

A CONCEPTUAL REVIEW ON TAILA MURCHANA

Dr. Anju Saharan^{1*}, Dr. Chandan Singh Dhakad², Dr. Rohini Jat³ and Dr. Rajnika Yadav⁴

^{*1,2}PG Scholar, PG Dept. of RS & BK, M.M.M. Govt. Ayurved College, Udaipur, Rajasthan, India.

³Assistant Professor Dept. of RS & BK.

⁴Assistant Professor Dept. of RS & BK.

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***Corresponding Author**

Dr. Anju Saharan

PG Scholar, PG Dept. of RS
& BK, M.M.M. Govt.
Ayurved College, Udaipur,
Rajasthan, India.

ABSTRACT

Taila kalpana is a commonly used dose form that is mentioned in Ayurvedic formulations for internal and exterior application. The initial stage of Taila preparation is called Taila murchana. Murchana has been used to increase the oil's efficacy, get rid of amadosa and foul odors. Classic Tailas like Eranda (Castor), Tilataila (sesame), and Katu (Mustard) require Murchanaas's initial Taila paaka procedure. It has been mentioned in detail for the first time in Bhaishajya Ratnavali. Using this technique, medicine's fat and water-soluble active ingredients are isolated and added to medicinal oil. Compared to crude taila, taila containing murchana has a longer shelf life and greater medicinal effectiveness. The Murchana procedure is extremely important in the current globalized environment where there is a need for increased treatment efficacy. Therefore, the manufacturing of any

therapeutic oil must absolutely contain the Murchana procedure as a precondition. In this article an attempt has been done to review concepts regarding Taila murchana in literature of Ayurvedic pharmaceuticals.

INTRODUCTION**Taila**

The branch Bhaishajya Kalpana helps the doctor apply Bhaishajya in many ways to treat the illness. Taila^[1] alleviates Vata and does not aggravate Kapha it strengthens body. It is Ushna, good for skin, and purifies the vaginal tract. It retains its own properties while absorbing those of the medications that have been given to it.^[2] Therefore, it is certain that the

medications' fat-soluble active ingredients can be readily extracted into Taila. Both the fat and water-soluble active components' principles can be derived from Sneha Kalpana. This procedure guarantees that the active medicinal qualities of the substances are absorbed.

Murchana

The initial phase in any Sneha paka procedure is murchana, which has the primary goals of eliminating Durgandha and Amadosha as well as changing the color and potency of each individual Sneha (Taila or Ghrita) ^[3] Research indicates that murchana boosts the advantages of saponification and lessens the significance of acid. A higher saponification value indicates a higher concentration of tiny molecular fatty acids, whereas a lower acid value indicates a lesser fraction of free fatty acids. Low molecular fatty acid-containing medicated oil compositions are quickly ingested. The following characteristics will be acquired by it after Sneha Murchana. Good smell, increased potency of Sneha to allow it to absorb more active ingredients from the medication it is treated with, Sneha is also going to adopt the active principles found in Murchana Dravyas. According to the classics, there are just three Tailas that are listed under the Taila Murchana process; nonetheless, Taila Murchana is the first step that all Tailas must take.

Literature review

The Vedas and Bruhatrayee contain no mention of Murchana or any supporting material. The earliest reference of it, albeit brief, is in Nishchala-kara's commentary on Chakradutta Ratnaprabha. Murchana has been thoroughly explained by Bhashajya Ratnavali and is a must for all Sneha preparations. Additional references can be found in the Sharangadhara Samhitha commentary by Kashirams Gurudarthadipika, ^[4] Bruhat Yoga Tarangini, ^[5] Bharat Bhaishajya Ratnakar, ^[6] and Navaparibhasa Pradeep, ^[7] which also touched on the significance and method of Sneha Murchana.

Method of preparation of Taila Murchana^[8]

Taila is heated to the point of no froth and then left to cool naturally. Drugs called murchana, which were explained later, are added to taila and paaka until it is completely dry.

Process Of Tila Taila Murchana^[8,9]**Ingredients**

S.No.	Drug	Latin name	Part used	Quantity
1.	Manjista	Rubia Cordifolia	Stem	1/16
2.	Haridra	Curcuma Longa	Rhizome	1/64
3.	Musta	Cyprus rotendus	Rhizome	1/64
4.	Lodra	Symplocus racemose	Stem bark	1/64
5.	Nalika	Cinnamom tamala	Stem bark	1/64
6.	Amalaki	Euphorbia officinalis	Pericarp	1/64
7.	Haritaki	Terminalia chebula	pericarp	1/64
8.	Vibhitaki	Terminalia belerica	pericarp	1/64
9.	Suchipushpa	Pandanus Tectorus	Root	1/64
10.	Vata	Ficus bengalensis	Rhizopods	1/64
11.	Hribera	Pavonia odorata	Root	1/64
12.	Taila	Sesamum indicum	Seed oil	1part
13.	Water			4part

Procedure: Heat the plain Tila Taila until the foam is gone. Add 4 parts water and the powder from 1 to 11 medications. Bring it to a boil over a moderate heat until the taila is completely dry. Use it to prepare other medicinal oils after filtering it.

Process of Eranda taila murchana^[10]**Ingredients**

S.No.	Drug	Latin name	Part used	Quantity
1.	Manjishta	Rubia cordifolia	Stem	2 sana
2.	Musta	Cyprus rotendus	Rhizome	2 sana
3.	Shunthi	Gingiber officinalis	Rhizome	2 sana
4.	Dhanyaka	Coriandrum sativum	Fruit	2 sana
5.	Amalaki	Euphorbia officinalis	Pericarp	2 sana
6.	Haritaki	Terminalia chebula	Pericarp	2 sana
7.	Vibhitaki	Terminalia bellerica	Pericarp	2 sana
8.	Kharjur	Pheonix sylvestris	Fruit	2 sana
9.	Vatankura	Ficus bengelensis	Rhizopodes	2 sana
10.	Haridra	Curcuma longa	Rhizome	2 sana
11.	Daruharidra	Berberi's arista	Extract	2 sana
12.	Ketaki	Pandanus tectorus	Root	2 sana
13.	Nalika	Cinnamum tamala	Leaves	2 sana
14.	Kanji			QS
15.	Dadhi			QS
16.	Eranda taila	Ricinus communis		1 prasta

Procedure: Heat the Eranda taila till the foam stops. Add the powdered medications 1–13 along with Dadhi and Kanji. Boil it on moderate heat till the Taila became free from water. Filter it and use for the preparation of other medicated oils.

Process of Sarshapa taila murchana^[11]**Ingredients**

S.No.	Drug	Latin name	Part used	Quantity
1.	Haridra	Curcuma longa	Rhizome	2 Karsha
2.	Musta	Cyprus rotendus	Rhizome	2 Karsha
3.	Manjishta	Rubia cordifolia	stem	2 Pala
4.	Nagakeshara	Mesua Ferra	Stamens	2 Karsha
5.	Bilva	Aegel marmelose	Fruit	2 Karsha
6.	Dadima	Punica granatum	Fruit	2 Karsha
7.	Krishna jeeraka	Veronia anthelmentica	Fruit	2 Karsha
8.	Amalaki	Euphorbia officinalis	Pericarp	2 Karsha
9.	Ushira	Vettivera zizynoidis	Whole plant	2 Karsha
10.	Vibhitaki	Terminalia chebula	Pericarp	2 Karsha
11.	Nalika	Cinnamomum zeylanicum	Bark	2 Karsha
12.	Sarshapa taila	Brassica compestris	Seed oil	1 Prasta
13.	Water			1 Adhaka

Procedure

Heat the Katu taila (Sarshapa) till it become free from froth. Add 1 Aadhaka of water along with powder of 1-11 drugs. Boil it on moderate heat till the Taila became free from water. Filter it and use for the preparation of other medicated oils.

DISCUSSION: Taila murchana is a preparatory remedy for fixed oils (Tilataila, Eranda Taila, Katu Taila, etc.) that contains certain medicinal plants that are supposed to mask unpleasant odors, add vibrant colors like Arunavarna, and add fragrance. The Murchana method is crucial and must be strictly adhered to in order to prevent any negative interactions between Taila and Snehas that could reduce the effectiveness of the treatment. Amurchita Tail has a viscosity and Murchita Taila Compared to Amurchita Taila, Murchita Taila absorbs into the skin more quickly and better since it has a lower viscosity. When compared to Amurchita Taila, Murchita Taila has a slightly greater specific gravity, indicating that active principles were extracted during the Murchana procedure. Compared to Amurchita Taila, Murchita Taila has a lower acid value, which increases its life span and therapeutic usefulness by reducing the likelihood of rancidity. Therefore, the Murchana process may be the cause of the requirement for all greasy formulations. When compared to Amurchita Ark Taila, Murchita Ark Taila has a lower peroxide value, indicating that it is more stable. Taila's shelf life is inversely correlated with its iodine value. Consequently, as the iodine value increases, the oil's shelf life will decrease. When compared to Amurchita Taila, Murchita Taila has a lower iodine value. A low saponification value denotes the complicated shape of the molecules. Higher saponification values in medicinal oils lead to improved absorption. In contrast to

Amurchita Taila, Murchita Taila has a high saponification value, indicating that it is readily absorbed and digested. Every component that goes into making murchana has a medicinal purpose of its own. Apart from refining of the Sneha, the Murchana Dravya may contribute for the better therapeutic effect of the formulation. The oils are expected to have greater chemical stability as a result of murchana's antioxidant properties.

CONCLUSION

The review makes it clear that the murchana is fundamental preparatory technique. The herbal may be an antioxidant in drug used in Murchana to improve the chemical stability of oil. The Murchana dravyas are the very therapeutic active ingredients which leads us to the conclusion that it will ultimately enhance the therapeutic outcome of a medicament than oil that has not been prepared with Murchana. The process of In a broader prospective of today Murchana holds quite significant globalization and the demand for enhanced therapeutic efficacy. So here Murchana is an important process and as medicinal oil components. On the basis of above discussions, to sum up it can be understood that Murchita Taila have very many Different active components incorporated in them due to drugs used in this process which increases its self-life. Moreover, water- and fat-soluble extractives of Murchita Taila were also incorporated. Murchana process of taila by heating reduces the saturation degree and increases unsaturation beneficial for human health. Thus, the above medicated Taila should be made with Murchana Kriya which gives more potency (increases therapeutic value) as well life and hence Shelf life.

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