



TAILA (OIL) ...CHARACTERISTICS BY AYURVEDIC CLASSICAL TEXTS

Ayurveda

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KEYWORDS

INTRODUCTION -

'Taila' is considered as one of the 'Chaturstnehas'.<sup>(1)</sup> It is *Sthavara* (Plant origin) in nature. *Acharyas* mentioned properties of each oil and its therapeutic indication. *Taila* recommended for both external and internal uses. In *Samhitas* (*Ayurvedic Classical Texts*) edible oils described under *Taila Varga* while describing food in detail. Oils mentioned under *Taila Varga* can be used as food articles and also medicines in different disorders. Instead of cooking, the majority of oils are used while preparation of Ayurvedic medicines. Also they are used for *Snehapana*, *Aschotana*, *Karnapoorana*, *Nasya*, *Gandusha* as well as *Basti karma* (*Enema therapy*) etc.<sup>(2)</sup> Oils are generally similar (in properties) to their sources.

Description According To Ayurveda –

'Medicated oil' is one of the important form widely described in Ayurvedic Pharmaceutics. Four types of *Snehas* (can be correlated to Fatty preparation of food) are described in Ayurvedic Literature, as *Ghrta*, *Taila*, *Vasa* and *Majja* among which *Taila* (Medicated oil) and *Ghrta* (Medicated ghee) are most popular in therapeutic uses. '*Taila-Murchhana*' is the first step of '*Taila* Preparation'. This process has been adopted for enhancing the potency of oil and to remove the bad odour and *Aamdosha*. Researches showed that, *Murchana* process decreases the Acid-value by increasing 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). Medicated oils containing low molecular fatty acids are absorbed fast. Fat/Water soluble active principles of drugs are extracted into medicated oil by this method.<sup>(3)</sup>

Medicated *Tailas* (Oils) are having more therapeutic potency and shelf-life than crude *Taila*. Formulations prepared from the *Taila* enhance Life, Complexion, Strength and Anabolism of the body. The water-soluble, as well as fat-soluble active principles can be transformed into '*Taila media*' ultimately adding the properties of material to make the *Taila* potent and effective.



List Of Tailas (oils) In Samhitas<sup>(4)</sup>:

According to Charaka Samhita	According to Sushruta Samhita	According to Ashtang Hridaya
Eranda Taila	Tila Taila	Tila Taila
Sarshapa Taila	Eranda Taila	Eranda Taila
Priyal Taila	Nimbadi Group Taila	Rakta Eranda Taila
Atasi Taila	Kiratatiaktadi Group Taila	Sarshapa Taila
Kusumbha Taila	Madhookadi Group Taila	Aksha (Bibhitaka) Taila
Phala Taila	Tuvaraka Taila	Nimba Taila
Tila Taila	Bhallataka Taila	Uma (Atasi) Taila
	Saraladi Group Taila	Kusumbha Taila
	Tumbi Group Taila	
	Yavatiikta Taila	
	Ekaishika Taila	
	Sahakaar Taila	
	Phalodbhava Taila	

Ayurvedic Properties Of Different Tailas<sup>(4)</sup>:

Sr.No.	Taila	Rasas	Vipaka	Veerya	Gunas
1.	Tila Taila	Madhura, Tikta, Kashaya	Madhura	Ushna	Sukshma, Vyavayi, Vishada, Guru, Sara, Vikasi
2.	Eranda Taila	Madhura, Tikta Kashaya, Katu	Madhura	Ushna	Guru, Tikshna, Sukshma
3.	Sarshapa Taila	Katu	Not Clear; But Research Is Going On.	Ushna	Laghu
4.	Priyal Taila	Madhura	Not Clear; But Research Is Going On.	Ushna	Guru
5.	Atasi Taila	Madhura, Amla	Katu	Ushna	Guru, Snigdha
6.	Kusumbha Taila	Not Clear; But Research Is Going On	Katu	Ushna	Guru, Vidahi
7.	Nimbadi Group Taila	Katu	Katu	Ushna	Laghu, Tikshna, Sara
8.	Ingudi Taila	Ishat Tikta	Not Clear; But Research Is Going On.	Not Clear; But Research Is Going On.	Laghu
9.	Kiratatiaktadi Group Taila	Madhura	Madhura	Sheeta	Abhishyandi
10.	Madhookadi Group Taila	Madhura, Kashaya	Not Clear; But Research Is Going On.	Not Clear; But Research Is Going On.	Not clear; But Research Is Going On.
11.	Tuvaraka and Bhallataka	Madhura, Kashaya, Tikta	Not Clear; But Research Is Going On.	Ushna	Not Clear; But Research Is Going On.
12.	Yavatiikta	Ishat Tikta	Not Clear; But Research Is Going On.	Not Clear; But Research Is Going On.	Pathya
13.	Ekaishika	Madhura	Not Clear; But Research Is Going On.	Atisheeta	Not Clear; But Research Is Going On.

14.	<i>Sahakar</i>	<i>Ishat Tikta, Madhura, Kashaya</i>	<i>Not Clear; But Research Is Going On.</i>	<i>Not Clear; But Research Is Going On.</i>	<i>Ruksha, Sugandhi</i>
15.	<i>Aksha</i>	<i>Madhura</i>	<i>Not Clear; But Research Is Going On.</i>	<i>Sheeta</i>	<i>Guru</i>

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