TILA - NAVNEETADI LEPA: LITERATURE REVIEW

Abhijeet A. Gawai¹, Bhargav Tappe², Bhushan Raghuwanshi³, Ankush Mankar⁴, Somesh Vaidya⁵

¹Asst. Prof. – Agadtantra Department; ²Asst. Prof. – Kriya Sharir Department
³Asst. Prof. – Kayachikitsa Department; ⁴Asst. Prof. – Panchakarma Department
⁵Prof. – Agadtantra Department
Dr. Rajendra Gode Ayurved College Hospital & Research Centre, Amravati, Maharashtra, India

Email: abhi8188.ag@gmail.com

ABSTRACT
Ayurveda system of medicine is well known since Vedic period. This system of medicine involves the use of plant parts, animal products, mineral and metals. Till date science doesn’t have specific antidote or drug to cure local toxicity caused by Bhallataka or another Poisonous drug. As they can use only Povidone and Dettol or Savlon for cleaning locally along with lots of oral drugs like pain killers, antibiotic, antacid. Hence present literature study focuses mainly on literature review as well as wound healing properties of Tila-Navnitadi lepa. **Aim and Objective:** 1) To explore the various pharmacological actions of Tila Navnitadi Lepa. 2) To evaluate wound healing property of polyherbal lepa. **Material and Method:** Literature of present study has been reviewed from various Samhita, textbooks and articles etc.

**Keywords:** Ayurveda, Antidote, Lepa, Toxicity.

INTRODUCTION
Ayurvedic system of medicine is well known since Vedic period. This system of medicine involves the use of plant parts, animal products, mineral and metals. For complete management of any disease physician, drug, nursing staff and patient all are very important factors. Proper management of disease cannot be done without any of these factors. Among these four important elements drug is the most important one. Without availability of proper and good quality drug, the physician is helpless for curing the disease. It is the drug which breaks the pathogenesis of disease. Till date science doesn’t have specific antidote or drug to cure local toxicity caused by Bhallataka as they can use only Povidine, Dettol or Savlon for cleaning locally and lots of oral drugs like pain killers, antibiotic, antacid. So, Ayurveda has advised better treatment which is cheap and have easily available sources of drug. Tila-Navnitadi lepa is described against local toxicity of Bhallataka in Rasajalnidhi. **Swelling and irritation due to Bhallataka poison is pacified by external application of butter (Navnit), Milk (Godugdh), Gud (jaggery), molasses-purified and condensed into a tawny coloured lump, Tila.** **Contents of Tila-Navnitadi lepa:** a) Cow milk b) Fresh butter milk (Navnit). c) Molasses (Jaggery/Gud/Khandgurh): Latin name: Saccharum officinarum Linn. It is prepared from sugarcane juice. d) *Tila (Sesamum indicum)*
**Literature drug review:** Ayurveda emphasizes on for proper treatment of any disease, homeostasis of *dosha* and *Dushya* i.e. *Dhatus* involved in that disease should be maintained. Therefore, for every disease there are basic principles of treatment i.e. *Chikitsa sidhhanta* (Treatment protocol) mentioned in Ayurveda texts. The drug chosen for the treatment of disease should always fulfill the criteria of *Chikitsa sidhanta*. *Navnit* [4] *Navnit* (Indian butter/Loni) is one of the Indian household milk products, derived by churning out curd. *Ghee* is obtained by clarifying butter by means of heat treatment. It possesses medicinal properties and described widely in *Ayurveda*. **Properties of *Navnit*:** [5] Fresh butter is constipating, appetizer, cordial/good for heart, cures diseases of *grahani*, ulcers, facial paralysis, and tastelessness. Butter which is fresh is light (easily digested), makes the body tender (soft) intellect, kindles digestion, good for heart, constipating, mitigates *pitta* and *Vata*, aphrodisiac, does not cause heart burn, cures consumption, cough, emaciation, from ulcers and facial paralysis, that which has become stable is heavy increases *kapha* and *meda* bestows strength, stoutening, cure phthisis and beneficial to children especially. *Ghee*, though fattier than butter, does not cure facial paralysis like butter. Prepared fresh *Navnit* is coolant, sweet, astringent, and sour in taste. Cures tuberculosis, hemorrhoids, facial paralysis, disorders caused by *pitta*, *rakta*, and *vata* is constipating and kindles digestion. Butter prepared from churning milk is also constipating and cures bleeding diseases and diseases of eye. Fresh butter is aphrodisiac, cold in potency i.e. *Sheet*, strengthening, and increases metabolic fire, constipating, cures diseases of *vata*, *pitta*, and *rakta*, cures consumption, ulcers, facial paralysis. Butter derived by churning out milk is constipating, cures *rakta* and eye disorders. Butter from cow origin is aphrodisiac, enhances fairness i.e. *Varnyakar*, increases strength, appetizer (Increases Agni), constipating, cures diseases of *vata*, *pitta*, *rakta*, cures *kshaya*, cures *arsha*, *ardita*, *kasa*. Chemical constituents of *Navnit*: Chemically butter fat consists of a mixture of triglycerides, particularly those derived from fatty acid composition of butter fat varies according to the producing animals’ diet. Saturated fatty acids: Palmitic acid: 31%, Myristic acid: 12%, Stearic acid: 11%, Lower saturated fatty acid: 11% Pentadecanoic acid and heptadecanoic acid. Unsaturated fatty acids: Oleic acid: 24%, Palmitoleic acid: 4%, Linoleic acid: 3%, Alpha-Linolenic acid: 1% *Tila* [6] It is an annual plant growing about 50- 110 cm (1.5- 3.4 ft.) tall, having opposite leaves 4- 14 cm long with an entire margin, they are broad lanceolate to 5 cm broad, at the base of plant, narrowing to just 1 cm broad at the flowering stem. Sesame is one of the most widely used Ayurvedic medicines. Sesame is used in multiple dosage forms – powder, paste, oil, in the form of sesame recipes. The wonder herb is used in multiple ways through different routes of administration. Externally, internally, orally, over the eyes, nasally, rectally etc. **Properties of *Tila*:** *Rasa*: *Tikta*, *Vipak*: *Madhur*, *Virya*: *Ushna*, *Guna*: *Laghu*, *Snigdha*. Local action is due to its *vataaghna* and *pittaghna* property it acts as *vedana sthapak* (Pain killer), thus decreases pain. *Tikta* and *laghu* property of *tila* is useful in *vrana ropan* (Wound healing). *Tikta rasa* is useful to decrease *kleda* in wound as it is *kaphaghna*. [7] **Chemical composition:** Sesame seeds contain various vitamins A, B, C and oil. Oil contains sesamin, fat, protein, fibrous matter, carbohydrate, magnesium, copper, calcium, iron, zinc, phosphorus. Sesame is rich in Vitamin E. Hence acts as a natural antioxidant. It also contains Vitamin K. It contains oil and therefore provides lubrication/ smoothness in the body on application. **Pharmacological Activities:** Cholesterol emic, Hepatoprotective, antioxidant, anti-tumor, hypotensive, free radical scavenging active. The clinical study on *Tila* (sesame) showed that it reduces acetic acid induced writhes and formalin induced paw licking in mice. Similarly, it significantly delayed the reaction time of animal to the heat stimulus. Acetic acid causes inflammatory pain while inducing capillary permeability, formalin exhibits neurogenic and inflammatory pain while hot plate induced pain indicates narcotic involvement. In several researches it has been found that sesamin inhibits 5 desaturase activity, resulting in accumulation of diaminolinenolic acid which displaces arachidonic acid and consequently
decreases the formation of pro-inflammatory 2-series prostaglandins (PGE2). Therefore, sesame oil may have a therapeutic potential supplementation for pain and inflammatory disease due to presence of active principle ligans.

**Molasses (Khandgurh/Guda)**: Sugarcane is one of several species of tall perennial true grasses, native to the warm temperate to tropical region of south Asia and Melanesia. Products derived from sugarcane are sugar, molasses, rum, cachaça, bagasse and ethanol etc. To make molasses sugarcane is harvested and stripped of leaves. Its juice is extracted by crushing or cutting. The juice is boiled to concentrate it, promoting sugar crystallization. The result of first boiling is called first syrup and it has highest sugar content. Second molasses is created from second boiling. Gud is extensively used in many Indian cuisines and in various Ayurvedic medicines. It is a good substitute for sugar. Not only that, it comes with a bunch of its own unique health benefits. Guda forms the backbone of Asavas and Arishtas – fermented liquid Ayurvedic medicines. Qualities of Guda and types: Treacle / jaggery (Guda) causes increased parasitic infection, Majjakara – It increases the quantity of marrow, Asrukara – improves blood, medo Mamsakara – increases fat and muscles. Nutritional value per 100 gm of Gud: Energy – 1213 KJ (290 kcal), Carbohydrate: 74.73 gm, Sugar: 74.72 gm, Fat: 0.1 gm. Vitamins: Thiamine (B1): 0.041 mg (4%), Riboflavin (B2): 0.002 mg, Niacin (B3): 0.93 mg (6%), Pantothenic acid (B5): 0.804 mg (16%), Vitamin B6: 0.67 mg. Minerals: Calcium- 205 (21%), Iron- 4.72 mg (36%), Magnesium- 242 mg (68%), Potassium- 1464 mg (31%), Zinc- 6.29 mg (3%).

**Godugdha**

Godugdha is having Madhur Ras (Sweet taste), Madhur Vipak and Shit virya. Dugdhavardhak, Snigdha, Vat-Pitta-Rakt vikar Nashak, Dosha-Dhatu Mal and Strotas kled utapannakar, Guru, Jara and rognashak in those who drinks daily. Madhura rasa is Mansa, Meda, Asthi, Majja and Shukra Vivardhana. Balakara, Prinana, Tarpana, Jeevana, Bruhana, Sthairyakara. All these properties of Madhura rasa are seen in Ksheera. So, it acts as Dhatuvardhana. It is formed by Aap and Prithvi Mahabhuta. It heals Asthidhatukshaya. Vatajanya Shoola is cured when it is processed by Erandamoola. Snigdha – Snigdha guna helps to pacify Vata dosha. This Snigdha guna overcome Ruksha guna of Vata. Ksheera is Ojvardhana, Dhatuposhana. It is Janma satmya, Shukrala.

**DISCUSSION**

There are very few remedies available today and which are not very specific treatment for above mentioned condition. Tila and Gud (khandgud/jaggery) are also the important contents of this lepa. Ayurveda has mentioned the various medicinal properties of tila and gud which helps in skin healing in local poisoning. Navneet is made from curd and curd is made from milk hence constituents and properties of Navneet may vary according to animal and its diet. In present study Navneet derived from cow’s milk was used according to anukta grahan niyam and it is useful as nectar. Cow milk is also used fresh just like Navneet and it has great antitoxic properties, improves brain functions and builds immunity because of which Aacharyas have mentioned it as whole diet. Sheet, Madhur properties are useful in Bhallataka skin poisoning hence it is also one of most important content of Tila-Navneetadi lepa. Tila and Gud (khandgud/jaggery) are also the important contents of this lepa. Ayurveda has mentioned the various medicinal properties of tila and gud which helps in skin healing in local poisoning.

**CONCLUSION**

From the literature study it is found that this kalpa contains various nutritional ingredients which can be beneficial in various superficial injury as well as skin ailments as Efficacy of Tila-Navneetadi lepa against...
local action of *Bhallataka* in Albino mice is already proved. Hence from this context it can be concluded that *Tila-Navneetadi lepa* has a wound healing property which can be beneficial in wound cause by various factors. Validation of such wound healing properties needs to be further assessed by Preclinical, clinical experiments for the betterment of human beings.

**REFERENCES**

5. Bramhanand Tripathi-‘Ashtanghridayam’ Reprint 2017 Chaukhamba Sanskrit Pratisthan, Varanasi: Pg.no. 72
7. Bramhanand Tripathi-‘Ashtanghridayam’ Reprint 2017 Chaukhamba Sanskrit Pratisthan, Varanasi: Pg.no. 77

Source of Support: Nil
Conflict of Interest: None Declared