

## REVIEW ARTICLE ON VIDANGADI TAILA

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## ABSTRACT

*Bhaishajya Kalpana*, the pharmaceutical branch of *Ayurveda*, provides systematic guidelines for preparing safe and effective dosage forms. Within it, *Taila Kalpana* (medicated oils) occupies a unique place for its ability to penetrate tissues deeply, act both locally and systemically, and sustain therapeutic effects over time. Among these formulations, *Vidanga* (*Embelia ribes*) as the chief ingredient, supported by other herbs and processed in a suitable oil base. The formulation is renowned for its *Krimighna* (Anthelmintic and Antimicrobial) properties, primarily indicated in *Krimi Roga* (Parasitic and microbial infestations). Beyond this, it shows *Shothara* (Anti-inflammatory), *Ropana* (Healing), and *Kusthaghna* (Anti-skin disease) actions, making it beneficial in dermatological and inflammatory conditions. An important addition to this formulation is *Manashila* (Realgar), a *Rasashastra* drug valued for its potent *Krimighna* and *Rasayana* properties. In classical practices, *Manashila* was carefully purified and incorporated in herbo-mineral preparations to enhance efficacy against stubborn infestations and infections. Its synergistic action with

*Vidanga* strengthens the antimicrobial and detoxifying potential of *Vidangadi Taila*, while also supporting wound healing and tissue regeneration. Thus, the integration of *Rasashastra* wisdom with *Bhaishajya Kalpana* reflects the depth of Ayurvedic pharmaceuticals, where herbs and minerals complement each other for enhanced therapeutic outcomes. In today's context of rising antimicrobial resistance and drug side effects, *Vidangadi Taila*-enriched with the power of *Manashila*-emerges as a safe, natural, and sustainable alternative.

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## INTRODUCTION

*Ayurveda*, the most ancient organized system of medicine, emphasizes a holistic approach by nurturing the body, mind, and spirit together to sustain balance and well-being.

*Ayurveda* maintains health (*Prakriti*) and manages disease by balancing constitution, current state (*Vikriti*)<sup>[1]</sup>, and environment, while addressing root causes and strengthening the body's self-healing capacity.

*Rasashastra* and *Bhaishajya Kalpana* are key pharmaceutical sciences that support all eight branches of *Ashtang Ayurveda*<sup>[2,3,4]</sup> by ensuring proper formulation of medicines. They are essential for delivering effective, consistent, and individualized *Ayurvedic* treatments.

*Rasashastra* specializes in therapeutic use of processed metals, minerals, and gemstones.

While *Bhaishajya Kalpana* forms the basis of *Ayurvedic* pharmaceuticals, dealing with drug preparation and formulations like *Maulika Kalpana* (Primary preparation) include *Swarasa* (fresh juice extracts), *Kalka* (paste), *Kwatha* (decoction), *Hima*, *Phanta*.<sup>[5]</sup>

Different dosage forms vary in action, duration, and convenience. Their selection depends on treatment goals, patient constitution, disease nature, and practical considerations.

*Sneha Kalpana*<sup>[6,7,8]</sup> an important formulation in *Bhaishajya Kalpana*, involving medicated oils and ghee. These are used internally as *Pana*, *Nasya*, and *Anuvasana Basti*, and externally for *Abhyanga*. The process extracts both fat and water-soluble herbal constituents into the oil or ghee base. Through specific *Samskara*, the formulation's properties, quality, and therapeutic value are enhanced.

*Vidangadi Taila* is a traditional herbomineral oil containing *Vayavidanga* and *Manashila* as key ingredients, valued for its therapeutic properties in *Ayurveda*. When prepared as per classical texts, it is considered safe and effective in small doses. As mentioned in *Yogaratanakara*, it is recommended for external use in various skin disorders. *Vidangadi Taila* is made up of extracts from indigenous herbs like *Vayavidanga*, *Manashila*, *Katu Taila*, *Gomutra*.<sup>[9]</sup>

## MATERIAL AND METHODS LITERATURE REVIEW

Table 1: References of *Vidangadi Taila*.

S.NO.	Name	Classicals texts	Ingredients	Indications
1.	<i>Vidangadi Taila</i>	<i>Bhaishajya-Ratnavali</i> <sup>[10]</sup>	<i>Vidanga, Maricha, Arka moola, Nagar, Chitrak moola, Devadaru, Alua, Panchalavana, Tila Taila</i>	Shlipadaroga
2.	<i>Vidangadi Taila</i>	<i>Chakradutta</i> <sup>[11]</sup>	<i>Vidanga, Gandhaka, Shilajit, Gomutra, Katu Taila</i>	<i>Liksha and Yuka Krimi</i>
3.	<i>Vidangadi Taila</i>	<i>Charaka-Samhita-Siddhi-sthana</i> <sup>[12]</sup>	<i>Vidanga, Erandamoola, Haridra, Patola, Triphala, Guduchi, Chamelipatra, Nirgundi, Dashmoola, Mushakarni, Neem, Patha, Sahachar, Sampaka, Karvira, Madanphala, Bilva, Trivritta, Krishna, Rashana, Chirayata, Devdaru, Saptaparna, Vacha, Khasha, Daruharidra, Kutha, Indrayava, Manjistha, Haridra, Saufa,</i>	<i>Krimiroga, Prameha, Kustha, Arsha, Tridoshanasaka, etc.</i>
			<i>Chitraka, Kachur, Chorpusti, Pushkarmoola, Tila Taila</i>	
4.	<i>Vidangadhya Taila</i>	<i>Yoga-Ratnakara</i> <sup>[13]</sup>	<i>Vidanga, Sajji, Dantimoola, Hingu, Gomutra, Katu Taila</i>	<i>Shirogata Krimi</i>

The ingredients and therapeutic indications of the above-mentioned *Vidangadi Taila* differ from each other.

## DRUG REVIEW

1. *Vidang*<sup>[14]</sup>

Botanical Name – *Embelia ribes* Burm. Family- Myrsinaceae

Synonyms – *Krimighna, Citrandula, Amogha, Vella, Kairali, Tandula, Jantuhantri, Gahvara*.

Classical Categorization-

*Charak* – *Krimighna, Kusthaghana, Trptighana*. *Sushrut* – *Sursadi, Pippalyadi*

*Vāgbhaṭa* – *Sursadi, Pippalyadi*

- *Charak* delineated *Vidanga* as the best among the *Krimighana dravyas*.<sup>[15]</sup>
- *Sushrut* quoted it for *Krimi, Kustha, Vishanashak*, etc.<sup>[16]</sup>
- He also explained that *Vidanga* acts as *Rasayana* if administered along with *Yasti churna*.<sup>[17]</sup>
- *Vidanga* is used in colic, worms, anti-fertility drug in traditional medicine.

- Chief active principal Embelin (2,5: dihydroxy-3-lauryl-p-henzoquinone), it is reported to be effective against tapeworm.<sup>[18]</sup>
- Aqueous extract of fruits shows anti-bacterial activity against *Staphylococcus aureus* and *Escherichia coli*.<sup>[18]</sup>

### Therapeutic uses<sup>[18]</sup>

*Krimi rog, Ganda Mala, Raktavikara, Kustha, Skin diseases, Dysuria, Vatavikara, Paralysis, Brain disorders, epilepsy, Nervine debility and Child debility.*

## 2. Manashila

English Name- Realgar. Red Orpiment Hindi Name- *Mainsil*

**Mineralogical Identification** – Chemical formulation-  $As_2S_2$  Chemical name- Arsenic disulphide Specific gravity- 3.56

Hardness- 1.5 to 2

Melting point-  $300^{\circ}C$  to  $325^{\circ}C$ .

**Table no. 2: Types of Manashila & Characteristics.**

TYPES	RRS <sup>[19]</sup> , AK <sup>[20]</sup>	AP <sup>[21]</sup>
<i>Shyamangi</i>	Blackish, Reddish, slightly yellowish and heavy.	Colour of <i>Hingula</i> , Mild yellow and red shiny
<i>Kanaveeraka</i>	Reddish like copper colour with certain brightness.	Red, powdery and heavy
<i>Khandhakya</i>	Dark Reddish colour, heavy and easily powdered.	Mild red, White colour more in weight

### Therapeutic uses<sup>[19]</sup>

*Kasa, Shwasa, Bhutopadrava, Agnimandhya, Kshaya, Anaha, Kandu.*

## 3. Katu Taila<sup>[22]</sup>

Latin name- *Brassica campestris* var. *sarson* Prain. Family- Brassicaceae

Synonyms- *Bhoghi, Rakshoghana, Vijayavha, Katuk, Katusneha, Bhutaghna, Rakstapal.*

### Therapeutic uses

*Krimi rog, Kustha, Kandu, Kotha, Ghrabhadha.*

## 4. Gomutra

Synonyms<sup>[23]</sup>- *Gojal, Goambhu, Bhramarambh, Shurbhijal.*

- *Gomutra* is composed of about 95% water, 2.5% urea, minerals, salts, hormones, and enzymes. It also contains elements like iron, calcium, phosphorus, nitrogen, sulphur, amino acids, cytokines, and lactose.<sup>[24]</sup>
- *Gomutra* exhibits broad antibacterial, antifungal, anthelmintic, antineoplastic, and anti-allergic effects while enhancing some antimicrobial drugs. Studies also confirm its immune-boosting and lifespan-promoting properties.<sup>[25]</sup>
- Amino acids and urinary peptides in *Gomutra* boost bactericidal action by altering bacterial surface hydrophobicity and enhancing macrophage phagocytic activity.<sup>[26]</sup>

**Table no. 3: Rasa Panchaka of ingredients.**

S.no.	Ingredients	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Vidanga</i> <sup>[27]</sup>	<i>Katu, Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Laghu</i>	<i>Kaphavatasamaka, Kushthaghana, Raktashodhak</i>
2.	<i>Manashila</i> <sup>[28]</sup>	<i>Katu, Tikta, Kashaya</i>	–	<i>Ushna</i>	<i>Tikshna</i>	<i>Lekhna, Rasayana</i>
3.	<i>Katu Taila</i> <sup>[29]</sup>	<i>Katu</i>	<i>Tikshna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Kaphahara, Vatahara, Pittakara, Dipana, Vidaha, Hrdya</i>
4.	<i>Gomutra</i> <sup>[30]</sup>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Agnidipaka, Bhadak, Pittkaraka, Kaphavatanashak</i>

## DISCUSSION

Ayurvedic literature mentions numerous *Kriminasaka* (Anthelmintic and Antimicrobial) formulations for the treatment of *Krimi Roga* (parasitic and microbial disorders). Among them, *Vidangadi Taila* is highlighted as highly effective due to the potent action of *Vidanga* (*Embelia ribes*) along with other supportive herbs and minerals. Classical texts also describe similar preparations in the form *Churna* (powder), *Kashaya* (decoction), and *Ghrita* (medicated ghee) for combating *Krimi* and associated conditions. The pharmacological profile of *Vidangadi Taila* confirms its strong *Krimighna* potential. Apart from destroying worms and microbes, it reduces inflammation (*Shothahara*), promotes wound healing (*Ropana*), and improves skin health (*Kusthaghna*). Inclusion of herbo-mineral ingredients like *Manashila* (Realgar) further enhances its effectiveness by providing detoxifying and rejuvenative (*Rasayana*) effects. In the present scenario of increasing antimicrobial resistance and side effects of modern drugs, the importance of natural, safe, and eco-friendly alternatives is evident. *Vidangadi Taila*, with its multidimensional actions, emerges as a promising option for sustainable healthcare. Scientific

evaluation and research on this and related formulations are necessary to validate classical wisdom and promote their integration into modern medical practice.

## CONCLUSION

*Vidangadi Taila*, referenced in *Yogaratanakara* under *Krimiropa Chikitsa*, is indicated for the treatment of *Krimiropa*. It is a liquid dosage form prepared through *Sneha Kalpana*. Literature review also reveals similar formulations such as *Vidangadi Taila*, *Vidangadhya Taila* and *Vidanga Taila*, which differ in their ingredients compositions. Hence *Vidangadi Taila*, known for its potent *Kriminasaka* action, is considered a highly effective liquid preparation for managing *Krimiropa*.

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