

UNVEILING THE HIDDEN BENEFITS OF VISHAMUSTI TAILAM

B. Saravanan* MD (Ayu).

Professor, Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai-600123.

Article Received on
26 April 2024,Revised on 16 May 2024,
Accepted on 06 June 2024

DOI: 10.20959/wjpr202412-32832



*Corresponding Author

Dr. B. Saravanan MD
(Ayu)Professor, Sri Jayendra
Saraswathi Ayurveda
College and Hospital,
Chennai-600123.

INTRODUCTION

Vata is dominant force behind every action taking place in the body. Vata is the only *dosha* which is responsible for vitiation of other two *doshas*. It is said that *pitta* and *kapha* are *pangu* without involvement of *Vata*. It is said that ‘*vayu tantra yantra dhara*’ means it uphold all the organs and its functions in equilibrium state. The functions of Vata (Equilibrium state) in human body are *Utsaha* (Enthusiasm), *Nishwasa* (Expiration and inspiration), *Cheshta* (Movement), *Vegapravartana* (Expulsion of natural urges), *Dhatunam samyak gati* (proper transportation of nutrition to tissues) etc., Due to several *nidana* (Causative factors), *Vatadosha* gets vitiated and leads to manifestation of *vyadhi*. According to cause *vyadhi* is known as *Dhatukshayajanya Vatavyadhi* (Depletion of tissues) and *Margavarodhajanya Vatavyadhi* (Obstruction of channels). In *Dhatukshayajanya*, there will be decrease in *dhatu*s so channels become empty and filled up by *Vata* which inturn leads to *Vatavyadhi*. In this *avastha* pain will get reduced after

touching or giving pressure. In *Margavarodhajanya*, there will be obstruction of channels so *Vata dosha* gets stagnated and leads to *Vata vyadhi*. In this *avastha* pain will get aggravated after touching or giving pressure. In total there are 80 *nanatmaja vyadhi* mentioned in Ayurveda classics.

General property of *taila* is mentioned as, it decreases *Vata*, however it does not increase *Kapha*. It promotes body strength and also beneficial for skin. Vishamusti tailam is one of the excellent medication mentioned in Basavarajeeyam and Bhaishajya Ratnavali especially for *sakala Vata roga* (All Vata diseases), *ghorasoola* (Extreme pain), *suptaVata* (Numbness), *asthigata Vata*, *sandhigata Vata*, *stambhana* (Stiffness) etc.,

MATERIALS AND METHODS

Reference of Vishamusti tailam is seen in Vataroganidhana lakshana chikitsa adhyaya of Basavarajeeyam and Vataraktadhikara of Bhaishajya Ratnavali. Even though both reference prescribed for same ailments, there is difference in their ingredients and method of preparation. In Bhaishajya Ratnavali, the ingredients of vishamusti tailam are *Kupilu beeja* (Seeds of *Strychnos nux-vomica*) - 1.5kg, *Tila taila* (oil of *Sesamum indicum*) - 1.5L, *Shighru swarasa* (Juice of *Moringa oleifera*) - 750ml, *Lakucha swarasa* (Juice of *Artocarpus lakoocha*) - 750ml, *Dhattura swarasa* (juice of *Datura metel*)- 1.5L, *Varuna twak kwatha* (bark decoction of *crataeva nurvala*) - 1.5L, *Chitraka moola swarasa* (juice of *Plumbago zeylanica*)- 1.5L, *Nirgundi patra swarasa* (Leaf juice of *Vitex negundo*)- 1.5L, *Snuhipatra swarasa* (leaf juice of *Euphorbia neriifolia*) - 1.5L, *Aswagandha kwatha* (decoction of *Withania somnifera*)- 1.5L, *Agnimantha twak kwatha* (bark decoction of *Premna integrifolia*) - 1.5L. In Basavarajeeyam, the ingredients are *Kupilu beeja kalka* (seeds of *Strychnos nux-vomica* paste)- 800gm, *Kupilu beeja choornam* (Seeds of *Strychnos nux-vomica* powder) - 800gm, *Kupilu phala majja* (fruit pulp of *Strychnos nux-vomica*) - 800gm, *Tila tailam* (oil of *Sesamum indicum*)- 1.6L, *Eranda tailam* (Oil of *Ricinus communis*) - 800ml, *Kanjika* (fermented greul)- 6.4L, *Jambeera swarasa* (Juice of *Citrus medica*)-1.6L, *Jala* (Water) - 6.4L.

The main ingredient present in Vishamusti tailam is Kuchala/ Kupilu. Kupilu (*Nux-Vomica*) is considered as *upavisha* in Ayurveda so it should be purified before usage as an ingredient in any formulation. *Kupilu* is having *Tikta* (Bitter), *Katu* (Pungent), *Kashaya rasa* (Astringent) in taste; *Laghu* (Light), *ruksha* (dry), *teekshna guna* (Penetrating); *Ushna virya*; *Katu vipaka*. Kupilu is having *Shothahara* (Anti- inflammatory), *Vedanasthapana* (Reduces pain), *Nadibalya* (Gives strength to nerves), *Kushtaghna* (Skin disease), *Deepana* (Carminative), *Pachana karma* (Digestive). It is purified by frying it in *Goghrita* (Cow's ghee) or boiling it in *Goksheera* (Cow's milk). The dried seeds of Kupilu is having 3% of total alkaloids, out of which strychnine is 1.25% and brucine is 1.75%. In recent researches it is found that kupilu which is purified by *Goksheera* (Cow's milk) is nearly reducing 80% of strychnine and brucine in it.

Therapeutic effects of vishamusti tailam

- ✧ It is very effective in *bhayangara Vata vyadhi* (If *Vata vyadhi* is deep seated and incurable).

- ✧ It is useful in reducing *ghora shoola* i.e., in extreme painful conditions. Eg. In lumbar spondylosis, sciatica, cervical spondylosis, joint pain.
- ✧ It will reduce the *Stambana* (Stiffness) and *Suptatha* (Numbness) because of its *ushna guna*. It can be used in *Gridhrasi* (Sciatica), where stiffness is a common symptom. Recent clinical research on vishamusti tailam prepared by Basavarajeeyam method is carried out in low back pain w.s.r to Gridhrasi (Sciatica). Vishamusti tailam showed significant changes in reduction of pain by 50%, and also relieved symptom of stiffness by 75%.
- ✧ It is effective in *Sandhigata Vata* which is characterized by pain on touch, swelling, Pain in extension and contraction of joints because of its *shothahara* and *vedanasthapana* property. So this can be used in all the joint disorder associated with above mentioned symptoms especially osteoarthritis of knee joint.
- ✧ It is very much effective in curing *Asthigata Vata* which is characterized by pain in bones, joint pain, reduction of strength, insomnia and persistent pain because of its *anila ghora shoolahna* property. Particularly it can be used in Cervical and Lumbar Spondylosis.
- ✧ It can be used in all types of *kusta* (Skin diseases). Especially it is used in skin diseases with *vivarnata* (Discolouration).
- ✧ It is very effective in *Gambhira Vatarakta* which is having symptoms of *svayatu* (Swelling), *Stabdhata* (Stiffness), *Kathinya* (hardness), *Tamra twak* (Discolouration of skin), *Ruja* (Pain) in joints of *janu* (Knee), *kati* (Pelvic), *amsa* (Shoulder), *hastapadanga* (Hands and feet). In *Gambhira Vatarakta*, *snehana* (Oleation) is the main line of treatment.

Mode of use: External application only. It should be heated to lukewarm temperature and applied over the affected area with gentle massage for 7 to 15 days. The duration of massaging is 5 minutes.

RESULTS

Stiffness is caused mainly due to *sheeta guna* of *Vata*, which will be subsided by the *ushna guna* of Vishamusti tailam. *Teekshna guna* of Vishamusti tailam penetrates through *sukshma strotas* (Microchannels) and clears the obstruction. It is having property of *shothahara* which will be indicating its anti inflammatory or anti neuritic effect. *Vedasthapana* and *Anila ghora shoolahna* property suggests that it is excellent pain killer which can be used in extreme painful condition. The vishamusti tailam prepared by Basavarajeeyam method is having

vishamusti proportion in excess than the vishamusti tailam prepared by Bhaishajya ratnavali method. The *drava dravya* used in both method various. Oil base used in Bhaishajya ratnavali is only *tila taila*, whereas in Basavarajeeyam it is *tila taila* as well as *eranda taila*. So the vishamusti tailam prepared by Basavarajeeyam method can be used only in pain and stiffness related *Vata rogas*, but the vishamusti tailam prepared by Bhaishajya ratnavali method can be used in pain, stiffness, numbness, skin diseases with discolouration.

DISCUSSION

By the detailed review on literature as well as current researches, it is clear that vishamusti tailam is one of essential medication. It is used for treating *Vata rogas* especially which are having symptoms of extreme pain, stiffness, numbness and bone or joint related. Even though there are many *tailam* preparations available in market, the therapeutic effects of vishamusti tailam is comparatively very high with minimal ingredients. The pain relief after using vishamusti tailam is very quick which is proven through clinical trials also.

REFERENCE

1. Basarajvirachitha Basavarajiyam (Vaidhyav. Rangacharya, Tran) New Delhi: Kendriya Ayurveda Evam Siddha Anusandhanaparishath, 2007; 6: 1-207.
2. Govind das sen, Bhaisajya ratnavali, vibodhini (Hindi translation) chapter jwara chikitsa choukambha Samskrita Samsthan, Varanasi, 133.