

**A Review of *Abhijita Taila***

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**ABSTRACT:**

Taila kalpanas are the unique formulations of Ayurveda treatment which are prepared by using oil as base. Tailas are useful for both Bahya and Abhyantar chikitsa. Ayurvedic pharmaceuticals offer great range of medicaments. They actually aim at effective potentiation of medicaments with simple methods. 'Abhijita taila'<sup>1</sup> a unique formulation mentioned in Bhaishajya Ratnavali in Netraroga adhikara which is having minimum ingredients and mentioned as Timiram hanyan.

**Keywords:** Abhijita taila, Nasya, Timira, Vimal drushti.

**INTRODUCTION:**

*Rasashastra* and *bhaishajya kalpana* is one of the branch of *Ayurveda* in which all methods of *ayurvedic* medicine purification, formation, dose, indication are available. *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 unique heating pattern and duration to fulfill the certain pharmaceutical parameters according to the need of therapeutics.

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 Sneha<sup>2</sup> are described in Ayurvedic literature these are ghrta, 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 4 parts and drava dravyas should be 16 parts.

#### **MATERIAL AND METHODS:**

##### **General method of preparation:**

##### **A) Importance of Murchana<sup>3</sup>**

It is a process adopted for enhancing the potency of ghee or oil and to remove the gandha dosh (bad odour) and amadosha. 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.

##### **B) Taila murchana :**

**Ingredients:** 1.Tila taila-1 part

2.Jala- 4 parts

3.Triphala, Musta, Rajani, Hrivera, Lodhra, Suchipuspa (ketaki), Vatankura and Nalika.

Above drugs should be taken in equal quantity and powdered. It's total quantity must be 1/4<sup>th</sup> to that Tila taila.

##### **Procedure:**

- Heat the Tila taila till it become free from froth. Add 4 parts of water along with powder of Triphala, Musta, Rajani, Hrivera, Lodhra, Suchipuspa (ketaki), Vatankura and Nalika drugs.

- Boil it on moderate heat till the Taila become 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.

##### **C) General Method of Preparation of Taila Kalpana<sup>4</sup>**

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

**D) Sneha siddhi lakshana<sup>5</sup>:**Vartivat Sneha Kalka, Phen udgam, Shabdahina agnikshipta, Gandha, varna, rasa utapatti.

##### **E) Duration of Taila Kalpana:**

- The preparation of medicated taila should take more than one day in order to increase the absorption of

fat soluble constituents of the drug and to increase potency of sneha. According to Acharya Harita taila paka should be completed in 15 days<sup>6</sup>.

• Vaidyaka Paribhasha Pradip<sup>7</sup> a well known text of Ayurvedic pharmaceutics further stated that duration also depends upon nature of the liquid substances added to fatty matter. As follows:

Sr.No	Drava dravya	Duration of
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Uses of sneha paka according to various authors:

Sr. No.	Acharya	Mridu paka	Madhyam paka	Khara paka
1.	Charaka	Nasya	Basti	Abhyanga
2.	Shushrut	Pana	Nasya, Abhyanga	Basti, Karnapurana
3.	Vagbhat	Nasya	Pana, Basti	Abhyanga
4.	Sharangdhar	Nasya	Sarvakarma	Abhyanga

**Saviryata Avdhi (Shelf life period) of Taila<sup>9</sup>:** According to Sharangdhar samhita 1 year 4 month (16 month)  
**Method of preparation of Abhijit Taila<sup>1</sup>:**

Abhijit taila has been mentioned in Chakradatta<sup>10</sup>, Netraroga chikitsa 59/189-190 and Bhaishajya Ratnavali Netraroga Chikitsa 64/274-275. It is explained that Abhijit Taila Nasya helps in clearing the eyesight and alleviates Timira. This taila has been suggested by the great Acharya Nimi. in Timira

	used in preparation	Paka kalpana
1.	Kshira(Dugdha)	2 Ratra
2.	Swarasa	3 Ratra
3.	Takra, Arnal	5 Ratra
4.	Muli, Valli	12 Ratri
5.	Vrihi dhanya, Mansarasa	1 Divas

#### F) Stages of Sneha Paka <sup>8</sup>:

- Mridupaka
- Madhyampaka
- Kharapaka

stating that it restores vision even to the blind. Its contents are *Aamalaki (Embllica officinalis Gaertn.)*, *Yashtimadhu (Glycyrrhiza glabra Linn.)*, *Tila taila (Sesamum indicum)*, and *Godugdha (cow's milk)*.

#### Ingredients:

	Dravya	According to Text
Kalka dravya	Yashtimadhu Kalka	1 Pala (5 Tola)
Taila	Murchita Tila taila	1 Kudav (20 tola)

Drava dravya	1.Amalaki swaras/Kwatha	1 Prastha(64 tola)
	2.Dodugdha	1 Prastha (64 tola)

**Procedure:**

- One part of Yashtimadhu kalka added to 4 parts of murchita Tila taila

**Table 1: Ingredients of Abhijit taila:**

Sr.No	Name of the Drug	Botanical Name	Rasa	Guna	Virya	Vipaka	Dosha karma
1.	Yastimadhu	Glycyrrhiza glabra	Madhur	Guru, snigdha	Sheeta	Madhur	VataPitta shamaka
2.	Amalaki	Emblica officinalis	Pancha rasa(Alavana)	Guru, Ruksha, Sheeta	Sheeta	Madhur	Tridosha shamaka
3.	Godugdha	-	Madhur	Guru, snigdha	Sheeta	Madhur	VataPitta shamaka
4.	Tila taila	Sesamum indicum	-	Guru, snigdha	Ushna	Madhur	VataKapha shamaka

and 16 parts of fresh Amalaki swaras and 16 parts of Godugdha added to it. Then all mixture is heated over low flame till it gets samyak siddhi lakshana. Then Abhijit Taila is filtrated and stored.

**DISCUSSION:**

In the Ayurvedic classics, we find the concept of *Chakshushya* and many food items, drugs, and therapeutic procedures explained, which are said to improve or enhance visual acuity as well as improve the health of the eye. *Nasya karma* is one among the *panchkarma* procedures that is specifically desired in supraclavicular disorder.

On reviewing the drug in details, it can be emphasized that the drug used in management of different diseases and

all drugs are *chakshushya* in nature can be used in the management of different eye diseases. In Ayurveda, the clinical features related to visual disturbances are seen only in *Drishtigata Rogas*. Hence, all cases of visual disturbances can be correlated under the broad heading of the *Timira – Kacha – Linganasha* complex.. A part of the clinical features of *Timira* (first and second *Patala*) can be correlated with the most important refractive error, which is, myopia.

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

- **AMALAKI:** It has Lavan varjit pancharasa. It is the best Chakshushya, Rasayana, Medhya. It acts as Chakshushya, Rasayana, Dahaprashamana, Vrishya, Vajikara.

**Chemical Constituents:** Vit C, Carotene, Nicotinic acid, D- fructose, Myoinositol, D- galacturonic acid.

**Pharmacological action-**

Immuno modulator, Anti-inflammatory, anti-oxident etc.

**Mode of action:** It's rejuvenating (Vayasthapak) property at cellular level imparts vision sustainability hence said chakshushya . Vit C and Iron are beneficial for improving vision.

- **YASHTIMADHU:** It is chakshushya dravya according to Bhavaprakash and Rajanighantu.

**Constituents:** Glycerrhizin, Saponin, Liquiritic acid, Glabrene, Isoliquiritigenin and Licochalcones etc.

**Mode of action:** Saponin of yashtimadhu increases the body's utilization of calcium and silicon. Glycerrhetinic acid, Licochalcones and Glabrene has Immunomodulating and Anti-inflammatory property thus it will

help in deranging the epithelial defects produced due to inflammatory response.

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

- **GODUGDHA:** It is mentioned in Jivaniya gana. It is Balya, Brihana, Sandhankara, Asthapana, Vayasthapana, Ojavardhaka etc.

- Milk has several anti-microbial activities, Lactoferrin, Lactoperoxidase, lysozymes and possible N- acetyl B-D glucosaminidas are involved in protecting against bacterial growth.

- **TILA TAILA:** Acharya charaka mentioned that Tila taila is best one for strength and considered best for pacification of Vata. Taila assimilates the properties of other drugs added to it during the paka of sneha without losing it's own properties. This radical transformation of property is not possible in ghee(Harita).

**Chemical composition:** Neutral lipids, glycololipids and phospholipids, sesamose, sesamolin, sesamol, pinoselinol 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 Ratnavali under Netrarogadhikara which is mentioned as 'Timiram Hanyan' Hence it can be used in the form of nasya in Timira.

### **Probable Mode of Action of Abhijit Taila as Nasya:**

According to Chakradatta Nasya with Abhijit Taila acts as a Drishti Prasadaka. Prasadaka stands for clarity of vision. In an ayurvedic text mode of action of Nasya karma is clearly described. According to Charaka 'Nasa' is gate ways of shiras and eliminate the morbid doshas responsible for disease. The nasya dravya may act by reaching Shringataka Marma from where it spreads into various Srotas. The disease Timira is tridoshaja and so compound drug employed should also have Tridoshaghna qualities. So that it can counteract vitiated doshas to disintegrate the pathophysiology of the disease.

### **CONCLUSION:**

Abhijit Tail contains Immunomodulatory, cell regeneration, Anti-inflammatory, anti-aging activity and anti-oxidant properties. So Abhijit Taila in the form of Nasya can be used in management of eye diseases whether it may be inflammatory, degenerative or allergic conditions. Hence considering

all these properties we can interpret its 'Timiraam Hanyan' activity.

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