

**AYURVEDIC THAILA KALPANA- A REVIEW****Dr. Arun Kumar<sup>\*1</sup>, Dr. Abhishek Gupta<sup>2</sup> and Dr. Prabal Dixit<sup>3</sup>**<sup>1</sup>Assistant Prof., Dept. of Dravyaguna, S.B.S.J.S Ayurvedic Medical College and Hospital.<sup>2</sup>Associate Prof., Dept. of Dravyaguna, S.B.S.J.S Ayurvedic Medical College and Hospital.<sup>3</sup>Assistant Prof., Dept. of Rasa Sastra, S.B.S.J.S Ayurvedic Medical College and Hospital.**\*Corresponding Author: Dr. Arun Kumar**

Assistant Prof., Dept. of Dravyaguna, S.B.S.J.S Ayurvedic Medical College and Hospital.

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**ABSTRACT**

Medicated oil / ghee is one of the big dosing forms generally referred to in Ayurvedic Pharmaceuticals. Four forms of snehas (fatty preparation) are described in Ayurvedic literature. These are Ghrita, Taha, Vasa, and Majja. Among these taila (medicated oil) and ghrita (medicated ghee) are more popular in therapeutic uses. Taila Murchhana is the first phase of tail planning. This procedure has been introduced to improve the effectiveness of oil and eliminate poor odor and amadosa. Analysis reveals that the Murchana cycle decreases the amount of acid and raises the importance of saponification. Reduced acid content suggests a reduced proportion of free fatty acids and an improved saponification content implies a higher concentration of low molecular fatty acids. Medicated oils containing low molecular fatty acids are consumed rapidly. The fat / water soluble active principles of medicines are extracted into medicinal oil through this process. Medicated Taila has greater healing strength and shelf life than synthetic Taila. Tail-prepared formulations improve the body's health, appearance, power and anabolism. Water soluble as well as fat soluble active ingredients can be converted into a Taila medium and this introduction of material properties allows Taila strong and efficient.

**KEYWORDS:** Ayurvedic, Taila Kalpana, Medicated Oil.**INTRODUCTION**

Ayurveda is one of the oldest western therapies programs in the world in India. Its root history started almost in the Vedic era. Too many forms of Ayurvedic medicines are contained in various traditional books of Ayurveda which have been used by ancient acharyas for the treatment of diseases.<sup>[1]</sup> Sneha kalpana (mediated oil) is one of the most essential dosing methods commonly mentioned in Ayurvedic Pharmaceuticals. Swarasa (Juice), Kalka (Paste), Kwatha (decoction), Hima (cold infusion) and Phanta (hot infusion) are the main medicinal processes in the Indian medicine method.

A variety of dosage types were extracted from the five essential preparations, e.g. Asavarishta (fermentation), Lepa (pasta), Churna (powder), Sneha kalpan (fatty preparation), Vati (pills) etc. Two forms of formulations are contained in Sneha kalpana (fatty preparation) in Ayurvedic Pharmaceuticals, i.e. Medicated Oil and Medicated Ghee.

**Taila (medicated oil)<sup>[2]</sup>**

Tailas are preparations where the taila is boiled with specified kasayas (decoction) and kalkas according to the recipe. This method guarantees that the active medicinal properties of the products are consumed.

**Ghrita (medicated ghee)**

Ghrita is a preparation in which Ghrita is boiled with recommended kasayas (decoction) and kalkas according to the recipe. This method guarantees that the active medicinal properties of the products are consumed.

**General Method of Preparation<sup>[3]</sup>**

There are three important components for the preparation of Taila.

1. Drava (a liquid that may be one or more, such as kasaya, svarasa, dugdha, mastu, etc.)
2. Kalka (The fine paste of the drug)
3. Taila

**Taila Murchhana<sup>[4,5]</sup>**

The raw taila would have been treated with a special technique prior to preparation of the medicinal taila. The method is known as this one. This procedure has been introduced to increase the effectiveness of oil and extract bad odor and amadosa from Taila Murchhan. For the first time, Bhaisajjaya ratnavali stated a thorough definition of Murchana. Evidence reveals that Murchana decreases the importance of acid and increases the benefit of saponification. Reduced acid value suggests a smaller proportion of free fatty acids and a higher saponification value implies a higher content of small molecular fatty acids. Medicated oil formulations

containing low molecular fatty acids are consumed rapidly. In this Taila Murchhana method, different medications must be applied with the tail and heat before the smoke is minimized. This heated tail was then purified and used for further preparation of the skin.

### Principles of Procedure<sup>[6,7]</sup>

Unless otherwise mentioned in the document, if the kalka is one part by weight, the taila should be four parts and the drava-dravya should be sixteen sections. If no drava is recommended, four sections of the water are applied to one section of the taila; the kalka is one fourth the weight of the taila. Where drava dravya is either kvatha or svarasa, kalka will be one-sixth and one-eighth taila respectively. Whether the amount of drava drava drava is four or less than four, each drava must be taken four times the weight of the neck. Where the drava drava are more than four, each drava shall be equivalent in weight to the taila. If no kalka dravya is used in a treatment, kasaya drugs increasing be used as kalka. If sarkara is specified in the taila preparation, it should be applied to the final product when it is cool. Where the paka is to be performed with kvatha, svarasa, dugdha and mamsarasa, etc., the paka must be done separately in the order referred to above. The period of paka with various dravyas should be as like,

1. Kvatha, aranala, takra, etc.- 5 days.
2. Svarasa- 3 days.
3. Dugdha- 2 days.
4. Mamsa rasa- 1 day.

In the beginning, the boiling should be on a mild fire (mridvagni) and in the end it should also be on a mild fire. Once lavanas and ksaras are used in these arrangements, they are applied to the sneha and then stretched.

### Method of preparation

Heat the tail until it's free from the froth. Connect 4 sections of the water along with the kalka (paste) of the stated murchhan drugs. Boil it in moderate heat before the oil has been removed from the bath. Process it and using it for the preparation of certain therapeutic ears. This method eliminates the irritating scent of gasoline. It has strong color and scent. The kalka and the drava are mixed together, then boiled with the murchhita taila and stirring well continuously such that the kalka cannot be stuck to the pot. Often the drava-dravyas are guided to be inserted one after the other as the boiling cycle proceeds before the drava-dravya applied earlier has evaporated. When all drava-dravyas have evaporated, the moisture in the kalka would also begin to evaporate; at this point, it must be stirring more regularly and carefully to insure that the kalka does not cling to the bottom of the vessel.

### Test for the Finished Product

The kalka is taken out of the ladle and measured from time to time to learn the state and level of the kalka. There are three stages of the paka. (I) Mrdu paka (ii) Madhyama paka and (iii) Khara paka (iv) Dagdha paka.

In mrdu paka, kalka is waxy and rolls like laksa without clinging between the fingertips. Throughout madhyama paka, kalka becomes stronger and burns in the flames without any crackling effect. A further degree of heating would contribute to dagdha paka and the taila will become unsafe for usage. When the tail hits the right paka point, it falls out. Mrdupaka taila is used for nasya; Madhya-mapaka taila is used for pana (internal), vasti, etc.; kharapaka sneha is used for abhyanga only.

### Precautions

During the processing of Taila, the following steps should be taken at various levels of processing. Strength of fire will be preserved during the cycle in order to achieve the required temperature. The mixture is mixed constantly and deliberately to insure that the kalka does not adhere to the bottom of the pot. Proper consideration will be taken to assess the right stage of Taila Paka. In order to extract an optimal quantity of medicinal oil, the kalka should be pressed in a hot state. Preserving containers should be clear of moisture and perfuming medications should be applied softly with stirring while Taila is lukewarm.

### Doses

- For internal Uses: 12 gm
- For Nasya: 5 to 10 drops
- For external uses: As per required

### Uses

Paksaghata (Hemiplegia), Avavahuka (Frozen shoulder), Mukharoga (Disease of Oral cavity), Karnaroga (Disease of Ear), Danta roga (Dental problem), Ardita (Facial Paralysis), Khalitya (Baldness), Palita (Graying hair), Kustha (Skin disease), Amavata (Rheumatoid arthritis), Sandhivata (Osteo arthritis), Gridhrasi (Sciatica), Visphota (Ulcer), Bhagandara (Fistula in Ano), Switra (Leucoderma), Anidra (Insomnia), Manyasthambha (Cervical Spondylitis), Hanusthambha (Lock jaw) Vicharchika (Eczema), Kitibha (Psoriasis), Vatarakta (Gout) etc.

### Characteristics<sup>[8]</sup>

Taila should usually have the hue, scent and taste of the medicines used and the quality of the liquid. When a large volume of milk is included in the preparation, the oil is thicker.

### Preservation

Tailas are contained in glass or metal pots.

### Shelf Life Period of Taila

According to Govt. of India notification life period of Taila is three years.

### Some Classical Formulation

Anu Taila, Arimedadi Taila, Asana vilwadi Taila, Kanaka Taila, Kayyonnyadi Taila, Karpasaha -stadi Taila, Kasisadi Taila, Kunkumadi Taila, Kustha raksasa Taila, Kottamchukadi Taila, Ksir Rabala Taila,

Gandharba hastadi Taila, Grahamihira Taila, Chandanadi Taila, Chandanabala laksadi Taila, Chitrakadi Taila, Jatyadi Taila, Jyotismati Taila, Tungadrumadi Taila, Tubaraka Taila, Triphaladi Taila, Dhanwantara taila, Nilikadya Taila, Nilibhringyadi Taila, Pinda Taila, Pippalyadi Taila, Pramehamihira Taila, Prasarani Taila, Ela Taila, Balaguduchyadi Taila, Bala Dhatryadi Taila, Balaswagandha laksadi Taila, Bruhat Guduchyadi Taila, Bruhat masa taila, Brihat saindhabadi Taila, Bhrungamalakadi Taila, Bhrungaraja Taila, Manjisthadi Taila, Maha narayana Taila, Madhuyasthadi Taila, Mahavisagarbha Taila, Laksadi Taila, Nirgundi Taila, Vachadi Taila, Vacha lasunadi Taila, Visatinduka Taila, Vranaraksasa Taila, Suskamulaka Taila, Sadbindu Taila, Sahacharadi Taila, Saindhavadi Taila, Somaraji Taila, Hingu triguna Taila.

## CONCLUSION

Taila kalpana is a procedure that involves the manufacture of oleaginous medications using various materials such as Taila, Kalka, Kwatha Ksheera, and Gandha dravyas. The fat/water soluble active ingredients of medicines are extracted into Taila in this stage. Medicated Taila has stronger strength and a longer shelf life than raw Taila. The health, beauty, vigour, and anabolism of the body are all improved by formulas made from the tail. Active principles that are water soluble as well as fat soluble can be turned into oil media, and this assimilation of the material's qualities makes Taila strong and efficient. Scientists associated with Ayurvedic Pharmaceuticals would be involved in improving the ancient pharmaceutical system without breaching the basic concept for the preparation of medicinal oils.

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