REVIEW ON SHRINGAVERADI TAILA

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ABSTRACT

Ayurvedic pharmaceutics offer a great range of medicaments. They actually aim at effective potentisation of medicaments with simple methods. ‘Shringaveradi taila’ is 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 snehas³ 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 Shringaveradi taila:

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Name of the drug</th>
<th>Botanical Name</th>
<th>Properties</th>
<th>Rogaghnatha</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shunthi</td>
<td>Zingiber officinale</td>
<td>Rasa – Katu</td>
<td>Balya agnimandya, pandu, mutrala</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Guna – Laghu, Virya – Ushna, Vipaka- Madhura, Doshaghnata – Vata Kaphahara</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Bringaraja</td>
<td>Eclipta alba</td>
<td>Rasa – Katu, tikta, Virya – Ushna, Vipaka- Katu, Doshaghnata – Kapha, Vatahara</td>
<td>Netraroga, shirashoola, prathisyaya, mukharoga,</td>
</tr>
</tbody>
</table>

General Method of preparation:

**Murchana**

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 Moorchana**

**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**

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

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 Pharmaceuticals 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

<table>
<thead>
<tr>
<th>SL NO.</th>
<th>AUTHOR</th>
<th>MRIDUPTA</th>
<th>MADHYAMAPA</th>
<th>KHAARAPA</th>
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<tbody>
<tr>
<td>1</td>
<td>Charaka</td>
<td>Nasya</td>
<td>Basthi</td>
<td>Abhyanga</td>
</tr>
<tr>
<td>2</td>
<td>Sushrutha</td>
<td>Pana</td>
<td>Nasya , Abhyanga</td>
<td>Basthi, Karnapoorana</td>
</tr>
<tr>
<td>3</td>
<td>Vagbhata</td>
<td>Nasya</td>
<td>Pana, Basthi</td>
<td>Abhyanga</td>
</tr>
<tr>
<td>4</td>
<td>Sharangadhara</td>
<td>Nasya</td>
<td>Sarvakarma</td>
<td>Abhyanga</td>
</tr>
</tbody>
</table>

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

Each one part of shunti choorna and yastimadhu kalka

4 parts of murchitha tila taila

16 parts of fresh Bhringarajaswarasa

This is heated over low flame for three days and till it gets samyak siddi lakshana

**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 chaksyusha in nature can be used in the management of different eye diseases. Which are due to inflammatory, non inflammatory, 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 polycetylentic thiophenes etc.

Mode of action: Stigmasterol heptacosanol-acts as immunomodulater 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 body’s utilization of calcium and silicon. Glycyrrhetinic 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 uction 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, sesamolinol, 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 Nетrarогадхикаra which is mentioned as ‘Mahapatala Nashanam’ hence it can 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. Shrungatak 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.

REFERENCES

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