**ABSTRACT**

Taila is one among the *chaturvidha snehas* mentioned in Ayurvedic classical texts. It is used widely for internal and external administration in different conditions and is most easily available fixed oil of herbal origin used extensively in the form of food and medicine. In *Rigveda* the description of many herbal plants and qualities of *taila* i.e. *sarshapa, eranda, narikela, and tila taila* etc., are available. While going through the *Brihatrayi* and *Laghutrayi* it is noted that, Vagbhatacharya in *ashtanga hridaya* sutra while explaining the property of *taila* he quoted, *Samskaraat sarvarogajit.* *Vishatinduka taila* is one among the *taila kalpana* mentioned in *Basavarajeeyam* in the context of *Vataroganidanalakshana chikitsaadayaaha.* It contains the drugs like *Vishatinduka beeja, Aranala, Jambeera swarasa, Vishatinduka beejachurna, Eranda taila* and *tila taila* which is indicated in *Sarvangavata, Sandhivata, Astringatavata, Amlavayu, Kaphamaya, Anilaghorashoola, Vilomavayu, Anulomavayu* *Sthambhavata, Dhanurvata.* There are many formulations available in market for different *Vatavyadhi* but *Vishatinduka taila* is one of the most efficient among all others because of its ingredients hence this paper is an attempt to review formulation *Vishatinduka taila* mentioned in Ayurvedic classics.

**Keywords:** *Vishatinduka taila, taila, Vatavyadhi.*

**MATERIALS AND METHODS:**

Name of the *Yoga:* *Vishatinduka taila*

<table>
<thead>
<tr>
<th>S.No</th>
<th>Name of ingredient</th>
<th>Botanical/scientific name</th>
<th>Synonym</th>
<th>Part used</th>
<th>Chemical constituents</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Vishatinduka</em></td>
<td><em>Strychnous nux-vomica</em> Linn²</td>
<td><em>Kupilu, karaskara, kakatinduka, kakapiluka, kulaka</em>²</td>
<td>leaf, seed, wood⁴</td>
<td>Giycosides; Loganin, brucine, Strychnine, vomicine³</td>
</tr>
<tr>
<td>2</td>
<td><em>Aranaala</em></td>
<td>Gruel</td>
<td><em>Dhanyamla, kanjika</em>³</td>
<td>-</td>
<td>Ethanol, Carbolic acid.</td>
</tr>
<tr>
<td>3</td>
<td><em>Jambeera</em></td>
<td><em>Citrus medica</em> Linn</td>
<td><em>Dantaghna, Jantumari, Shodhana, amlasara.</em></td>
<td>Fruit, bark, leaf</td>
<td>Citric acid 7-10%, phosphoric acid, malic</td>
</tr>
</tbody>
</table>
### METHOD OF PREPARATION:

Generally taila is prepared using kalka, sneha, drava dravya in the ratio of 1:4:16. For the preparation of snehapaka copper or iron or earthen vessel is taken. Tailapatra (vessel) should be wide mouthed. To this wide mouthed vessel, first taila has to added and heated in mandagni. Then kalka and dravadravya are mixed together and added to taila. Boiling is carried out with continuous stirring, till the appearance of taila siddhilakshana. Special method has been explained for this preparation. One part of Shodhita Vishatindukabeeja is taken and kept soaking with eight parts of Kanjika which is prepared out of Sorghum (Jawar) for a day. Often it is stirred well and water is decanted. To this Kanjika two parts of Jambeera swarasa, one part of Shodhita Vishatinduka beejachoorna, one part of Eranda taila, two parts of Tila taila are added and tailapaka is carried out till snehasiddhilakshanas of taila are observed. Then it is filtered & stored.

Dose: For external use Quantity sufficient.

### Table 2: List of Rasapanchakas (Elements governing the act of the formulation) of the ingredients of Vishatindukataila.

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Ingredient</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Doshaghnata</th>
<th>Karma</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vishatinduka</td>
<td>Tikta, katu⁷</td>
<td>Ruksha, laghu, teekshna⁵</td>
<td>Ushna⁷</td>
<td>Katu⁷</td>
<td>Kaphavata, shamaka⁷</td>
<td>Sandhivata, amavata, kampa, baadhivyā, ardita, pakshaghata⁷</td>
</tr>
<tr>
<td>2</td>
<td>Aranala</td>
<td>Amla⁸</td>
<td>Laghu, ushna⁸</td>
<td>Ushna⁸</td>
<td>Madhura⁸</td>
<td>Vatakaphaara⁸</td>
<td>Deepana, bastishodhaka, vibandhahara, pachana, rochana, anulomaka, helps in vatavikaras⁸</td>
</tr>
<tr>
<td>3</td>
<td>Jambeerara</td>
<td>Amla</td>
<td>Guru, teekshnā</td>
<td>Ushna</td>
<td>Amla</td>
<td>Kaphavatasha</td>
<td>Deepana, pachana, rochana, anulomaka</td>
</tr>
</tbody>
</table>
Table 3: Different references of the formulation named Vishatinduka taila with different ingredients, indication and dose.

<table>
<thead>
<tr>
<th>S. No</th>
<th>Name of Yoga</th>
<th>Reference</th>
<th>Ingredients</th>
<th>Indication</th>
<th>Dose</th>
</tr>
</thead>
</table>
DISCUSSION: Most of the ingredients in Vishatinduka taila possess ushna veerya (Hot potency) and ushna guna which is helpfull in reducing vata and kapha doshas. Aranala and Jambeera, being aamla dravyas do the vatanulomana. Deepana paachana property of amla rasa corrects the Dhatvagnimandhya which is the main cause for most of the Vatavyadhis. Tila taila and Eranda taila due to their sookshma and snigdha guna enters to deeper asthi and sandhi and nourishes them. Kupilu and Eranda taila due to their vedana sthapaka\textsuperscript{12} property reduces the Sandhishoola which is the cardinal feature of Vatavyadhis. Eranda also reduces sandhishotha (inflammation of joits). Brucine, the active principle of Kupilu (Strychnous nux-vomica Linn) shows analgesic and anti-inflammatory activity\textsuperscript{13}. Flavonoids and phenolic compounds present in Jambeera(Citrus medica Linn) also have analgesic property\textsuperscript{14}. Eranda (Ricinus communis Linn.) shows the presence of secondary metabolites such as alkaloid, flavonoid, saponin, terpenoid, tannin, carbohydrate and glycoside in root. Alkaloids are responsible for both analgesic and anti-inflammatory action. Flavonoid are known to target prostaglandins which are involved in the late phase of acute inflammation and pain perception. Also, tannins and saponin have some role in anti-nociceptive and anti-inflammatory activities\textsuperscript{15}. Sesamin is one of the active constituents of Tila taila (sesame oil) and represents a promising target for the treatment of pain and inflammation\textsuperscript{16}.

CONCLUSION: Vishatinduka taila is one of the pure herbal formulation indicated in Vatavyadhis which is mentioned in Basavarajeeyam. Various formulations by the name Vishatinduka taila has been mentioned in the classics with which are majorly indicated in Vatarakta, vatavyadhi, suptavata, kushta, vaivaranya, but they do differ in list of ingredients. In spite of being told by the Acharyas as an effective formulation, Vishatinduka taila is neither practiced nor available in the market. The formulation contains the dravyas which are most beneficial in Vatavyadhi and are also cost effective. The unique method of
preparation adopted in this formulation makes it different from various other Taila yogas.

REFERENCES:
16) Erika Maria Henriques Monterio, Lucas Apolinario Chibli, Celia Hitomi Yomamoto et al. Antinociceptive and

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Vishatinduka beeja
(Stychnous nux-vomica Linn. seeds)

Jambeera phala
(Citrus medica Linn. Fruit)

Eranda beeja
(Ricinus communus Linn. seeds)

Tila beeja
(Sesamum indicum Linn. seeds)