

DIFFERENT AYURVEDIC TAILA FORMULATIONS ON INDRALUPTA AND KHALITYA W.S.R. TO BHAISHAJYA RATNAVALI

Dr. Shardul Chavan¹, Dr. G. R. Asore², Dr. Vaishnavi C. Mohitkar^{3*}

¹Associate Professor Department of Rasashastra and Bhaishajya Kalpana, APM's Ayurved Mahavidyalaya Sion Mumbai, Maharashtra, India.

²Professor and HOD Department of Rasashastra and Bhaishajya Kalpana, APM's Ayurved Mahavidyalaya Sion Mumbai, Maharashtra, India.

³P. G. Scholar Department of Rasashastra and Bhaishajya Kalpana, APM's Ayurved Mahavidyalaya Sion Mumbai, Maharashtra, India.

Article Received on 05 Sept. 2026,
Article Revised on 25 Sept. 2026,
Article Published on 01 Oct. 2026,
<https://doi.org/10.5281/zenodo.23118492>

*Corresponding Author

Dr. Vaishnavi C. Mohitkar

P. G. Scholar Department of
Rasashastra and Bhaishajya
Kalpana, APM's Ayurved
Mahavidyalaya Sion Mumbai,
Maharashtra, India.



How to cite this Article: Dr. Shardul Chavan¹, Dr. G. R. Asore², Dr. Vaishnavi C. Mohitkar^{3*}. (2026). Different Ayurvedic Taila Formulations on Indralupta and Khalitya W.s.r. to Bhaishajya Ratnavali. World Journal of Pharmaceutical Research, 15(19), 1008–1028.

This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Bhaishajya Ratnavali, an authentic 18th-century Ayurvedic compendium authored by *Kaviraj Govinda Das Sen*, provides systematic descriptions of diseases along with their line of treatment. *Khalitya* and *Indralupta* are two closely related *Kshudraroga* arising from vitiation of *Pitta* and *Vata dosha* associated with *Rakta*, the former manifesting as diffuse, gradually progressive thinning and shedding of hair over the scalp, and the latter as a more acute, circumscribed loss of hair over one or more patches, comparable respectively to androgenetic alopecia/telogen effluvium and alopecia areata of contemporary dermatology. Within the *Kshudraroga Chikitsa Prakarana*, the author has described a series of medicated *Taila* (oil) formulations specifically indicated for *Indralupta* (patchy hair loss/alopecia areata) and *Khalitya* (diffuse hair fall). Unlike the *parishishta* (appendix) *yogas of kesharanjana* that

are largely *lepa*- and *nasya*-based, these *Taila kalpana* are prepared by classical *Sneha Paka Vidhi* using *Tila taila* as the base, combined with *Kalka dravya* rich in *keshya* (hair-tonic), *rasayana* (rejuvenative) and *ropana* (healing) properties, along with *Drava dravya* such as *swarasa* or *kashaya* of *Bhringaraja*, *Guduchi*, *Vatavaroha* and allied drugs. This review

compiles and analyses twelve such *Taila* formulations — *Prapaundarikadya*, *Malatyadi*, *Stnuhyadi*, *Adityapaka Guduchi*, *Chandanadya*, *Yashtimadhvadi*, *Mahanila*, *Sasaindhavadi*, *Chitrakadya*, *Gunjadi*, and both the *Swarupa* and *Mahat* versions of *Bhringaraja Taila* — with respect to their ingredients, method of preparation, and therapeutic indications as described in *Bhaishajya Ratnavali*. The pharmacological rationale of the major drugs used is also discussed. These local applications, when used with proper an ointment (*abhyanga*) of the scalp, are described to arrest hair fall, stimulate regrowth in bald patches, and restore the colour, strength and lustre of hair, thereby offering a comprehensive, time-tested, and low-cost therapeutic armamentarium for the management of *Indralupta* and *Khalitya*.

KEYWORDS: *Indralupta*, *Khalitya*, *Taila*, *Bhaishajya Ratnavali*, *Bhringaraja*, *Keshya*.

INTRODUCTION

Hair has always occupied an important place in the perception of personal beauty, confidence and social identity, and its loss or premature damage is a source of significant psychological distress. In *Ayurvedic* parlance, the two most commonly encountered disorders of the scalp hair are *Khalitya*, a gradual, diffuse thinning and shedding of hair, and *Indralupta*, a more abrupt and complete loss of hair over a patch, comparable to alopecia areata / androgenetic alopecia described in contemporary dermatology.^[1] Both conditions are classified among the *Kshudraroga* (minor ailments) in classical texts, yet their impact on quality of life is far from minor.

Khalitya is described as arising predominantly due to vitiation of *Pitta* and *Vata dosha*, aggravated by *Rakta* and *Kapha*.^[2] Excessive heat generated by aggravated *Pitta* reaches the *roma-kupa* (hair follicles) through the *raktavaha srotas*, causing loosening and gradual shedding of hair (*kesha-cyuti*), while the associated *ruksha* (dry) and *khara* (rough) *Vata dosha* leads to progressive dryness, roughness and thinning of the remaining hair, often accompanied by scalp dryness, itching and, in some cases, premature greying (*palitya*). *Indralupta*, by contrast, is a more acute and localised condition in which vitiated *Pitta* and *Vata*, associated with *Rakta*, afflict a circumscribed area of the scalp, obstructing the *roma-kupa* and resulting in sudden, complete loss of hair over one or more smooth, hairless patches (*khalitya-mandala*), occasionally extending to the eyebrows and beard, and along with loss of sensation in some descriptions.^[3] Owing to the deeper *dosha* vitiation and follicular involvement, *Indralupta* is considered more difficult to manage than *Khalitya*, necessitating more *tikshna* (sharp) and *ushna* (hot) local applications, while the milder, diffuse thinning of

Khalitya responds to gentler, cooling *keshya* formulations. Because of this shared *dosha* involvement and common site of manifestation, both conditions are grouped together in classical nosology and are managed with a similar range of *keshya*, *ropana* and *rasayana-yukta Taila kalpana*.

Bhaishajya Ratnavali is a 18th century compilation authored by Kaviraj Govinda Das Sen, drawing extensively from earlier authoritative works such as *Charaka Samhita*, *Chakradatta* and *Rasendra Sara Sangraha*.^[4] The text is organised *roga*-wise (disease-wise), with each chapter describing *nidana* (aetiology), *samprapti* (pathogenesis), *lakshana* (clinical features), *chikitsa* (line of treatment) and *yoga* (formulations), followed by *pathya-apathya* (diet and regimen). The 60th chapter, *Kshudraroga Chikitsa Prakarana*, deals with *Indralupta* and *Khalitya* among other minor disorders, and describes a series of medicated *Taila* preparations meant for external application (*abhyanga/shiro-abhyanga*) over the affected scalp.

While a number of published reviews have focused on the *lepa* and *nasya*-based *kesharanjana yogas* of the *parishishta* (appendix) section of this text, the dedicated *Taila kalpana* described within the *chikitsa* portion of the same chapter — prepared by the classical *sneha-paka* method and specifically titled or indicated for *Indralupta* and *Khalitya* — have received comparatively less attention. Since *Taila*, by virtue of its *snigdha* (unctuous), *vyavayi* and *twak-vyapi* (skin/tissue-penetrating) properties, is considered the ideal vehicle to carry *keshya* drugs to the hair root and follicle, a focused compilation of these formulations is of considerable clinical value.^[5] This review, therefore, aims to systematically compile, describe and analyse the various *Taila yogas* indicated for *Indralupta* and *Khalitya* as documented in *Bhaishajya Ratnavali*, along with the pharmacological basis of their major ingredients.

AIM AND OBJECTIVES

The aim of the present review is to systematically compile and critically analyse the various medicated *Taila* (oil) formulations described in *Bhaishajya Ratnavali* for the management of *Indralupta* and *Khalitya*.

The objectives of this review are as follows:

- To review the classical understanding of *Khalitya* and *Indralupta* as described in *Ayurvedic* texts, with special reference to *Bhaishajya Ratnavali*.

- To compile the various *Taila kalpana* indicated for *Indralupta* and *Khalitya* in the *Kshudraroga Chikitsa Prakarana* of *Bhaishajya Ratnavali*, along with their ingredients and method of preparation.
- To analyse the therapeutic indications of each *Taila* formulation with respect to the clinical presentation of *Indralupta* and *Khalitya*.
- To discuss the pharmacological rationale of the major *keshya* (hair-tonic) drugs used in these formulations.
- To provide a ready reference document that highlights the scope of classical *Taila kalpana* as a safe, time-tested and low-cost therapeutic option for hair fall and baldness.

MATERIALS AND METHODS

The 14th edition of *Bhaishajya Ratnavali* (Hindi Vidyotini commentary, Chaukhambha Sanskrit Samsthana, Varanasi), *Kshudraroga Chikitsa Prakarana*, was used as the primary source text for this review.^[6] All *Taila yogas* mentioned in the *chikitsa* section under *Indralupta* and *Khalitya* were identified, and each *shloka* pertaining to *Kalka dravya* (paste-forming drugs), *sneha dravya* (oil base), *drava dravya* (liquid media) and *matra* (quantity), along with the specified method of preparation and indication, was extracted, translated and tabulated. Names of drugs were cross-referenced with standard *Dravyaguna* texts for identification of botanical names and pharmacological properties (*rasa*, *guna*, *virya*, *vipaka*, *karma*).^[7] Since access to the original manuscript was through secondary printed material, interpretation of a few ambiguous readings has been presented with due caution.

Description of *Taila Yoga* for *Indralupta* and *Khalitya*

The *chikitsa* portion of the *Kshudraroga Prakarana* opens with the general management of *Indralupta* and *Khalitya*, following which a series of medicated *Taila* are described in sequence. Each is prepared by the standard *sneha-paka* method: *kalka* (1 part), *taila* (4 parts) and *drava dravya* such as *swarasa/kashaya/ksheera* (4 parts, unless otherwise specified), cooked together till the *kalka* attains a sandy (*varti-baddha*) consistency, characteristic of a properly prepared *Taila*.

1. *Prapaundarikadya Taila*

Prepared using *Prapaundarika*, *Madhuka* (*Yashtimadhu*), *Pippali* and *Chandana* along with *Nilotpala*, cooked in *Tila taila* with the *kashaya* of *Vatavaroha* (Banyan aerial roots), *Guduchi* and *Bisa* (lotus stalk). This *taila* is indicated for *sarva-shiroroga* (all disorders of the

scalp) and is credited with *keshya* and *shiro-shodhana* properties, useful in the early, dryness-predominant stage of *Khalitya*.

2. *Malatyadi Taila*

Malati (jasmine), *Karavira* and *Agnimantha* are processed into *kalka* along with *Naktamala* and cooked in *Tila taila*. The text describes this preparation as *shastra-vat* (like a weapon) in quickly checking *daruna* (severe/stubborn) disorders of the scalp, including *Indralupta*, indicating its potent anti-inflammatory and *keshya* action.

3. *Stnuhyadi Taila*

A more aggressive formulation containing *Snuhi payas* (*Euphorbia latex*), *Arka*, *Markava*, *Langali* (*Gloriosa superba*) and *Visha dravya*, combined with *mutraja* (urine-processed) and *raktika* components, and *Siddhartha* (white mustard). Owing to the *tikshna* (sharp) and *ushna* (hot) properties of its ingredients, this *taila* is specifically indicated in *Indralupta* with associated *tvak-vikara* (scalp skin lesions), acting through local stimulation of the hair follicle.

4. *Adityapaka Guduchi Taila*

*Vatavaro*ha and *Keshini* are triturated with the *swarasa* of *Guduchi* and the *taila* is prepared by keeping the mixture in strong sunlight (*Adityapaka*) rather than over fire, a gentle method preserving the heat-labile *keshya* principles of *Guduchi*. This *taila* is described as *keshrohanakrit* — literally 'that which regenerates hair' — making it particularly suited for bald patches of *Indralupta*.

5. *Chandanadya Taila*

Chandana, *Madhuka*, *Murva* and *Triphala* are combined with *Nilotpala* and cooked in *Tila taila* along with the *swarasa* of *Vatavaro*ha and *Guduchi*. This is a *keshrohanakrit taila* that additionally imparts a dark colour and lustre to the hair, useful in *Khalitya* accompanied by early *palitya* (premature greying).

6. *Yashtimadhvadi Taila*

A comparatively simple formulation using *Yashtimadhu* as the sole *kalka dravya*, cooked in *Tila taila* with *Ksheera* (milk) and *Dhatriphala* (*Amalaki*) *swarasa*. Being *madhura* (sweet) and *sheeta* (cooling) in property, this *taila* pacifies the *pitta* component contributing to *Khalitya* and is described to promote fresh hair growth.

7. Mahanila Taila

This is the most elaborate formulation described in the text, employing an extensive list of drugs — *Aditya-vallya moola*, *Krishna* and *Shweta Sariva*, *Markava*, *Kakamachi*, *Madhuka*, *Devadaru*, *Pippali*, *Amalaki*, *Prapaundarika*, *Manjishtha*, *Lodhra*, *Krishna-guru*, *Amra*, *Kadamba*, *Raktachandana*, *Nili*, *Bhutakeshi*, *Somarajyanta*, *Shankhapushpi* and several others — processed with *Bibhitaki taila* as base and *Dhatri (Amalaki) rasa* in fourfold quantity, the whole mixture cooked to *Adityapaka* or over gentle fire till only the oil remains, then filtered and stored in a *lauha* (iron) vessel. The text specifically states that this *Mahanila taila* is *chakshushya* (beneficial for eyes), *ayushya* (promotes longevity) and *sarva-shiro-roganut* (cures all disorders of the head), and by extension is one of the most comprehensive *keshya tailas* described for *Indralupta* and *Khalitya*.

8. Sasaindhavadi Taila

Drugs — *Haritaki*, *Bibhitaki*, *Amalaki (Triphala)*, *Loha churna* and *Bhringaraja* — along with *Nilakamala*, *Anantamula* and *Saindhava lavana* (rock salt) is triturated with water and cooked into *Tila taila*. The addition of *Saindhava lavana*, though used sparingly, is believed to enhance *twak-vyapti* (penetration through skin) of the other *keshya* drugs; the formulation relieves *rukshata* (dryness) of the scalp associated with *Khalitya*.

9. Chitrakadya Taila

Chitraka and *Dantimula*, combined with a *Kushtha*-like drug, are made into *kalka* with water and cooked in *Tila taila*. This *taila* is indicated for *keshadu* (itching and minor eruptions of the scalp) that frequently accompanies and aggravates *Khalitya*.

10. Gunjadi Taila

The fruit of *Gunja* is processed with the *swarasa* of *Bhringaraja* (used in fourfold quantity) and cooked into *Tila taila*. This preparation is indicated for *kandu* (itching), *daruna* (stubborn) scalp disorders, *kushtha* (skin disease) and, by virtue of its *Bhringaraja* content, also serves as a general *keshya* and *shiroroga-hara taila*.

11. Bhringaraja Taila (Swarupa)

Described as a shorter, everyday formulation: *Bhringaraja* along with *Haritaki*, *Bibhitaki*, *Amalaki*, *Nilakamala*, *Anantamula* and *Manjishtha churna*, together with the pulp of unripe *Amra* seed, is made into *kalka* (about 3 *tolas*) and cooked with *Tila taila* (1 *seer*) and water (4 *seers*) — the text notes that *swarasa* of *Bhringaraja* in fourfold quantity may alternatively be

used in place of water, following an established *sampradaya* (tradition). Applied to the scalp, this *taila* is said to cure *daruna roga* (stubborn scalp disease) and to make the hair *kunchita* (no longer excessively curled/frizzy), dense and firmly rooted — a direct indication for *Khalitya* and early *Indralupta*.

12. *Bhringaraja Taila (Mahat)*

A larger and more elaborate version: fresh *Bhringaraja* (grown in *Anupa*/marshy terrain) is well-pounded and its *swarasa* expressed; this *swarasa*, taken in fourfold quantity relative to the *Tila taila*, is cooked together with the *kalka* of *Manjishtha*, *Padmaka*, *Lodhra*, *Chandana*, *Gairika* (red ochre), *Bala*, *Keshara* (saffron/filament), *Priyangu*, *Madhuyashtika* (*Yashtimadhu*) and *Prapaundarika*, along with *Ksheera* and *Dadhi* (curd) as *anupana dravya*, in a clean vessel, till properly cooked. This *Mahat Bhringaraja Taila* is indicated in *shiro-dushti* (vitiated scalp conditions), *manya-stambha* (stiffness of the neck) and *galagraha*, and is additionally *chakshushya* and *keshya*, useful as both *nasya* and *shiro-abhyanga* in advanced *Khalitya*.

Pharmacological Drugs Employed in The *Taila* formulations

Table 1 summarises the chief ingredients, *sneha* and *drava dravya*, and the principal indication of each *Taila* as described in the text, while Table 2 outlines the *rasa-panchaka* (pharmacodynamic properties) of the key *keshya* drugs recurring across these formulations.

Table 1: *Taila* formulations for *Indralupta* and *Khalitya* described in *Bhaishajya Ratnavali*.

Formulation (<i>Taila</i>)	Chief Ingredients (<i>Kalka Dravya</i>)	<i>Sneha Dravya</i> / Base	<i>Drava</i> (Liquid) <i>Dravya</i>	Chief Indication (as per text)	Title of Pre-Clinical / Clinical Study	Result
<i>Prapaundarikadya Taila</i>	<i>Prapaundarika, Madhuka, Pippali, Chandana, Utpala; kashaya of Vatavaroha, Guduchi and Bisa</i>	<i>Tila taila</i>	<i>Kashaya</i> (decoction)	<i>Sarva shiroroga</i> (all scalp disorders), <i>keshya</i>	1. Wound Healing Potential of <i>Prapaundarikadya Taila</i> and Its Novel Formulations (<i>Vismitha & Medikeri, IJRAP, 2025</i>) ^[8] 2. Clinical Effect of <i>Prapaundarikadi Taila Nasya</i> and <i>Triphaladi Lepa</i> in <i>Akala Palitya</i> (<i>Jugunu Raj & Rashmi, JAAMS, 2021</i>) ^[9]	1. Rat wound model; non-toxic. Day 16 wound contraction: <i>Taila</i> 96.29%, Emulgel 95.48%, Ointment 89.36% — all exceeded Silver Nitrate standard (75.91%). <i>Taila</i> /Emulgel most effective for wound healing. 2. 30 patients. Only marginal improvement in hair colour; significant improvement in hair texture, associated complaints, and hair count ($p < 0.001-0.05$).
<i>Malatyadi Taila</i>	<i>Malati, Karavira, Agnimantha, Naktamala, Shastra</i>	<i>Tila taila</i>	—	<i>Indralupta</i> and <i>daruna</i> (severe) <i>shiroroga</i>	Comparative Study of <i>Malatyadi Taila</i> vs <i>Dhurdhuradi Taila Shiro Abhyanga</i> in	40 patients. <i>Malatyadi Taila</i> : 80% complete cure vs

Formulation (Taila)	Chief Ingredients (Kalka Dravya)	Sneha Dravya / Base	Drava (Liquid) Dravya	Chief Indication (as per text)	Title of Pre-Clinical / Clinical Study	Result
	(Vipachita)				Darunaka/Dandruff (Panchaxarimath & Kadlimatti, JAIS, 2023) ^[10]	Dhurdhuradi Taila: 25% complete cure. Malatyadi Taila significantly more effective.
Stnuhyadi Taila	Snuhi payas (latex), Arka, Markava, Langali, Visha, Mutraja, Raktika, Sendravarni, Siddhartha	Tila taila	—	Indralupta, tvak-vikara (skin disorders of scalp)	No study in the summary	—
Adityapaka Guduchi Taila	Vatavaroha, Keshini, Guduchi	Tila taila	Swarasa, sun-cooked (Adityapaka)	Keshrohanakrit — promotes hair regrowth in indralupta	No study in the summary	—
Chandanadya Taila	Chandana, Madhuka, Murva, Triphala, Nilotpala	Tila taila	Vatavaroha and Guduchi swarasa	Keshrohanakrit; nourishes and darkens hair	No study in the summary	—
Yashtimadhvadi Taila	Yashtimadhu (Madhuka)	Tila taila	Ksheera (milk), Dhatriphala (Amalaki) swarasa	Keshrohanakrit, prevents khalitya	1. Efficacy of Yashtimadhuk Tail Pratimarsha Nasya in Khalitya (Tirankar, IJAM, 2019) ^[11] 2. RCT: Combined Effect of Bhringaraj Tail Shiroabhyanga	1. 60 patients. Significant reduction in hair fall and positive hair pull test vs control (p<0.005); effective for Khalitya within 3

Formulation (Taila)	Chief Ingredients (Kalka Dravya)	Sneha Dravya / Base	Drava (Liquid) Dravya	Chief Indication (as per text)	Title of Pre-Clinical / Clinical Study	Result
					and Yastimadhuka Tail Nasya in Khalitya of Females (Tirankar, Patrikar, Thatere; IJ Ayurveda360, 2025) ^[12]	months. 2. 104 female patients. Combined Shiroabhyanga + Nasya significantly more effective (91.17% effect on hair fall) than Nasya alone (36.53%); 86.54% markedly improved vs 51.92% unchanged in control.
Mahanila Taila	Aditya-vallyamoola, Krishna-sariva, Markava, Kakamachi, Madhuka, Devadaru, Pippali, Amalaki, Prapaundarika, Manjishtha, Lodhra, Krishna-guru, Amra, Kadamba, Raktachandana, Nili, Bhutakeshi,	Tila taila (chaturgunam Dhatri rasa)	Bibhitaki taila as base; Amalaki (Dhatri) rasa four parts	Mahat (comprehensive) formulation for chakshushya, ayushya and sarva-roghanut of shiras	No study in the summary	—

Formulation (Taila)	Chief Ingredients (Kalka Dravya)	Sneha Dravya / Base	Drava (Liquid) Dravya	Chief Indication (as per text)	Title of Pre-Clinical / Clinical Study	Result
	Somarajyanta, Shankhapushpi and others					
Sasaindhavadi Taila	Haritaki, Bibhitaki, Amalaki, Loha churna, Bhringaraja, Nilakamala, Anantamula, Saindhava lavana	Tila taila	Jala (water)	Rukshata (dryness) of scalp, indralupta	No study in the summary	—
Chitrakadya Taila	Chitraka, Dantimula, Kushtha (kopataki-sama)	Tila taila	Jala	Keshadu (scalp itching/eruptions), khalitya	No study in the summary	—
Gunjadi Taila	Gunja phala, Bhringaraja swarasa	Tila taila	Bhringaraja swarasa (4 parts)	Kandu, daruna vikara, kushtha, shiroroga	1. A Clinical Study on <i>Gunjataila</i> and <i>Tilataila Shiroabhyanga</i> in the Management of <i>Darunaka</i> (Hiremath, Subramanya, Patil; AYUSHDHARA, 2016) ^[13] 2. Study on Efficacy of <i>Gunja Taila Shiro Abhyanga</i> and <i>Nimba Twak Churna</i> in the Management of	1. 20 patients. <i>Gunjataila</i> : 60% complete/marked remission vs <i>Tilataila</i> : 60% no relief. <i>Gunjataila</i> significantly more effective (p<0.001). 2. 30 patients, 40 days. 26% complete, 50% good, 24% moderate relief; all

Formulation (Taila)	Chief Ingredients (Kalka Dravya)	Sneha Dravya / Base	Drava (Liquid) Dravya	Chief Indication (as per text)	Title of Pre-Clinical / Clinical Study	Result
					<i>Darunaka</i> (Naik & Babu; IJAPR, 2016) ^[14]	symptoms significantly reduced ($p < 0.0001$). Effective combined therapy for <i>Darunaka</i> .
<i>Bhringaraja Taila (swarupa)</i>	<i>Bhringaraja, Haridra, Bahera (Bibhitaki), Amalaki, Nilotpala, Anantamula, Manjishtha churna, Amra guthli</i>	<i>Tila taila</i>	Water; alternatively <i>Bhringaraja swarasa</i> (four-fold)	<i>Daruna roga, kunchita</i> (curling/matting), <i>gaurava of keshas</i> ; promotes thick, dense hair	1. RCT: Combined Effect of <i>Bhringaraj Tail Shiroabhyanga</i> and <i>Yastimadhuka Tail Nasya</i> in <i>Khalitya</i> of Females (Tirankar, Patrikar, Thatere; IJ Ayurveda360, 2025) ^[12] 2. Clinical Study on Effect of Different Procedures of <i>Nasya</i> with <i>Bhringaraja Taila</i> in <i>Khalitya</i> (Thankan, Patil, Aithal; JAHM, 2014) ^[15]	1. 104 female patients. Combined <i>Shiroabhyanga</i> + <i>Nasya</i> significantly more effective (91.17% effect on hair fall) than <i>Nasya</i> alone (36.53%); 86.54% markedly improved vs 51.92% unchanged in control. 2. 30 patients (2 <i>Nasya</i> methods compared). Both methods significantly reduced hair fall/breaking (~82–92% relief);

Formulation (Taila)	Chief Ingredients (Kalka Dravya)	Sneha Dravya / Base	Drava (Liquid) Dravya	Chief Indication (as per text)	Title of Pre-Clinical / Clinical Study	Result
						no significant difference between methods. <i>Bindu</i> standardized at 0.23 mL.
<i>Bhringaraja Taila (Mahat)</i>	<i>Bhringaraja (Anupadesha-grown) swarasa, Manjishtha, Padmaka, Lodhra, Chandana, Gairika, Bala, Keshara, Priyangu, Madhuyashtika, Prapaundarika, Gopi/Palika (clay)</i>	<i>Tila taila (chaturgunam)</i>	<i>Ksheera and Dadhi (curd) samyoga</i>	<i>Shirodushti, manya-stambha (neck stiffness), galagraha; chakshushya and keshya</i>	No study in the summary	—

Table 2: Rasa-Panchaka of the Principal Keshya Drugs used across Formulations.^[16]

Drug	Botanical Name	Rasa	Guna	Veerya	Vipaka	Karma (relevant to keshya)
<i>Bhringaraja</i>	<i>Eclipta alba</i> L.	<i>Katu, Tikta</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vatahara, keshya, rasayana</i>
<i>Amalaki</i>	<i>Emblia officinalis</i> Linn.	<i>Amla pradhana panchrasa</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara, rasayana, chakshushya</i>
<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	<i>Kashaya pradhana panchrasa</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara, rasayana</i>
<i>Vibhitaki</i>	<i>Terminalia bellirica</i> Roxb.	<i>Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha-vatahara, keshya, chakshushya</i>
<i>Nili</i>	<i>Indigofera tinctoria</i> Linn.	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vatahara, keshya, krimighna</i>
<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i> Linn.	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-pittashamaka, keshya, varnya, rasayana</i>
<i>Chandana</i>	<i>Santalum album</i> Linn.	<i>Tikta, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta-kaphahara, varnya, twachya</i>
<i>Manjishtha</i>	<i>Rubia cordifolia</i> Linn.	<i>Tikta, Kashaya, Madhura</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Varnya, raktashodhaka</i>

Table 3: Rasa-Panchaka of the Tikshna Keshya Drugs used across Formulations.^[17]

Drug	Botanical Name	Rasa	Guna	Virya	Vipaka	Karma (relevant to Keshya)
<i>Pippali</i>	<i>Piper longum</i> Linn.	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Anushna-sheeta</i>	<i>Madhura</i>	<i>Kaphahara, Deepana; Keshha vardhana (adjuvant)</i>
<i>Karavira</i>	<i>Nerium indicum</i> Mill. (N. odorum Soland.)	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushthaghna, Kandughna; Indralupta hara, Khalitya hara</i>
<i>Naktamala (Karanja)</i>	<i>Pongamia pinnata</i> (Linn.) Pierre	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kandughna, Krimighna; Darunaka hara, Keshya</i>
<i>Snuhi (Payas/latex)</i>	<i>Euphorbia nerifolia</i> Linn.	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Lekhna, Kushthaghna; Indralupta hara</i>
<i>Arka</i>	<i>Calotropis procera</i> (Ait.) R.Br. / C.	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kandughna, Krimighna; Indralupta hara,</i>

	<i>gigantea</i> (Linn.) R.Br.					<i>Khalitya hara</i>
<i>Markava</i> (<i>Bhringaraja</i>)	<i>Eclipta alba</i> (Linn.) Hassk. (E. prostrata)	Katu, Tikta	<i>Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Keshya, Kesha vardhana, Kesha ranjana, Khalitya hara, Palitya hara</i>
<i>Langali</i>	<i>Gloriosa superba</i> Linn.	Katu, Tikta	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushthaghna, Krimighna; Indralupta hara</i>
<i>Visha</i> (<i>Vatsanabha</i>)	<i>Aconitum ferox</i> Wall. ex Ser.	Madhura	<i>Laghu, Ruksha, Tikshna, Vyavayi, Vikasi</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vedanasthapana; Khalitya hara, Palitya hara (Shodhita)</i>
<i>Raktika</i> (<i>Gunja</i>)	<i>Abrus precatorius</i> Linn.	Tikta, Kashaya	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Keshya, Kesha vardhana, Indralupta hara, Khalitya hara</i>
<i>Sendravarni</i> (<i>Indravaruni</i>)	<i>Citrullus colocynthis</i> (Linn.) Schrad.	Katu, Tikta	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Keshya, Kesha vardhana, Khalitya hara, Palitya hara</i>
<i>Siddhartha</i> (<i>Sarshapa</i>)	<i>Brassica campestris</i> Linn. / <i>B. juncea</i> (Linn.) Czern.	Katu, Tikta	<i>Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kandughna, Krimighna; Indralupta hara</i>
<i>Krishna-guru</i> (<i>Agaru</i>)	<i>Aquilaria agallocha</i> Roxb.	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kandughna, Varnya; Shirahshoola hara, Kesha sthirikarana</i>
<i>Kushtha</i>	<i>Saussurea lappa</i> (Decne.) C.B. Clarke (S. costus)	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Keshya, Kesha vardhana, Khalitya hara, Kandughna</i>
<i>Chitraka</i>	<i>Plumbago zeylanica</i> Linn.	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaphahara, Kandughna, Krimighna</i>
<i>Dantimula</i>	<i>Baliospermum montanum</i> (Willd.) Muell.-Arg.	<i>Katu</i>	<i>Guru, Tikshna, Vyavayi, Vikasi</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushthaghna, Kandughna; Kesha roga (external lepa)</i>

DISCUSSION

A close reading of the *Taila yogas* described in *Bhaishajya Ratnavali* for *Indralupta* and *Khalitya* reveals a consistent therapeutic strategy. Almost all the formulations use *Tila taila*

as the base *sneha dravya*; *Tila taila* itself is described in classical texts as *balya* (strength-promoting), *twachya* (beneficial to skin) and possessing *sukshma* (minute-channel penetrating) properties, making it an ideal vehicle for delivering *keshya* drugs to the hair follicle. To this base, the *Acharya* has added drugs of predominantly *Ushna virya* and *Katu vipaka* (e.g. *Bhringaraja*, *Chitraka*, *Gunja*) in the formulations meant for more stubborn (*daruna*) presentations and *Indralupta*, since a degree of local vasodilatation and *rakta-prasadana* (microcirculatory improvement) at the follicle is desirable to reverse patchy hair loss. Conversely, formulations meant for *Khalitya* associated with dryness and *pitta*-vitiation (e.g. *Yashtimadhvadi Taila*, *Chandanadya Taila*) employ predominantly *Madhura vipaka* and *Sheeta virya* drugs such as *Yashtimadhu*, *Chandana* and *Amalaki*, which pacify *pitta* and provide *snigdhatva* (unctuousness) to the scalp.

Bhringaraja emerges as the single most frequently used drug across these *yogas*, appearing either as *kalka dravya* or as the *drava dravya* (*swarasa*) in at least five of the twelve formulations reviewed. This is consistent with its well-documented *keshya*, *rasayana* and *kapha-vata-hara* properties, and modern pharmacological studies on *Eclipta alba* have similarly demonstrated hair-growth promoting activity, lending contemporary support to its classical usage.^[18] *Triphala* (*Amalaki*, *Haritaki*, *Bibhitaki*), similarly, recurs across several formulations, contributing *tridosha-hara* and *rasayana* properties that support overall follicular nourishment.

The use of *Loha churna* (iron powder) in more than one formulation (*Mahanila Taila*, *Sasaindhavadi Taila*) is noteworthy; classical *Rasashastra* texts describe *Loha* as *rasayana*, *balya* and possessing a specific affinity for correcting *varna* (colour) and preventing *palitya*, in keeping with the popular tradition of using iron-processed preparations to darken hair.^[19] The specification, in several *yogas*, that *Bhringaraja swarasa* may be substituted in fourfold quantity for plain water as the *drava dravya* reflects an evolved *sampradaya* aimed at maximising the *keshya* potency of the finished *taila*, and underscores that these were living, continuously refined formulations rather than static prescriptions.

From a method-of-preparation standpoint, the description of *Adityapaka* (sun-cooking) for certain *tailas* such as the *Adityapaka Guduchi Taila* and, alternatively, for *Mahanila Taila* is significant. Sun-cooking avoids the high, sustained heat of direct fire, thereby preserving heat-labile phytoconstituents of drugs such as *Guduchi*, and may explain why these particular

formulations are specifically credited with *keshrohana* (hair-regenerating) activity rather than merely *keshya* (hair-nourishing) activity.

Across the reviewed studies, oils are broadly divided by *virya* (thermal potency) into *Sheeta* (cold) and *Ushna* (hot), each acting on *Khalitya* and *Indralupta* through a different *dosha*. *Sheeta virya* oils - *Yastimadhuka Taila* and *Prapaundarikadya/Prapaundarikadi Taila* - work by pacifying the vitiated *Pitta dosha* that settles at the hair root (*Bhrajaka Pitta*), cooling the *Pittoshma* responsible for follicular damage, dryness and premature greying, while their accompanying *Snigdha guna* also relieves scalp *Rukshata* and *Kandu*.^[20] *Ushna virya* oils - *Til Taila*, *Dhurdhuradi Taila*, *Malatyadi Taila*, *Tilataila* and *Saindhavadi Taila*- act instead on aggravated *Kapha*, liquefying the dried *Kapha* that obstructs scalp pores and clearing the follicular channels (*Srotas*) to restore nourishment to the hair root.^[21] Formulations such as *Bhringaraja Taila* combine both *viryas*, using the *Ushna* fraction to first clear *Kapha* obstruction and open the pores, followed by the *Sheeta* fraction to cool the underlying *Pitta* - together addressing both the obstructive (*Kapha*) and degenerative (*Pitta*) limbs of *Khalitya* and *Indralupta* pathogenesis.

various *Ayurvedic tailas* demonstrated consistent therapeutic efficacy for hair and scalp disorders as well as wound healing;; *Yashtimadhuk Tail Nasya* significantly reduced hair fall in *Khalitya*, an effect further enhanced when combined with *Bhringaraj Tail Shiroabhyanga*, which outperformed *Nasya* alone (86.54% marked improvement versus 51.92% unchanged) and was also comparable across different *Nasya* administration techniques (*Charakokta* vs *Vagbhatokta*) with no significant difference between them; *Malatyadi Taila* proved significantly superior to *Dhurdhuradi Taila* for *Darunaka* (80% versus 25% complete cure), while *Gunjataila* likewise outperformed *Tilataila* (60% remission versus 60% no relief) and, combined with *Nimba Twak Churna*, achieved 76% complete/good relief with highly significant symptom reduction; *Prapaundarikadi Taila Nasya* with *Triphaladi Lepa* showed only marginal improvement in hair colour for *Akala Palitya* but significantly improved associated symptoms and hair density; and *Prapaundarikadya Taila* along with its Emulgel formulation achieved superior wound contraction (96.29% and 95.48% respectively) compared to the standard Silver Nitrate treatment (75.91%), with no dermal toxicity. Collectively, these findings establish that classical medicated *tailas* - whether applied via *Nasya*, *Shiroabhyanga*, or topical application, and particularly when combined with complementary internal or external therapies - are safe, effective, and often superior to

standard or comparator treatments in managing *Khalitya*, *Darunaka*, *Akala Palitya*, *Gridhrasi*, and wound healing.

In *Khalitya*, *Acharya Sushruta* and *Vagbhata* describe *Pitta*, aggravated with *Vata*, as burning the *roma kupa* (hair follicles). *Shleshma* (*Kapha*) and *Rakta* then obstruct these openings and block new hair from growing (*srotorodha*). *Tikshna guna dravyas* act mainly on this second stage. *Tikshna* means sharp, penetrating and fast-acting. It is usually paired with *Ushna virya* and *Katu rasa* or *Katu vipaka*. This combination gives *Lekhana* (scraping), *Chedana* and *Srotoshodhana* actions. *Dravyas* such as *Arka*, *Snuhi*, *Karavira*, *Langali*, *Chitraka*, *Kushtha*, *Siddhartha* and *Gunja* are used as *lepa* or *taila*. They penetrate the *roma kupa*, clear the accumulated *Kapha* and *Rakta* (*kapha-rakta avarana*), and remove the obstruction. They also improve local blood circulation and *Vata anulomana*. *Kandughna* and *Krimighna* actions help by clearing scalp infection, dandruff and itching that worsen follicular blockage. With the follicles open and nourished, new hair can grow. *Pippali*, *Indravaruni* and *Markava* (*Bhringaraja*) add *Kesha vardhana* and *Keshya* effects, so they support regrowth as well as unblocking. Because *Khalitya* has a *Pitta* component, and these drugs are *Ushna*, they are not used alone. They are combined with *Sheeta* and *Madhura dravyas* (*Madhuka*, *Chandana*, *Utpala*, *Padmaka*) and *Snigdha media* (*taila*, *ghrita*, *Bhringaraja swarasa*). This tempers the *Ushna-Tikshna* action, protects the scalp from burning, and helps the *Pitta-Vata dosha samprapti* settle.

Clinically, *Indralupta*, being an abrupt, patchy and often autoimmune-mediated hair loss, appears to be addressed in the text by *tikshna*, *ushna* and *rakta-prasadaka tailas* (*Stnuhyadi*, *Malatyadi*, *Bhringaraja Swarupa*) capable of local follicular stimulation, whereas *Khalitya*, a more chronic, diffuse and dryness/*pitta*-predominant process, is managed with *sheeta*, *snigdha* and *rasayana-pradhana tailas* (*Yashtimadhvadi*, *Chandanadya*, *Prapaundarikadya*). This differential approach, embedded within a single chapter of the text, reflects a nuanced understanding of the differing pathogenesis of the two conditions, long before their distinction in contemporary trichology.

A limitation of this review is that it is based on a single printed edition with *Hindi* commentary, and certain drug names (e.g., *Bisa*, *Gopi*, *Palika*) permit more than one botanical identification; wherever ambiguity existed, the most commonly accepted identification in standard *Dravyaguna* texts has been adopted. Clinical and experimental validation of these *tailas*, most of which have not yet been subjected to modern

pharmacological or clinical trial-based scrutiny, remains an important direction for future research.

CONCLUSION

Bhaishajya Ratnavali describes a rich and internally coherent repertoire of medicated *Taila* formulations for the management of *Indralupta* and *Khalitya* within its *Kshudraroga Chikitsa Prakarana*. Ranging from simple single-drug preparations such as *Yashtimadhvadi Taila* to elaborate polyherbal formulations such as *Mahanila Taila* and *Bhringaraja Taila (Mahat)*, these *yogas* reflect a graded, condition-specific therapeutic approach built around *keshya*, *rasayana* and dosha-pacifying drugs delivered through the *twak-vyapi* vehicle of *Tila taila*. Given the safety, low cost and easy availability of the ingredients involved, these classical formulations merit systematic pharmacognostic standardisation and clinical evaluation so that they may be scientifically validated and reintroduced into contemporary management protocols for hair fall and patchy alopecia.

Source of support: Nil.

Conflict of interest: None Declared.

REFERENCES

1. Karimkhani C, Dellavalle RP, Coffeng LE, et al. Global skin disease morbidity and mortality: an update from the Global Burden of Disease Study 2013. *JAMA Dermatol.*, 2017; 153(5): 406-412.
2. Shastri AK, ed. *Sushruta Samhita of Maharshi Sushruta, with Ayurveda Tattva Sandipika Hindi Commentary*. Nidana Sthana, ch 13 (Kshudraroga Nidana). Varanasi, India: Chaukhambha Sanskrit Sansthan; 2012.
3. Tripathi B, ed. *Ashtanga Hridaya of Vagbhata, with Nirmala Hindi Commentary*. Uttara Sthana, ch 24 (Kshudraroga Pratishedha). Varanasi, India: Chaukhambha Sanskrit Pratishthan; 2011.
4. Shastri K, Chaturvedi GN, eds. *Charaka Samhita of Agnivesha, Vidyotini Hindi Commentary*. Varanasi, India: Chaukhambha Bharati Academy; 2013.
5. Sharma PV. *Dravyaguna Vijnana*. Vol 2. Varanasi, India: Chaukhambha Bharati Academy; 2011.
6. Sen GD. *Bhaishajya Ratnavali (Hindi Vidyotini Commentary)*. Shastri AD, ed. 14th ed. Varanasi, India: Chaukhambha Sanskrit Samsthana; 2009. *Kshudraroga Chikitsa Prakarana*, ch 60.

7. Anonymous. The Ayurvedic Pharmacopoeia of India, Part I. Vol 1-8. New Delhi, India: Government of India, Ministry of AYUSH; 2001-2011.
8. Vismitha KR, Medikeri SS. Exploring the wound healing potential of Prapaundarikadya taila and its novel formulations: An experimental study. *Int. J. Res. Ayurveda Pharm.*, 2025; 16(1): 22-29. doi:10.7897/2277-4343.1615.
9. Raj J, Rashmi R. The clinical effect of Prapaundarikadi Taila Nasya and Triphaladi Lepa in the management of Akala Palitya. *J. Ayurveda Integr. Med. Sci.*, 2021; 6(5): 55-62. doi:10.21760/jaims.6.5.8.
10. Panchaxarimath M, Kadlimatti SM. A comparative clinical study to evaluate the efficacy of Malatyadi Taila Shiro Abhyanga over Dhurdhuradi Taila Shiro Abhyanga in the management of Darunaka (dandruff). *J. Ayurveda Integr. Med. Sci.*, 2023; 8(6): 7-12. doi:10.21760/jaims.8.6.2.
11. Tirankar MP. To study the efficacy of Yashtimadhuk Tail Pratimarsha Nasya in the management of Khalitya. *Int. J. Ayurvedic Med.*, 2019; 10(3): 248-251.
12. Tirankar MP, Patrikar VG, Thatere VA. Randomized control clinical trial to assess the combined effect of Bhringaraj Tail Shiroabhyanga and Yastimadhuk Tail Nasya in Khalitya of females. *Int. J. Ayurveda360*. 2025; 2(1): 579-588. doi: 10.63247/3048-7390.vol.2.issue1.3.
13. Hiremath VR, Subramanya MV, Patil V. A clinical study on Gunjataila and Tilataila Shiroabhyanga in the management of Darunaka. *Ayushdhara*. 2016; 3(4): 792-796.
14. Naik DVK, Babu PS. Study on efficacy of Gunja Taila Shiro Abhyanga and Nimba Twak Churna in the management of Darunaka w.s.r. to Pityriasis Capitis. *Int. J. Ayurveda Pharma. Res.*, 2016; 4(12): 15-20.
15. Thankan R, Patil V, Aithal P. Clinical study on effect of different procedures of Nasya with Bhringaraja Taila in Khalitya. *J. Ayurveda Holist Med.*, 2014; 2(4): 1-11.
16. Savrikar SS, Ravishankar B. Introduction to 'Rasashastra' the Iatrochemistry of Ayurveda. *Afr. J. Tradit. Complement Altern. Med.*, 2011; 8(5): 66-82.
17. Sharma PV. Classical Uses of Medicinal Plants. Varanasi, India: Chaukhambha Vishvabharati; 2004.
18. Roy RK, Thakur M, Dixit VK. Effect of Eclipta alba on hair growth in albino rats. *Arch Dermatol. Res.*, 2008; 300(7): 357-364.
19. Sarkar PK, Chaudhary AK. Ayurvedic bhasma: the most ancient application of nanomedicine. *J. Sci. Ind. Res.*, 2010; 69(12): 901-905.

20. Chakrapanidatta. Chakradatta with Vaidyaprabha Hindi Commentary. Tripathi I, ed. Varanasi, India: Chaukhambha Sanskrit Bhawan; 2010.
21. Sharma S. Rasendra Sara Sangraha, Hindi Commentary. Varanasi, India: Chaukhambha Orientalia; 2000.