

KUBJYAPRASARANYADI TAILA: A REVIEW BASED ON CLASSICAL AYURVEDIC LITERATURE

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ABSTRACT

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Kubjyaprasaranyadi taila, is an ayurvedic herbal oil, useful in *vata-kaphaj* disease; sciatica, lower back pain, and joint stiffness. It having the main content that is *Gandha Prasarini* (*Paederia foetida*) is an important Ayurvedic medicinal herb. *Gandha Prasarini* means "it spreads a bad smell" in Sanskrit. It is a special quality of this herb. *Gandha* means to scent while *Prasarini* means to spread. One of the major dosage types that Ayurvedic pharmaceuticals typically refer to is medicated oil or ghee. *Tailas* are prepared by boiling *Taila* with specific *kashayas* (decoction) and *kalkas* as directed by the recipe. This approach ensures that the items' active therapeutic qualities are administered. In *Bhaishajyaratnavali*, *chakradatta*, *shashtrayogam*, *Sharangdhar samhita* seven types of different *parsanranyadi Taila* were described with different phalshuti. *Kubjyaprasaranyadi Taila* is one of them having *Vatavyadhi*, *Kubjita* (spinal deformities/kyphosis), *Khanja* and *Panguta*

(lameness and gait abnormalities), *Ardit*, *Hanu-Prushta-Shiro-Grivhasthambh*.

KEYWORDS: Prasaranyadi taila; *Bhaishajyaratnavali*; Taila-preparation; Sneha Kalpana.

INTRODUCTION

In India, Ayurveda is one of the world's oldest western medical systems. Its origins date back nearly to the Vedic period. Too many Ayurvedic medications are found in a number of classic Ayurvedic texts that ancient acharyas utilized to heal illnesses.^[1] One of the most important dosage techniques frequently discussed in Ayurvedic pharmaceuticals is *sneha kalpana* (mediated oil). The primary medical procedures used in Indian medicine are *Swarasa* (juice), *Kalka* (paste), *Kwatha* (decoction), *Hima* (cold infusion), and *Phanta* (hot infusion). The five fundamental preparations—*Asavarishta* (fermentation), *Lepa* (pasta), *Churna* (powder), *Sneha kalpana* (fatty preparation), *Vati* (pills), etc.—were used to extract a range of dosage forms. Medicated oil and medicated ghee are the two types of formulations found in Ayurvedic pharmaceuticals' *Sneha kalpana* (fatty preparation).

There are numerous issues with the Ayurvedic medical system. The Drug & Cosmetics (Amendment) Act 1964 was expanded to include Ayurvedic medications. The definitions of misbranded pharmaceuticals (section 33-E), adulterated drugs (section 33-EE), and spurious drugs (section 33-EEA) are described in detail to avoid drug abuse under the guise of Ayurveda and the accusation that Ayurvedic therapy is ineffective and has negative effects on the body.^[2] Therefore, accurate information requires a proper review of medications. In light of the aforementioned facts, this article makes an attempt to uphold society's belief in the ability of Ayurvedic medicines to treat illnesses through appropriate drug identification, raw drug collection, preparation, storage, etc.

An ayurvedic herbal oil called *KubjyaPrasaranyadi Taila* is helpful for sciatica, lower back pain, stiff joints, and *vata-kaphaj* illness. Seven distinct *parsanranyadi Taila* were detailed with various phalshruti in *Bhaishajyaratnavali*^[3], *Chakradatta*^[4], *Shashtrayogam*^[5], and *Sharangdhar Samhita*.^[6] One of these, *Kubjyaprasaranyadi taila*, has benefit in *vatavyadhi*, *kubjta*, *panguta*, *ardit*, and *hanu-prushta-shiro-grivhasthambh*. *Gandha Prasarini* (*Paederia foetida*), a significant Ayurvedic medicinal herb, is its primary ingredient. *Gandha Prasarini* translates to "it spreads a bad smell" in Sanskrit. This herb has a unique characteristic. *Prasarini* means to disseminate, but *Gandha* means to smell. It has a strong, bitter flavor. Its potency is hot. It boosts immunity and strength and has aphrodisiac qualities (Balya). It helps with bone restoration and wound healing (*Sandhanakara*). It also aids in managing diseases associated with the Vata and Kapha doshas.^[7]

MATERIALS AND METHODS

The production of *Tailam* typically requires three key ingredients. (A) *Kalka*, (a fine drug paste or drugs)—one part. (B) Four portions of *Sneha Dravya* (*Tailam*). (C) *Drava dravya* (a liquid that can be *Kashaya*, *Swarasa*, *Dugdha*, etc.) 16 parts.^[8] Ama and *Daurgandhya* of *Taila* are removed by the crucial process of *Taila Murchhana*. Although *Taila Murchhana* is not mentioned in the Samhitas, *Bhaishajya Ratnavali* describes the *Murchhana* process.

Ingredients

Table 1: Details of different references of *Kubjya Prasaranyadi Taila*.

Reference	Ingredient			
	<i>Kwatha Dravya</i>	<i>Taila drvaya</i>	<i>Drava Dravya</i>	<i>Kalka dravya</i>
1] <i>Bhaishajyaratnvali</i>	<i>Prasaraṇi</i> , Water	<i>murcchita tila taila</i>	Curd, kanji, cow milk	<i>Chitraka, Pippalimula, Madhuka, Rock salt, Satapuṣpa, Devadaru, Rasna, Pippali, roots of Prasaraṇi, varana, Mamsi and Bhallataka.</i>
2] <i>Chakradatta</i>	<i>Prasaraṇi</i> , Water	<i>tila taila</i>	Curd, kanji, cow milk	<i>Chitraka, Pippalimula, Madhuka, Rock salt, Vacha, Satapuṣpa, Devadaru, Rasna, Gajapippali, roots of Prasaraṇi, Mamsi and Bhallataka.</i>
3] <i>Shashtrayogam</i>	<i>Prasaraṇi</i> , Water	<i>tila taila</i>	Curd, kanji, cow milk	<i>Chitraka, Pippalimula, Madhuka, Rock salt, Vacha, Satapuṣpa, Devadaru, Rasna, Gajapippali, roots of Prasaraṇi, Mamsi and Bhallataka.</i>

Table 2: Ingredients details of *Kubjyaprasaranyadi taila*.

Ingredients	Latin name & family	Rasa	Virya	Vipaka	Guna	Krama
<i>Prasarani</i>	<i>Paederia foetida</i> (Rubiaceae)	<i>Kashaya tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Guru</i>	<i>Kaphavatahra</i>
<i>Chitarka</i>	<i>Plumbago zelyanica</i> (Plumbaginaceae)	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Vatakaphahara Deepan, Pachana, Grahi</i>
<i>Pippalimula</i>	<i>Piper longum</i> (Piperaceae)	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Ruksha</i>	<i>Kaphavatahara, Bhedana Deepan, Pachana</i>
<i>Madhuka</i>	<i>Glycyrrhiza glabra</i> (Fabaceae)	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Guru Snigdha</i>	<i>Vatapittashama</i>
<i>Satapuspa</i>	<i>Anethum sowa</i> (Apiaceae)	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu, Teekshna</i>	<i>Kaphavatahara Shoolahara</i>
<i>Devadaru</i>	<i>Cedrus deodara</i> (Pinaceae)	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu Snigdha</i>	<i>Kaphavatahara Shothahara</i>
<i>Rasna</i>	<i>Alpinia calcarata</i> (Scitamaceae)	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Guru Ushna</i>	<i>Kaphavatahara Shothahara Shoolahara</i>
<i>Gajapippali</i>	<i>Piper chaba</i> (Piperaceae)	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tikshna Ushna</i>	<i>kaphavatahara</i>
<i>Mamsi</i>	<i>Nardostachys jatamansi</i> (Valerianaceae)	<i>Tikata kashay Madhura</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu Snigdha</i>	<i>Tridosahara Medhya</i>
<i>Bhallataka</i>	<i>Semicarpus anacardium</i> (Anacardiaceae)	<i>Katu, Tikta Kashaya</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu Tikshna snigdha</i>	<i>Kaphavatahara Medhya vrishya Bhruman</i>
<i>Saindhav</i>	Rock Salt	<i>Lavan Madhura</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Laghu Sukshma</i>	<i>Tridosaghna Ruchikara Agnidipana</i>
<i>Tila taila</i>	<i>Sesamum indicum</i> (Pedaliaceae)	<i>Madhura, Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tikshna Ushna</i>	<i>Kaphavatahara</i>
<i>Dadhi</i>	-	<i>Madhura Amla</i>	<i>Ushna</i>	<i>amla</i>	<i>Snigdha Guru</i>	<i>Vatahara</i>
<i>Kanji</i>	Fermented Gruel	<i>Madhura Amla</i>	<i>Ushna</i>	<i>Amla</i>	<i>Laghu Snigdha Teekshna</i>	<i>Vatashophaghna pittaghna</i>
<i>Ksheera</i>	-	<i>Madhur Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Vatapittahara</i>

Process of *Taila* Making: Cut 5 kg. measure of the *prasarani* herbs into small pieces and boil them in one armana (= 12 litres) measure of water until it is reduced to one fourth. Add to it, 3 litre each of *murchita* oil, curd, *kanji* and cow milk. Also take 93 gm. measure of *kalkas* of each of the following herbs: *Citraka*, *Pippalimula*, *Madhuka*, *Rock Salt*, *Satapuspa*,

Devadaru, Rasna, Varana, Pippali, roots of Prasaraṇi, Mamsi and Bhallataka. Combine all these ingredients and methodologically cook over mild fire.

Therapeutic benefits: The oil thus obtained is very much helpful in alleviating diseases caused by *vata* and *kapha*, eighty varieties of diseases of men and women caused by *vata*, *Kubjata* (hunch back), *Stimita* (numbness), *Panguta*, *Gridharasi* (sciatica), *khuddaka*, *Ardita* (facial paralysis) and stiffness in mandibular joints, back, head as well as neck.

DISCUSSION

Prasaranyadi Taila is not defined as a single, consistent formulation in traditional Ayurvedic literature. Rather, several variations of *Prasaranyadi Taila* are recorded in reputable writings like *Sahasrayogam*, *Bhaishajyaratnavali*, *Chakradatta*, and *Sharangadhara Samhita*, especially under *Vatavyadhi Chikitsa Adhyaya*. While keeping a similar therapeutic focus on *Vata* illnesses, these seven diverse varieties were developed with changes in components, processing techniques, and indications, producing distinct *phalaśruti* (therapeutic outcomes). A traditional Ayurvedic medicinal oil, *Kubjaprasaranyadi Taila* is used to treat *Vata*-dominant illnesses, especially those affecting the musculoskeletal and neuromuscular systems, such as stiffness, discomfort, contractures, and limited movement.

Prasaranyadi Taila, which emphasizes alleviation from joint discomfort, stiffness, and limited motions, is mostly recommended for *Sandhigata Vata* and *Snayugata Vata* in *Chakradatta*. The *phalaśruti* emphasizes increased functional mobility and flexibility, indicating a formulation focused on musculoskeletal engagement.

Bhaishajyaratnavali elaborates on this idea by outlining variations that are helpful in illnesses with a stronger neurological component, such as *Pakshaghata*, *Ekangavata*, and *Sarvangavata*. This text's *phalaśruti* highlights the *balya* and *brimhana* effects, which signify the restoration of motor functions and the nourishment of *Mamsa* and *Majja dhatu*.

The *Prasaranyadi Taila* variations in *Sahasrayogam* are more practically oriented for external application (*Abhyanga*) and *Nasya*, with *phalaśruti* emphasizing rapid pain relief, stiffness reduction, and ease of movement. For chronic and cold-dominant *Vata* disorders, the formulations discussed here frequently prefer medications with improved penetrative and warming qualities.

The *Sharangadhara Samhita*'s explanation, which emphasizes Sneha Kalpana principles, takes a more pharmaceutically structured approach. The *phalaśruti* emphasizes persistent Vata pacification, prevention of illness development, and enhanced tissue nourishing when taken over an extended period of time. The *Prasaranyadi Taila* variations mentioned below are designed to balance Ushna–Snigdha guna.

Kubja Prasaranyadi Taila contains total 15 ingredients and all the ingredients are herbal. In which most of the ingredients possess *Tikta*, *Katu* & *Kashaya Rasa* and *kapha-vatahara* properties along with *Dipan*, *Pachan*, *Shothahara*, *Shoolahara*, *Ruchikar* properties. *Kubjya* refers to aberrant curvature, stooping, or flexion deformity of the limbs or spine, which is frequently caused by long-term Vata vitiation that affects *Asthi*, *Majja*, *Snayu*, and *Mamsa dhatus*. The term "*prasaranyadi*" refers to the formulation's capacity to combat the characteristics of chronic *Vatavyadhi*, such as rigidity and *Akunchana* (contracture), by restoring extension (*Prasarana*). *Prasarani* (*Paederia foetida* Linn.), the main component, is renowned for its *Vata-hara*, *Shothahara* (anti-inflammatory), and *Vedanasthapana* (analgesic) qualities. It has specific indication in sciatica. *Prasarani*'s prominent position in the formulation is supported by classical sources that describe it as useful in treating *Stambha* (stiffness) and *Sandhi Shoola* (joint pain). According to reports, its bioactive components include anti-inflammatory and muscle-relaxant properties that help reduce pain and increase mobility. In order to improve the absorption of lipid-soluble phytoconstituents via the skin after external application, the *Taila* (oil) base—typically *Tila Taila*—acts as an efficient carrier (*Yogavahi*). According to Ayurveda, oil's *Snigdha* (unctuous) and *Ushna* (warming) qualities calm agitated Vata, minimizing dryness, stiffness, and pain. These components' combined effects imply that *Prasaranyadi Taila* functions via a multimodal process that includes muscle relaxation, pain pathway modulation, inflammation reduction, and tissue nutrition. This all-encompassing strategy is consistent with Ayurvedic principles, which state that both *Shamana* (calming) and *Brimhana* (nourishing) techniques are necessary for the treatment of Vata diseases.

All things considered, the formulation shows great promise in treating musculoskeletal disorders associated with Vata, and the results validate its conventional indications. Its precise molecular pathways would be clarified by additional experimental and clinical research employing contemporary pharmacological and analytical techniques, strengthening the evidence base for broader therapeutic applicability.

CONCLUSION

Within the *Prasaranyadi* group, *Kubjyaprasaranyadi Taila* is a particular traditional formulation intended for complicated contractures and deformities caused by Vata. In Ayurveda, *Kubjyaprasaranyadi Taila* is a tried-and-true, logical, and multifaceted therapeutic method for handling complicated *Vatavyadhi*. Its classical basis, pharmacodynamic coherence, and clinical adaptability support its ongoing significance in modern Ayurvedic treatment and call for additional pharmacological and clinical research to confirm and broaden its therapeutic potential. It is a useful therapeutic alternative in the treatment of chronic *Vatavyadhi* affecting the spine and locomotor system because of its thorough explanation in classical sources, which emphasizes the accuracy and versatility of Ayurvedic medicines.

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