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Pharmacological Analytical Study of *Siddharthak Taila*

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ABSTRACT

Siddharthak Taila has been described in *Yogaratanakar Uttarardha* in the treatment of *Sheetapitta, Udarda & Kotha*. We have prepared *Siddharthak Taila* by taking equal quantity fine powder of all the constituents – *Siddhartha (Shweta Sarsapa) (Brassica Alba)*, *Haridra (Curcuma longa)*, *Kushtha (Saussurea Costus)*, *Chakramarda (Cassia Tora)*, *Tila (Sesamum Orientale Linn)* and *Sarsapa Taila (Brassica Campestris Linn)*. We sent the above prepared *Siddharthak Taila* to the Drugs Testing Laboratory for Pharmacological Study in a well-sealed & packaged as per the guidelines published by Laboratory Guide for Analysis of Ayurveda and Siddha Formulations, CCRAS, New Delhi. The Results of The Test Parameters of *Siddharthak Taila* are as follows - Refractive Index at 25° - 1.4719°, Weight/ ml 25° - 0.909°, Mineral Oil - Absent.

Key words: *Siddharthak Taila, Sheetapitta, Udarda & Kotha, Pharmacological Analytical Study.*

INTRODUCTION

Aushadha Yoga has been mentioned in thousands of texts of *Ayurveda* for the treatment of Countless Diseases, one of them *Aushadha Yoga* is, *Siddharthak Taila*. Where in the *Yogaratanakar Uttarardha*, *Siddharthak Taila*^[1] is described in the treatment of *Sheetapitta, Udarda & Kotha*, there it is not in *Taila* form, Rather by powdering equal parts of all the constituent substances and it has been told to do *Udvartan*, mixing it in the *Sarsapa Taila*. For the convenience of the patients, we prepared in *Taila* form for external use in *Sheetapitta, Udarda & Kotha*. *Vata*

& *Kapha* become *Prakupita* due to their causes & together with *Pitta* produce *Sheetapitta, Udarda & Kotha*, in *Twacha* externally & *Rasa, Rakta Dhatu* Internally.^[2] The external use of *Siddharthak Taila* is helpful in the *Samprapti Vighatana* of *Sheetapitta, Udarda & Kotha* - Externally.

AIM

Pharmacological Analytical study of *Siddharthak Taila* containing 6 drugs.

MATERIALS AND METHODS

Collection and Authentication of Raw Materials

All 06 components of - *Siddharthak Taila - Siddhartha - Shweta Sarsapa (Brassica Alba)*, *Haridra (Curcuma longa)*, *Kushtha (Saussurea Costus)*, *Chakramarda (Cassia Tora)*, *Tila (Sesamum Orientale Linn)* and *Sarsapa Taila (Brassica Campestris Linn)* identifying it by the *Dravyagun Department*. After, its definite *Prayojyaang* were taken, According to *Sharangadhara's* general rule of *Aushadh Grahan*,^[3] Those Medicinal Tress, whose Root is Thin, their whole parts (Root, Rhizome, Seeds, Leaves, Flowers, Branches etc.) should be taken, Since all the 06 constituents of *Siddharthak Taila* are *Shrub*, therefore - *Siddhartha -*

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Shweta Sarsapa (Brassica Alba), Chakramarda (Cassia Tora), Tila (Sesamum Orientale Linn) Seeds Part were taken, *Haridra (Curcuma longa)* Rhizome part were taken, *Kushtha (Saussurea Costus)* Root part were taken and *Sarsapa (Brassica Campestris Linn) Taila* was taken.

Making of Kwatha

According to *Sharangadhara's* general rule of *Aushadh Grahan*,^[4] where the Quantity to be taken is not Written, then the same Quantity of the substance should be taken, So, all *Siddharthak Taila* 06 components were taken in Equal Quantity and 05 components were thoroughly cleaned & dried & converted into Coarse Powder. Weighting all the *Coarse Powder* ingredients in Equal Quantity (6.4 kg) *Total Quantity – 32 kg* was taken. Since all the constituents of *Siddharthak Taila* are neither very hard nor very soft. Therefore *Sharangadhara's* general rule of *Aushadh Grahan*,^[5] 8 times water is added to make a *Kwatha* of Medium Hard Substances. So all 05 Coarse Powder ingredient kept overnight in a large Aluminum Vessel soaked 08 times in water – 256 liters of water, on the second day in the morning, it was heated in medium flame in fireplace. Now *Kwatha* is heated till the one-fourth part remains^[6] & the essence of constituent substance has come well in the *Kwatha Fluid* i.e., *Gatarasa*^[7] and the constituent substance becomes *Neerasa* (Testlessness), now take off the *Kwatha Dravya* from the Fireplace, now filter the clean cotton cloth & discard the remaining waste material.

Sarsapa Taila Murchhana^[8]

First of all, Taking equal quantity (120 gm) of all the *Sarsapa Taila Murchhana* ingredients like - *Haritaki, Haridra, Nagarmotha, Bilva, Dadima, Nagkeshar, Krishna Jeeraka, Sugandhabala, Nalika, Vibhitaki & Manjistha* (960 gm) as required, Now washed & after proper crushed, making a *Kalka* form in all *Sarsapa Taila Murchhana* ingredients. Then *Sarsapa Taila* (08 kg - 09 Litre aprox.) was heated on low flame in fireplace in an Aluminium Vessel till it was *Nishphena*. Then all *Sarsapa Taila Murchhana* ingredients in *Kalka* form were put in heated *Sarsapa Taila*. Then finally 30 litres of water was added to it. Now heated the *Sarsapa*

Taila till the water content dries up, then after cooling of *Taila*, store it in a Clean Aluminium Vessel. The *Aama Dosh* of *Sarsapa Taila* is destroyed by *Taila Murchhana* and the *Gandhavarna-Rasodbhava* and Potency Power of the *Sarsapa Taila* increases.

Making of Siddharthak Taila

According to the rules described in the *Sharangdhara Sneha Kalpana*,^[9] for making *Siddharthak Taila*, *Sarsapa Taila* should be taken 4 times as much as the *Aushadh Kalka* & water should be taken 4 times as much as the *Sarsapa Taila*. Therefore, we make a *Kalka Dravya* by taking equal quantity of Coarse Powder of 5 constituents of *Siddharthak Taila* (400 gm) - Total (02 kg), one-fourth part of *Sarsapa Taila* (08 kg - 09 Litre aprox.). We have already prepared *Kwatha Dravya* by taking equal quantity of Coarse Powder of 5 constituents of *Siddharthak Taila* (6.4 kg) – Total (32 kg), fourth times more than *Sarsapa Taila* (08 kg - 09 Litre aprox.). Now let the *Murchhita Sarsapa Taila* reheat in the fireplace in low flame. On heating, the now prepared *Kalka & Kwatha Dravya* were slowly poured in to the *Murchhita Sarsapa Taila* & heated again over medium flame. Now, when the *Taila* becomes *Phenodgama*, it should be removed from the fireplace & heated again in low flame. Now, having *Sneha Siddhi Lakshana*^[10] like - *Phenodgama* in *Taila*, *Gandhavarna-rasodbhavah* (The smell, colour & taste of constituent substance come into the oil). So, *Taila* has been *Siddha* properly, it should be understood. Then after cooling of *Taila*, filter it with a clean cotton cloth & store it in a Vessel. Now We sent the above prepared *Siddharthak Taila* to the Drugs Testing Laboratory for Pharmacological Study in a well sealed & packaged^[11] as per the guidelines published by Laboratory Guide for Analysis of Ayurveda and Siddha Formulations, CCRAS, New Delhi.

Paak - We have to use *Siddharthak Taila* as an external application, so we prepared *Siddharthak Taila* in “*Khar Paka*” form.

Siddharthak Taila prepration time - *Siddharthak Taila* has been prepared in 3 days, because keeping it for several days increases its properties.

OBSERVATIONS AND RESULTS

Prepared *Siddharthak Taila* was Packed and Sealed well and sent to Drug Testing Lab for testing as per the guidelines of Laboratory Guide for the Analysis of Ayurved & Sidhha Formulation - CCRAS, New Delhi. The following results were obtained on Test Parameters of *Siddharthak Taila* in *Drug Testing Lab* - Refractive Index at 25° - 1.4719°, Weight/ ml 25° - 0.909°, Mineral Oil - Absent.

DISCUSSION

Siddharthak Taila that has been selected in the present study is an *Taila (Sneha) Yoga* & has been prepared for external use of *Sheetapitta, Udarda & Kotha*. Initially, after *Nidana Sevana* of *Vata & Kapha*, causing *Prakopa* of *Vata & Kapha* & they mix with *Pitta*, Now being a *Tridosha Vaishamyava Avastha*, they do *Achayapurvaka Prakopa & Prasar* of *Tridosha*. Now through *Vimargagamana*, *Dosha* is located in *Twacha* & Through *Twaka Vaigunya*, Various symptoms of *Sheetapitta, Udarda & Kotha* are produced in *Twacha*. The constituents of *Siddharthak Taila* are *Kapha-Vata Nashak* and *Kapha-Pitta Nashak* i.e., *Tridosha Nashak*. *Madhur, Katu, Tikta, Kashaya Rasa Pradhana, Laghu, Snigdha, Ruksha, Guru, Tikshna Guna Pradhana, Ushna Virya Pradhana* and *Madhur, Katu Vipāka Pradhana Yoga*,^[12] which are necessary for the *Samprapti Vighatana* of *Sheetapitta, Udarda & Kotha - Externally*. The above-mentioned *Rasa, Guna, Virya, Vipāka* are described in the table below. To prove this principle, pharmacological study of *Siddharthak Taila* was done, the above results in pharmacological analytical study of *Siddharthak Taila* prove the veracity of this theory.

Table 1: Components of Siddharthak Taila^[13]

| S N | Drug Name | Latin Name | Family | Part Used |
|-----|------------------------------------|----------------------|---------------|-----------|
| 1. | <i>Siddhartha - Shweta Sarsapa</i> | <i>Brassica Alba</i> | Brassicaceae | Seed |
| 2. | <i>Haridra</i> | <i>Curcuma Longa</i> | Zingiberaceae | Rhizome |

| | | | | |
|----|----------------------|---------------------------------|-----------------|--------------|
| 3. | <i>Kushtha</i> | <i>Saussurea Costus</i> | Asteraceae | Root |
| 4. | <i>Chakramarda</i> | <i>Cassia Tora</i> | Caesalpiniaceae | Seed |
| 5. | <i>Tila</i> | <i>Sesamum Orientale</i> Linn | Pedaliaceae | Seed |
| 6. | <i>Sarsapa Taila</i> | <i>Brassica Campestris</i> Linn | Brassicaceae | <i>Taila</i> |

Table 2: Rasa Panchaka of the components of Siddharthak Taila^[14]

| S N | Drug Name | Rasa | Guna | Virya | Vipāka | Doṣaghñatā |
|-----|------------------------------------|-------------------------------------|------------------------------|--------------|----------------|---------------------------|
| 1. | <i>Siddhartha - Shweta Sarsapa</i> | <i>Kaṭu, Tikta</i> | <i>Snigdha</i> | <i>Ushna</i> | <i>Kaṭu</i> | <i>Vāta Kaphaśāmaka</i> |
| 2. | <i>Haridra</i> | <i>Tikta, Kaṭu</i> | <i>Laghu, Rūkṣa</i> | <i>Ushna</i> | <i>Kaṭu</i> | <i>Tridosha śāmaka</i> |
| 3. | <i>Kushtha</i> | <i>Tikta, Kaṭu, Madhura</i> | <i>Laghu, Rūkṣa, Tikshna</i> | <i>Ushna</i> | <i>Kaṭu</i> | <i>Kapha Vāta śāmaka</i> |
| 4. | <i>Chakramarda</i> | <i>Kaṭu</i> | <i>Laghu, Rūkṣa</i> | <i>Ushna</i> | <i>Kaṭu</i> | <i>Kapha Vāta śāmaka</i> |
| 5. | <i>Tila</i> | <i>Madhura, Kaṭu, Tikta, Kaṣāya</i> | <i>Guru, Snigdha</i> | <i>Ushna</i> | <i>Madhura</i> | <i>Kapha pitta śāmaka</i> |
| 6. | <i>Sarsapa Taila</i> | <i>Kaṭu, Tikta</i> | <i>Snigdha</i> | <i>Ushna</i> | <i>Kaṭu</i> | <i>Vāta Kapha śāmaka</i> |

CONCLUSION

In the present study, various stages of making of *Siddharthak Taila* have been described. The method of making *Siddharthak Taila* is completely prepared according to the method of *Sneha Paak* described in *Sharangdhar*. Tested in *Siddharthak Taila*'s various Test Parameters in Drug Testing Lab, it was found to equivalent to the required standards. The external use of *Siddharthak Taila* will be helpful in the *Samprapti Vighatana* of *Sheetapitta, Udarda & Kotha* – Externally, confirms the truth of this fact.

***Siddharthak Taila* preparation process in different stages**



Fig. 3: Prepared Kwath Dravya



Fig. 1: Ghatak Dravya of Siddharthak Taila



Fig. 4: Mixing Murchhana Dravya for (Katu) Sarasapa Taila Murchhana



Fig. 2: Making of Kwath



Fig. 5: Murchhit (Katu) Sarasapa Taila



Fig. 6: Kalka Dravya for Siddharthak Taila Paak



Fig. 7: Siddharthak Taila Paak by Kalka & Kwath



Fig. 8: Khar Paak of Siddharthak Taila



Fig. 9: Filtered Siddharthak Taila



Fig. 10: Siddharthak Taila Packing

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