

EVIDENCE-BASED REVIEW ON THE ROLE OF MOORCHITA TILA TAILA IN PANCHAKARMA INTERVENTIONS AND LIFESTYLE DISORDERS: A META-ANALYTICAL REVIEW

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INTRODUCTION

Ghrita (Ghee), Taila (Oil), Vasa (Muscle fat), Majja (Bone marrow) are *Chatur sneha* (four types of unctuous substances).^[1] Among them *Taila (oil)* is recommended for *Vatavyadhi* (Diseases caused by aggravated *Vāta Doṣha*) and *Vata Kaphaja Vyadhi* (Diseases caused by combined aggravation of *Vāta* and *Kapha Doṣhas*).^[2] In *Sharangadhara Samhita* it is quoted that whenever oil is not specific sesame oil is to be used.^[3] In the present article we have considered mainly *Moorchita Tila Taila (processed sesame oil)* as it is having wide applications. *Moorchana* (preliminary purification of *Sneha*) is the 1st step towards any *Snehapaka* (Processing of unctuous substances with medicinal drugs) process with main aim to remove *Durgandha* (foul or undesirable odour), *Amadosha* (Metabolic impurities) and color changes of *Sneha* (Unctuous substance) and it also increases potency and imparts good color. *Manjishta (Rubia cordifolia)*, *Haritaki (Terminalia*

Chebula), *Bibhitaki* (*Terminalia Billerica*), *Amalaki* (*Emblica officinalis*), *Hrivera* (*Pavoni odorata*), *Haridra* (*Curcuma longa*), *Musta* (*Cyperus rotundus*), *Lodhra* (*Symplocos racemosa*), *Suchipushpa* (*Ixora coccinea*), *Vatankura* (*Ficus benghalensis*), *Nalika* (*Cinnamomum zeylanicum*) are used for *Moorchana* (preliminary purification of *Sneha*) of *Tila Taila* (*sesame oil*) along with the water as *Dravadravya* (Liquid medium used for processing). This *Moorchana* (preliminary purification of *Sneha*) procedure is explained in *Bhaisajya Ratnavali*.^[4]

With the keyword as ‘*Moorchita Tila Taila*’ (processed sesame oil), we screened total 293 articles. Total 45 articles were available for complete assess. Usage of *Moorchita Tila Taila* (processed sesame oil) was available in various conditions as side medicine or along with other main ingredients. We found around 8 articles where *Moorchita Tila Taila* (processed sesame oil) was the main drug used as comparison. These 8 articles are reviewed and summarized in the present work.

The conditions where *Moorchita Tila Taila* (processed sesame oil) was the main drug include: *Sthoulya* (Obesity), Hyperlipidemia, *Kashtartava* (Dysmenorrhea), *Vipadika* (Cracked heels or fissured soles), *Gridhrasi* (Sciatica). The conditions were explained as follows:

Sthoulya (Obesity) is one of the *Santharpanotha Vyadhi* (Diseases occurring due to over nourishment) and is one among the *Ashta Nindita Purushas* (eight undesirable type of persons),^[5] *Kapha Nanatmaja Vyadhi* (Diseases caused due to aggravated *Kapha Dosha*)^[6] and *Dushta Medo Roga* (Disorder of vitiated adipose tissue).^[7] The main line of treatment explained for *Sthoulya* (Obesity) in Ayurveda is *Guru* (heaviness) *Cha Apatarpana* (depleting therapy).^[8] As *Sthoulya* (Obesity) is *Bahudoshavasta* (state of excessive *Dosha*), here *Shodhana* (purification therapy) plays as an important role. MTT used for *Snehapana* (internal oleation therapy) before *Vamana* (Therapeutic emesis) and *Virechana Karma* (Therapeutic purgation) is the best treatment modality for *Sthoulya* (Obesity).

Moorchita Tila Taila (Processed sesame oil) used for *Snehapana* (Internal oleation therapy) followed by *Virechana* (Therapeutic purgation) in *Sthoulya* (obesity), as it is listed as one among the *Ashta Nindita Purusha* (eight undesirable type of persons) and is one of the *Santarpanajanya Vikaras* (Diseases occurring due to over nourishment). The main aim is to remove *Srotorodha* (obstruction in the systemic channels), improve the *Agni* (Digestive fire) and correct the disarrangement of *Tridosha* (Three biological humors) action

of *Virechana Karma* (Therapeutic purgation) is explained as it may correct the altered gut microbiota and help in the management of obesity. Here *Taila* (Oil) is the choice of *Sneha* (unctuous substance) because of its *Ushna* (Hot), *Teekshna* (Sharp), *Vyavayi* (diffusive), *Sookshma* (minute) and *Vikasi* (Dispersing) properties. It may also act as *Srotoshodhaka* (Cleansing of channels).^[9]

The first line of treatment in *Sthoulya* (Obesity) is *Srotośhodhana* (cleansing of channel),^[10] which serves as a *Samprapti-Vighātana Chikitsā* (Treatment aimed at breaking the pathogenesis). This can be effectively achieved through the oral administration of *Moorchita Tila Taila* (processed sesame oil) owing to its *Srotośhodhaka* (Cleansing of channel), *Sthoulyahara* (Anti-obesity), and *Medohara* (Fat-reducing)^[11] properties. *Udvartana* (Powder massage), a *Śhamana Chikitsā* (pacifying treatment), further contributes to *Kapha* (Body humour) and *Medohara* (Fat-reducing) actions^[12], especially when performed with *Rookṣha Dravyas* (Dry substances) that facilitate *Pratiloma Gati* (Opposite direction) of *Doṣhas* (Biological humor). In this study, *Triphala Choorṇa* (Powder of three fruits), possessing *Rookṣha* (Dry), *Laghu* (Light), and *Tridoṣahara* (pacify *Tridosha* qualities), has been selected for *Udvartana* (powder massage) to enhance therapeutic efficacy.

Kashtartava (correlated with Dysmenorrhea) is the most common gynaecological problem faced by women during their adolescence and is mainly because of *Vata Dosha* (The bio-functional principle of movement) involvement. As *Tila Taila* (sesame oil) is the best drug for treatment of *Vataja* condition^[13] and also has properties of *Yoni Shula Prashamana* (alleviation of pain in female genital tract) and *Garbhashaya Vishodhana* (Uterine purification).^[14] It is used in this condition for the treatment.

Vipadika (Cracked heels/fissured soles), is one of the *Kshudra Kushta* (Minor skin disease) characterised by *Pani-Pada-Sputana* (Cracking of palms and soles) and *Teevra Vedana* as main symptoms indicates *Vatadosha* (the bio-functional principle of movement) involvement. As *Tila Taila* (Sesame oil) act as *Vatakaphahara* (Alleviate *Vata* and *Kapha Dosha*) used for *Abhyanga* (Body massage).^[15]

Gridhrasi (Sciatica) mentioned in Ayurvedic classics under *Vata Vyadhi* (Disease caused by *Vata Dosha*), where in the pain along with stiffness, gripping and pulsations start in the buttocks (gluteal region) and gradually encroach the posterior aspect of *Kati* (pelvis and Lumbo sacral regions), *Ooru* (thigh), *Jaanu* (behind the knee), *Jangha* (leg) and *Pada* (foot)

in sequence, typically affects only one side of the body. *Kati Basti* (Lumbosacral oil pooling procedure) is indicated in various disorders of spine and back like *Kati Shoola* (backache, lumbar spondylosis), *Gridhrasi* (sciatica), degenerative disc changes etc. In *Sahasrayogam Taila Yoga Prakarana* reference of *Prabhanjana Taila* in *Ghridhrasi Vyadhi* (Sciatica) has been indicated. Hence an attempt is made to compare clinically the efficacy of *Kati Basti* (Lumbosacral oil pooling procedure) with *Prabhanjana Taila* and *Moorchita Tila Taila* (processed sesame oil) in *Gridhrasi* (Sciatica) with special reference to Sciatica.^[16]

One of the Study was designed to evaluate the efficacy of using two different medicated oil preparations with the hypothesis that of *Vajigandhadhi Taila*^[17] and *Moorchita Tila Taila* (processed sesame oil) may prove beneficial in treating the disease pathogenesis by *Bruhmana* (Nourishing) and *Vatahara* (Pacify *Vata Dosha*) property. *Matra Basti* (Low-dose oil enema) is a type of *Sneha Basti* (Unctuous enema) which can be given in all seasons without any strict regimen of *Ahara* (Diet) and *Vihara* (Daily regimen).^[18] It has preventive, promotive and potent rejuvenating action; and it is health promoter and relives in nature.^[19]

The present case study is an attempt to evaluate the efficacy of Ayurvedic treatment modalities in the management of *Anantavaata* (Trigeminal Neuralgia) with *Vaatahara* (Pacify *Vata Dosha*) and *Bruhmana* (Nourishing) line of treatment. *Gandoosha* (Oral oil retention therapy) is helpful in relieving the stiffness of TMJ and *Tila Taila* (sesame oil) is *Ushna* (Hot), *Snigdha* (Unctuous) and *Vaatahara* (Pacify *Vata Dosha*) helps in reducing the stiffness when used as *Gandoosha* (Oral oil retention therapy).^[20]

Key words: *Moorchita Tila Taila* (processed sesame oil), *Tila Taila* (sesame oil).

MATERIALS AND METHODS

This study is narrative of peer-reviewed articles and reports that investigate the use of *Moorchita Tila Taila* (processed sesame oil) in various *Panchakarma* procedures. A systematic literature search was conducted using databases such as PubMed, Google scholar, Scopus. Keywords used in the search include *Moorchita Tila Taila* (processed sesame oil), *Tila Taila* (Sesame oil).

A study conducted on *Sthoulya*(obesity) at out-patient and in-patient department of Sri Kalabyraveshwaraswamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru 20 subjects were included for the study. Subject of either gender aged above 18yr

in Group - A, *Rookshana* (Dryness therapy) *Poorvaka Vamana Karma* (Therapeutic emesis) was given to subjects. *Arohana Krama Snehapana* (Increasing order internal Oleation therapy) with *Moorchita Taila* (Processed sesame oil) was given till the appearance of *Samyak Snigdha Lakshanas* (3 to 7 days). In *Vishrama Kaala* (Rest period), *Sarvanga Abhyanga* (Whole body massage) with *Moorchita Taila* (Processed sesame oil) was done. In Group – B, *Rookshana* (Drying therapy) *Poorvaka Virechana Karma* (Therapeutic purgation) was given to subjects, *Arohana Krama Snehapana* (increasing order internal oleation therapy) with *Moorchita Taila* (processed sesame oil) was given for 3 to 7 days based on *Koshta* (Gastrointestinal tract) and *Agni* (Digestive fire) of patient till the appearance of *Samyak Snigdha Lakshanas* (Appropriate characters attained by internal oleation therapy). In *Vishrama Kaala* (gap period) *Sarvanga Abhyanga* (Whole Body massage) with *Moorchita Taila* (processed sesame oil) was done.^[21]

A 33-year-old male obese patient was treated with *Virechana Karma* (purgation therapy). *Moorchita Taila* (processed sesame oil) was used for *Snehapana* (internal oleation therapy) given in *Arohana Matra* (increasing order) for four consecutive days with initial dosage of 50 ml and then increased to 100, 150, and 200 ml on 2nd, 3rd, and 4th day, respectively. Anthropometric measurements and biochemical markers such as lipid profile were assessed.^[22]

In one of the studies conducted on *Sthoulya* (obesity), *Moorchita Tila Taila* (processed sesame oil) is used for *Snehapana* (internal oleation therapy), 30 patients for each Group A and Group B of 18-60 age group were selected for the study. In these cases of *Sthoulya* (obesity), For 30 patients of *Sthoulya* in Group A have been advised to take *Tila Taila Pana* (Internal oleation with sesame oil) and For 30 patients of *Sthoulya* (obesity) in Group B have been advised to take *Tila Taila Pana* (intake of sesame oil) with *Triphala Choorna Udvartana* (powder body massage) for 35 minutes for 15 days. *Yusha* (soup) is advised as *Anupana* (Adjuvant liquid).^[23]

In one of the studies conducted on *Kashtartava* (Dysmenorrhea), *Moorchita Tila Taila* (processed sesame oil) is used for *Abhyanga* (body massage) and *Matra Basti* (Oil enema), 40 patients of 15-25 age group were selected for the study. In these cases of *Kashtartava* (Dysmenorrhoea), *Dashamoola Taila Matra Basti* (oil enema of *Dashamoola Taila*) is compared with *Tila Taila Matra Basti* (Oil enema of sesame oil). Analytical and clinical studies carried out at IPGT and RA, Gujarat Ayurveda University, Jamnagar. Subjects with

the chief complaint of painful menses for at least three cycles, with scanty or normal amount of bleeding.^[24]

In one of the studies conducted on *Vipadika* (cracked heels) w.s.r to *Padasputana* (Cracked heels), *Moorchita Tila Taila* (processed sesame oil) is used for *Padabhyanga* (foot massage) in Group A and *Nimba Taila* (Neem oil) is used for *Padabhyanga* (foot massage) in Group B for the study. Each group containing 15 subjects. *Padabhyanga* (foot massage) for 15 minutes to each foot in the morning before taking bath by assessing the *Jeernaahara Laxana* (characteristics of digested food) was advised for both the groups.^[25]

In one of the studies conducted on *Gridhrasi* w.s.r to Sciatica, *Prabhanjanam Taila* is used for *Kati Basti* in Group A and *Moorchita Tila Taila* (processed sesame oil) is used for *Kati Basti* (Lumbosacral oil pooling procedure) in Group B is used for *Padabhyanga* (foot massage) in the study. Each group contains 30 patients of either sex with the age between 16 - 70 years. Patients fulfilling the criteria for the inclusion were selected for the study from O.P.D and I.P.D of J.G. Co-op Ayurvedic Medical College Hospital, Ghataprabha, Karnataka, irrespective of their sex, religion, etc.^[26]

In another study conducted on *Gridhrasi (Sciatica)*, 30 patients were randomly divided into two groups. In Group A, patients received nine-days treatment of *Vajigandhadi Taila Matra Basti* (Oil enema with *Vajigandhadhi Taila*) while in Group B patients were treated with *Tila Taila Matra Basti* (Oil enema with sesame oil) for nine days. Patients attending the OPD and IPD were being screened for this study. Patients between age group 18-70 years with classical signs and symptoms were selected for the study.^[27]

A 46-yr old female patient of *Anantavaata* (Trigeminal Neuralgia) from the OPD, Department of PG Studies in *Shalakyta Tantra*, Shri Jayachamarajendra Institute of Indian Medicine, Bengaluru treated with *Vatahara* (pacify *Vata Dosha*) and *Brimhana* (Nourishing therapy) line of management involving *Nasya* (Nasal drops therapy) with *Karpasasthyaadi Taila* for 7 days, *Shiropichu* (soaked cotton pad therapy) and *Karnapoorana* (Therapeutic ear oil instillation) with *Ksheerabala Taila* (*Ksheerabala* oil), *Gandoosha* (Therapeutic mouth holding) with *Moorchita Tila Taila* (processed sesame oil) and oral medications.^[28]

Inclusion Criteria

- Articles in English

- Studies including adults aged 18 to 80 years.
- Both Hospital based and community based studies.
- All the articles including *Moorchita Tila Taila* (processed sesame oil), *Tila Taila* (sesame oil) for *Panchakarma* procedures, case study were considered.

Exclusion Criteria

- Animal studies.
- Articles which are not complete.

Prisma flow diagram

When *Moorchita Tila Taila* (processed sesame oil) word was given 293 articles were found. These articles were taken and analyzed and relevant 45 articles were taken for review.

Phase	Number of Studies
Articles identified (Database search)	293
Records screened	293
Full text articles assessed for eligibility	45
Articles with MTT as one of the major study Drug	08
Study included in final review	08

Type of Study: Clinical study (6)

Single Case Study (2)

Bahya Chikitsa (External Therapy)

<i>Chikitsa</i> (Treatment)	No. of Articles
1. <i>Abhyanga</i> (Body massage)	1
2. <i>Kati Basti</i> (Lumbosacral oil pooling procedure)	1
3. <i>Gandoosha</i> (Therapeutic mouth holding)	1

Abhyantara Chikitsa (Internal treatment)

<i>Chikitsa</i> (Treatment)	No. of Articles
1. <i>Snehapana</i> (Internal oleation therapy)	3
2. <i>Matra Basti</i> (Oil enema)	2

Disease	No. of Cases
<i>Sthoulya</i> (Obesity)	3
<i>Kashtarthava</i> (Dysmenorrhea)	1
<i>Anantavata</i> (Trigeminal Neuralgia)	1
<i>Vipadika</i> (fissured soles)	1
<i>Gridhrasi</i> (Sciatica)	2

RESULT

- In study of *Rookshana Poorvaka Vamana Karma* (Emesis followed by drying therapy) in Group A and *Rookshana Poorvaka Virechana Karma* (Purgative therapy followed by drying therapy) in Group B in the management of *Sthoulya* (Obesity) vis-a-vis Obesity - Comparative Clinical Study. Group A had better result on circumference of Abdomen, Chest, Hip, Mid-arm than Group B.^[29]
- A case report of *Sthoulya* (Obesity) was documented, in which *Tailapāna* (Internal administration of oil) followed by *Virechana Karma* (Purgation therapy) was performed. The results indicated a decrease in body weight, along with reductions in mid-arm circumference, mid-leg circumference, thigh circumference, and abdominal girth. There was also a reduction in total lipid content, cholesterol levels, and VLDL. However, an increase in HDL and LDL levels was observed after *Virechana*. Blood sugar levels remained within normal limits both before and after the treatment. A further decrease in body weight to 98 kg and in BMI to 28.63 kg/m² was observed after the completion of *Samsarjana Karma* (Post purification diet).^[30]
- In the study “Effect of *Tila Taila Pana* (Internal administration of sesame oil) and *Udwartana* (Powder Massage) in the Management of *Sthoulya* (Obesity) – A Clinical Study”, the results are as follows: Both clinical groups showed highly significant improvement in all subjective parameters — *Sweda Gatrata* (Body sweating), *Pipasa* (Thirst), *Gatra Sada* (Tiredness), and *Kshuda* (Hunger) — as well as in all objective parameters — weight, BMI, chest circumference, abdominal circumference, and *Sphik* (Buttock) circumference. Although both groups showed highly significant results in all criteria, statistical comparison revealed that *Tailapana* (Intake of oil) followed by *Udwartana* (Powder massage) demonstrated better outcomes.^[31]
- In a study – “A Comparative Study of *Dashamoola Taila Matra Basti* (Oil enema with *Dashamoola* oil) and *Tila Taila Matra Basti* (Oil enema with sesame oil) in *Kashtartava* (Dysmenorrhea)”, a significant difference was observed between both groups during the follow-up period. Most of the patients who received *Tila Taila Matra Basti* (Oil enema with sesame oil) returned with similar complaints, whereas recurrence of symptoms was minimal in the *Dashamoola Taila* (*Dashamoola* oil) group. This suggests that the therapeutic effect of *Dashamoola Taila* (*Dashamoola* oil) is more sustained than that of *Tila Taila* (Sesame oil). The lower recurrence may be attributed to the pronounced anti-inflammatory and analgesic properties of *Dashamoola*. It is a well-established

formulation effective in primary neurogenic pain disorders and is known to improve nerve conduction velocity, thereby providing longer-lasting relief in *Kashtartava* (Dysmenorrhea).^[32]

- In the present study – “A Comparative Study on the effect of *Padabhyanga* (foot massage) with *Tila Taila* (Sesame oil) and *Nimba Taila* in the management of *Vipadika* (fissured soles) w.s.r. to *Padasputana* (Cracked heels)”, the results showed that in Group A (*Tila Taila Padabhyanga*), 5 patients obtained moderate relief and 3 patients were completely relieved. In Group B (*Nimba Taila Padabhyanga*), 9 patients obtained moderate relief, but no patient achieved complete relief. Hence, although Group B had a higher number of moderate responders, the overall qualitative improvement was superior in Group A due to the presence of complete remission cases. Therefore, *Tila Taila* (Sesame oil) *Padabhyanga* (foot massage) is better than *Nimba Taila Padabhyanga* (foot massage by *Nimba Taila*) in the management of *Vipadika* (fissured soles).^[33]
- In study of - A comparative clinical evaluation of efficacy of *Kati Basti* (Oil pooling in Lumbosacral region) with *Prabhanjanam Taila* and *Moorchita Tila Taila* (processed sesame oil) in *Gridhrasi* w.s.r to *Sciatica*. In Group A, 52.6% relief was observed in pain assessment (*Ruk*), while Group B showed 47.25% relief. Regarding stiffness (*Stambha*), Group A demonstrated 60.3% relief, compared to 46% relief in Group B. For straight leg raising (SLR), Group A achieved 38% relief, whereas Group B showed only 17% relief. Overall, the marked improvement was more prominent in Group A than in Group B.^[34]
- In the study – “Efficacy of *Vajigandhadi Taila* and *Tila Taila Matra Basti* (Oil enema with sesame oil) in the Management of *Gridhrasi* (sciatica)”, the comparative analysis of subjective and objective parameters between Group A (*Vajigandhadi Taila*) and Group B (*Tila Taila Matra Basti*) showed that a statistically significant improvement was observed in the symptoms, with a “t” value of 2.369 ($p < 0.05$). However, the comparative analysis of the remaining symptoms was statistically insignificant ($p > 0.10$).^[35]
- In the study – “Ayurvedic Understanding and Management of Trigeminal Neuralgia w.s.r. to *Anantavaata* – A Case Study”, the patient was advised to report for follow-up after 15 days of oral medication. On the first follow-up, the patient showed moderate relief from the presenting complaints. The same oral medications were continued and the patient was asked to follow-up again after 30 days. There was not a single episode of pain during follow-up and the symptoms were significantly reduced. Pain was assessed using

the VAS scale, and stiffness of the temporomandibular joint was also reduced by approximately 90%.^[36]

DISCUSSION

- In one study- *Rookshana Poorvaka Vamana Karma* (Emesis followed by drying treatment) and *Rookshana Poorvaka Virechana Karma* (purgation treatment followed by drying treatment) in the management of *Sthoulya* vis-a-vis Obesity - Comparative Clinical Study. Before *Śhodhana* (purificatory) procedures like *Vamana* (emesis) and *Virechana* (purgation), *Rookṣaṇa* (Drying) through *Udvartana* (Powder massage) is essential, as direct *Śhodhana* (purificatory procedure) is contraindicated in conditions involving *Maha Doṣha*, *Marmastha* (Vital body part), or *Bhoori Śhleṣhma* (Abundant mucus). *Udvartana* (powder massage) is a *Rookṣaṇa* (drying) procedure performed before *Snehapāna* (Oleation treatment) in individuals with excess *Māṃsa* (Muscle), *Meda* (Adipose tissue), and *Bahu-Shleṣhma* (Excess *Kapha*) conditions. It has actions such as *Kaphahara* (reduces *Kapha*), *Medasaḥ pravilāpana* (liquefies fat), *Medasaḥ Shoṣhaṇa* (absorbs fat), *Vātahara* (Pacify *Vata Doṣha*), *Sīramukha viviktatva* (clears channels), *Daurgandhyahara* (removes bad odour), *Tandrahara* (reduces drowsiness), *Gauravahara* (removes heaviness) and *Sthirikaraṇa* (Stabilising) of limbs. As a form of *Bāhya Rookṣaṇa* (External drying), *Udvartana* (Powder massage) aids in *Pāchana* (Digestion) of vitiated *Doṣhas* (Body humour) and enhances *Agni* (Digestive fire) at the level of *Bhrajaka Pitta* in the skin. Using *Triphala* and *Kolakulātādi Choorṇa* for *Udvartana* (Powder massage) provides *Uṣhṇa* (Hot), *Teekṣhṇa* (Sharp), *Kaphamedohara* (Pacify *Kapha* and *Meda*) and *Śhoṣhaṇa* (Drying) effects, reducing *Duṣhita Kapha* (vitiated *Kapha Doṣha*) and *Meda Dhātu* (Adipose tissue). Patients undergoing this therapy experienced *Lāghava* (lightness), increased appetite and thirst tolerance, improved digestion (*Agni vṛddhi*), and reduction in body measurements (abdomen, chest, hips, arms). Thus, *Rookṣhaṇa* (Dryness treatment) effectively prepares the patient for *Śhodhana Karma* (purificatory treatment).^[37]
- In one of the Study, which showed managing *Sthoulya* (obesity) through *Tailapāna* (Intake of oil) and *Virechana Karma* (Purgation therapy), significant improvement was seen in weight, body measurements, and biochemical markers. The treatment included *Deepana-Pāchana* (Digestion), *Snehapāna* (Oleation treatment) and *Swedana* (Sweating) to prepare the body for *Śhodhana* (purification). *Deepana-Pāchana* (Digestion) kindles *Agni* (Digestive fire) and digests *Āma* (Toxic metabolic waste), while *Snehana* (Oleating)

and *Swedana* (perspiration) helps to liquify and mobilizes *Doṣhas* (Body humour) for elimination

Tila Taila (Sesame oil), being *Vyavāyi* (Spreads rapidly), *Sookṣhma* (Minute), *Vishada* (Nonslimy), and *Lekhana* (Scrapping), acts as *Srotoshodhaka* (Cleansing of channel), *Medohara* (Reduce fat), and *Sthaulyahara* (Reduce obesity). Combined therapy of *Tila Taila Pāna* (Intake of Sesame oil) with *Udvardana* (Powder Massage) using *Triphala Choorna* (Powder of three fruits) showed better results than *Taila Pāna* (Intake of oil) alone, proving former is effective in *Sthoulya* (Obesity).^[38]

- In one of the clinical studies where *Tila Tailapana* (Intake of Sesame oil) was followed by *Udvardana* (Powder massage) with *Triphala choorna* (Powder of three fruits), shown effective results in managing *Sthoulya* (Obesity). It concentrated mainly on *Sroto Shodhana* (purification of channels) as the first line of treatment, which represents *Samprapti Vighatana Chikitsa*—the breaking of the disease pathogenesis. *Tila Taila* (Sesame oil) was administered orally for 15 days owing to its *Srotoshodaka* (Cleansing of channels), *Medohara* (Reduce fat), and *Sthoulyahara* (Reduce obesity) properties. It possesses qualities like *Ushna* (Hot), *Teekshna* (Sharp), *Sookshma* (Minute), *Vyavayi* (Rapidly spreading), *Vishada* (Non slimy), and *Lekhana* (Scrapping), which help in channel purification and fat metabolism. Though *Sneha* (oil) is generally nourishing, in this context *Tila Taila* (Sesame oil) acts as *Shamana Sneha* (Unctuous substance which pacify disease), promoting *Srotoshodhana* (cleansing of channels) and facilitating the action of subsequent *Apatarpana* (depleting) therapies.

After proper *Srotoshodhana* (Cleansing of channel) with *Tila Taila* (Sesame oil), *Udvardana* (powder massage) with *Triphala Choorna* (Powder of three fruits)—which has *Rooksha* (Dry), *Laghu* (Light) and *Tridosahara* (Pacify three body humours) properties—was performed to enhance the *Karshana* (weight-reducing) effect. Results revealed that after 15 days, 50% of patients in Group A and 60% in Group B showed significant improvement, with Group B demonstrating a better overall response. This validates that *Tila Taila Pāna* (Intake of sesame oil) followed by *Udvardana* (powder massage) effectively manages *Sthoulya* (Obesity) by clearing *Srotorodha* (Obstruction to Channels) and enhancing fat metabolism.^[39]

- The efficacy of *Tila Taila* (Sesame oil) was evaluated for its *Garbhashaya Shodhana* (uterine cleansing) and *Artavajanana* (menstrual promoting) properties in *Kashtartava* (Dysmenorrhea) in the form of *Matra Basti* (Oil enema). When administered as *Matra*

Basti (oil enema), *Tila Taila* (Sesame oil) acts directly on *Apana Vata*, helping to regulate its function and relieve *Yonishula* (pelvic pain), thereby reducing menstrual pain in *Kashtartava* (Dysmenorrhea). Additionally, its rich composition - including vitamin E, magnesium, copper, calcium, iron, zinc, and vitamin B6 - provides nutritional support that further alleviates dysmenorrhea symptoms, as validated by pharmacological and clinical studies. Overall, *Tila Taila Matra Basti* (oil enema of sesame oil) shows effective results in managing *Kashtartava* (Dysmenorrhea) through both Ayurvedic and modern pharmacological mechanisms.^[40]

- In comparative study on the effect of *Padabhyanga* (foot massage) with *Tila Taila* (Sesame oil) and *Nimba Taila* (Neem oil) in management of *Vipadika* (fissured soles) w.s.r. to *Padasputana* (cracked soles), *Tila Taila* (Sesame oil) was more effective in patients belonging to *Jangala Desha* (dry climatic region) and *Nimba Taila* (Neem oil) would be more suitable for patients from *Anupa Desha* (moist region). Thus, the efficacy of *Taila* (oil) in *Padabhyanga* (foot massage) depends on the *Desha* (Habitat) and *Rookshata* (Dryness) level of the patient.^[41]
- In study of- A comparative clinical evaluation of efficacy of *Kati Basti* (Lumbosacral oil pooling) with *Prabhanjanam Taila* (*Prabhanjanam* oil) and *Moorchita Tila Taila* (Processed Sesame oil) in *Gridhrasi* (Sciatica) w.s.r to Sciatica. It is obvious from the foregoing that *Kati Basti* (Lumbosacral oil pooling treatment) using *Prabhanjana Taila* (*Prabhanjana* oil) group provided better relief in the symptoms of *Ruk* (Pain) and *Stambha* (Stiffness). It also provided better relief in S.L.R test. Overall effect provided by *Kati Basti* (Lumbosacral oil pooling) using *Prabhanjana Taila* (*Prabhanjana* oil) was also better when compared to *Kati Basti* (Lumbo Sacral oil pooling) using *Moorchita Tila Taila* (processed sesame oil). It is oblivious from the fore going that both the modalities of the treatment adopted for this provided significant relief in the signs and symptoms of the patients of *Gridhrasi* (Sciatica) but the relief provided by *Kati Basti* (Lumbosacral oil pooling) using *Prabhanjana Taila* (*Prabhanjana* oil) was better in comparison to *Kati Basti* (Lumbosacral oil pooling therapy) using *Moorchita Tila Taila* (Processed Sesame oil).^[42]
- In the study on the efficacy of *Vajigandhadi Taila* (*Vajigandhadi* oil) and *Tila Taila Matra Basti* (Oil enema with sesame oil) in *Gridhrasi* (Sciatica), both groups showed highly significant improvement in all subjective and objective parameters except knee jerk and ankle jerk. Group A (*Vajigandhadi Taila*) showed better retention due to its

thicker consistency, leading to greater drug absorption and more patients experiencing sound sleep, indicating better correction of vitiated *Vata* compared to Group B. The superior effect of *Vajigandhadi Taila* (*Vajigandhadi* oil) is attributed to its ingredients—*Ashwagandha* (*Withania Somnifera*), *Bala* (*Sida Cordifolia*), *Bilva* (*Aegle Marmelos*), *Dashamoola* (Group of ten herbs), and *Eranda Taila* (Castor oil)—which possess *Rasayana* (Rejuvenating), *Vedanasthapana* (Pain alleviating), *Balya* (Strengthening), *Vatakaphaghna* (Pacify *Vata* and *Kapha Dosha*), *Shothahara* (Anti-inflammatory), *Tridoshahara* (Pacify vitiated body humour), and *Srotovishodhana* (Cleansing of channels) properties, making it more effective in managing *Gridhrasi* (Sciatica) than *Moorchita Tila Taila Matra Basti* (Oil enema with processed sesame oil).^[43]

- In a case of *Anantavata* (Trigeminal Neuralgia), predominant of *Vata-Pradhana* (*Vata* predominant) *Tridosha* (Three body humour), Ayurvedic treatment modalities shown better results.^[44]

CONCLUSION

- *Beeja Dosha* (Congenital vitiation of Dosha) is one of the reasons for *Sthoulya* (Obesity), neither *Vamana* (Emesis) nor *Virechana* (Purgation therapy) alone can serve as a complete cure. Need to study on larger samples.

Through *Virechana Karma* (purgation therapy), we can see evident changes not only in physical appearance and anthropometric measurements but also in biochemical parameters, particularly the lipid profile. Maintenance therapy with appropriate medications and lifestyle modifications is needed Post *Virechana* (Purgation therapy) to enhance metabolism, and prevent further weight gain.^[45]

- Although this was a single case study, the marked clinical and biochemical improvements highlight the potential of *Tailapana* (Intake of oil) and *Virechana Karma* (purgation therapy) in managing *Sthoulya* (obesity). Further studies with a larger sample size are needed to validate these findings.^[46]
- The combined therapy of *Tila Taila Pāna* (Intake of sesame oil) followed by *Udvartana* (powder massage) with *Triphala Choorna* (Powder of three fruits) produced significant results in reducing obesity and improving metabolic balance.^[47]
- Both *Tila Taila Matra Basti* (Oil enema with sesame oil) and *Dashamoola Taila Matra Basti* (Oil enema with *Dashamoola* oil) were found highly effective in relieving the pain and associated symptoms of *Kashtartava* (Dysmenorrhea) by normalizing *Apana Vata*

function. Notably, *Dashamoola Taila Matra Basti* (Oil enema with *Dashamoola* oil) also helped in preventing recurrence of symptoms.^[48]

- *Tila Taila Padabhyanga* (foot massage with sesame oil) showed better results by providing softness to the soles, and significantly reducing *Padasputana* (cracks), *Vedana* (pain), and *Rookshata* (dryness). As *Vipadika* (fissured soles) tends to recur frequently, regular use of *Tila Taila* (Sesame oil) for *Abhyanga* (Body massage) serves as both a preventive and curative measure, maintaining skin integrity and preventing recurrence.^[49]
- In this comparative study on the efficacy of *Kati Basti* (Lumbosacral oil pooling) using *Prabhanjanam Taila* (*Prabhanjanam* oil) and *Moorchita Tila Taila* (processed sesame oil) in *Gridhrasi* (Sciatica), the *Prabhanjanam Taila* (*Prabhanjanam* oil) group showed better outcomes.^[50]
- Statistically, efficacy of *Vajigandhadi Taila Matra Basti* (Oil enema with *Vajigandhadhi oil*) showed better response compared to *Tila Taila Matra Basti* (Oil enema with sesame oil) in the management of *Gridhrasi* (Sciatica).^[51]
- Management of Trigeminal Neuralgia (*Anantavaata*) can be done effectively through *Ayurveda*.^[52]
- However, most studies were limited by small sample sizes, indicating the need for larger, long-term clinical trials to establish standardized, evidence-based Ayurvedic treatment protocols.

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