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### *Yashtimadhu Taila - A Wonder Drug for Kesha*

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#### ABSTRACT

**Background:** Beauty has very important role when it comes to confidence in our daily life. It is given due importance in cosmetic aspects. *Kesha* is considered to be the *mala* of *asthi dhatu* as per *Ayurvedic classics*. Diseases related to scalp and hair is considered under *Shirorgas*. Nasa (Nasal route) is considered to be the most important route of administrations in diseases of *Shiroroga*. The role of *Nasya* in the treatment of *Khalitya* and *Palitya* is clinically established. *Yashtimadhu Taila* is a *Sneha kalpana* mentioned in the context of *Kshudrarogadhikara* in *Bhaishajya Ratnavali*. The action of the *taila* when administered in the form of *Nasya* is well explained in the reference as “*Janyati keshamshmruni*”.

**Aims and Objectives:** To prepare *Yashtimadhu Taila* as per classical reference mentioned in *Bhaishajya Ratnavali*.

**Methodology:** The preparation of *Yashtimadhu Taila* was done as per the reference given in *Bhaishajya Ratnavali*.

**Conclusion:** *Yashtimadhu taila* can be widely advised for *Nasya* as it can be easily prepared and is proven to be effective in *Khalitya* and *Palitya*.

#### KEYWORDS

*Yashtimadhu Taila, Keshya, Nasya, Khalitya, Palitya.*



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## INTRODUCTION

Beauty has very important role when it comes to confidence in our daily life. It is given due importance in cosmetic aspects. *Kesha* is considered to be the *mala* of *asthi dhatu* as per Ayurvedic classics. Diseases related to scalp and hair is considered under *Shirorgas*. *Nasa* (Nasal route) is considered to be the most important route of administrations in diseases of *Shiroroga*. The role of *Nasya* in the treatment of *Khalitya* and *Palitya* is clinically established. *Yashtimadhu taila* is a *Sneha kalpa* mentioned in the context of *Kshudrarogadhikara* in *Bhaisajya Ratnavali*<sup>1</sup>. The action of the *taila* when administered in the form of *Nasya* is well explained in the reference as “*Janyati keshamshmasruni*”.

Hair is said to be nourished by the blood vessels at the base of the hair follicles. Hair growth cycle normally consists of four stages anagen, catagen, telogen and exogen. Due to the drastic change in the life style of current population, pollution and increased stress has started effecting the factors which control the normal cycle of hair growth. *Pratimarsha nasya* is mentioned in *Dinacharya* by our *Acharyas* and can be advised for *Bala*, *Vridhdha*, *Bhiru*, *Sukumara* and also in conditions of *Kshataksheena*, *Mukhashosha*, *Vali*,

*Khalitya* and *Palitya*. *Nasa/Nose* is considered to be the gateway to *shiras*. *Pratimarsha Nasya* is the simple process of instillation of 2 drops of medicated oil into the Nasal passage. *Pratimarsha Nasya* can be advised for daily instillation and can be advised during all seasons without any complication.

## AIMS AND OBJECTIVES

To prepare *Yashtimadhu Taila* as per classical reference mentioned in *Bhaisajya Ratnavali*.

## METHODOLOGY

*Yashtimadhu taila* was prepared as per the reference mentioned in *Bhaisajya Ratnavali*. The drugs for the preparation of *Yashtimadhu taila* was procured from local vendors of Udupi. The ingredients mentioned in the classical reference is *Yashti madhu*, *Amalaki*, *Ksheera* and *Tila taila* as base. The quantity taken for the preparation is mentioned in Table 1.

**Table 1** Ingredients of *Yashtimadhu taila*

Sl. No.	Name of the ingredient	Quantity taken
01.	<i>Yashtimadhu kalka</i>	250g
02.	<i>Tila taila</i>	1 litre
03.	<i>Amalaki kashaya</i>	2 litre
04.	<i>Ksheera</i>	2 litre

**The preparation has been carried out in four stages as mentioned.**

**Preparation of *Yashtimadhu Choorna***



Raw *yashtimadhu* procured from market is weighed and powdered using mixer grinder. The powder obtained was sieved through seive no 85 to obtain fine powder.

#### **Preparation of *Yashtimadhu Kalka***

The fine powder of *Yashtimadhu* is mixed with water and grinded to attain the consistency of *Kalka*.

#### **Preparation of *Amalaki Kwatha***

Dried *Amalaki* devoid of adulterants were weighed and was pounded using *Ulukhala Yantra* to attain course powder. It was sieved through seive no 44 to attain course powder. *Amalakkikashaya* was prepared adding 4 litre of water to 500gm of *Amalakkichoorna* by boiling and reducing till  $\frac{1}{2}$  of the quantity of water (2litre). The *Kashaya* is then filtered through a clean cloth.

#### ***Tailapaka Vidhi***

An iron vessel is taken for the preparation of *Yashtimadhu Taila*. Initially taila is heated in *mandagni* till fumes start appearing. Heating is stopped for a while. *Tailapaka vidhi* is continued by the addition of *Yashtimadhu Kalka*, *Amalaki Kashaya* and *Ksheera* to the *taila*. Boiling and stirring is continued to prevent charring of *Kalka Dravyas*. The process of *Tailapaka* is completed within two days as per the reference of *Vaidakiya Paribhasha Pradeepa*<sup>2</sup>. Heating is continued till it attains *sneha siddhi lakshanas*<sup>3</sup>. After the

attainment of *madhyama paka* and *Snehasiddhi lakshanas*, heating is discontinued. The *taila* is then filtered using a clean *Kora* cloth and stored in air tight container.

Precautions to be taken during preparation are the usage of finely powdered *choorna* for *Kalka* preparation for easy assessment of *Paaka*, continuous stirring and maintenance of *Mandagni* to prevent charring. Care should be taken while assessing *Siddhilakshanas* to prevent *Taila* from attaining *Khara paka*.

#### **Pictures of Preparation of *Yashtimadhu taila***



**Figure 1** Yashtimadhu kalka



**Figure 2** Tila taila



Figure 3 Amalaki kashaya



Figure 4 Ksheera



Figure 5 Taila paka



Figure 6 Rolled into varti



Figure 7 Yashtimadhu taila

## DISCUSSION

During preparation it was observed that after boiling for 7 hours the consistency of *Taila* became similar to that of an emulsion with thick consistency. The *ghrita* started separating from *Kalka* after 10 hours of heating. On attaining *Madhyama paka*, all *siddhi lakshanas* could be appreciated. The end product obtained was 1L of *Yashtimadhu Taila*. Loss of *Taila* is 0% and this can be attributed to the addition of *Ksheera* as a *dravadravya* in the preparation. *Ksheera* is one among the *drava dravya* which is mentioned under the context of *Sneha kalpana* which might be helpful in imbibing certain active principles of the drugs used for *Kalka* preparation. Probable mode of action of the *dravya* can be understood on the basis of the *Rasapanchaka* of the ingredients which is tabulated in Table 2.

Table 2 *Rasapanchaka* of the ingredients of *yashtimadhu taila*

Name of the ingredients	Rasa	Guna	Virya	vipaka	Karma
<i>Yashtimadhu</i> <sup>4</sup>	<i>Madhura</i>	<i>Guru, snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosahara, rasayana,</i>



<i>Tila taila</i> <sup>5</sup>	<i>Madhura, kashaya, tikta</i>	<i>Guru, snigdha</i>	<i>Usna</i>	<i>Madhura</i>	<i>Vatahara, kesya, balya</i>
<i>Amalaki</i> <sup>6</sup>	<i>Amla pradhana, panca rasa</i>	<i>Laghu, ruksha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Tridosahara, rasayana</i>
<i>Ksheera</i> <sup>7</sup>	<i>Madhura</i>	<i>Guru, snigdha</i>	<i>Sita</i>	<i>Madhura</i>	<i>Vatapittahara, rasayana, tarpaka</i>

Clear description of Mode of action of *nasya karma* was not available in classical texts. *Acharya charaka* has mentioned, nasa is the gateway of *shirah*. When the drug is administered through the nose as *nasya* reaches to the brain and eliminates only morbid *doshas* which are responsible for producing disease. After administration of drug, due to irritating effect resulting in an increase of the blood circulation of brain. Hence extra accumulated morbid *doshas* are expelled out from small blood vessels and ultimately these doshas are excreted by the nasal discharge, tears and by salivation.

## CONCLUSION

*Tila taila* is time tested for its *Keshya* property. The processing of *Tilataila* with the addition of *Yashtimadhu Kalka* and *Amalaki kashaya* along with *Ksheera* will further potentiate the formulation making it a very practicable drug for various *shirorogas* especially *Khalitya* and *Palitya*.



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