



ISSN 2456-3110

Vol 8 · Issue 10

October 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

A classical review on *Guduchi Taila*

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ABSTRACT

Guduchi Taila is an exquisite referred to in administration of *Vatarakta*. *Guduchi Taila* is one of the efficient medicines which contain *Guduchi Kwath*, *Guduchi Kalka*, *Dugdha*, processed in *Til Taila* only used with the aid of *Vaishya's* in *Vatarakta*. Gouty Arthritis can be well correlated to *Vata-Pithadhika Vatarakta*. Gout is a pathological response of joint or periarticular tissues which result from deposition of monosodium urate monohydrate crystal in joint and tissues. *Vatarakta* is one of the fundamental articular diseases which are characterized through severe ache, tenderness, inflammation and burning sensation in the affected joints. Due to its anti-inflammatory analgesic and arthritis properties *Guduchi Taila* is extensively used in *Saruk*, *Daha*, *Shopha Vatarakta*, these are the signs and symptoms of *Vatapittasdika Vatarakta*. So, the pharmacology properties and probable mode of action of *Guduchi Taila* has been discussed in this article.

Key words: *Guduchi Taila*, *Vatarakta*

INTRODUCTION

Ayurveda is the science that imparts all the knowledge of life. It is used to defined Health and other factors responsible for its maintenance and promotion. Health is essential for enjoyment of all the worldly pleasures. Promotion of physical mental Health is essential for acquiring a state of eternal and supreme happiness *Moksha*. The principles of *Ayurveda* are based on natural law e.g. "The law of similar. This law states that substances which have properties similar to a particular tissue will when taken internally increase that particular tissue in the body and vice-versa. e.g., Ghee or animal fat will increase fat in human body.

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Submission Date: 15/08/2023 Accepted Date: 24/09/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.8.10.24

This and other natural law will remain eternally true through new substances having similar properties may be recognized and discovered in course of time hence *Acharya Charak* states that the science of life has unlimited scope for expansion. The Aim of *Ayurveda* is to give guide line for maintenance and promotion of health and treatment of disease. Its purpose is to describe all the methods and means for constantly maintaining a balance state of *Vata*, *Pitta* and *Kapha*. In other word Maintenance of Homeostasis of the body. The Organic Compounds of modern medicine are formed by Homeostasis of the body. The Organic Compounds of modern medicine are formed by biochemical combination of physical elements; E.g., Amino Acid is composed of combination of atoms of N_2 , H_2 , O_2 , C . etc. in a specific manner. Similarly, the basic component of our body *Vata*, *Pitta* and *Kapha* are made up of combination of the five basic elements viz *Akash*, *Vayu*, *Agni*, *Jala* & *Prithvi*.

Panchabhutika constitution of *Tridosha*^[1]

SN	Dosha	As described by Sushruta	As described by Vagbhatta
1.	Vata	Vayu	Vayu, Aakasha

2.	<i>Pitta</i>	<i>Agni</i>	<i>Agni</i>
3.	<i>Kapha</i>	<i>Ap</i>	<i>Prithvi, Ap</i>

The word *Vata* is derived from the verb “VA. This means movements. Hence the *Ayurvedic* physician selected the word *Vata* to represent the biological elements which control all the activities of the body. The word *Pitta* is derived from the word “*Tapa*” which means to heat because of their active energy element. *Pitta* molecules is found to break the bigger *Kapha* molecules into smaller ones and increase the motion of *Vata* molecules. In *Ayurveda*, *Vatarakta* disease has been counted in *Vata Vyadhi*. *Vatarakta* is described in *Charak Samhita* as a disease caused by *Vata Prakopa* (aggravated *Vata*) and *Dushta Rakta* (vitiated blood), which spreads in the *Raktavahasrotas* to afflict small joints of the body. Basically, it is a metabolic disorder due to functional deformity of *Jatharagni* and *Bhutagni*, which leads to *Rakta Vikriti*.^[2]

In modern science, *Vatarakta* can be correlated to Gout based on *etiopathology*. Gout is a disorder of purine metabolism and occurs when its final metabolite, uric acid crystallizes in the form of monosodium urate precipitating and forming deposits (tophi) in joint on tendons and in the surrounding tissue. Metatarsal-phalangeal joints at the base of big toe is affected most often, other joint, such as the heel, knees, wrist, and fingers may also be affected. Pain occurs in the mid night suddenly and it gives feeling just like scorpion bite.^[3]

The medication in *Ayurveda* is rich in having very range of dosage. These have been classified into different sorts such as *Aashaadha Kalpana*, *Ahara Kalpana*, *Bahay* and *Abhyanthara Kalpana*, Solid, Liquid and Semisolid forms as well as Plant, Animal and Mineral origin. These dosage forms are ordinarily meant to extend shelf life, palatability and to alter potency. *Taila* is one amongst the *Aashaadha Kalpana* comes underneath *Sneha Kalpana*. The medicinal herbs processed with *Sneha* for increasing the efficacy the mixture is understand a *Sneha Kalpana*.^[4] Medicated *Taila* are preparations in which *Taila* is boiled with prescribed liquid media (*Swarasa / Kashaya*, etc.) and

a fine paste (*Kalka*) of the drugs specified in the formulation composition *Taila* the *Samyak Paka Lakshana*. Medicated *Taila* are used for a very of cause and administered through different routes. One such *Taila* is *Guduchi Taila*. *Guduchi Taila* is a nicely acknowledged polyhedral formulation and it is successfully used in *Vatarakta*, the water soluble and fat-soluble energetic principle of the component are extracted and added with the properties of *Taila* too. The ingredients of *Guduchi Taila* are *Guduchi Kwath*, *Guduchi Kalka*, *Til Taila*, *Dugdha*. This drug has been mentioned in *chakra Dutta* in the context of in *Vatarakta Chikitsa* chapter.^[5] *Guduchi* (oil) is being administered externally for therapeutic use as *Abhyanga* etc. This traditional formulation of *Ayurveda* is using for centuries with claimed efficacy and safety in treatment of *Vatarakta*. The overall properties of the drugs used in *Guduchi Taila* are *Tikta* (bitter), *Taila Gandhi* (smell) *Raktabh* (color), showing *Vataraktahara*, *Dahaghna*, *Vedhanasthapana*, *Shophaghna* action along with analgesic, anti-inflammation, antioxidants, antiarthritic, immunomodulator activity.^[6]

REVIEW OF LITERATURE

Guduchi Taila is mentioned in *Chakra Dutta Vatarakta Chikitsa* chapter.^[7] Two *Yoga* are available in the name of *Guduchi Taila*. 1. *Guduchi Taila (swalpa-1)*, 2. *Guduchi Taila (swalpa-2)*, one which is selected for this article is widely used in different dosage form like *Guduchi Taila*.^[8]

MATERIALS AND METHODS

All the literature regarding its use, method of preparation, *Rasa Panchaka*, pharmacological activities, probable mode of action were compiled from various books and other available information resources.

Table 1: Ingredients of Guduchi Taila

Ingredients	Botanical Name	Family	Parts Used
<i>Guduchi</i> ^[9]	<i>Tinospora cordifolia</i>	Menispermaceae	Root, Stem, Leaf

Tila ^[10]	Sesame indicum	Pedaleacea	seed oil
Dugdha	-	-	-

Method of Preparation

Guduchi Taila is prepared by the general method of preparation of *Taila*, till the Stage *Madhyamapaka*. Sesame oil 1 liter, 2. *Guduchi* 250 grams, 3. *Guduchi* 4 kg, 4. Cow milk 1 liter and proper cooking water 4. Took. Take it. First, shave the mustache of sesame seeds. Therefore, powder 250 grams of *Guduchi* and

grind it on a cob with water to make *Kalka*. Therefore, grind 4 kg *Guduchi* and boil it in 4 times water (16 liter's). Filter when one-fourth is left. Now mix *Guduchi Kwatha* and *Kalka* in melted sesame oil and cooked. When the decoction starts drying, add 1 liter milk to the oil and cook it. When the milk starts drying, add 4 liters of water and cook the *Kalk* properly. When the water dries, the *Sneha Paka* expert *Vaidya* should test the *Sneha Paka*, take the *Sneha Paka* down from the stove and filter the oil. When it cools down, store this *Guduchi* oil in a glass vessel.^[11]

Table 2: Rasa Panchakas and pharmacological activities of ingredients of Guduchi Taila.

SN	Drug	Rasa	Guna	Veerya	Vipaka	Karma	Pharmacological activity
1.	<i>Guduchi</i> ^[12]	Tiktha, Kashaya	Guru, Snigdha	Ushna	Madhura	Deepana, Pachana, Vedana Sthapan, Mootra Janana, Jwaraghna, Daha Prashamana, Rasayana, Kushtaghna, Raktha Shodhaka, Anulomana, Bala, Rasayana	Anti-inflammatory, Analgesic, Anti-Oxidant, Immuno Stimulatory, Diuretic, Anti-Pyretic, Anti Arthritis, Hepatoprotective
2.	<i>Tila</i> ^[13]	Madhura, Katu, Tiktha, Kashaya	Guru, Snigdha	Ushna	Madhura	Deepana Snehana, Vedantathapana, Bala, Mootrajaana, Rasayana	Antioxidant, Hepatoprotective.
3.	<i>Dugdha</i> ^[14]	Swadu	Mirdu, Snigdha. Balya, Shalkshna, Pichhil, Guru, Mand, Prashana	Shit	-	Rasayana	Cow's milk increases moistness (in the channels Tissue-pores) slightly. ^[15]

DISCUSSION

Based on the above study, it can be mentioned that *Guduchi Taila*, as pointed out in the *Vatarakta Chikitsa* chapter exclusively for *Vatarakta*, is very efficient in alleviating the cardinal symptoms of *Vatarakta* such as *Daha*, *Ruja*, and *Shopha*. When used externally as *Abhyanga*, it might also work with the theory that *Taila* helps in the formation of lipoidal bonds, unique to drugs, consequently aiding in the penetration of drug molecules. As a result, it increases the rate of transdermal drug delivery, improves local blood and

lymphatic circulation, thereby enhancing nearby tissue metabolism. It reduces inflammation by enhancing the secretion of numerous inflammatory mediators like histamine, etc. It relaxes local stiffness through the physical impact of warmth, thereby reducing pain. The anti-inflammatory and analgesic effects of *Guduchi*, *Tila Taila*, and *Dugdha* have also been reported.

The *Veerya* of drugs present in *Sneha* is absorbed through the skin, which is the site of *Brajaka Pitta* and can reach up to different *dhatu*s. This study reveals that drugs like *Guduchi* and *Taila* are recognized for their *Dahaghna* property due to their *Sheetha Veerya*

and *Tiktha*, *Madhura*, *Kashaya Rasa*. Due to the predominance of *Tiktha Rasa Dravya*, it purifies the blood and relieves burning sensation. Due to the presence of *Snighdha Guna* and *Ushna Veerya* drugs, it balances *Vata*. *Tila* is proven for its *Vednasthapan* property. Drugs like *Guduchi*, *Tila Taila*, and *Dugdha* are anti-inflammatory and analgesic. Pain, heat, redness, and swelling (*Dolor*, *Color*, *Rumor*, and *Tumor*) are classic manifestations of the inflammatory process. The natural compounds like *Guduchi*, *Tila Taila*, and *Dugdha* in this *Guduchi Taila* possess similar effectiveness in treating inflammation seen in both acute and chronic *Vatarakta*.

The study displays that the studied plant extract produced a significant reduction in uric acid levels in both plasma and urine, associated with both antioxidant and anti-inflammatory effects. This may be due to the presence of phenolic compounds, unsaturated fatty acids, long-chain fatty acids, and phytosterols.

CONCLUSION

From the present study, it can be concluded that *Guduchi Taila* is highly effective for the management of *Vatarakta*, as it is a treasure rich with genuine drug choices. The significant advantage of this formulation is exceptional, being the only one suitable for all cardinal aspects of *Vatarakta*. It can be administered externally, and its pharmacologically modified form is also available. Therefore, without any doubt, it can be used in various dosage forms in different conditions of *Vatarakta*. Although *Guduchi Taila* has proven its efficacy, further research must be conducted to better explain its effectiveness and provide essential information about the pharmaceutical modification of the same combination in various dosage forms.

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How to cite this article: Arti Kumari, Gunjan, C.B Singh, Gaurav. A classical review on Guduchi Taila. J Ayurveda Integr Med Sci 2023;10:160-163.
<http://dx.doi.org/10.21760/jaims.8.10.24>

Source of Support: Nil, **Conflict of Interest:** None declared.