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Therapeutic aspects of *Eranda Tail* (Oil of *Ricinus Communis*)

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ABSTRACT

Castor Oil is one of the main drugs used for *Virechana Karma* (purgative therapy) under *Panchakarma* therapy. Castor oil is a vegetable product extracted from *Ricinus communis* (castor seed). The castor oil is pungent; hot, heavy, and curative of *Vata* and *Kapha*. In combination with astringent, sweet, and bitter substances, it also, cures *Pitta*. It pacifies *Vata*, the aggravation of which is the root cause of all diseases. It is also administered as an adjuvant for various formulations. Even though it has various medicinal properties, inappropriate usage causes adverse effects such as dizziness, abdominal cramps, diarrhoea; etc. as well as a proper review of *Eranda Tail* w.s.r. to *Samhita* is not available. So, this article mainly focuses on the properties, qualities, Indication, Contraindication, Mode of action, administration, dose, and adverse effects of castor oil.

Key words: *Eranda Tail*, *Vata*, *Ricinus Communis*, *Castor oil*, *Vata Vyadhi*

INTRODUCTION

The plant has been cultivated for over 6000 years and was a source of oil for lamps and cosmetics in ancient Egypt. Among *Chatusnehas* (four types of unctuous materials), *Taila* (oil) is the best for the management of *Vatavyadhi* (diseases of *Vata*) as it possesses opposite *Gunas* (properties) of *Vata*.^[1] In *Vatika Vikaras* (disorders caused by *Vata*) *Sneha Virechana* (purgation by oil) is advised^[2], as it clears obstruction in the *Srotas* (body channels) and relieves *Vata* vitiation subsequently. *Eranda Taila* (Castor oil) is one of widely used oil in *Ayurvedic* disease management both internally and externally. It is also administered as

adjuvant for various formulations. *Eranda Taila* (Castor oil) is a wonderful drug which can also rejuvenate the body and can be administered in many ways. *Panchangul* (Leaves arrangement like 5 fingers), *Vatari* (Enemy of vitiated *Vata*), and *Chitrabeeja* (Seed with design) are synonyms^[3], *Eranda* is also called as *Vatari* as it controls the *Vata* by its *Madhur Rasa*, *Madhur Vipaka*, and *Ushna Virya*^[4] *Eranda* increases the *Pitta* hence it is not recommended in *Pitta* dominant conditions. Indigestion is the root cause of many diseases. *Ama*, the endogenous toxin is the main culprit in the pathogenesis of many diseases. Use of *Ricinus* oil can prevent these conditions. Castor oil mainly consists of *Ricinoleic acid*. Even though it has various medicinal properties, inappropriate usage causes adverse effects such as dizziness, abdominal cramps, diarrhoea; etc^[5] as well as proper review of *Eranda Tail* w.s.r. to *Samhita*, is not available so This article mainly focuses on the Properties, qualities, Indication, Contraindication, Mode of action, administration, dose, adverse effects of castor oil and common *Ayurvedic* formulation of *Eranda Tail*.

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AIM AND OBJECTIVES

1. Identify the qualities and Properties of *Eranda Tail* according to *Ayurveda*.

2. Review the general and specific indications and contraindications of *Eranda Tail*.
3. Identify the mechanism of action of castor oil according to *Ayurveda*.
4. Describe the Route of administration, dose, and potential adverse effects of castor oil.
5. Common *Ayurvedic* formulations of *Eranda Tail*.

MATERIALS AND METHODS

Review work done and literature from the classical texts and research websites have been incorporated into the study.

1. The qualities of Castor oil

Rasa	Guna	Virya	Vipaka	Prabhav	Doshgnata
Madhur Tikta, Katu ^[6]	Guru, Snigdha Pichala, Tkshna, Sara, Sukshma ^[7]	Ushna	Madhur	Rasayana	Vata- Kapha Har

2. Properties of Castor oil

Castor oil is sweet and heavy and increases *Kapha*; it is highly curative of *Vata*, *Rakta Gulma*, heart disease, and chronic fever.^[8]

Castor Oil is sweet, hot (in its potency), irritating and appetizing. It leaves a pungent astringent aftertaste and is subtle. It acts as a cleansing agent in respect of the internal channels of the body and is wholesome to the skin. It is spermatopoeitic, sweet in digestion (*Vipaka*), and rejuvenating. It purifies the semen, vagina, and removes vaginal and uterine disorders, and contributes to the preservation of sound health. It improves the memory, complexion, and intellect (of its user), subdues the bodily *Vayu* and *Kapha*, and cleanses the system from all injurious principles by inducing purging.^[9]

Castor oil is known to consist of up to 90% ricinoleic, 4% linoleic, 3% oleic, 1% stearic, and less than 1% linolenic fatty acids.

3. Indication and Contraindication of Castor oil

Indication

1. If the *Vata* is obstructed by *Meda*, *Kapha*, *Pitta*, or *Rakta* (vitiating blood) in the disease like^[10] *Gulma* (lump-like feeling in the abdomen), *Udara* (abdominal diseases include ascites), *Bradhna* (inguinal swelling), Piles, Splenic enlargement, *Udavarta* (abnormal upward movement of *Vata*), *Yoni-Roga* (gynaecological diseases), Seminal disorders, disorders of *Meda* and *Kapha* associated with Deep-seated *Vatarakta* (gout), Sciatica, Hemiplegia etc. and in other *Vatika* disorders.
2. Heart-disease^[8]
3. Chronic fever^[8]
4. Skin disorders^[9]
5. In *Kati-Guha-Koshta-Pristha* pain and swelling^[6]

Contraindication

1. Gastrointestinal obstruction^[11]
2. Appendicitis^[11]
3. Perforation^[11]
4. Inflammatory bowel disease^[11]
5. Pregnancy^[12]
6. Hypersensitivity^[12]
7. Severe impaction^[12]
8. Rectal fissures^[12]

In diagnostic tests such as colonoscopies, it is essential to have a bowel preparation before performing the procedure. Castor oil may be used in these types of procedures as it is effective in bowel evacuation. However, in these procedures, patients typically have better results and satisfaction with other laxatives such as sennosides, polyethylene glycol, and bisacodyl. In a study comparing castor oil to senna graph syrup, the senna group had fewer side effects and better bowel preparation overall.

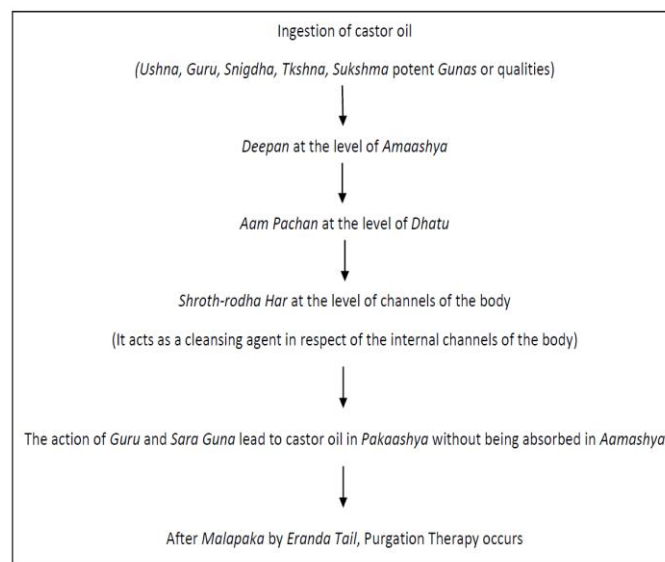
4. Specific Indication and their condition

SN	Indication	Condition	Anupan	Acharya
1.	<i>Gulma</i> ^[13] (lump like feeling in abdomen)	1. <i>Vata Gulma</i> associated with <i>Kapha</i> dominance 2. <i>Vata Gulma</i> associated with <i>Pitta</i> dominance	<i>Varuni</i> wine Milk	<i>Charak</i>
2.	<i>Shvayathu</i> ^[14]	Administration of <i>Eranda Tail</i> before meal in the pt. of <i>Shvayathu</i> whenever obstruction in stool and <i>Apanvayu</i> .		<i>Charak</i>
3.	<i>Avarana Yukta Udara Roga</i> ^[15] (abdominal diseases includes ascites)	<i>Kapha</i> is afflicted with morbid <i>Vata</i> and <i>Pitta</i> or where <i>Vata</i> is overlaid by <i>Kapha</i> and <i>Pitta</i>	With relevant herbs that cure the morbid <i>Dosha</i>	<i>Charak</i>
4.	<i>Vataj Grahani</i> ^[16]	In <i>Strast Dosha Avastha</i> of <i>Vataj Grahani</i> for <i>Virechan</i>	<i>Kshara</i>	<i>Charak</i>
5.	<i>Udavarta</i> (abnormal upward movement of <i>Vata</i>) and <i>Anaha</i> ^[17] (bloating in upper abdomen)	Obstructed by <i>Meda</i> , <i>Kapha</i> , <i>Pitta</i> or <i>Rakta</i> (Vitiated blood)	With milk, meat soup, juice or <i>Triphala</i> decoction, vegetable soup, cows' urine,	<i>Charak</i>

			alcoholic drink etc.	
6.	<i>Vatavyadhi</i> ^[18]	After oleation and sudation procedures mild purgation	Milk	<i>Charak</i>
7.	Deep-seated <i>Vatarakta</i> ^[19] (gout)	whom <i>Dosha</i> are excessively aggravated	Milk	<i>Charak</i>
8.	<i>Gridhrasi</i>	In the management of <i>Gridhrasi</i> , extensive use of <i>Vasthi</i> and <i>Pana</i> by medicated <i>Eranda Taila</i> with <i>Vajeegandhadi</i> drugs is recommended. ^[20] It is also advised to take <i>Eranda Taila</i> with <i>Gomutra</i> for one month for <i>Gridhrasi</i> . ^[21]		<i>Yogratnakar</i>
9.	<i>Katisula</i>	In <i>Katisula</i> , of different origin <i>Eranda Taila</i> should be taken along with <i>Dasamoolee Kashaya</i> or <i>Nagara Ambu</i> . ^[22]		<i>Yogratnakar</i>
10.	<i>Amavatha</i>	To win over the mighty elephant called <i>Amavatha</i> roaming all over the body; only one lion called <i>Eranda Taila</i> is enough (<i>Aamavatha Gajendrasya Sarira Vana Charina, Eka Eka Nihantyashu Eranda Taila Kesari</i>). ^[23]		Bhavamisra
11.	<i>Vata Udara</i>	In <i>Vata Udara</i> , <i>Eranda Taila</i> can be used orally along with <i>Dasamoola</i> or <i>Gomutra</i> or with <i>Triphala Churna</i> . ^[24] In <i>Udara Roga Samanya Vidhi</i> , there is description suggesting that <i>Eranda Taila</i> should be taken along with <i>Ksheera</i> or with <i>Mutra</i> . ^[25] <i>Eranda Taila</i> is advised as <i>Pathya</i> for <i>Udara Roga</i> . ^[26]		<i>Yogratnakar</i>

12.	<i>Mutrakrichha</i> (Dysuria)	<i>Eranda Taila</i> added with <i>Yavakshara</i> and consumed relieves dysuria; in case of pain in the waist in (<i>Eranda Taila</i>) should be consumed either with decoction of <i>Dasamula</i> or of <i>Nagara</i> . ^[27]	Bhavamisra
13.	Scrotal enlargement due to <i>Vata</i>	In scrotal enlargement due to <i>Vata</i> the patient should be administered oleation therapy first, followed by purgation, drink <i>Eranda Taila</i> mixed with milk for one month. <i>Guggulu</i> and <i>Eranda Taila</i> consumed along with <i>Gomutra</i> ; this cures scrotal enlargement of <i>Vata</i> origin quickly, though persisting for a long time. ^[28]	Bhavamisra
14.	<i>Antra Vriddhi</i> (scrotal hernia)	<i>Eranda Taila</i> cooked with decoction of <i>Bala</i> and consumed suitably cures <i>Antra Vriddhi</i> (scrotal hernia) associated with flatulence and pain in the abdomen. ^[29]	Bhavamisra
15.	<i>Bradhna Roga</i>	Paste of <i>Abhaya</i> is fried in <i>Eranda Taila</i> and then added with powder of <i>Krsna</i> and <i>Saindhava</i> and consumed daily is best to cure <i>Bradhna Roga</i> . ^[30]	Bhavamisra
16.	<i>Slipada</i> (Filariasis)	The patient of <i>Slipada</i> (Filariasis) who consumes <i>Haritaki</i> , fried in <i>Gandharva Hasta Taila</i> (<i>Eranda Taila</i>) along with <i>Gomutra</i> , everyday gets cured of <i>Slipada</i> within seven days. ^[31] It is regarded as <i>Pathya</i> for <i>Vriddhi Vardhma Roga</i> . ^[32] It is regarded as <i>Pathya</i> for <i>Slipada</i> . ^[33]	Bhavamisra

5. Mode of action



6. Route of Administration and Dose

Castor oil administration is via the oral route, as the oil needs to be broken down by intestinal lipases to have its stimulant laxative effects. An appropriate daily dose for an adult male is 15 to 60 ml per day.^[34] Castor oil should be administered up to the dose of five *Pala* depending on the strength of the person, nature of disease, and the *Koshta*. If the person is weak and is of *Mridu Kosta* (laxed bowel) then, castor oil should be given along with food. Along with oral route it can be administered via anal route in the form of enema therapy.

7. Adverse effects of castor oil

The adverse effects of castor oil are a common reason why it is not used often in conventional medicine. In a study comparing castor oil to sennosides, castor oil tended to cause abdominal cramping, vomiting, bloating, and dizziness. Far fewer adverse effects were occurring with the use of other laxatives.^[35]

8. Common Ayurvedic formulations of Eranda Tail

Guggulu Preparations	Oil preparations	Ghrita preparations	Other preparations
<i>Vatari Guggulu</i> ^[36]	<i>Gandharvahast hadi Eranda Taila</i> ^[39]	<i>Sukumara Ghrita</i> ^[48]	<i>Vataghna Lepa</i> ^[53]

Sihanada Guggulu ^[37]	Pinda Tail ^[40]	Parpanadi Ghrita ^[49]	Gudabhallata k ^[54]
Punarnava Guggulu ^[38]	Misraka	Varunadi Ghrita ^[50]	
	Sneha ^[41]	Sarvmayant aka Ghrita ^[51]	
	Tail Panchak ^[42]	Punarnavadi Ghrita ^[52]	
	Pancha Sneha ^[43]		
	Brhatsaindhava di Taila ^[44]		
	Hingutriguna Taila ^[45]		
	Swasari Thailam ^[46]		
	Sarivadi Thailam ^[47]		

DISCUSSION

Eranda Taila is highly useful in the treatment of a variety of common and chronic disorders. Moreover, the plant is very common and can be seen wildly growing in forests. *Eranda Taila* being a simple harmless purgative can be prescribed after considering the strength of the disease, digestive fire and strength of the body of the patient.

Avoid root cause of disease

Indigestion is the root cause of many diseases. *Ama*, endogenous toxin is the main culprit in the pathogenesis of many diseases. Use of Ricinus oil can prevent these conditions. *Pakvashaya* (Large intestine) is the main site of *Vata*. When we control *Vata* from this site, it is easier to control *Vata* from all other places. Hence, it is recommended in *Vataj Gulma*, *Vataj Grahani*, *Vata Udara* and in other *Vatavyadhi* i.e., Deep-seated *Vatarakta* (gout), Sciatica, Hemiplegia etc.

Eranda Tail on Purishdhara Kala

Ayurveda has mentioned the co-relation of *Purishdhara Kala* and *Asthidhara Kala*. Vitiated *Vata* causes *Prushthashula* (backache), *Sandhivata* (Arthritis), *Asthi Shul* (Bony pains), crackling sounds at joints in this pathogenesis castor oil recommended. By action of *Ushna*, *Guru*, *Snigdha*, *Tkshna*, *Sukshma Guna* of castor oil *Malapaka* at the level of *Purishdhara Kala*.

Eranda Tail in Amavat

In *Amavat* (Rheumatism) - *Tikta Rasa & Katu Rasa* with *Ushna Virya* pacifies the *Ama*. *Eranda* digest *Rasagata ama*, *Eranda* oil when used with *Sunthi Kwath*, it helps more in *Ama Pachan*, Warm *Eranda* oil can also be applied externally to joints. As mentioned earlier it is a choice of drug in Rheumatism. *Eranda* - Ricinus oil is an exceptional fat which can be used in *ama* condition also.

Eranda Tail acts on Apan Vayu

Eranda has a specific action on *Apan* sites i.e., on colon & urogenital system. Hence it is recommended in *Bradhna* (inguinal swelling), *Antra Vriddhi* (scrotal hernia), scrotal enlargement due to *Vata*, Piles, *Udavarta* (abnormal upward movement of *Vata*), *Yoni-Roga* (gynaecological diseases), Seminal disorders and *Mutrakrichha* (Dysuria).

In all types of Vataja Shul

In backache, cervical pain, sciatica and in arthritis *Eranda* oil with *Guggul* formulations is a prototype of Ayurvedic therapeutics.

In Kamala (Jaundice)

In obstructive pathology E recommended to relieve t and to maintain the flow of components. In Liver diseases where the jaundice appears, the *Eranda* oil is used as a '*Sneha Virechana*'.

Nityam Enam Virechayet

Udar (Ascites) is the condition where the fluid retention is present in the peritoneum. It is generally secondary to Liver diseases. The leaves of *Eranda* are utilized locally to reduce the abdominal girth in ascites.

Eranda Tail for Prana Vaha Srotas

In the respiratory conditions like *Shwasa* (asthma) & *Kasa* (cough) where the channels are clogged with mucoid & sticky secretions. *Eranda* oil is used to relieve the obstructions from the channels.

Eranda Taila in Avarana

In condition where *Kapha* is afflicted with morbid *Vata* and *Pitta* or where *Vata* is overlaid by *Kapha* and *Pitta*, it should be treated by oral medication of *Eranda Tail*

(oil of Ricinus communis) processed with relevant herbs that cure the morbid *Dosha*.

Mridu Samshodhana (Mild purgation)

The oleation and sudation procedures should be repeatedly administered so that the disorders of *Vata* may not stay in the viscera softened by oleation procedure. If due to residual morbidity, the symptoms did not subside with the above procedures, then the patient should be cleansed by means of mild drugs mixed with unctuous articles.

For this purpose, the patient may take the medicated ghee prepared with *Tilvaka* or *Satala*, or castor oil with milk; all of these are auspicious and expel the morbid humors.

By excessive use of unctuous, sour, salty and hot articles of diet, the excretory matter gets accumulated and occluding the alimentary passage, obstructs the *Vata*, hence *Anuloman* of *Vata* should be done by castor oil.

Due to its *Sukshma Guna*, it can enter into minute pores, and *Srotovishodhana* property enables it to cleanse the channels. It enhances *Medha Kanti Bala Arogya Smriti* (improve cognitive and memory functions and augment general health and heartiness).

CONCLUSION

Ricinus communis or castor plant is a widely traditionally used and potent medicinal plant amongst all the thousands of medicinal plants. The approved FDA condition for which castor oil may be useful as a stimulant laxative, which can be beneficial in constipation and medical procedures. With chronic idiopathic constipation being one of the most common GI complaints, castor oil can be of great benefit. *Mridu Samshodhana* (Mild purgation) or *Anuloman* action occur by *Eranda Tail* in all over the indications mentioned above. A systematic review of *Eranda Taila* provides information about its properties, qualities, Indication, Contraindication, Mode of action, administration, dose, adverse effects of castor oil and common ayurvedic formulation of *Eranda Tail* etc. *Srotorodha* is a main cause for disease generation. It has wide range of indications and is an ingredient in

various potent formulations. It is a conventional laxative with less adverse effect and is inexpensive. It pacifies *Vata* and *Kapha Dosa*, is *Sukshma*, *Srotosodhsana* and *Rasayana* in property. The therapeutic aspect of *Eranda Tail* is much more and can be given in various disorders.

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