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Review article

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Review on MadhukadiTaila-a SnehaKalpana

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ABSTRACT

Taila paka is a unique preparation told in Ayurvedic classics. This method of preparation helps in scavenging those active principles present in raw drugs which are lipid soluble. *Taila* is considered under *maha sneha* which mainly controls *vata*, similarly other *doshas* depending on medicines which are used for *taila paka*.

Madhukadi taila is mentioned in *Timira pratishedha adhyaya* of *Ashtanga Hrudaya* by *Acharya Vagbhata*. This *taila* mitigates *Vataja* and *Sannipataja timira*. This *taila* if used for *nasya* will gives better results.

Keywords: *Taila, Maha sneha, Timira*

INTRODUCTION

Ayurveda is endowed with many unique drug preparations, Snehakalpana is one among them. Kalka, sneha and dravadravaya in combination forms snehakalpas. Ghritha, taila, vasa, majja are mahasnehas. Commonly used are ghritha and taila. Taila in general has gunas like- brumhana, preenana, twakprasadana, *chakshushya*, lekhanana, krumighna etc. Hence tailakalpanas can be used for paana, nasya, karna-akshipurana.

General method of preparation

- Generally taila is prepared as follows
- 1. Drava dravya- a liquid portion comprising of either kashaya, dugdha, swarasa, kanji etc.
- 2. Kalka- fine paste of drug(s).
- 3. Snehadravaya- ghrutha, taila.

- Generally, if kalka is one part, sneha should be four times more and dravadravaya should be sixteen parts.
- The kalka and drava are mixed together, sneha is then added, boiled and stirred continuously so that the kalka is not allowed to adhere to the vessel. Sometimes, dravadravayas are
 - Directed to be added one after another as the process of boiling is continued till the dravadravaya added earlier has evaporated.
 - When all the dravadravayas have evaporated the moisture in the kalka will also begin to evaporate; at this stage, it has to be stirred more often to ensure that the kalka does not stick to the bottom of vessel. The kalka is taken out of the ladle and tested from time to time to know the condition and the stage of paka.

- There are three stages of paka. Mrudupaka, madhyamapaka and kharapaka.
- When the paka is to be done with kwatha, swarasa, dugdha and mamsa rasa etc. it should be separately in the above order. The period of paka with various dravyas should be as follows:
 - Kwatha, Aranala, Takra- 5days
 - Swarasa- 3days
 - Dugdha- 2days
 - Mamsa rasa- 1days
- Sneha prepared at Mrudupaka is used for nasya, madhyamapaka is for pana, basti whereas kharapakasneha is used only for abhyanga.
- Starting and at the end, the boiling should be on mild fire.

METHOD OF PREPARATION OF MADHUKADI TAILA

One part each of Madhukapushpa, Vidanga, Maricha and Devadaru are taken in kalka form. This is added to the mixture of four parts of murchitatilataila and sixteen parts of godugdha. This combination is boiled on mild fire till we get samyaktaila siddha lakshana.

Properties of the drugs used in this formulation

Sl.No	Name of the drug	Botanical Name	Properties	Active principle
1	Madhooka	<i>Madhucaindica</i>	Rasa – Madhura Guna – Guru Virya – Sheeta Vipaka- Madhura Doshagnata –Vata Pittahara	Ethylcinnamate, Sesquiterene alcohol.
2	Vidanga	<i>Embeliaribes</i>	Rasa – Katu, Kashaya. Guna – Laghu, Ruksha, Teekshna. Virya – Ushna Vipaka- Katu Doshagnata –Kapha, Vatahara.	Embelin, Christembine, Vilangine.
3	Maricha	<i>Piper nigrum</i>	Rasa – Katu Guna – Teekshna, Sookshma, Laghu. Virya – Ushna Vipaka- Katu Doshagnata –Kapha Vata hara	Piperine, Piperethine, Dihydroferuperine.
4	Devadaru	<i>Cedrus deodar</i>	Rasa – Tikta, Katu, Kashaya. Guna – Rooksha, Laghu Virya – Ushna Vipaka- Katu Doshagnata –Kapha, Vatahara	Essential oil from wood; P- methylacetophenon, Atlantone.

DISCUSSION

This particular taila is explained by AcharyaVagbhata in AshtangaHridaya under

Timirapratishedhaadhyaya which is directly indicated for Vataja and SannipatajaTimira. This taila is administered in the form of nasya. For nasyamrudupaka is considered as best but

Sharangadhara opines that madhyamapaka for sarvakarma. As we know, nasal orifice take medicines to shiras and indriyas present in it. Nasya will be helpful in improvising visual power as medicated oil preparations contains low molecular fatty acids hence they absorb fast.

CONCLUSION

Madhukaditaila is available in the classical text. Though the ingredients are easily available and

easy to prepare, it is not available in the market, as it is not much prescribed by many of the physicians. It is necessary to explore the therapeutics of this formulation for the betterment of mankind and hence various clinical and experimental studies need to be carried out to prove its efficacy.

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