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CRITICAL REVIEW OF TAILA KALPANA WITH SPECIAL REFERENCE TO ASTHISAMHARAKA TAILA

Dr. Pranoti Kamble — Post Graduate Scholar, [P.D.E.A.'S College Of Ayurved And Research Centre Nigdi], [Pune, Maharashtra, India]

Dr. Pravin Tate — Associate Professor, Department Of Rasashastra And Bhaiṣhajya Kalpana, [P.D.E.A.'S College Of Ayurved And Research Centre Nigdi], [Pune, Maharashtra, India]

ABSTRACT Taila Kalpana (medicated oil preparation) is a classical Ayurvedic dosage form under Sneha Kalpana (lipid-based formulations), widely used for internal and external therapies. This review critically examines its theoretical foundations, procedural aspects, and therapeutic relevance, with special reference to Asthisamharaka Taila, a formulation indicated in trauma and bone-related disorders. Drawing from authoritative texts—Charaka Saṃhita, Sushruta Saṃhita, Aṣhṭanga Hridaya, Sharngadhara Saṃhita and Bhaishajya Ratnavali—the article explores formulation rationale, preparation methodology, and clinical applications. The review underscores the importance of deeper textual engagement and standardization to ensure the continued efficacy and authenticity of classical Ayurvedic pharmaceutics.

KEYWORDS : Sneha Kalpana; Asthisamharaka Taila; Asthishrinkhala; Lupeol; Gallic acid derivatives

1. INTRODUCTION

Ayurveda, the ancient Indian system of medicine, offers a diverse pharmacopeia of dosage forms tailored to individual constitution (Prakruti), disease (Vyadhi), and therapeutic goals. Among these, Sneha Kalpana (lipid-based formulations) holds a pivotal role. Taila Kalpana, a subcategory of Sneha Kalpana, involves the preparation of medicated oils using Sneha Dravya (oil), Kalka Dravya (herbal paste), and Drava Dravya (liquid media such as Swarasa or Kwatha) in a classical ratio of 1:4:16, as detailed in Sharangadhara Samhita[1].

The foundations of Sneha Kalpana are found in Charaka Samhita, where the Sneha Adhyaya in Sutrasthana outlines the characteristics and uses of medicated oils, particularly emphasizing their Vatahara, Bṛumhana, and Snigdha properties[2]. Similarly, in Sushruta Saṃhita Chikistasthana in Snehapayogikchikista adhaya discusses Taila in the context of trauma management and Sandhana Karma (bone healing)[3]. Aṣhṭanga Hridaya elaborates the properties of Sneha, e.g. snigdha guna is ideal for bone fractures, osteoarthritis[4].

Asthisamharaka Taila, mentioned in Bhaiṣhajya Ratnavali, is a traditional formulation comprising Asthishrinkhala (Cissus quadrangularis L.) and Tila Taila (Sesamum indicum L.), indicated for Abhighataja Shoola (trauma-induced pain), Bhagna (fractures), and Sandhivata (osteoarthritis)[5]. The alkaloids present in Asthishrinkhala like Lupeol, derivatives of Gallic acid has an anti-inflammatory property.

2. MATERIALS AND METHODS

This review is based on qualitative textual analysis of classical Ayurvedic manuscripts including:

- Sharangdhar Samhita
- Charaka Saṃhita (Sutrasthana, Chapter 13)
- Sushruta samita
- Aṣhṭanga Hridaya (Sutrasthana, Chapter 5)
- Bhaiṣhajya Ratnavali (Anubhutayoga Prakaraṇa)

Secondary sources include peer-reviewed Ayurvedic journals and the Ayurvedic Pharmacopoeia of India.

3. RESULTS AND DISCUSSION

3.1 Drug review –

Asthisamharaka Taila –

अस्थिसंहारजं कल्कं कुडवोन्मितमुत्तमम् |
स्वरसं च चतु:प्रस्थं तैलं तिलोद्भवम् ||
सर्वमेकत्र संगृह्य तैलपाकविधानविद् |
पाचयेदय संसिद्धं तैलं संस्थापयेद् भिषक् ||
अभिघातजपीडाया: शामकं त्विदमुत्तमम् |
अस्थिसंहारतैलं हि श्रीराजेश्वरसम्मतम् ||

.....[भै.र. अनुभूतयोग प्रकरण 3 / 156-158][5]

3.2 Drug Details[6] –

Sr. No.	Drugs	Latin Name	Family	Part Used
1.	Asthishrinkhala	Cissus quadrangularis L.	Vitaceae	Stem
2.	Tila Taila	Sesamum indicum L.	Pedaliaceae	Seed Oil

3.3 Therapeutic Attributes Of Ingredients

Drug	Rasa	Guna	Virya	Vipaka	Karma
Asthishrinkhala	Madhura	Laghu, Rukṣha	Uṣhṇa	Madhura	Sandhaniya, shothahara
Tila Taila	Madhura	Guru, Snigdha	Ushna	Madhura	Vatahara, Balya, Twachya

3.4 Classical Framework Of Taila Kalpana

Component	Description
Sneha Dravya	Tila Taila – preferred for its Vatahara, Snigdha, and Balya properties
Kalka Dravya	Paste of Asthishṛinkhala stem
Drava Dravya	Swarasa (juice) of Asthishṛinkhala
Proportion	Kalka : Sneha : Drava = 1 : 4 : 16
Paka Type	Madhyama Paka[6,8-10] – suitable for external application

3.5 Procedural Precision And Siddhi Lakshana[7-10] -

Success of Taila Kalpana depends on traditional tests:

- **Phena Pariksha** Stable foam (phena) starts coming on taila
- **Varti Pariksha:** Kalka forms a wick when it rolled between the fingers of hand
- **Shabda Parikṣha:** No crackling sound on heating

These indicate complete absorption and dehydration, ensuring efficacy and longer shelf life.

3.6 Clinical Relevance Of Asthisamharaka Taila

Asthishṛinkhala, categorized under Sandhaniya Mahakashaya, is employed for bone healing. Synergized with Tila Taila, it enhances penetration and efficacy. Together, they demonstrate actions like Bṛumhana, Vedanasthapana, and Sandhana, crucial in fractures and osteoarthritic conditions[5].

4. DISCUSSION

This critical review highlights how Taila Kalpana, especially Asthisamharaka Taila, continues to hold clinical value even today. The classical signs used to confirm proper preparation, such as froth formation (Phena Pariksha)[7-10], wick stability (Varti Pariksha)[7-10], and sound test (Shabda Parikṣha)[7-10] ensure that the formulation stays true to Ayurvedic texts.

Sneha Kalpana is a distinctive dosage form widely employed in Ayurveda for both internal and external applications. The preparation involves the **prolonged boiling of Sneha (lipid base)** with prescribed **Kalka (herbal paste)** and **Drava Dravya (liquid media).**

This process is believed to capture not only **lipid-soluble constituents** but also **water-soluble active compounds** from the herbs used. However, the exact qualitative and quantitative presence of these

water-soluble components remains an area needing further research[8].

The **synergy of liquid (Toya) and heat (Agni)** called Toya-Agni-Sannikarsha as well as the **duration of processing (Kala-Samskara)** play vital role in extracting active phytochemicals[8,10].

Taila (medicated oil) contains unsaturated fatty acids with one or more double bonds in either cis or trans configuration. Upon heating with water, these acids undergo **oxidation,** releasing froth containing **oxygen, carbon dioxide, water vapor, and acidic compounds.** While this theory needs a scientific validation[8,10].

5. CONCLUSION

Taila Kalpana, exemplified through Asthisamharaka Taila, showcases the deep pharmacological insight embedded in Ayurvedic pharmaceutics. By aligning with principles of Doṣha, Dhatu, and Srotas, it effectively addresses trauma and structural degeneration with remarkable insight.

Continued scholarly engagement and clinical validation can further affirm its enduring value in traditional and integrative medicine.

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