *ama dosha*. It reduces the amount of acid and raise the importance of saponification. Reduced acid indicates reduced amount of fatty acids and an improved saponification means higher concentration of low molecular fatty acids which can be consumed rapidly. Medicated *taila* also have a better shelf life than synthetic oil.

KEYWORDS:- *Taila Kalpana, Taila Moorchana, Pathadi Taila.*

INTRODUCTION

Sneha Kalpana (Medicated oil) is one of the most widely used formulations in Ayurvedic

Pharmaceuticals. Due to its better efficacy and shelf life, it is trusted for better results. *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 5 essential preparations eg., *Asavarishta*, *vati*, *Sneha Kalpana* (Fatty preparations) in Ayurvedic Pharmaceuticals, i.e. Medicated oil and *ghee*.

Taila (Medicated oil)- *Tailas* are preparations where the oil is boiled with specified *kashayas* and *kalkas* according to their methods mentioned in texts.^[1]

General method of preparation- Three important components of preparation of *Taila*^[1]:

- *Drava* (Such as *Kashaya*, *swarasa*, *dugdha*, etc.)
- *Kalka* (Fine paste of drug)
- *Taila*

Taila murchhana^[2]

Raw oil is treated with a special technique prior to preparation of medicinal oil. This method is known as *Taila moorchana*. This procedure is done to increase the effectiveness of oil and extract bad odor and *amadosha* from the *taila*. *Bhaishajya Ratnawali* stated the process of *moorchana* in detail for the very first time. This process basically decreases the concentration of acid in the oil and increases the benefit of saponification. Reduced acid value suggests smaller portion of free fatty acids and a higher saponification value indicates higher concentration of small molecular fatty acids. This facilitates the consumption of oil rapidly.

Contents of *Taila Moorchana* (According to *Bhaishajya Ratnawali*)

Moorchana dravya^[3]

Table 1: Description of *moorchana dravyas*.

Sr. No	Drug	Latin name	Family	Part used	Karma	Properties
1.	<i>Manjishtha</i> ^[4]	<i>Rubia cordifolia</i>	Rubiaceae	Root	<i>P-K Shamaka</i> , <i>Shothahara</i> , etc.	Diuretic, Anthelmintic, Antioxidant, Neuroprotective, etc.
2.	<i>Haridra</i> ^[5]	<i>Curcuma longa</i>	Zingiberaceae	Rhizome	<i>P-K Shamaka</i> , <i>Shothahara</i> , <i>Kandughna</i> , <i>Krimighna</i> , etc.	Antiallergic, Antitumor, Antioxidant, Hepatoprotective, Immunostimulant, ntimicrobial, etc.
3.	<i>Lodhra</i> ^[6]	<i>Symplocos</i>	Symplocaceae	Stem	<i>P-K Shamaka</i> ,	Anti-

		<i>racemosa</i>		bark	<i>Shothahara</i> , etc.	inflammatory, Hepatoprotective, etc.
4.	<i>Nagaramotha</i> ^[7]	<i>Cyperus rotundus</i>	Cyperaceae	Tuber	<i>P-K Shamaka</i> , <i>Krimighna</i> , <i>Dahashamaka</i> , etc.	Anthelmintic, Analgesic, Anti- inflammatory, Antioxidant, Antibacterial, Antimicrobial, etc
5.	<i>Nalika</i> ^[8]	<i>Cinamomum tamala</i>	Lauraceae	Leaves	<i>KV Shamaka</i> , <i>Pittavardhaka</i> , etc.	<i>Antidepressant</i> , <i>Antianxiotic</i> , <i>Anti-</i> <i>inflammatory</i> , <i>Anticancer</i> , etc.
6.	<i>Amalaki</i> ^[9]	<i>Emblica officinalis</i>	Euphorbiaceae	Fruit	<i>Tridosha Shamaka</i> (esp. <i>P-shamaka</i>), <i>Balya</i> , <i>Rasayana</i> , <i>Dahashamaka</i> , <i>Vrishya</i> , <i>Mutrala</i> , <i>Shophaghna</i> , <i>Mutra-</i> <i>avarodhahara</i> <i>Mutrakrichchra</i> <i>hara</i> , etc.	Antispasmodic, Antimicrobial, Antioxidant, Immunomodulator, Anti-tumour, Rejuvenating, Antidepressant, etc.
7.	<i>Bibhitaki</i> ^[10]	<i>Terminalia belerica</i>	Combretaceae	Fruit	<i>Tridosha Shamaka</i> (esp. <i>K-shamaka</i>), <i>Shothahara</i> , <i>Shulaghna</i> , <i>Krimighna</i> , etc.	Antispasmodic, Antibacterial. Tonic, Antioxidant, CNS Stimulant, etc.
8.	<i>Haritaki</i> ^[11]	<i>Terminalia chebula</i>	Combretaceae	Fruit	<i>Tridosha Shamaka</i> (esp. <i>V-shamaka</i>), <i>Shothahara</i> , <i>Mutrala</i> , <i>Srotoshodhana</i> , <i>Rasayana</i> , <i>Krimighna</i> , <i>Shulahara</i> , etc.	Antimicrobial, Antispasmodic, Antibacterial, Anti-stress, Anthelmintic, Cardiotonic, etc
9.	<i>Vatankura</i> ^[12]	<i>Ficus bengalensis</i>	Moraceae	Stem bark, Aerial root,	<i>K-P Shamaka</i> , <i>Dahaghna</i> , <i>Shophahara</i> , etc.	Hypotensive, Antioxidant, etc.
10	<i>Hribera</i> ^[13]	<i>Pavonia odorata</i>	Malvaceae	Root	<i>P-K Shamaka</i> , <i>Dahahara</i> , etc.	Anti- inflammatory, Antibacterial, Antifungal, etc.
11	<i>Suchipushpa</i>	<i>Pandanus</i>	Pandanaceae	Flower,	<i>Tridosha</i>	Antioxidant, Anti-

	(Kewada) ^[14]	odorifer (<i>Pandanus odorotissimu</i>)		Root	Shamaka, Vedanahara, Mutra sangrahaniya, Vrishya, etc.	inflammatory, Analgesic, Antimicrobial, Antiviral, Hepatoprotective, Antidiuretic, Anti- tumour, Antibacterial, etc.
12	Tila Oil ^[15]	<i>Sesamum indicum</i>	Pedaliaceae	Seed oil	VK Shamaka	antioxidant, cholesterol reduction, blood lipid regulation, liver and kidney protection, cardiovascular system protection, anti-inflammatory

Equipments

Grinder, Stainless steel vessels, long ladle, gas stove, mixer, pure water, cloth and Air tight glassbottles for packaging.

Process of *til taila moorchana*^[16]

This process has been performed as per *Sneha Moorchana* mentioned in *Bhaishajya Ratnawali* as well as Ayurvedic Formulary of India.

Proportion of drugs

1. *Til Taila*-
2. *Moorchana Dravya*-
3. Water-

Procedure of *til taila moorchana*

1. Required amount of *Til taila* was taken in a wide mouthed stainless-steel vessel and it was allowed to heat over *mandagni*, till appearance of froth.
2. After the froth appears on the surface of the oil, take it down from the stove and let it cool. Then add the *kalka* of all the 11 '*moorchana dravyas*' and stir it continuously to avoid burning of *kalka*, followed by adding of appropriate amount of water.
3. The procedure was carried out till '*Taila Siddhi Lakshana*' were obtained.
4. Then the *taila* was squeezed out of *kalka dravyas* when it was Lukewarm with the help of cloth to avoid much loss.

5. Then the oil was stored in air tight glass bottles.

Precautions

1. Strength of the fire should be from medium to low in order to achieve the required temperature.
2. The mixture is mixed constantly and deliberately to ensure that the *kalka* does not stick to the bottom of the pot.
3. Proper consideration will be taken to assess the right stage of *Taila Paka*.
4. In order to extract optimal quantity of oil, the *kalka* should be pressed in hot state.
5. Preserving container should be clear of moisture and properly air tight.

Pathadi taila^[17]

This *yog* is mentioned in many classical texts, but here we have only discussed about its mention in *Sharangdhar Samhita*. In *Sharangdhar Samhita Madhyam Khanda Chapter 9 Shloka 181*, the detailed description of *Pathadi Taila* has been given. This *Kalpna* is primarily indicated in condition of Chronic Rhinitis.

Table 2: The ingredients are as followings.

Sr. No.	Drug	Latin name	Family	Part used	Karma	Properties
1.	<i>Patha</i> ^[18]	<i>Cissampelos pariera</i>	Menispermaceae	Whole plant	<i>Tridosha-shamaka, Mutrala, Deepana, Pacana, Shoolahara, Jvarahara, etc.</i>	<i>Atisara, Jvara, Mutravikara, Shofa, Kasa, Artava vikara, Arsa, etc.</i>
2.	<i>Haridra</i> ^[19]	<i>Curcuma longa</i>	Zingiberaceae	Rhizome	<i>Vrnya, Tvacya, Dehavarnaprada, Kusthaghna, Kandughna, Kaphaghna, etc.</i>	<i>Tvagavikara, Carmaroga, Kandu, Pama-dadru, Varnavikara, etc.</i>
3.	<i>Daruharidra</i> ^[20]	<i>Berberis aristata</i>	Berberidaceae	Stem	<i>Pittasaraka, Yakrduttejaka, Dipana-grahi, Raktashodhaka, etc.</i>	<i>Yakridvikara-Kamala, Pandu, Agnimandya, Pravahika etc.</i>
4.	<i>Murva</i> ^[21]	<i>Marsdenia tenacissima</i>	Asclepiadaceae	Root	<i>Jvaraghna, Svedajanana, Tvagdoshahara, Hrdya, etc.</i>	<i>Carma-vikara, Vibandha, Grahani,</i>

						<i>Kamala</i> , etc.
5.	<i>Pippali</i> ^[22]	<i>Piper longum</i>	Piperaceae	Fruit	<i>Ruchya</i> , <i>Vrushya</i> , <i>Rasayani</i> , <i>Dipani</i> , <i>Pachani</i> , <i>Hrudya</i> , etc.	<i>Shwasa</i> , <i>Kasa</i> , <i>Gulma</i> , <i>Arsha</i> , <i>Meha</i> , <i>Pliha</i> , etc.
6.	<i>Jati</i> ^[23]	<i>Jasminum officinale</i>	Oleaceae	Leaves	<i>Kusthaghna</i> , <i>Kandughna</i> , <i>Vranaropana</i> , <i>Vranashodhan</i> , etc.	<i>Vrana</i> , <i>Nadivrana</i> , <i>Vranasotha</i> , <i>Vranavikara</i> , <i>Mukharoga</i> , <i>Mukhapaka</i> , etc.
7.	<i>Danti</i> ^[24]	<i>Balliospermum monatanum</i>	Euphorbiaceae	Root	<i>Pittasaraka</i> , <i>Dipana</i> ,	<i>Udararoga</i> , <i>Vibandha</i> , <i>Agnimandya</i> ,
					<i>Krimighna</i> , <i>Svasahara</i> , etc	<i>Arsa</i> , <i>Krimi</i> etc.
8.	<i>Moorchita Taila</i>	<i>Sesame oil</i>	-	-	-	-

Collection of raw drugs

Some raw drugs were collected from HHRC Amritsar (Punjab), some were collected from anauthentic store and some were collected locally.

Equipments

Grinder, Stainless steel vessels, long ladle, gas stove, mixer, pure water, cloth and Air tight glassbottles for packaging.

Pathadi taila preparation^[25]

1. Firstly, *kalka* of all the 7 ingredients was made.
2. *Moorchita til taila* was heated in a wide mouthed big stainless-steel vessel till it became moisturefree and later it was kept to cool down.
3. Then *kalka* was added in the oil separately and then heated again. After some time water was added and boiled it over *mandagni* till all the water content has been evaporated (which can be evaluated by looking for *Sneha Siddhi Lakshana*).
4. Then it is filtered with a clean cloth and stored in air tight glass bottles.

Precautions

Same as mentioned above in '*Taila Moorchana*'.

Route of administration

Nasya Karma.

Shelf life

According to Govt. of India notification, life period of *Taila* is 3 years.

DISCUSSION

The process of *Moorchana* is a preliminary treatment for fixed oils (*Til taila*, *Eranda taila*, etc.) with some specific medicinal plants to overcome bad odor, impart good color like *Arunavarna* and fragrance. The *Moorchana Dravya* have their own therapeutic efficacy and they contribute for better therapeutic effect of the formulation. The water content existing in oil or the factor which inhibit the absorption of oil in the body can be correlated. Due to antioxidant property of *Moorchana* the chemical stability of the oils is supposed to be enhanced.

Sneha Paka is the process of processing the *Sneha* with *Kalka* and *drava* to enhance the therapeutic value of *Sneha*. There are various factors that advocate its superiority over other *Kalpanas*. It is the only dosage form where lipid soluble extractives can be absorbed (internal and external) in the body. It is the only dosage form that can be administered through all routes viz., *Nasya*, *Tarpan*, etc. Being lipophilic in nature, it penetrates through all bio-membranes passively and it is the only dosage form which can cross Blood brain barrier. They have prolonged shelf life (16 months) as compared to other *Kalpanas*.

CONCLUSION

Taila Kalpana is a procedure that involves the manufacture of oleaginous medications using various materials such as *taila*, *kwatha*, *kalka* etc. Medicated oil has a stronger strength and a better shelf life than the raw form of oil. The process of *moorchana* is necessary to increase efficacy and also to remove the *ama dosha* of raw form of oil. As the oil here is to be instilled into the nostrils, so it also does not aggravate the *kapha* related problems in the head region. Moreover, the ingredients of the *Pathadi Taila* itself are *VK Shamaka*. They act very well on the diseases like Chronic Rhinitis etc.

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