

## CONCEPTUAL STUDY OF THE ROLE OF SHATAPAAKI MADHUKA TAILA IN THE MANAGEMENT OF VATARAKTA

Kotalgaonkar Sachin<sup>1</sup> Nakade Mamta<sup>2\*</sup> Auti Swapnil<sup>3</sup>

<sup>1</sup> PG Scholar, Dept. of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research Centre  
Pimpri, Pune, India, Maharashtra

<sup>2</sup> Professor and Head, Dept. of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research  
Centre Pimpri, Pune, India, Maharashtra

<sup>3</sup>Lecturer, Dept. of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research Centre  
Pimpri, Pune, India, Maharashtra

### ABSTRACT

*Vatarakta* is disease of vitiated *vata* & *rakta*. Aggravated *vata* is obstructed in its passage by *dushit rakta* & generates *Vatarakta*. Amongst etiological factors of *Vatarakta* many are responsible for *raktadushti* & for its signs & symptoms. *Shatapaak Madhuka Taila* is combination of *Raktaprasadak* & *Raktashodhak* dravyas. This Taila helps in *vatarakta* to remove *raktadushti*. So, here in this article, I have discussed the role of *Shatapaak Madhuka Taila* in relieving the symptoms of *Vatarakta*. *Shatapaak Madhuka Taila* relieves symptoms by *raktaprasadan*. *Yashtimadhu* relieves pain by *prasadana* of *rakta* and *shamana* of *vata*, increases circulation, does *raktaprasadan* & *shonitasthapan*. It also does *shodhan* & *shaman* of *pitta* the factor of *usmha*. It is *Pitta* and *Vata shaamaka* (pacifying) and *Rakta prasadaka* (Maintenance of quality). It also acts against *visha* (toxins), *shotha* (inflammation) and thus effective in other complications involved in *Vatarakta* as well. Milk used in this *kalpa* is *sheet* and *rasayana* (rejuvenative) in nature, thus, helps in *rakta prasaadana* and *Vata shamana*. *Tila taila*, being *snigdha* acts against *Vata*. *Shatapaka Madhuka Taila*, thus, as a whole, is effective in *vedana shaman* (pain relieving) in *vatarakta*.

**Keywords:** *Vatarakta, Shatapaak, Shatapaki, Yashtimadu, Madhuka, Shonitasthapanana*

### INTRODUCTION:

*Vatarakta* is a *sammurchana janit vyadhi* of *Vata* & *Rakta*. The aggravated *vata* is being obstructed in its passage by *dushit rakta*. This *vata* again vitiates the whole *rakta*. This condition is known by various names, namely as *Vatashonita*, *Khudavata*, *Vatabalasa*, *Aadhyavata* etc.<sup>1</sup> It establishes its base first in the hands & feet & then spreads in the joints of entire body & causes severe pain which is difficult to tolerate. The etiological factors of *Vatarakta*

are described in detail in *Charak Samhita* out of which Salty, Sour, Pungent, hot & uncooked food, meat of aquatic & marshy animals, food having high proteins, curd, buttermilk, sura etc. are mainly responsible for *raktadushti*. The signs & symptoms in the *Vatarakta* like *kandu*(itching), *daha*(burning); *twakavaivarnya*(discoloration of skin), *raga*(redness), *shotha* (inflammation), and *paka* are caused by *dushit rakta* along with *tridosha*. So, it is necessary to remove the impurities from blood.

This is possible with the help of *Raktaprasadak*, *Raktashodhak* dravyas. *Shatapaka Maduka Taila* mentioned in *Charak Samhita Chikitsa sthana* has combination of such *Raktaprasadak*, *Raktashodhak* dravyas. The decoction is prepared from *Yashtimadhu* and then the *ksheerpaak* and finally, the *tailapaaka* is useful in *Vatarakta* for the purpose of pain relief and relief in other associated symptoms of *Vatarakta*<sup>2</sup>.

**Aim:** Conceptual study of role of *Shatapaka Maduka Taila* in *Vatarakta* with special reference to *Raktadushti*.

**Objective:**

1. To study role of *Raktadushti* in *Vatarakta*.
2. To study role (*Karmukatva*) of *Shatapaka Maduka Taila* in *Vatarakta*.

**MATERIAL & METHODS:** This is a literary type of study. Literary study of *raktadushti* (Vitiated blood) is done from *Charak samhita*, *Sushruta samhita* & *Vagbhat samhita*. Literary study of *karmukatva* (Activity) of contents of *Shatapaka Maduka Taila* is done from *Charaka Samhita*.

Following data mentioned here the short review of literature related to this study.

**DISEASE REVIEW:**

***Raktadushti hetu* (Vitiating Factors of blood)<sup>3</sup> :**

1. Use of vitiated, very acute & hot wines or similar intoxicants.
2. Excess use of salts, alkalis & pungent articles.
3. Horse gram, Black gram, Sesame & Sesame oil, Radish etc.
4. Flesh of aquatic, wetland, terricolous & tearer group of animals.
5. Curd, Sour *canjees*, *Shukta*, *Sura*, *Sauviraka* wines.
6. Day time sleeping just after having liquid, unctuous & heavy food.
7. Indulgence in over eating & Anger.

8. Suppressing urge of vomiting.
9. Not practicing bloodletting in proper season.
10. Fatigue, injury, grief, pre-digestion meal, eating on loaded stomach & the natural tendency of the autumnal season.

***Rakta dushti lakshane* (Vitiated blood symptoms)<sup>4</sup>** Vitiated *rakta* leads to various diseases like *Mukhapaka*, *Akshiraga*, *kushtha*, *vidradhi*, *visarpa* etc. including *Vatarakta*.

***Vatarakta hetu* (Etiological factors of Vatarakta)<sup>5,6</sup> :**

1. Salty, sour, alkaline, hot & uncooked food.
2. Moist or dried things, meat of aquatic & marshy animals.
3. Radish, horse gram, black gram, *nispava*, sesame paste, sugarcane, curd, sour gruel, *sauvira*, *sukta*, buttermilk, *sura*, *aasava*.
4. Incompatible food, eating during indigestion.
5. Anger, day-sleep, vigils.
6. Delicate persons having delicious things at pleasure & not in habit of walking.
7. Injury & non evacuation when blood is affected.
8. Astringent, bitter, little & rough items.
9. Riding on horses & camels, sporting in water, jumping, walking in hot climates, sexual intercourse & suppression of urges.

***Vatarakta Samprapti* (Pathogenesis)<sup>7,8</sup> :**

1. *Vataprakopaka* & *Raktadushtikar hetu* *sevan*.
2. *Vata* vitiation by *sukshma* & *Sara guna*.
3. *Rakta* vitiation by *Drava* & *Sara guna*.
4. Circulation of vitiated *vata* & *rakta* all over the body through blood vessels.

5. Obstructed in the joints & get located there with agitation.
6. If located in *twaka* & *mamsa* term as *Uttana vatarakta*.
7. If located in deeper *dhatu*s (like *asthi-majja*) termed as *Gambhir vatarakta*.

#### DRUG REVIEW:

##### *Shatapaaki Maduka Taila*<sup>2</sup>:

The *kwatha* of *Yashtimadhu* is done and then the *ksheerpaka* is done and the *Tila Taila* is processed in this manner for several times. It can be stated that the contents of *Shatapaaki Maduka Taila* are having such active principles which act on *raktadushti* in *vatarakta*.

The properties of the above *dravyas* with their *karmuktva* are as following-

Action of *Yashtimadhu* (*Glycerrhiza glabra*)- *Rasa*- *Madhur*, *Vipaka*- *Madhur*, *Virya*- *Sheeta*

Main Properties- *Guru*, *Snigdha*, Action on *Doshas*- *Pitta* pacifying, *Vata* Pacifying Local Action- *Daah shamaka*, *Vedanasthapana*, *Shothahara*

*Yashtimadu*<sup>9</sup> - *Yashtimadhu*, due to its *madhur rasa* and *virya* causes *Shonitasthapana* action and *Rakta prasaadana* too. Its *guru* and *snigdha guna* cause the *vata shamana*. This way, it acts both against, vitiated *vata* as well as *rakta*, by maintaining their quality.

In long-term effects of sang the vitiated *rakta* generates *daha*, *paka*, *raga*, *shoth*, *shool* etc. *Yashtimadhu*, because of its *Sheeta virya* and *Madhur Rasa* and *Vipaka*, pacifies *rakta gata ushma* & relieves the signs.

*Godugdha* (Cow milk) and *Tila Taila* (Sesame oil) also act against vitiated *vata* and *rakta* in order to maintain their natural qualities.

#### DISCUSSION

On the basis of above study it can be stated that the *Shatapaak Maduka Taila* is effective in *raktadushti* in *Vatarakta*. It re-

moves the *rakta gata ushma*, stickiness of *rakta*. There by

Minimize the obstruction in passage of *vata* caused by *dushita rakta*. This *taila* decreases the signs & symptoms in *vatarakta* like *daha* (irritation), *twaka-vaivarnya* (discolouration of skin), *raga* (redness), *chimchimayana* (tingling), *shotha* (inflammation), *paka* etc.

#### CONCLUSION

*Shatapaak Maduka Taila* acts as *Raktashodhak* & *Raktaprasadak* in *vatarakta* by removing the obstruction in the path of *vata* by *dushit rakta* & helps in minimizing the severity

of signs & symptoms in patients. Scope for future study: Clinical trials on *karmuktva* (Activity) of *Shatapaak Maduka Taila* in *Vatarakta*.

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#### **CORRESPONDING AUTHOR**

#### **DR. MAMTA NAKADE**

Professor and HOD, Dept. of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, Pune.-411 018

**Email-** iaa.sec@gmail.com

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