

AYURVEDIC PRINCIPLES IN THE PREPARATION OF *HARIDRADYA* *TAILA*: A CRITICAL STUDY

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ABSTRACT

Ayurveda has a long and rich history of using different formulations to treat a wide range of illnesses. It has a wide range of medicine administration method in many physical as well as mental disorders, classics enumerates number of dosage forms in diverse *kalpana*. *Bhaishajya Kalpana* is the branch that deals with the preparation of several medicines, including *Vati*, *Churna*, *Asava*, *Arishta*, *Taila*, and *Avaleha*. It covers quality control processes from the acquisition of raw materials to the finished product in addition to the production of pharmaceuticals. Since the *Samhita* period, *Sneha Kalpana* has been popular. Crude medications in their basic dosage form, including *Kalka* and *Kwatha*, are made by *Paka* (mixing) them with water, milk, and additional substances as needed to create *Sneha Kalpana*. *Sneha* can be used internally as *Pana*, *Anuvasana Basti*, and *Nasya*, and externally for *Abhyanga*. *Haridradya Taila*, which is used to treat *Arunshika*, is composed of extracts from local herbs such as *Haridra*, *Daruharidra*, *Bhunimba*, *Amalaki*, *Haritaki*, *Bibhitaki*, *Nimba*, *Rakta Chandan*, and *Tila Taila*. The components of *Haridradya Taila* along with its preparation have been done in this research.

KEY WORDS: *Till Taila Murchhana*, *Haridradya Taila*, *Arunshika*, Herbal oil.

INTRODUCTION

An established and well-researched traditional Indian medical system is *Ayurveda*. *Vyadhi Prashamanam* and *Swasthya Rakshanam* are the goals of *Ayurveda*^[1], a well-known and documented traditional Indian medicinal treatment. The name "*Ayurveda*" is derived from the *Sanskrit* words "*Ayur*," which means "life," and "*Veda*," which means "science" or "knowledge." Although some people think that *Ayurveda* is a *Veda* in and of itself, it is actually *Upaveda* of the *Atharva Veda*.^[2] The aim of this holistic approach to health and wellness is to bring the body, mind, and spirit into harmony.

One of the brains is *Rasashastra* and *Bhaishajya Kalpna* of *Ayurveda* addresses the pharmacological properties of medications. Some of which have special qualities that require verification and investigation using the scientific and technological advancements of the modern world. It will create new opportunities for *Ayurvedic* medication research, processing, and therapy. One of the most important *Kalpna*s in *Bhaishajya Kalpana* is considered to be *Sneha Kalpana*. The herbal mixture known as *Haridradya Taila* is included under *Taila Kalpana*. Extracts from native herbs such as *Haridra*, *Daruharidra*, *Bhunimba*, *Amalaki*, *Haritaki*, *Bibhitaki*, *Nimba*, *Rakta Chandan*, and *Tila Taila* make up *Haridradya Taila*.^[3] *Arunshika* mentions it and applies it externally (*Kshudra roga*). The oil should be applied immediately to the site of disease in the opposite direction of the hair follicles because this facilitates its penetration and absorption into sweat vessels, hair follicles, and capillaries. Even at relatively low dosages, oil offers safe and effective protection against microbial diseases when applied externally because of its increased rate of skin absorption.

AIM AND OBJECTIVE

1. To procure authentic raw materials.
2. To prepare *Haridradya Taila* according to classical text.

LITERATURE REVIEW

Haridradya Taila is mentioned in various classics mentioned in Table no.1.^[3,4,5,3,6] All the Classics those mentioned this oil, has mentioned same ingredients and indication.

Table 1: References of *Haridradya Taila*.

S. No.	Classicals	Name	Ingredients	Indication
1.	<i>Bhaishajya Ratnavali</i> ^[4]	<i>Dviharidradya Taila</i>	<i>Haridradya, Triphala, Bhunimba, Nimba, Rakta Chandan, Tila Taila</i>	<i>Arunshika</i>
2.	<i>Sharangdhar Samhita</i> ^[5]	<i>Triphaladi Taila</i>		
3.	<i>Chakradutta</i> ^[3]	<i>Haridradya</i>		
4.	<i>Yoga Ratnakara</i> ^[6]	<i>Taila</i>		

MATERIAL AND METHODS

1. ***Tila Taila Murchhana*:** *Tila Taila Murchhana* can be carried out according to *Bhaishajya Ratnavali*.^[7] Ingredients and ratio in which they should be used are mentioned in Table no. 2.

Table 2: Ingredients of *Taila Murchhana*.

S. No.	Ingredients	Quantity Taken	Part Used	Form
1.	<i>Manjishtha</i>	1/16 Parts (63 gms)	Root	<i>Kalka</i>
2.	<i>Haridra</i>		Rhizome	
3.	<i>Lodhra</i>		Stem Bark	
4.	<i>Nagarmotha</i>		Rhizome	
5.	<i>Nalika</i>		Stem Bark	
6.	<i>Amalaki</i>		Pericarp	
7.	<i>Haritaki</i>		Pericarp	
8.	<i>Bibhitaki</i>		Pericarp	
9.	<i>Ketaki</i>		Root	
10.	<i>Vatankura</i>		Leaf bud	
11.	<i>Netrabala</i>		Root	
12.	<i>Tila Taila</i>	1 Part (1000 ml)	Seed	<i>Sneha</i>
13.	Water	1 Part (1000 ml)	-	<i>Jala</i>

Tila Taila was heated over *Mandagni* till the foam disappeared, then vessel was removed from the fire. Drugs mentioned above, from *Haridra* to *Netrabala* were coarsely powdered and was converted into *Kalka* by adding little amount of water. Then, *Manjishtha* was coarsely powdered and turned into *Kalka*. *Kalka* and mentioned quantity of water was added to *Tila Taila*. Then *Tila Taila* was heated for Paka till it attained *Taila Siddha Lakshanas*. The vessel was removed from the fire and *Taila* was filtered.

2. *Haridradya taila preparation*

Table 3: Composition of ingredients.

S.No.	Raw Drugs	Quantity Taken	Part Used	Forms
1	<i>Haridra</i>	1 part (16 gms each)	Rhizome	<i>Kalka</i>
2	<i>Daruharidra</i>		Rhizome	
3	<i>Bhunimba</i>		Whole Plant	
4	<i>Amalaki</i>		Pericarp	
5	<i>Haritaki</i>		Pericarp	
6	<i>Bibhitaki</i>		Pericarp	
7	<i>Nimba</i>		Stem Bark	
8	<i>Rakta Chandan</i>		Stem	
9	<i>Tila Taila</i>	4 parts (500 ml)	Seeds	<i>Sneha</i>
10	<i>Jala</i>	16 parts (2000 ml)	-	<i>Jala</i>

All the *Kalka Dravyas* (*Haridra* to *Rakta Chandana*) mentioned in Table no. 4 were coarsely powdered and was converted into *Kalka* form by adding little amount of water. *Kalka* and amount of water mentioned above with *Murchhita Tila Taila* were mixed in Stainless steel vessel. Then *paka* was done in *Mandagni* till it attained *Taila Siddhi Lakshanas*. Prepared *Taila* was filtered, and was stored in air tight container after cooling.

Method Of Use – External Application.

Pariksha^[8]

1. *Phenodgama*- Foam started coming on *Taila*.
2. *Varti*-When the *kalka* was rubbed in between the finger and thumb of the hand, *varti* forms.
3. *Shabda Pariksha*- *Sneha* was dropped on flame, it was burning without any noise (without cracking sound).

RESULT AND OBSERVATION

The result and observations are mentioned in Table no. 4,5 shows loss of oil after *Tila Taila Murchhana* as well as *Haridradya Taila* preparation.

Table No. 4: Result and observations of *Tila Taila Murchhana*.

S.No.	Quantity taken	Quantity obtained	Time taken	Loss in ml	Loss in %
1.	1000 ml	800 ml	3 Days (14hrs)	200 ml	20%

Table No. 5: Result and observations of *Haridradya Taila*.

S.No.	Quantity taken	Quantity obtained	Time taken	Loss in ml	Loss in %
1.	500 ml	350 ml	2 Day (3.5 hrs)	150 ml	30%

Some other observations are following

1. During preparation it became sludge like, and dark yellowish-brown colour with pleasant smell of *Haridradya Taila* was obtained.
3. When rolled between first finger and thumb, the *kalka* became *varti*.
4. When the *kalka* was sprayed over the fire, no crackling sound was heard.

DISCUSSION

As the medicine undergoes *Samskara*, which changes its properties and increases its efficacy, the *Sneha Kalpana* procedure is significant. Here, the study demonstrates the step-by-step preparation of *Haridradya Taila*. Everything was done in accordance with our classical literature. *Tila Taila Murchhana* was completed first, requiring 1000 ml of *Tila Taila*. Following the achievement of *Sneha Siddhi Lakshana*, 800 ml of *Murchhita Taila* was attained. There was a 200 ml loss following *Murchhana*, or roughly 20% of the total loss. After that, 500 ml of *Murchhita Tila Taila* was taken for the preparation of *Haridradya Taila*, and 350 ml of the finished product was obtained after *paka*, indicating a 30% loss. This finding underscores the significance of:

1. Traditional methods: The study showcases the value of traditional *Ayurvedic* techniques in preparing medicated oils.
2. Oil absorption: The loss of oil during the process highlights the role of *Kalka* in absorbing oil, which may impact the final product's yield and quality.
3. Process optimization: Understanding the causes of oil loss can help optimize the preparation process, potentially improving yield and efficiency.

CONCLUSION

The study demonstrates the traditional preparation method of *Haridradya Taila*, highlighting the importance of adhering to classical texts. The observed losses during *Murchhana* (20%) and final *Paka* (30%) are notable, likely due to oil absorption by the *Kalka*. This finding underscores the significance of Traditional methods and Oil absorption. By exploring traditional methods and understanding the intricacies of the preparation process, researchers can refine techniques, improve product quality, and promote the use of *Ayurvedic* medicated oils like *Haridradya Taila*.

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