

Literary Review on *Sindooradya Taila*

Dr. Bhanupriya¹, Dr. M. K. Yadav², Dr. Neha Arya³

¹MD scholar, ²Associate Professor, ³Assistant Professor

^{1,2,3}Department of Rasa shastra & Bhaishjya Kalpana, Patanjali Bhartiya Ayurvedigyan evum

Anusandhan Sansthan, Haridwar

ABSTRACT

Sneha Kalpana is a formulation which can be administered internally as *pana*, *nasya*, *anuvasan basti* and externally as *abhyanga* depending on the type of the disease. *Taila* is applied at the direct site and at the root of occurrence of disease thus have fast action and imparts better results. In *Ayurveda*, skin diseases have been described under the heading of *kustha*. *Acharya Charaka* has further divided *kustha* into *kshudra kustha* and *mahakustha*. *Sindooradya taila* is a herbomineral preparation indicated in skin disorders for external use in *pama*, *vicharchika* etc. as described in *Rasatarangini*. *Sindooradya taila* comprises of *giri sindoor* and *tuttha* as mineral ingredients and *arka*, *haridra* and *sarshapataila*. Hence, in this article attempt has been made to review about the properties of ingredients of *Sindooradyataila*.

Keywords: *Sindooradya taila*, *Taila kalpana*, herbomineral.

INTRODUCTION

In the beginning of the first millennium A.D., there were mainly three principal medical systems; *Ayurveda*, Greek and Chinese medicine. The Fundamental principle of the relationship between the man and nature was more or less same in all the medical systems, but their approach in therapy was different. Among all the three ancient medicinal systems *Ayurveda* emerged as one of the world's classic medical practice.¹ *Atharva veda* was the earliest authentic text in *Ayurveda* which discusses about the nature of existence, health and principles of treatment. The knowledge of Vedas was gathered and systematically arranged to form *Samhitas* which become the fundamental texts of *Ayurveda*.

The Ayurvedic system of medicine is the oldest medical science, but for last few centuries, the practice of this medical science has reduced due to several factors and the prevalence of allopathic treatment has been flourished in various countries due to numerous favorable aspects. A quick symptomatic relief, palatability of dosage form, easy availability etc. are some of the favorable aspects. However, multitudes of effect of drugs are taken into consideration. But this scenario had begun to be changed. The Ayurvedic medicine is on the way to regain its past glory because of its preventive, curative nature and holistic approach and least side effects. But the need of the hour regarding Ayurvedic medicines are standardization, clinical trials and evidence-based medicines.

The term for standardization of drug is not new in *Ayurveda*, *Acharya Charaka* had also mentioned in his treatise *Charaka Samhita* about the qualities of the standard drug.² *Acharya Charaka* has mentioned *panchavidha kashaya kalpana* for the first time i.e. *swarasa* (juice), *kalka* (paste), *kwatha* (decoction), *hima* (cold infusion) and *phanta* (hot infusion) as primary dosage form.³ From these primary dosage forms, a number of secondary dosage forms such as *asavaarishta* (fermentation), *sneha kalpana* (fatty preparations), *churna* (powder), *vati* (pills) etc. are derived.

Sindooradya taila is a herbomineral preparation indicated in skin disorders for external use in *pama*, *vicharchika* etc. as described in *Rasatarangini*.⁴ Hence, effort has been made to gather the review of ingredients of *Sindooradya taila*.

LITERARY REVIEW

Sindooradya taila has been only mentioned in *Rasatarangini* in the management of *pama*, *vicharchika*, *kandu* and *kshata*. *Chakradutta* described it as *svalpa Sindooradya* and *maha sindooradya* with *sindoor* as common ingredient and other different ingredients. *Sindooradya taila* comprises of *girisindoor*, *tuttha*, *haridra*, *arka patra* and *sarshpa taila*.

Drug review:

1. **Girisindoor:** *Girisindoor* is classified as the sixth mineral drug of *Sadharana Rasa*⁵ group in *Rasa shastra*.

Synonyms⁶: *Sindoor*, *Girisindoor*, *Mahila-bhala-bhushana*, *Shri Ganesh bhushana*, *Sringara bhushana*, *Nagaja*, *Nagagarbha*, *Nagarenuka*, *Mangalya*, *Bhalasoubhagya*.

Girisindoor Grahya Lakshana⁷: *Girisindoor*, which possesses very fine particles, *snigdha*, *guru*, lustrous, soft and clean. It is considered best and selected for pharmaceutical purposes.

Girisindoor therapeutic utility⁸: *Shuddha Girisindoor* when used for external application it is beneficial for skin disorders and helps in conjoining of fractures. It is good for skin and is good wound healer. It is indicated for in *pama*, *vicharchika*, *siddhama* and *visarpa*, which come under *kshudra kustha*.

Girisindoor Amayika Prayog⁹: *Shuddha Girisindoor* is added with required quantity of ghee and applied daily over the eyelids to cure itching of the eyes and the *anjananamika*. It is added with desired ratios of honey, *ghee*, *gugglu* and *guda*; and the mixture is daily applied over the cracked soles. By doing so, within few days the soles become as soft as '*kamala puspa*'.

2. Tuttha

Tuttha is considered as sixth *maharasa* as mentioned in *Rasa Ratna Samucchya*.¹⁰ *Tuttha* is a mineral, and chemically copper sulphate¹¹, that has been indicated in various diseases from skin diseases¹² to eye diseases¹³ etc. *Tuttha* is mentioned by Ayurvedic classic as *katu* (pungent), *kshara* (alkali), *kashaya* (astringent), *laghu* (light to digest), *vamaka* (emetic), *lekha* (scarping), *bhedana* (penetrating), *ushna* (hot) in potency, *chakushya* (good for eyes), pacifies *kaphapitta*.¹⁴

Chemical formula – $\text{CuSO}_4 \cdot 5\text{H}_2\text{O}$

History¹⁵: *Tuttha* is one of the oldest materials, known to Indians, the references of which are available in *Charaka Samhita* and *Sushruta Samhita*. In the later period both the names *Tuttha* and *Sasyaka* were extensively used in *Rasagranthas*.

Mythological origin¹⁶: *Garuda* (king of birds) consumed *Halahala visha* (poison) along with *Amrita*. He vomited the *visha* mixed with the *amrita* on *markata* mountains, it solidified and turned into *Sasyaka*. The *Sasyaka*, which has the color of neck of peacock, which is bright and heavy is said to be best.

Synonyms¹⁷: *Tuttham*, *Tutthaka*, *Tutthanjan*, *Mayurakam*, *Sasyakam*, *Tamragarbham*, *Sikhigriva*, *Hemasaar*.

Grahya Tuttha Lakshanas: The *tuttha* which looks like *mayurakanthavarana*, *guru bhara* is considered best.¹⁸ The *tuttha*, which possesses deep bluish color like that of peacock neck, which is *guru* (heavy) and *snigdha* with shiny surface; such a sample is considered fit, selected and used for therapeutic purposes.¹⁹

Ashudha Tuttha Vikaras²⁰: Consumption of impure *tuttha* causes *vanti* (vomiting) and *bhranti* (giddiness) on internal administration.

Qualities of Tuttha bhasma: It is *lekha* (curettive), *bhedi* (purgative), *kashaya* (astringent) in taste, *madhura* (sweet) in *vipaka* (digested taste) and *laghu* (light) in quality. It possesses '*sankochaka guna*' and strengthens the central nervous system. Its internal or external use will cure many types of skin diseases. Its consumption improves the appetite of the person.²¹

Specific preparations of Tuttha – *Kanakasundara rasa*, *Trilokya Chintamani rasa*, *Jatyadi taila*, *Mahajwarankushrasa*, *Maha mrityunjaya rasa*, *Tutthamrita vati*, *Tutthakodya vati*, *Jatyadi ghrita*, *Ratna garbha pottali*, etc.

Antidote²²: In the event of side effects, due to consumption of *Tuttha*, one should consume lemon juice for 3 days or *Laja manda* (gruel of puffed paddy) is taken for 3 days.

Dosage²³: *Tuttha Bhasma*: 1/8 to 1/4 ratti (15 – 30 mg)

3. *Haridra*

Botanical name²⁴: *Curcuma longa* Linn.

Family: Zingiberaceae

Synonyms²⁵: *Nisha, Rajni, Haldi, Gauri, Krimighana, Dirghranga, Vishaghni, Yoshitpriya, varavarini, Hattavilasini.*

Gana²⁶: *Kusthaghana, Tiktaskanda, Kandughana, Vishaghna, Shiroyerchana (Charak); Haridradi, Mustadi, Shleshmasansthan. (Sushruta)*

Botanical Description: It is a perennial herb extensively cultivated; crop is harvested after 9-10 months when lower leaves turn yellow rhizomes carefully dug up with hand picks between Oct-April and cured by boiling and dried.²⁴ The main rhizome is thickened to a tuber and has numerous roots. The root in turn terminates in partially elliptical tubers. The rhizomes are fleshy, branched, with bright orange to yellow within.

Macroscopic²⁴: Rhizomes ovate, oblong or pyriform (round turmeric) or cylindrical, often short branched (long turmeric); externally yellowish to yellowish brown with root scars and annulations of leaf bases; fracture horny, fractured surface orange to reddish brown; central cylinder twice as broad as cortex; odor and taste characteristic.

Microscopic: Transverse section of rhizome shows epidermis with thick walled, cubical cells of various dimensions; cortex characterized by the presence of mostly thin walled; a few layers of cork developed under epidermis and scattered oleo resin cells with brownish contents.

Distribution²⁵: Plant is a native of South Asia and is cultivated extensively throughout warmer parts of the world, including India.

Parts used: Rhizome

Chemical composition:

- ✓ Rhizome contains essential oil, coloring matter curcumin, beta turmenone, dimethoxy curcumin, bis-dimethoxy curcumin, neutral polysaccharides, dihydro curcumin.²⁷
- ✓ The essential oil (2-7 %) with high content of bisabolene derivatives.²⁸

Therapeutic use:

External uses:

- Local application of turmeric is anti-inflammatory, analgesic and complexion enhancer.
- It cures skin disorders, has wound cleaning and healing properties.
- A poultice of *haridra* paste with ghee or oil, applied hot, is an effective treatment for sprains, bruises, wounds and inflammatory ailments of the joints.²⁹
- The paste of *haridra* and *lodhra* is applied on the breasts in mastitis.²⁹
- *Vishavikara, Kustha, Vrana, Twakroga, Prameha, Pandu, Sheetapitta, Pinasa.*²⁶
- Externally, powder is antibiotic and heals up the ulcers and acts as a fungicidal agent.²⁶
- In *Shleepada* and *Dadru kustha*, *haridra* powder is taken with jaggery and cow's urine.

Internal uses:

- Turmeric is bitter in taste, appetizer, laxative and anti-helminthic. Because of these properties it is used for treating loss of appetite, hepatitis, ascites and worms.²⁶
- Turmeric is given in affections of the liver and in jaundice.

Dosage²⁷: 2-4 g of drug in powder form.

Formulations: *Haridra Khand, Pathyadi Kwatha, Panchanimba churna, Dashmoola taila, Marichyadi taila, Vyaghri taila, Vrana Sodhana Taila, Nisha amalki, Haridradi Dhuma Varti.*

4. *Arka*

Botanical name: *Calotropis procera* (Ait.) R.Br.

Family: Asclepiadaceae

Synonyms: *Ravi, Bhanu, Tapan*

Gana³⁰: *Bhedaniya, Vamopaga, Swedopaga (Charaka), Adhobhagahara, Arkadi (Sushruta).*

Description³¹: An erect shrub usually 1.8 to 2.4-meter-high; young parts clothed with cottony tomentum; bark soft, corky, spongy.

Flowering and fruiting time: Spring to summer season.

Distribution³²: Throughout India.

Kind and varieties³²: There are two kinds of *Arka* based on flower color viz. white or *Shwetarka (Alarka or mandara)* and red or *Raktarka*, which are *Calotropis gigantea* and *Calotropis procera* respectively.

Chemical composition³³: From the leaves of *C.procera*, calotropin, calatoxin, ushcharin and uscharidin have been isolated from latex. From the flowers, cyanidin-3 rhamnoglucose and new triterenecalotropenyl acetate is isolated.

Pharmacodynamics: *Rasa: katu, tikta; Guna: laghu, sara, snigdha; virya: ushna; vipaka: katu*

Karma: vatahara, deepana, krimighna, sophra, vranahara, visaghna, bhedana, swasahara.

Therapeutic uses:

External uses:

- ❖ Flowers of the plant is used as tonic, appetizer, stomachic, strengthening; cures piles and asthma.³¹
- ❖ The fomentation with its leaves, slightly warmed with thin coat of castor oil, is beneficial to relieve the abdominal pain.³³
- ❖ The local application of latex is recommended in hair fall and baldness.³³

Internal uses:

- ❖ In snake bite, its root sap with black pepper is given as an antidote.³⁰
- ❖ *Sotha, Kandu, Kustha, Vrana, Krimi-roga, Gulma, Sleshamudra roga, Pleeharoga, Arsha, Swasha.*
- ❖ *Arka* and *Lavana* are made into ash and given in splenic diseases.
- ❖ Flowers are grinded with black pepper and given in small doses in bronchitis.³⁴

Parts used³⁵: Root, root bark, latex, leaves, flowers, *kshara*.

Dosage³⁰: Root bark powder ½ to ¾ gm; latex ¼ to ½ gm; flowers ¾ to 2 gm.

Formulations³⁵: *Arkalavana, Arkeshvara rasa, Arka manashiladi dhuma, Arkadi dhooma, Amapramathini vatika.*

5. *Sarshapa taila*

Botanical name³⁶: *Brassica campestris* Linn.

Family: Brassicaceae

Synonyms³⁷: *Sarshapa, Katusneha, Siddhartha*

Description³⁵: An erect, stout, simple or branched, annual herb, 50 to 60 cm tall sparsely branched herb with lower leaves and lower part of stem generally hairy.

Distribution³⁸: Plant is extensively cultivated throughout India as an important seed oil crop which is more commonly grown in Central India and Northern India.

Kind and Varieties³⁷: In indigenous materia medica, *sarshapa* has two kinds viz.

- *Shweta* (white) or *Gaur sarshapa* which is commonly known as *pili sarson*.
- *Rakta* (red) *sarshapa* of which seeds are brown or greyish and larger than seeds of *rajika*.

Therapeutics uses:

- It acts as stomachic, vermifuge, destroys *kapha* and *vata*; cures skin eruptions, itching, leukoderma; good in piles, inflammations, ulcers, epilepsy, toothache; stops vomiting.³⁹
- The drug *sarshapa* is *kandughna*, *kusthaghna*, *kostha krimihara* and *grahabaadha*.³⁶
- *Shlipada* – *sarshapa taila* is given internally or orally.⁴⁰

Parts used: Thick fleshy underground stem or root, tender leaves and seeds.

Dosage³⁸: Seeds powder 2-4gm; Oil (external and internal); edible.

Formulations³⁶: *Mahayograj Guggulu*, *Karpasasthyadi taila*, *Kumkumadi taila*, *Prabhjyana vimardana taila*, *Vajraka taila*.

DISCUSSION

Snehakalpana makes the utmost share of all the secondary dosage forms as it can be administered externally or internally. *Sindooradya taila* is a herbomineral formulation which doubles its effects as they have better palatability, minute dosage and therapeutic efficacy. *Tailakalpana* is mass transfer of the aqueous and lipid soluble active principles of all the treated drugs in accordance of established formulae quoted in authoritative texts of Ayurveda. *Tailakalpana* exhibit better therapeutic effect and better preservation with better compliances. Hence, more studies can be done to check the efficacy and standard of *Sindooradya taila*.

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