



A PHARMACEUTICAL STUDY OF KSHEERAGUDUCHI TAILA

Dr. C.R. Honawad¹, Dr. Shivaleela.S. Kalyani², Dr. Arati Ludabude³.

1. Professor, Department of Rasashastra and Bhaishajya Kalpana, BVVS AMCH Bagalkot, India.
2. Professor, Department of Kayachikitsa, BVVS AMCH Bagalkot, India.
3. PG Scholar, Department of Rasashastra and Bhaishajya Kalpana, BVVS AMCH Bagalkot, India.

Abstract

Background: Sneha Kalpana is a unique preparation of oleaginous medicine which is included under Bhaishajya Kalpana. It is of two types Ghrita and Taila Kalpana. Ksheeraguduchi taila is one such Taila formulation which is mentioned in Chakradatta in Vatarakta Chikitsa Prakarana, used mainly for the management of Vatarakta and some other conditions like Kusta, Twakadosha, Vruna, Visarpa, Kandu and Dadru. Ksheeraguduchi Taila contains Guduchi, Goksheera, Murchita Tila Taila.

Aim: A pharmaceutical study of Ksheeraguduchi Taila.

Methods: Ksheeraguduchi Taila was prepared in three batches, according to the general method of preparation of Taila Kalpana. The pharmaceutical procedures which were adopted in this study include preparation of Murchita Tila Taila, Guduchi kwatha, Guduchi Kalka and Ksheeraguduchi Taila.

Conclusion: Ksheeraguduchi Taila is used as internally, beneficial in Vatarakta, Kusta, Twakdosha, Vruna, Visarpa, Kandu and Dadru.

KEY WORDS: Tila Taila Murchana, Taila Kalpana, Ksheeraguduchi Taila.

INTRODUCTION:

The Panchavidha Kashaya Kalpanas denote the fundamental operations involved in the modification process of a drug. Other Kalpanas like the Avaleha Kalpana, Sneha Kalpana, and Sandhana Kalpana stand testimony to the efforts of the ancient Indian mind to make a drug more acceptable to the patient, to suit the drug in particular disease condition, to make the drug handily available at odd times, to utilize the precious-drugs more efficiently, to

have all-season accessibility and more subtly to have a committed synergistic action of a group of drugs as a single formulation.

Taila Kalpana is defined as a pharmaceutical process to prepare oleaginous medicaments from the substances like Kalka, Sneha Dravya and drava Dravyas (Kashaya, Swarasa, Goksheera, Takra, Dadhi, Khanji etc.) in specific proportions by subjecting them into a unique heating pattern and duration to fulfil certain pharmaceutical parameters, according to the need for therapeutics. This process ensures the transformation of the active therapeutic properties of the ingredients to the solvents and hence to get fat soluble, water-soluble, or even the chemical constituents which are soluble in media like Kanji, Butter milk etc¹.

Ksheeraguduchi taila is one Taila formulation which is mentioned in Chakradatta, Vatarakta Chikitsa Prakarana, used mainly as internally for the management of Vatarakta and some other conditions like Kusta, Twakdosha, Vruna, Visarpa, Kandu and Dadru. Ksheeraguduchi Taila contains Guduchi, Goksheera, Murchita Tila Taila².

Aims and objectives

The objective of the present research study is:

1. A Pharmaceutical study of Ksheeraguduchi Taila.

Materials and methods

Collection of drugs

The raw drug Guduchi was collected from the botanical garden of B.V.V.S Ayurved College, Bagalkot. Godugdha, Tila Taila were purchased from the local market of Bagalkot.

Methods

- Preparation of Murchita Tila Taila³.
- Preparation of Ksheeraguduchi Taila⁴.

The pharmaceutical study of Ksheeraguduchi taila was carried out in three stages:

Stage I

- Preparation of guduchi kwatha choorna.
- Preparation of guduchi churna⁵.

Stage II

- Preparation of guduchi kashaya⁶.
- Preparation of Kalka of guduchi⁷.

Stage III

- Preparation of Ksheeraguduchi Taila⁸.

Apparatus: Khalwa Yantra, Steel Vessel, Cloth, Spoon, Tray, Steel Cutter, and Gas stove.

Preparation of Murchita Tila Taila: Murchita Tila Taila was prepared in the PG Department of Rasa Shastra and Bhaishajya Kalpana, B.V.V.S Ayurved Pharmacy Bagalkot. The ingredients used to prepare are detailed in Table 1.

Table 1: Ingredients and proportions of Murchita Tila Taila⁹

S.NO	Ingredients	Botanical Name	Part Used	Quantity
1.	Manjista	Rubia condifolia	Stem	2kg
2.	Haridra	Curcuma longa	Rhizome	500gms
3.	Lodra	Symplocosa racemosa	Stem bark	500gms
4.	Nagarmotha	Cyperus rotundus	Stem	500gms
5.	Nalika	Cinnamomum tamala	Leaf	500gms
6.	Amalaki	Emblika officinalis	Fruit	500gms
7.	Haritaki	Terminalia chebula	Fruit	500gms
8.	Vibhitaki	Terminalia belerica	Fruit	500gms
9.	Kevada	Pandanus odorifer	Flower	500gms
10.	Kumari	Alo vera	Pulp	500gms
11.	Netra bala	Vetiveria zizanioides	Stem and Root	500gms
12.	Tila Taila	Sesame oil	-	32ltr
13.	Water	-	-	128ltr

Method of preparation:

Tila Taila was taken in stainless steel vessel and heated over mandagni till disappearance of foam. then vessel is taken out from the fire. Below mentioned drugs are made in to powder form and then converted in to kalka form by adding little amount of water, then this kalka and mentioned quantity of water is added to tila taila and heated for making paka till upto the attaining the taila siddhi lakshanas then vessel is taken out from the fire and taila was filtered. And then stored in airtight containers.

Table 5: Results of preparation of Murchita Tila Taila

Name of the practical	Initial weight	Final weight	Loss in weight	%of Loss
Murchita Tila Taila	32tr	30ltr	2ltr	6.25%

Preparation of Ksheeraguduchi Taila

Ksheeraguduchi Taila was prepared in three batches in the PG Department of Rasa Shastra and Bhaishajya Kalpana, B.V.V.S Ayurved Pharmacy Bagalkot. The ingredients used to prepare are detailed in Table 2.

Table 2: Ingredients and proportions of Ksheeraguduchi Taila¹⁰

S.no	Name of the ingredient	Botanical name	Part used	Quantity
1	Guduchi Kashaya	Tinospora cordifolia	Stem	2ltr
2	Guduchi kalka	Tinospora cordifolia	Stem	125gms
3	Go Ksheera	-	-	10ltr
4	Murchita tila taila	Sesamum indicum	Seed	10ltr

Method of preparation:

Murchita tila taila was prepared and was taken in a clean wide mouthed stainless-steel vessel. The vessel is placed over mild fire and when fumes start appearing in Sneha, then guduchi Kashaya was added carefully to it. Soon specified kalka of guduchi was added to the vessel and then added the milk, boiled with frequent stirring until Sneha siddhi lakshana appear in it. Later it is filtered through a clean cloth and packed in 100ml of plastic air-tight containers.

Figure 1: Sequential steps in the preparation of Ksheeraguduchi Taila**Guduchi Kwatha****Guduchi Churna****Guduchi Kashaya Preparation****Ksheeraguduchi Taila Paka****Ksheeraguduchi Taila****Observation:**

When ksheera was added to taila, foaming and effervescence was observed with hissing noise and it turned to milky white color. After adding the kalka dravya to the taila, the white colored liquid turned to golden brown. Frequent stirring was done and continuously mandagni was maintained throughout the procedure.

Ksheera odour was appreciated while preparing taila. Separation of kalka was noted, able to role the varti of kalka, frothing started with creamy layer, when agni pariksha was done, no crackling sound noted, more froth was seen at the end of taila paka (phenodgama taila), later the taila was immediately filtered through a clean cloth, measured, and preserved in 100ml of plastic air tight containers.

Precautions:

During the preparation of Taila Kalpana following precautions should be taken according to different stages of preparation.

(i)Before processing: Taila should be new, pure, clear and without slurry.

(ii)During the process: Intensity of fire should be maintained throughout the process in order to get desirable grade of temperature.

The mixture is stirred constantly and carefully to ensure that the kalka does not stick to the bottom of the vessel.

(iii)After Sneha paka process: In order to obtain optimum quantity of medicated oil, the kalka should be squeezed at hot state.

Results:**Table 3: Results of Guduchi Churna Nirmana performed in the preparation of Ksheera guduchi Taila**

Name of the practical	Batches	Initial weight	Final weight	Gain/loss in weight
Guduchi Churna	Batch-1	2.5kg	1kg	1.5kg
	Batch-2	2kg	1.6kg	0.4kg
	Batch-3	2kg	1.5kg	0.5kg

Table 4: Results of preparation of Guduchi Kalka

Name of the practical	Batches	Initial weight
Guduchi Kalka	Batch-1	125gms
	Batch-2	125gms
	Batch-3	125gms

Table 5: Results of preparation of Ksheeraguduchi Taila

Name of the practical	Batches	Initial weight	Final weight	Loss in weight	%of Loss
Ksheera Guduchi Taila	Batch-1	10ltr	9.5ltr	500ml	5%
	Batch-2	10ltr	9.6ltr	400ml	4%
	Batch-3	10ltr	9.4ltr	600ml	6%

Taila siddhi lakshana¹¹

- Vartivat Sneha Kalka – Able to role the varti of kalka.
- Shabdahino Agni Nikshipta- No crackling sound heard on heating over fire.
- Phenodgama Taila – Froathing at the end of taila siddhi lakshana.
- Gandha Utpatti – Mild ksheera odour was appreciated.
- Varna Utpatti – Golden brown colour of taila noted.
- Rasa Utpatti – Not Appreciated.

DISCUSSION

Sneha Kalpana is the most preferred dosage forms of Ayurvedic system of medicine which can be used through all modes of drug administrations like Pana, Abhyanga, Nasya and Basti. Sneha kalpana (medicated oil) is one of the most essential dosing methods commonly mentioned in Ayurvedic Pharmaceuticals. Sneha kalpana is a superior to other dosage forms due to its advantages such as increased absorption, bioavailability, and extraction of fat soluble as well as a water-soluble active principle at a time in a single formulation¹².

Taila Kalpana defined as a process, where ingredients like -Taila, kalka, Kwatha, ksheera are used for the preparation of medicaments. Fat/ Water soluble active principles of drugs are extracted into taila in this method. Taila paka should be done on medium temperature. Special emphasis should be given on stage of decoction during preparation as therapeutic indications changes with the stages. Medicated tailas are having more extra potency and shelf life than unmedicated one.

CONCLUSION

Sneha Kalpana are excellent compare to other dosage forms, is having longer shelf life, extraction of fat soluble as well as water soluble active principle at a time in a single formulation and quick in absorption. Formulations prepared from the taila enhances lifespan, complexion, strength, and anabolism of body. Ksheeraguduchi Taila is an herbal formulation which is chiefly indicated in Vatarakta⁹. Ingredients of Ksheeraguduchi taila are guduchi, tila taila, ksheera easily available, formulation is easy to prepare and cost effective.

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