

EFFECT OF *CHANDANADI TAILA* ON WOUND HEALING - DRUG REVIEW

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1. ABSTRACT

Injuries are an unavoidable part of human life, impacting individuals both physiologically and psychologically. Globally, a significant portion of the population suffers from wounds caused by road accidents or pathological conditions such as varicose ulcers, pressure sores, and diabetic ulcers. Historically, various wound-healing techniques and medicines have been utilized. In contemporary medicine, wounds are often treated with steroids or antimicrobial topical agents; however, these can sometimes be ineffective for complex wound management. Traditional Ayurvedic literature, particularly the Sushruta Samhita, details numerous wound-healing formulations, among which *Chandanadi taila* is prominent. The topical application of this oil is noted for its anti-inflammatory, antibacterial, analgesic, and antioxidant properties. It shows significant

potential in debriding ulcers, enhancing blood circulation, and promoting tissue regeneration. *Chandanadi taila* serves as a highly effective, natural intervention for alleviating impaired skin integrity.

KEYWORD: Vrana, Wound, Chandanadi taila.

2. INTRODUCTION

The occurrence of injury is a universal human experience. In Ayurvedic pathology, the term *Vrana* (wound) refers to the "destruction of body tissue" and the subsequent "discoloration of

skin or scar formation" that remains even after the wound has closed.^[1,2] In the Sushruta Samhita, *Vrana* is derived from the root meaning "to cover," indicating something that occupies or affects the body's structure.^[3]

Wounds are classified into two primary categories.

Agantuja Vrana: Caused by external factors or trauma.

Nija Vrana: Caused by an internal imbalance of the *Doshas* (*Vata*, *Pitta*, *Kapha*).^[4]

Acharya Sushruta emphasizes that no pain exists without *Vata*, no suppuration (pus formation) occurs without *Pitta*, and no discharge is possible without *Kapha*.^[5] Therefore, wound healing is an integrated biological mechanism where the body attempts to restore the structural integrity of the affected part. While modern surgery focuses on physical repair and infection control, Ayurveda offers a comprehensive science of medicine with diverse modalities to manage wounds without complications. Among the sixty procedures (*Shashti Upakrama*) described for wound care, the topical application of *Chandanadi taila* is highlighted as a potent therapeutic for promoting healing.^[6]

3. DRUG DESCRIPTION

Every substance in existence has medicinal potential and inherent effectiveness.^[7] *Chandanadi taila* is made up of the specific ingredients listed in Table 1. The physical characteristics of these substances are shown in Table 2, while their pharmacological effects are detailed in Table 3.

Table 1: Content Of Chandanadi Taila.^[8]

Sr. No.	Classical Name	Botanical Name	Family	Useful Part	Quantity
1	Chandana	<i>Santalum album</i>	Santalaceae	Heartwood	1 part
2	Padmakh	<i>Prunus cerasoides</i>	Rosaceae	Stembark	1 part
3	Lodhra	<i>Symplocos racemose</i>	Symplocaceae	Stembark	1 part
4	Utpala	<i>Nelumbo nucifera</i>	Nymphaeaceae	Flower	1 part
5	Priyangu	<i>Callicarpa macrophylla</i>	Verbenaceae	Flower	1 part
6	Haridra	<i>Curcuma longa</i>	Zingiberaceae	Root	1 part
7	Yashtimadhu	<i>Glycyrrhiza glabra</i>	Leguminosae	Root	1 part
8	Tila Taila	<i>Sesamum indicum</i>	Pedaliaceae	Seed oil	4 times from total amount of Kalka Dravya
9	Gao Dugdha (Cowmilk)	-	-	-	4 times of tile taila

Table 2: Properties Of Chandanadi Taila.

Sr. no.	Drug Name	Rasa	Guna	Virya	Vipaka	Dosha Shamakta
1	Chandana ^[9]	Tikta, Madhura	Laghu, ruksha	Shita	Katu	Kaphapitta Shamaka
2	Padmakh ^[10]	Kashaya, tikta	Laghu	Shita	Katu	Kaphapitta Shamaka
3	Lodhara ^[11]	Kashaya	Laghu	Shita	Katu	Kaphapitta nut
4	Utpala ^[12]	Madhura, kashaya	Picchila, snigdha	Shita	Katu	Tridoshahara especially vatapitta shamaka
5	Priyangu ^[13]	Madhura, tikta, kashaya	Ruksha, seeta, guru	Shita	Katu	Pittahara, kaphahara
6	Hridra ^[14]	Madhura	Ruksha	Ushna	Katu	Kaphapitta nut
7	Yashtimadhu ^[15]	Madhura	Guru, snigdha	Shita	Madhura	Vatapittahara
8	Tila taila ^[16]	Madhura	Snigdha, guru, sukshma, vyavai, vishada, Sara, vikasi	Ushna	Madhura	Vata shamaka
9	Cowmilk ^[17]	Madhura	Mridu, snigdha, Slakshana, picchila, guru	Shita	Madhura	Vatapittahara, Raktahara

Table 3: Therapeutic Uses And Pharmacological Activity Of Chandanadi Taila.

Sr. no.	Drug Name	Karma	Therapeutic uses	Pharmacological activity
1	Chandana ^[9]	Ashrnut, Dahashamaka, Durgandhahara, Varnya, Rakta shodhaka	Rakta vikara, Vrana vikara	Antibacterial, Antifungal, Antioxidant
2	Padmakh ^[10]	Ashrajit, Visphot-Vranapaham, Kandughna, Dahaprashaman, Vednasthapana, Raktastambhan	Shotha, Vrana	Antioxidant, Analgesic, Antibacterial activity
3	Lodhara ^[11]	Shothahara, Vrana ropana, Shonitasthapana, Rakta shodhaka, Dahashamaka ^[18]	Shotha	Antimicrobial, Anti-inflammatory
4	Utpala ^[12]	Dahaprashamana, Raktaprasadaka	Daha	Anti-inflammatory, Analgesic, Antimicrobial
5	Priyangu ^[13]	Raktaprasadana, Daurgandyashana, Dahaprashamana, Rakta shodhana, Vrana ropana, Vednasthapana,	Daha, Rakta dosha ^[19]	Anti-inflammatory

		Vranahanti, Vishodhaniya ^[19]		
6	Hridra ^[14]	Varnya, Kushthaghna, Krimighna, Raktaprasadana, Vrana shodhana, Vrana ropana, Vednasthapana, Vranahanti, Vishodhaniya ^[20]	Vrana shotha ^[20]	Antibacterial, insecticidal, Antifungal, Anti-inflammatory, Antiprotozoal, Antihistamic
7	Yashtimadhu ^[15]	Varnya, Raktaprasadana, Ropaniyanama ^[21]	Vranashotha, Vrana, sadyakshata ^[22]	Anti-inflammatory, Antimicrobial, Antioxidant, Antiulcer
8	Tila taila ^[16]	Vedanasthapana, Sandhaniya, Vranashodhana, Vrana rpoana	Vrana, All type of sadyovrana ^[23] , Bhagna, Ksharagni dagdha, Agantuja Vrana ^[24]	Antioxidant, Antiulcer, Anti-inflammatory, Analgesic
9	Cowmilk	-	-	Antioxidant, Anti-inflammatory

4. PREPARATION OF CHANDNADI TAILA

Every substance in nature has medicinal potential. This oil is made by mixing specific herbal ingredients (*Kalka*) in equal parts. To this mixture, *Tila taila* (sesame oil) is added at four times the weight of the herbs, and cow's milk is added at four times the volume of the sesame oil.^[25]

5. DISCUSSION

The ingredients in *Chandanadi taila* are effective at balancing all three *doshas* (*Tridosha*), with a particular focus on calming *Pitta* and *Kapha* (*Shamaka*). Its expected healing process can be broken down by its specific Ayurvedic properties.

Rasa (Taste)

The oil is primarily composed of bitter (*Tikta*), sweet (*Madhura*), and astringent (*Kashaya*) tastes.

Bitter (*Tikta*): Works to soothe burning sensations, stop itching, kill germs, and dry out excess fluids in the tissues.

Astringent (*Kashaya*): Helps with drying, firming tissues, purifying the blood, and healing wounds.

Sweet (*Madhura*): Promotes tissue growth, calms burning sensations, and aids in the joining of tissues.^[26]

Together, these three tastes work to lower the levels of *Pitta* and *Kapha Doshas*.

Guna (Physical Qualities)

Chandanadi taila is mostly characterized by being light (*Laghu*) and dry (*Ruksha*).

Lightness (*Laghu*): Helps decrease fluid discharge from wounds (associated with *Kapha*), reduces waste products, and clears out the body's internal channels (*Srotas*).

Dryness (*Ruksha*): Helps dry up wound fluids and assists in firming and cleansing.

Clarity (*Vishada*): Aids in washing away impurities from the body's tissues (*Dhatus*). It acts to scrape away unhealthy tissue, dry excess moisture, and heal wounds.

Subtlety (*Sukshma*): Helps widen blood vessels to improve the flow of blood and nutrients throughout the body.^[27]

Because it is an oil (*Taila*), it also naturally contains oily (*Snigdha*) and heavy (*Guru*) qualities, which help nourish the tissues and support the growth of new cells.

Vipaka (Post-Digestive Effect) and Veerya (Potency)

The oil has a pungent post-digestive effect (*Katu*), which helps lower *Kapha Dosha*. It also has a cooling energy (*Sheeta veerya*), which is a key part of its medicinal power. These qualities work together to decrease bleeding and the formation of pus.

6. ACTION OF CHANDANADI TAILA

Chandana (Sandalwood): Its main parts are Palmitate and various types of Santalol. Palmitate is a form of Vitamin A that helps skin cells grow and create new tissue. Sandalwood itself fights germs, fungi, and inflammation^[28] while acting as a powerful antioxidant to protect cells.^[29]

Padmakh: This plant is rich in flavonoids, which act as antioxidants and fight bacteria. Using it on the skin helps wounds close faster, even for people with diabetes.^[30]

Lodhra: The bark contains natural alkaloids and Palmitate. These help reduce pain, swelling, and kill harmful microbes.^[31]

Utpala: This contains tannins, which speed up healing and reduce scarring by clearing out harmful oxygen molecules. It also eases pain and helps the skin regrow its outer layer.^[32]

Priyangu: This contains specific acids and diterpenes that give the oil its antioxidant properties, helping to protect the wound as it heals.^[33]

Haridra (Turmeric): Its active ingredient is Curcumin. It is well-known for stopping inflammation, killing germs, and preventing blood clots, all of which are vital for healing skin.^[34]

Yashtimadhu (Licorice): The root contains glycyrrhizin. Both this component and its byproducts are excellent at reducing swelling and irritation at the wound site.^[35]

Tila Taila (Sesame Oil): This oil is packed with vitamins (A, E, C), healthy fats, and antioxidants. Applying it topically keeps the wound clean and free of infection.^[36] It also contains Arginine, which helps blood flow better to the area, bringing in the nutrients needed to repair the skin.^[37]

Cow Milk: Milk provides calcium and vitamins like A and C. Vitamin A helps repair tissue, while Vitamin C boosts the immune system to speed up the body's natural recovery process.^[38]

7. CONCLUSION

Wounds are a common part of life, and ancient texts describe many ways to treat them. *Chandanadi taila* is considered an excellent choice for wound management. According to traditional medicine, it balances the body's internal energies (the three *Doshas*) to prevent pain, swelling, and infection.

Because its ingredients are full of antioxidants and natural germ-fighters, the oil helps wounds heal faster without being toxic or overly expensive. Unlike some modern treatments that can irritate new skin, this oil is gentle and promotes healthy tissue growth.

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