

TILA TAILA A REVIEW

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ABSTRACT

Tila taila (*Sesamum indicum*, Linn) is one of the plant origin oil extract from plant *Sesamum indicum*, Linn which had been mentioned for its therapeutic properties in classics of Ayurveda. So, the review on *Tila taila* was done. Sushruta has admired *Tila Taila* as one of the best amongst all herbal oils. In Sarangadhara Samhita it is quoted that whenever oil is not specific sesame oil is to be used.

KEYWORDS: Tila taila.

INTRODUCTION

Tila taila is an important *vatahara dravya*. There are a number of references in the Ayurvedic classics which shows the effect of *Tila taila* on *vata dosha*. The use of *Tila* in the form of oil can be used as *Abhyanga Shirodhara Nasya, Basti* in *Panchkarma* therapy. *Tila taila* is considered as the best among all the vegetable oils. It has both external and internal uses. *Acharya Charaka* has grouped it in the *Mahakasayas* under *swedopaga* and *purisha virajaniya*.

Vernacular Names for Tila taila^[1]

Sanskrit - *Tila taila*
Hindi and Kashmiri - *Tila taila, Karishna taila, Mitha taila*
Tamil and malyali - *Vallenne, Yellu, Cheddie*
Talgo - *Machinune*
Kannada - *Ellenne*

Properties of *Tila taila* mentioned in *Bhavprakasa* as follows:

Rasa - Sweet, Astringent, Bitter, Pungent.
Vipak - Sweet, Virya – Hot.

Guna - Suksma, Guru, sara, Dipan, Lekhana, Balya
Action on dasha - Alleviates Tridosha.

Pancamahabhoutik composition - prominently *Pruthvi* and *Apa*.

MATERIALS AND METHODS

Classical text books of Ayurveda and the published works on various scientific journals are reviewed for documenting the information about *Tila taila* (*Sesamum indicum*, Linn).

Table No 1: Rasapanchak of tila taila from various text.^[2,3,4,5]

Chemical Properties	C.S.	S.S.	A.H.	B.P.
Rasa	Madhura	Madhura	-	Madhura
Anurasa	Kasaya	Tikta Kasaya	-	Kasaya
Virya	Usna	Usna	Usna	Usna
Vipaka	Madhura	Madhura	Madhura	Madhura

Tila taila is having madhura rasa and Kasaya anurasa, Usna Virya and Madhura Vipaka

Dosaghtna

Table No 2: Dosaghtna of Tila taila quoted in different texts.^[2,3,4,5]

Sr. No.		C.S.	S.S.	A.H.	B.P.
1	Vata	Vataghnesha uttam	Anilksayakara	-	Vatapahama
2	Pitta	Pittal	Shitapitta Janak	-	Rakta Pittaprapakopak
3	Kapha	Na shleshmabhi Vardhana		Na Kaphaktita	Kaphapaham

Properties of Tila taila**Table No 3: Properties of Tila taila mentioned in different texts.**^[2,3,4,5]

Properties	C.S.	S.S.	A.H.	B.P
<i>Usna</i>	+	+	+	-
<i>Vyavayi</i>	+	+		+
<i>Vishada</i>	-	+	+	+
<i>Suksma</i>	+	+	+	+
<i>Tiksna</i>	-	+	+	-
<i>Guru</i>	-	+	+	+
<i>Vikasi</i>	-	+	+	+
<i>Lekhana</i>	-	+	+	+
<i>Sara</i>	-	+	+	+

Usna, Vyavayi, Visada, Suksma, Tiksna, Guru, Vikasi, Lekhana, Sara these are the properties of Tila Taila quoted in classical texts of Ayurveda.

Table No. 4: Action of Tila taila mentioned in different texts.^[23,45]

Action	C.S.	S.S.	A.H.	B.P
<i>Brihana</i>	-	+	-	-
<i>Vrishya</i>	-	+	-	+
<i>Prinana</i>	-	+	-	-
<i>Medhakara</i>	+	+	+	-
<i>Sthairya</i>	-	+	-	+
<i>Varnakara</i>	-	+	-	+
<i>Tvakprasadana</i>	+	+	+	-
<i>Balya</i>	+	+	-	+
<i>Krimighna</i>	-	+	+	-
<i>Chaksus ya</i>	-	+	-	-
<i>Baddhavinmutra</i>	+	+	-	-
<i>Yoni Shira Karnashul Hara</i>	-	+	-	+
<i>Chinna-Bhinna Viddha picchita Vrana, abhyamaga</i>	-	+	-	+
<i>Garbhashaya shodhana</i>	-	+	-	+
<i>Loghutakarak</i>	-	+	-	+

Action of Tila taila mentioned in different text of Ayurveda- *Brihana, Vrishya, Prinana, Medhakara, Sthairya, Varnakara, Tvakprasadana, Balya, Krimighna, Chaksus ya, Baddhavinmutra, Yoni Shira Karnashul Hara, Chinna-Bhinna Viddha picchita Vrana, abhyamaga, Garbhashaya shodhan, Loghutakarak.*

Description

A light golden coloured oil with pleasant aroma. Slightly soluble in alcohol, miscible with chloroform, solvent ether, light petroleum & carbon disulphide. Does not solidify when cooled to 0°.

Identity Purity and Strength

Identification: Shake 2 ml with 1 ml of hydrochloric acid containing 1 per cent w/v solution of sucrose & allow to stand for five minutes; the acid layer acquires a pink colour & changes to red on standing (distinction from other fixed oils).^[1]

Modern View

Botanical name : *Sesamum indicum*
Family : Pedaliaceae
English : Sesamum oil or Gingelly oil.

According to classical literature of Ayurveda sesame oil is considered best among all vegetable oils. Sesamum indicum seed oil (tila taila) has high stability due to the presence of high levels of natural antioxidants. Sesame oil has huge therapeutic value externally and internally.

It is used for medicinal purpose since Vedic period. In India, it is cultivated in Uttar Pradesh, Madhya Pradesh, Rajasthan, Orissa, Gujarat, Andhra Pradesh, Tamil Nadu, and Maharashtra.

Sesame is an annual crop of height between 1.6 and 3.3 ft. Its seeds are small in size, oval in shape and slightly flattened. These are rich in oil and contains about 35 - 57% oil depending on variety.

Composition of Sesame oil

There are many varieties of sesame viz. black, white, brown etc. composition of sesame oil varies depending on variety, size, origin, colour of seed.

This oil has less than 20% saturated fatty acid, mainly palmitic (7.9-12%) and stearic (4.8-6.1%) acids. Oleic acid (35-50%) and linoleic acid (35-50%) constitute

more than 80% of the total fatty acids in sesame oil.

Uses

Its internal use is great for improving iron level, controlling Cholesterol, managing heart diseases, and improving strength. Sesame oil is beneficial for skin. It is an antioxidant as it contains vitamin E and penetrates skin easily. This oil is rich in minerals (Copper, calcium, zinc, iron). Calcium and zinc are good for bones. Copper gives relief in arthritis, gout. Magnesium supports respiratory and vascular health. It increases good cholesterol and decreases bad cholesterol. Sesame oil has purgative action. It cures constipation. These health beneficial effects are due to presence of Alkaloid, Saponin, Flavonoid, Tannin, Phenols and Minerals. Terpenoid presence gives antibacterial and anti-diabetic properties. Terpenoid are also helpful in reducing blood sugar and blood pressure. Alkaloids are central nervous system stimulants. Flavonoids and phenols give it antioxidant properties also saponins which are anti-oxidant, anti-cancer and immunity booster. Tannin present in oil makes it antibacterial, antiviral, and astringent. Sesame oil also contains" minerals viz. zinc, iron, potassium, sodium, copper, lead and manganese. The concentration is iron is highest among the various mineral present in oil.^[6]

Antimicrobial study on sesame oil.^[7]

Methanolic seed extract of *S. indicum* at concentration 500 mg/ml showed a maximum diameter of inhibition zone for *S. aureus* 13+0.871 mm while for *E. coli* maximum zone of inhibition observed was 10.17+0.946 mm.

CONCLUSION

It is bitter (*Rasa: tikta*), heavy, oily, easily penetrable (*Guna: guru, snigdha, sookshma*) hot (*Virya: ushna*), digestive. It gives strength, nutrition, digestive power, helps the skin, detoxifies uterus, and has antioxidant properties. It is one of the best oil that can be applied on Vata Vyadhis such as arthritis, rheumatism, joint swelling.

ABBRIVATION

1. A.S. - AS TSANG SAMGRAHA
2. B.P. - BHAVA PRAKASHA
3. C.S. - CHARAKA SAMHITA
4. S.S - SUSHRUTA SAMHITA.

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