

REVIEW ON SHRINGAVERADI TAILA

Vidya. M. Barki¹, S. M. Pasha²

¹Final year PG Scholar; ²Professor and HOD;
Department of PG Studies in Shalakyta Tantra, GAMC, Bengaluru, Karnataka, India

Email: mbvidya.8@gmail.com

ABSTRACT

Ayurvedic pharmaceuticals offer a great range of medicaments. They actually aim at effective potentiation of medicaments with simple methods. '*Shringaveradi taila*'¹ a unique formulation mentioned in *Bhaishajya Ratnavali* in *Netraroga adhikara* which is having minimum ingredients and mentioned as *Mahapatala Nashanam*. *Shringaveradi taila* is an ancient Ayurvedic preparation which is used for *nasya karma* and their comes the need of analysis of its pharmacological properties, method of preparation, characteristics, probable mode of action and recent works on eye diseases which can increases its scope for further studies.

Keywords: *Shringaveradi taila, Nasya, Mahapatala Nashanam*

INTRODUCTION

Snehakalpana may be defined as a pharmaceutical process to prepare oleaginous medicaments from the substances like *kalka*, *kwatha* and *Drava dravyas*, in specific proportions by subjecting to a unique heating pattern and duration to fulfill the certain pharmaceutical parameters according to the need of therapeutics.²

This unique process of preparation gives wide scope for solubility of active principles in the form of *kalka*, *churna* etc in *sneha*, *takra*, *kanji* and *ksheera*.

Four types of *snehas*³ are described in Ayurvedic literature these are *ghrita*, *taila*, *vasa*, *majja*. *Tailas* are preparations in which oil is boiled with prescribed *kashaya* and *kalka* drugs according to the formula i.e. if *kalka* is one part, *sneha* should be four times more and *drava dravyas* should be sixteen parts.

Table 1: Ingredients of *Shrungaveradi taila*:

Sl.No	Name of the drug	Botanical Name	Properties	Rogagnatha
1	<i>Shunthi</i>	<i>Zingiber officinale</i>	Rasa – <i>Katu</i> Guna – <i>Laghu</i> Virya – <i>Ushna</i> Vipaka- <i>Madhura</i> Doshagnata – <i>Vata Kaphahara</i>	<i>Balya agnimandya, pandu, mutrala</i>
2	<i>Yastimadhu</i>	<i>Glycyrrhiza glabra</i>	Rasa – <i>Madhura</i> Guna – <i>Guru, snigdha.</i> Virya – <i>Sheeta</i> Vipaka- <i>Madhura</i> Doshagnata – <i>Vatapittahara</i>	<i>Netra roga, shiroroga, shwasa, kasa, vranashotha</i>
3	<i>Bringaraja</i>	<i>Eclipta alba</i>	Rasa – <i>Katu, tikta</i> Guna – <i>Teekshna, Laghu.</i> Virya – <i>Ushna</i> Vipaka- <i>Katu</i> Doshagnata – <i>Kapha, Vatahara</i>	<i>Netraroga ,shirashoola, prathisyaya , mukharoga,</i>
4	<i>Tila taila</i>	<i>Sesatum indicum</i>	Rasa – <i>Madhura, tikta, kashaya</i> Guna – <i>Guru, Snigdha</i> Virya – <i>Ushna</i> Vipaka – <i>Madhura</i> Doshagnata – <i>Vatahara</i>	<i>Vatahara, Twachya, Balya, Keshya, Shukrala</i>

General Method of preparation:***Murchana***⁸

It is a process adopted for enhancing the potency of ghee or oil and to remove the bad odour and *amadosa*. Researches show that *murchana* decreases the acid value and increases saponification value. Reduced acid value indicates less percentage of free fatty acids and increased saponification value indicates higher content of low molecular weight fatty acids.

Taila Moorchna**Ingredients:**

Triphala, Musta, Rajani, Hrivera, Lodra, Suchipuspa (Ketaki), Vatankura and *Nalika*

Above drugs should be taken in equal quantity and powdered.

Its total quantity must be 1/4th to that of *Tila Taila*.

- *Tila Taila* -1 Part
- *Jalam* - 4 Parts

Procedure

- Heat the *Tila taila* till it become free from froth. Add 4 part of water along with powder of *Triphala, Musta, Rajani, Hrivera, Lodra, Suchipuspa, Vatankura* and *Nalika* drugs.
- Boil it on moderate heat till the *Taila* became free from water.
- Filter it and use for the preparation of other medicated oils.
- By this process unpleasant odour of the oil is removed. It obtains good colour and fragrance.

General Method of Preparation of *Taila Kalpana*⁹

1 part of *kalka dravya*, 4 parts of oil and 16 parts of *drava* are to be mixed together & heat on *mandagani* to prepare any medicated *Taila*. Then it is filtered and stored. When there is no specification of liquid then water is advised in the same way, if there is no specifications of *Kalka* and *Kwatha* then *Kalka & Kwatha* can be prepared by mentioned *dravya varga*.

Duration of *Taila Klapana*¹⁰

The preparation of medicated *taila* should take more than one day in order to increase the absorption of fat soluble constituents of the drugs and to increase potency of the *sneha*. According to Acharya Harita *taila paka* should be completed in 15 days. *Vaidyaka Paribhasa Pradip* a well known text of Ayurvedic

Pharmaceutics further stated that duration also depends on the nature of the liquid substances added to fatty matter.

Stages of *Paka*

- *Mridupaka*
- *Madhyamapaka*
- *Kharapaka*

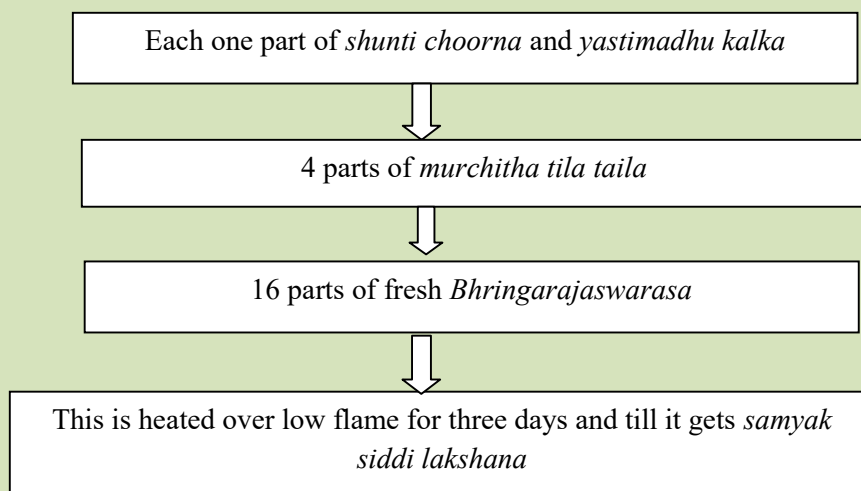
Table 2: Uses of *paka* according to various authors

SL NO.	AUTHOR	MRIDUPAKA	MADHYAMAPAKA	KHARAPAKA
1	<i>Charaka</i>	<i>Nasya</i>	<i>Basthi</i>	<i>Abhyanga</i>
2	<i>Sushruta</i>	<i>Pana</i>	<i>Nasya , Abhyanga</i>	<i>Basthi, Karnapoorana</i>
3	<i>Vagbhat</i>	<i>Nasya</i>	<i>Pana, Basthi</i>	<i>Abhyanga</i>
4	<i>Sharangadhara</i>	<i>Nasya</i>	<i>Sarvakarma</i>	<i>Abhyanga</i>

Shelf Life Period of *Taila*: According to Govt. of India notification life period of *Taila* is 3 year.

Method of preparation of *shringaveradi taila*:

Ingredients: *Shunti churna* -1 part
Yastimadhu churna -1 part
Bhringaraja Swarasa - 16 parts
Tila taila -4 parts

**DISCUSSION**

On reviewing the drug in details, it can be emphasized that the drug is used in the management of different diseases and all drugs are *chaksyhusa* in nature can be used in the management of different eye diseases. Which are due to inflammatory, non in-

flammatory, degenerative and auto immune changes as well.

These can be attributed to the following reasons by analyzing the actions of chemical constituents.

BRINGARAJA

It is mentioned as *chakshushya* by *bhavaprakasha* and *Rajanighantu*.

Constituents: Ecliptic, wedelolactone, stigmasterol, heptacosanol, hentriacontanol, sixteen polycetylenic thiophenes etc.

Mode of action: Stigmasterol heptacosanol-acts as immunomodulator by inhibiting the cell death. Ecliptus sapanin c is a promoter of cell regeneration.

Administration: *Brhingaraja taila nasya* in cataract to improve vision and arrest the further progression

YASTIMADHU

It is *chakshushya dravya* according to *bhavaprakasha* and *Rajanighantu*.

Constituents: Glycyrrhizin, Saponin, liquiritic acid, Glabrene, Isoliquiritigenin and Licochalcones etc

Mode of action: Saponin of yastimadhu increases the body's utilization of calcium and silicon.

Glycyrrhetic acid, Licochalcones and Glabrene has immunomodulating and anti-inflammatory property thus it will help in deranging the epithelial defects produced due to the inflammatory response.

Glabridin, Isoliquiritigenin and Licochalcones have Anti-oxidant activity which helps in reducing the apoptosis over the affected surface.

SHUNTI

Major chemical constituents: α - curcumene, β -D-curcumene, citral, zinziberol, ginger glycolipids A, B and C, gingerols.

Rhizome contains yellowish coloured volatile oil 1-5% and yellow bitter substance, gingerol.

Oily resinous substance as main active principle gingerin and other resin, starch and other contents of gingerol is not volatile with oil.

Mode of action: The ingredients like *Shunti* enhance circulation when used in topical medicines and is antioxidative and antilipidemic.

TILA TAILA

Acharya Charak mentioned that *Tila taila* is best one for strength and unction and considered best for pacification of *Vata*. *Taila* assimilates the properties of other drugs added to it during the *paka* of *Sneha* without losing its own properties. This radical transformation of property is not possible in *ghee* (*Harita*).

Chemical composition - Neutral lipids, glycololipids & phospholipids, sesamose, sesamolin, sesamol, pinoresinol etc.

Mode of action: *Tila taila* -y-tocopherol and sesamol present in it are having anti-oxidant and anti-aging activity.

This particular *taila* is explained in *Bhaishajya Rathnavali* under *Netrarogadhikara* which is mentioned as '*Mahapatala Nashanam*' hence it can be used in the form of *nasya* in all types of *netrarogas*.

Probable Mode of Action of Shringaveradi taila as Nasya

In Ayurvedic text mode of action of *Nasya karma* is clearly described. According to *Charaka 'Nasa'* is the gate ways of *Shiras*. The drugs administered through nose reaches the *shiras* and eliminate the morbid *doshas* responsible for disease. The *Nasya Dravya* may act by reaching *Shrungatak Marma* from where it spreads into various *Srotas*. *Shrungataka Marma* is a *Sira Marma* present in the middle of confluence of *Sira* and supply nourishment to the eyes and other structures like nose, ear etc.

CONCLUSION

In short from the above context it can be interpreted and inferred that *Shringaveradi taila* contains immunomodulatory, cell regeneration, anti inflammatory, anti-aging activity and antioxidant properties. So *Shringaveradi taila* in the form of *nasya* can be used in the management of eye diseases whether it may be inflammatory, degenerative or allergic conditions. Hence considering all these properties we can interpret its '*Mahapatala Nashana*' activity.

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