

VYAGRI TAILA EXPLORING THE DRUG CONTENT: A REVIEW

¹*Dr. Manasvee Vitthalrao Jadhav and Dr. Pramodini Patil²¹MD Scholar at RSBK Dept., LRP Ayurvedic Medical College, Islampur.²HOD at RSBK Dept., LRP Ayurvedic Medical College, Islampur.

*Corresponding Author: Dr. Manasvee Vitthalrao Jadhav

MD Scholar at RSBK Dept., LRP Ayurvedic Medical College, Islampur.

Article Received on 09/09/2024

Article Revised on 29/09/2024

Article Accepted on 19/10/2024

ABSTRACT

In the 63rd chapter of "Bhaishajya Ratnawali," titled "Nasarogadhikar," Vyaghri Taila is highlighted for its use in nasya (nasal administration) to treat allergic rhinitis. This Sneh kalpana mentioned as Virechan nasya in Bhaishajya Ratnawali and Chakradatta. This formulation leverages the unique properties of Vyaghri Taila—its ushn (heating) and tikshna (sharp) qualities—making it effective in alleviating symptoms like nasal congestion, sneezing, and inflammation. Vyaghri Taila is primarily prepared from ten ingredients: Til taila, Vyaghri, Danti, Vacha, Shigru, Tulsi, Sunthi, Maricha, Pippali, and Saindhav Lavana. These components are characterized by their ushna, tikshna, and ruksha (dry) properties. This combination enhances its efficacy in managing nasal disorders associated with allergic reactions. Overall, Vyaghri Taila's components make it particularly suitable for addressing the discomfort of allergic rhinitis, supporting respiratory health and providing symptomatic relief.

INTRODUCTION

The Ayurvedic system of medicine is recognized as the oldest form of medical science, but over the last few centuries, the practice of this ancient medicine has diminished due to various factors, while the popularity of allopathic treatments has flourished across multiple countries due to several favourable aspects. Quick relief from symptoms, the palatability of dosage forms, and easy availability are just a few of these advantageous aspects. However, the multitude of drug effects is also taken into consideration. Yet, this situation has begun to shift. Ayurvedic medicine is on a path to reclaim its former glory because of its preventive and curative properties, holistic approach, and minimal side effects. However, there is an urgent need for standardization, clinical trials, and evidence-based practices in Ayurvedic medicines. The concept of drug standardization is not new to Ayurveda; Acharya Charaka also noted in his Charaka Samhita, the essential qualities of a standard drug. Acharya Charaka was the first to mention the panchvidha kashaya kalpana, which includes swarasa (juice), kalka (paste), kwatha (decoction), hima (cold infusion), and phanta (hot infusion) as primary dosage

forms. From these primary dosage forms, a variety of secondary dosage forms such as asavaarishta (fermentation), sneha kalpana (fatty preparations), churna (powder), and vati (pills) are derived. Vyaghri taila is a herbomineral preparation used for nasagat rog disorders like Vataj Pratishay, Putinasa, as described in the Bhaishajyaratnawali and Bhavprakash. Therefore, efforts have been made to compile a review of the ingredients of Vyaghri taila.

LITERARY REVIEW

Vyaghri Taila is primarily prepared from ten ingredients: Vyaghri, Danti, Vacha, Shigru, Tulsi, Sunthi, Maricha, Pippali, Saindhav Lavana and Til taila. This combination enhances its efficacy in managing nasal disorders associated with allergic reactions.

व्याघ्रीदन्तीवचाशिगुसुरसव्योषसैन्धवैः
पाचितं नावनं तैलं पूतिनासागदं जयेत्^[3]

Table 1: Contents latin name, parts used and family of drug.

Sr. No.	Drug	Latin Name	Part	Family
01	Vyaghri	Solanum surrattense	Whole Plant	Solanaceae
02	Danti	Baliospermum ontanum Muel-Arg.	Root	Euphorbiaceae
03	Vacha	Acorus calamus Linn.	Rhizome	Areceae
04	Shigru	Moringa olifera Linn.	Fruit	Moringaceae
05	Tulsi	Ocimum sanctum Linn.	Leaves	Lamiaceae

06	Sunthi	Zingiber officinalale Roscoe	Rhizome	Zingiberaceae
07	Maricha	Piper nigrum Linn.	Fruit	Piperaceae
08	Pippali	Piper longum Linn.	Fruit	Piperaceae
09	Saindhav Lavana	E-Rock salt	whole	
10	Tila Taila	Seasom indicum L.	Seasom Oil	Pedaliaceae

1. Vyaghri

Rasapanchak: 1. Rasa - Katu, 2. Virya - Ushna 3. Vipaka - Katu 4. Doshagnata – vat-kaphagnata, pittavardhak 5. Guna - Laghu, Tikshna, Ruksh.

In this formulation ‘Vyaghri’^[2] which is main ingredient is having Katu Rasa and Katu Vipaka mainly which help in opening of channels, Tikshna guna which help in Bhedana and Rechana of Kapha Dosha, Ushna virya due to which Kapha Vata Shamaka. Due to these properties, it helps in Bhedhana and Rechana of Kapha, open channels and with the help of normal gati of Vata, Doshas are expelled out. It also shows Shothahar and Kandughan properties due to which help in reducing swelling due to inflammation and itching.

2. Danti

Rasapanchak: 1. Rasa - Katu, 2. Virya - Ushna 3. Vipaka - Katu 4. Doshagnata – vat-kaphagnata, pittavardhak 5. Guna - Guru, Tikshna.

Danti is Katu (pungent) in Rasa, Guru (heaviness) Theekshana (strong and piercing) Guna, Katu (pungent) in Vipaka and Ushna (hot potency) in Veerya.^[3] Considering the effect on Dōsha (Dōsha Karma) according to the Ayurveda *Baliospermum montanum* is reducing Kapha and Vāta (Kapha Vāta Hara) by its potential. As well as it is Deepana and Virechana.

3. Vacha

Rasapanchaka: 1. Rasa - Katu, Tikta 2. Virya - Ushna 3. Vipaka - Katu 4. Doshagnata – vat-kaphagnata, pittavardhak 5. Guna - Laghu, Tikshna 6. Prabhav – Medhya, Krimihar^[4] Vacha is helpful in clearing the passage of air in rhinitis.

4. Shigru

Rasapanchaka: 1. Rasa -Katu, Tikta 2. Virya - Ushna 3. Vipaka - Katu 4. Doshagnata Kapha – vatagnata, pittavardhak 5. Guna - Laghu, Tikshna, Ruksha. Shigru is Shirovirechanopaga help in Dusta Kapaha dosha elimination from Shir.^[5]

5. Tulsi

Rasapanchaka: 1. Rasa - Katu, Tikta, Kashay 2. Virya - Ushna 3. Vipaka - Katu 4. Doshagnata - Kaphavatagnata, Kaphahar, Pittakar 5. Guna - Laghu, Tikshna, Ushan, Tulsi reduces Kapha (Water and earth component) and Vata (Air component) Dosha (disorder) and increases Pitta (Fire and water component).^[6]

6. Shunthi

Rasapanchak: 1. Rasa - Katu, 2. Virya - Ushna 3. Vipaka - Madhur 4. Doshagnata - Kaphavatagnata, Kaphahar, 5.

Guna - Laghu, Snigdha, Ushan, It is Agni Guna dominant (Qualities of fire), Toyamsha Parishosha means it is water absorbent.^[7]

7. Marich

Rasapanchak: 1. Rasa - Katu, 2. Virya - Ushna 3. Vipaka - Madhur 4. Doshagnata - Kaphavatagnata, Kaphahar, Pittakar 5. Guna - Tikshna, Sukshma, Marich with its ushna virya alleviates Kapha and Vata. Teekshna guna helps as a mild penetrating action, Shleshma Praseki(Mucogenic).^[8,9]

8. Pippali

Rasapanchak: 1. Rasa - Katu, 2. Virya - Anushna 3. Vipaka - Madhur 4. Doshagnata - Kaphavatagnata, Kaphahar, Pittakar 5. Guna - Tikshna, Laghu, Snigdha.^[10]

9. Saindhava Lavana

Rasapanchak: 1. Rasa - Lavan, 2. Virya - Shit 3. Vipaka - Madhur 4. Doshagnata - Kaphavatagnata, Kaphahar, Pittakar 5. Guna- Laghu, Snigdha Saindhav lavan is kapha chhedan and kapha vilayan, it helps to dissolve / disintegrate kapha.^[11]

10. Til taila

Rasapanchak: 1. Rasa - Madhur, Tikta 2. Virya - Ushna 3. Vipaka - Madhur 4. Doshagnata - Kaphavatagnata, Kaphahar, Pittakar 5. Guna - Snigdha, Sukshma, Ushna, Vyavayi, Tikshna, Vishad, Guru, Sara, Vikasi, Lekhan^[12] Til taila is UshnaVirya due to which it is Kaphavatashamaka.

Vyaghri taila contains ingredients with similar predominant properties to Katu Rasa, including a composition of Katu Rasa, Laghu guna, Ushna virya, and Katu vipaka. The primary Rasa, Katu, exhibits beneficial properties such as promoting drainage, alleviating symptoms of obstruction, combating parasites, and clearing pathways, as outlined in Ch. Su. 26. This is particularly effective in reducing signs and symptoms associated with conditions like Vataja Pratishyaya (allergic rhinitis).

The Laghu Guna, which characterizes the drug, helps relieve feelings of heaviness and reduces nasal mucosa edema, promoting clearance of the osteomeatal complex. Given that Pratishyaya can be aggravated by cold foods and environmental conditions, the Ushna virya property counters these factors. It also assists in decreasing Kapha, which corresponds to excess mucus production, thereby balancing both Kapha and Vata doshas.

Katu vipaka has a similar role to Katu Rasa, further supporting symptom relief. The Tikshana and Sukhshma Gunas enable the formulation to penetrate minute channels, promoting detoxification (Srotoshodhana). Many ingredients also possess anti-inflammatory properties, which help prevent inflammatory processes. Overall, Vyaghri Taila, as an oil preparation, is particularly effective for managing Kapha and Vata dosha, making it suitable for conditions like Vataja Pratishyaya.

DISCUSSION

Snehakalpana makes the utmost share of all the secondary dosage forms as it can be administered externally or internally. Vyaghri Taila is a herbomineral formulation that enhances its effectiveness through improved palatability, precise dosage, and therapeutic efficacy. Taila kalpana is mass transfer of the aqueous and lipid soluble active principles of all the treated drugs in accordance of established formulae quoted in authoritative texts of Ayurveda. Taila kalpana exhibit better therapeutic effect and better preservation with better compliances. Hence, more studies can be done to check the efficacy and standard of Vyaghri taila.

REFERENCES

1. Bhaishajya Ratnawali by Siddhi Nandan Mishra, Choukhamba Prakashan, Edition 2021, Chapter 63 – Nasarogadhikar, 979.
2. Dravyaguna Vigyanam, by Acharya P. V. Sharma, Vol. 2, reprints Chapter, 2011; 4: 280-282.
3. Jangir N, Padhi SK. A study on increasing enzymatic stability and activity of Baliospermum montanum hydroxynitrile lyase in biocatalysis. *Process Biochemistry*, 2020 Jan 1; 88: 78-89.
4. Sushruta Samhita, Translated by Prof. K.R. Srikantha Murthy, Vol. 2, and Varanasi: Chaukhambha Orientalia, Print, 2004; 265.
5. Sharma P.V. Dhanvantari Nighantu, Chaukhamba orientalia Varanasi, third edition 2002, Karaviradi Varga, Shloka No- 29,31,33,35,37,38, 126,127.
6. Pandey G. Dravyaguna Vijnana. Chowkhamba Krishnadas Academy, Varanasi, Reprint, 2004.
7. Acharya Bhavamishra of Bhavaprakasha Nighantu, Haritakyadi Varga, Shloka No - 69-70, by Dr. Vishwanath Dwivedi, Motilal Banarasidas, Delhi, 6th edition, 2015; 19.
8. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, Dhanwantari Nighantu, Shloka No 85-86, Shatapushpadi Varga, Varanasi, Chaukhmbha Orientalia, 3rd Edition, 2002; 85.
9. Pandit Narahari, Raj Nighantu, Pippalyadi Varga, Shloka No - 30-31, redacted by Indradeva Tripathi, Varanasi, Chaukhamba Krishnadas Academy, 2003; 140.
10. Pandit Narahari, Raj Nighantu, Shatapushpadi Varga, Shloka No - 11-13, redacted by Indradeva Tripathi, Varanasi, Chaukhamba Krishnadas Academy, 2003; 136.
11. Kashmiri Vidyaraj Chandranandana, Chandra Nighantu (Madanadi Nighantu) Purva Bhaga Prakeerna Madanadi Gana, Shloka No - 46,47, edited by Acharya Balakrishna, Haridwar, Divya Prakashana, First edition, 2015; 18.
12. Sushrut samhita, Vaidya P.V. Sharma Chaukhamba Surbharati Prakashan, Varanasi, Reprint, 2010; 112: 368.