

A REVIEW ON BALAGUDUCHYADI TAILA

Anitha Somarajan¹, Laxmi B Kurle², Shankara Gowda³

¹II Year P.G scholar, ²Associate Professor, ³Professor and HOD

Department of PG Studies in *Rasashastra* and *BhaishajyaKalpana*, Taranath *Ayurveda* Medical College, Bellary, Karnataka, India

Email: dr.anitha.somarajan@gmail.com

ABSTRACT

*Balaguduchyadi taila*¹ is a well known *oushadi* in the management of *vatarakta* and it is indicated to all the cardinal symptoms of *vatarakta*. *Vatarakta* is a common disease which needs proper diagnosis and treatment according to its *avastha*. *Balaguduchyadi taila* is one of the practically proved efficient medicine which contains *Bala, guduchi, surapadha, jatamamsi, amaya, kunduru, nata, aswagandha, sarala, rasna* processed in *tilataila* is commonly used by *vaidhyas* in *vatarakta*. *Vata* and *Rakta* are the main factors involved in this disease and *sandhi* or joints are the main site of manifestation. Gouty Arthritis can be well correlated to *Vata-Pitthadhika Vatarakta*. Gouty arthritis is conventionally managed by analgesics, anti-inflammatory drugs, Glucocorticoids, Uric Acid lowering therapy, Xanthine oxidase inhibitor and Uricosurics drugs. Due to its anti inflammatory, analgesic and anti arthritic properties *balaguduchyadi taila* is widely used in *saruk, daha, shopha vatarakta*, these are the signs and symptoms of *vatapittasdika vatarakta*. So the pharmacological properties and probable mode of action of *balaguduchyadi taila* has been discussed in this article.

Keywords: *Balaguduchyadi taila, vatarakta*

INTRODUCTION

Ayurveda is an evergreen science which ensures the wellness of life. The medicines in *Ayurveda* are rich in having wide range of dosage. The different dosage forms can be prepared by the physician according to his *Yukthi*, considering *samyoga, vishesha, kala, and samskara*. These have been classified into different types such as *Aushadha kalpana, Ahara kalpana, Bahya* and *Abhyanthara kalpana*, Solid, Liquid and Semisolid forms as well as Plant, Animal and Mineral origin. These dosage forms are mainly intended to increase shelf life, palatability and to alter potency.

Tailas are one among the *Aushadha kalpana* comes under *snehakalpana*. The medicinal herbs processed with *Sneha* for increasing the efficacy of the combination is known as *Sneha Kalpana*. Medicated *Tailas* are preparations in which *Taila* is boiled with prescribed liquid media (*Svarasa / Kashaya, Etc*) and a fine paste (*Kalka*) of the drugs specified in the formulation composition till the *samyak paka lakshana*. Medicated *tailas* are used for a variety of purposes and administered through different routes. One such *taila* is *Balaguduchyadi taila*. *Balaguduchyadi taila* is a well

known polyhedral formulation and it is effectively used in *Vatarakata*, the water soluble and fat soluble active principle of the ingredients are extracted and added with the properties of *taila* too.

The ingredients of *balaguduchyadi taila* are *Bala*, *Guduchi*, *Surpada*, *Jatamansi*, *Amaya*, *Rakta Chandana*, *Kunduru*, *Tagara*, *Aswagandha*, *sarala*, *rasna*, *Tila*. This drug has been mentioned in *Sahasrayogam* in the context of *Taila Prakrana*. *Balaguduchyadi* (oil) is being administered internally as well as externally for therapeutic use as *Pana*, *Abhyanga*, *Pizhichill*, *Anuvasana Basti* etc. This traditional formulation of *Ayurveda* is using for centuries with claimed efficacy and safety in treatment of *vatarakta*. It is being used for different conditions according to *Yukti* of physician. The overall properties of the drugs used in *balaguduchyadi taila* are *Tikta* (bitter), *Madhura* (sweet) *Pradhana Rasa* (taste), *Laghu* (light), *snighdha* (unctuous) in nature, *Ushna* (hot) *Virya* (potency), *Katu Vipaka* (postdigestive taste) and showing *vatarakta hara*, *dahaghna*, *vedhanasthapana*, *shophaghna* action along with analgesic, anti-inflammation, antioxidants, antiarthritic, immunomodulator activity.

In *ayurvedic* literature much *yoga* was mentioned which can be used in *vatarakta* but the highlight of this *yoga* is indicated only in *vatarakta* that to special-

ly mentioned in the cardinal or targeted symptoms of *vatarakta*. It has *Rasayana* (rejuvenation) and *brihmana* (nourishment) property and it is used in therapeutics both topically and systemically. It is indicated in *saruk*, *sadaha*, *sashopa*, an inflammatory condition. The scientific review and research work is required to utilize this formulation with more confident and evidence based hence this study is undertaken to highlight brief about its pharmacological properties and probable mode of action in *vatarakta*.

REVIEW OF LITERATURE

Blaguduchyadi taila is mentioned in *Sahasrayogam Tailaprakarana*, two *yogas* are available in the name of *Balaguduchyadi taila*, and the one which is selected for this article is widely used and available in market in different dosage forms like *Balaguduchyadi taila*, *balaguduchyadi kerataila*, *balaguduchyadi kashaya*, *Balaguduchyadi kashaya tablet* and *jadamayadichurna* which is prepared out from the *kalkadravyas* of this *Balaguduchyadi taila*. AFI is also taken the same reference from *Sahasrayoga*

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 *Balaguduchyadi Taila*

INGREDIENTS	BOTANICAL NAME	FAMILY	PARTS USED
<i>Bala</i> ²	<i>Sida cordifolia</i> linn.	Malvaceae	whole plant
<i>Guduchi</i> ³	<i>Tinospora cordifolia</i>	Menispermaceae	Root, Stem, Leaf
<i>Surpada</i> ⁴	<i>Cedrus deodara</i>	Pinaceae	heart wood
<i>Jatamansi</i> ⁵	<i>Nardostachys jatamansi</i>	Valeverianaceae	root
<i>Amaya</i> ⁶	<i>Saussurea costus</i>	Asteraceae	root
<i>Raktachandana</i> ⁷	<i>Pterocarpus Santalinus</i>	Fabaceae	heart wood
<i>Kunduru</i> ⁸	<i>Boswellia Serrata</i>	Burseraceae	Gum resin
<i>Nata</i> ⁹	<i>Valerina wallichii</i>	Valarinaceae	Root and rhizome with stolons
<i>Ashwagandha</i> ¹⁰	<i>Withania somnifera</i>	Solanaceae	Root
<i>Sarala</i> ¹¹	<i>Pinux Roxburgy</i>	Pinaceae	heart wood
<i>Rasna</i> ¹²	<i>Pluchea lanceolate</i>	Asteraceae	Rhizome
<i>Tila</i> ¹³	<i>Sesame indicum</i>	Pedaleaceae	seed oil

METHOD OF PREPARATION

AS PER AFI

Balaguduchyadi taila is prepared by the general method of preparation of *taila*, till the Stage *madhyamapaka*.

Bala, *Guduchi*, *Surapadha* - 256gm coarse powder of each

Water for decoction - 12.288liters boiled and reduced to 3.072liters.

Paste prepared from fine powders of 16gm of each of *Jatamamsi*, *Amaya*, *Kunduru*, and *Chandana*. *Nata*, *Aswaganda*, *Sarala*, *Rasna*.

Indications - *Sadaha*, *Saruja*, *Sashopha Vatarakta Anupana* (Adjuvant)

When it is being used for *Abhyantara Snehapana* then it can be taken with *Yusha* (soup) or *Ushna Jala* (Hot water) can be used.

Shelf life¹⁴ - 16 months

Table 2: *Rasa panchakas* (Elements which governing the act of the formulation) and Pharmacological Activities of ingredients of *Balaguduchyadi Taila*

Sl.no	Drug	Rasa	Guna	Veerya	Vipaka	Karma	Pharmacological activities
1	<i>Bala</i> ²	<i>Tiktha, Madhura</i>	<i>Laghu, Snighdha, Pichila</i>	<i>Sheet ha</i>	<i>Madhu ra</i>	<i>External- Vedana sthapana, Shotha hara Internal- Brihmana, Balya, nadi balya, vathahara, Jwaraghna, Mootrala</i>	Anti-inflammatory, analgesic, anti oxidant, immune stimulatory, Diuretic
2	<i>Guduchi</i> ³	<i>Tiktha, Kashaya</i>	<i>Guru, Snighdha</i>	<i>Ushna</i>	<i>Madhu ra</i>	<i>Deepana, Pachana, vedana sthapana, Mootra janana, Jwaraghna, Daha prashamana, Rasayana, kushtaghna, raktha shodhaka, anulomana, Bala, rasayana</i>	Anti-inflammatory, analgesic, anti oxidant, immuno stimulatory, Diuretic, anti pyretic, anti arthritis, hepatoprotective
3	<i>Surapada</i> ⁴	<i>Tiktha</i>	<i>Laghu, Snighdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, pachana, lekhana, anulomana, Shodhahara,</i>	Anti inflammatory, analgesic, immunomodulatory

						<i>vedhana sthapana, kushtaghna, mootr janana, rakta prasadana, lekhana, jwaraghna</i>	
4	<i>Jatamansi</i> ⁵	<i>Tikta, Kashaya, Madhura</i>	<i>Laghu, Snighdha</i>	<i>Sheet ha</i>	<i>Katu</i>	<i>Deepana, pachana, yakridduttejaka, anulomana, Vedhanastapana, balya, daha prasamana, nadi balya, waraghna, kushtaghna, mootrala, varnya, pitta saraka</i>	Analgesic, hypothermic, Diuretic, anti-anxiety, hepatoprotective
5	<i>Amaya</i> ⁶	<i>Tiktha, Katu, Madhura</i>	<i>Laghu, Ruksha, Theekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedhanastapana, jwaraghna, kushtaghna, mootrala, varnya, raktha shodhaka, rasayana, vatahara, anulomana, rasayana</i>	Anti inflammatory, immunostimulant, Diuretic
6	<i>Raktachandana</i> ⁷	<i>Tiktha, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheet ha</i>	<i>Katu</i>	<i>Anga mardaprasamana, kushtaghna, jwaraghna, daha prasamana, rakta shodhaka, varnya, mootra janana, soumanasya janana, teak doshahara</i>	Anti inflammatory, Anti arthritic, antipyretic
7	<i>Kundururu</i> ⁸	<i>Katu, Tiktha</i>	<i>Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana,</i>	Anti-

				<i>a</i>		<i>pachana, Vedhanastapana, shothahara, vatanulomana, mootrala, jwaraghna</i>	inflammatory, antiarthritic, analgesic,
8	<i>Tagara</i> ⁹	<i>Tiktha, Katu, Kashaya</i>	<i>Laghu, Snighdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedahana, stapana, kushtaghna, varnya, mootra, janana, jwaraghna, yakrituttejaka</i>	Analgesic, antipyretic, Diuretic, antispasmodic, Antibiotic, anti-inflammatory
9	<i>Ashwagandha</i> ¹⁰	<i>Madhura, Katu, Tiktha</i>	<i>Laghu, Snighdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana, Shothahara, Vedantathapana, raktashodaka, anulomana, mootrala, kushtaghna, Bala, brihmana, rasayana</i>	Anti-inflammatory, Antioxidant, analgesic, antipyretic, Anti arthritis, Anti stress, hypothermic, immunomodulatory
10	<i>Sarala</i> ¹¹	<i>Madhura, Katu, Tiktha</i>	<i>Laghu, Snighdha, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, anulomana, yakridduttejaka, mutrajanana</i>	Anti-inflammatory, hepatoprotective
11	<i>Rasna</i> ¹²	<i>Tiktha</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedhanastapana, shodhahara, vatahara, rakta shodhaka, jwaraghna, rasayana</i>	Anti-inflammatory Analgesic, Anti Oedema
12	<i>Thila</i> ¹³	<i>Madhura, katu, Tiktha, Kashaya</i>	<i>Guru, snighdha,</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana Snehana, Vedantathapana, Bala, mootrajaana, rasayana</i>	Antioxidant, hepatoprotective

ANALYTICAL FINDINGS¹⁵**Organoleptic characters**

Colour	Reddish, brown	
Smell	Pleasant	
Touch	Oily	
Loss on drying at 110⁰	Negligible	
Volatile content	Not more than	0.2 per cent v/w
Refractive index at 40⁰	Not less than	1.468
	Not more than	1.470
Ash value	Negligible	
Acid value	Not less than	3.4
	Not more than	6.3
Saponification value	Not less than	191.0
	Not more than	208.0
Iodine value	Not less than	115.0
	Not more than	121.0

DISCUSSION

On the basis of above study it can be stated that the *Balaguduchyadi taila* mentioned in *sahasrayoga taila prakarana* which is mentioned exclusively for *Vatarakta* is very efficient to alleviate the cardinal features of *Vatarakta* like *daha*, *ruja* and *shopha*.

Most of the drugs shows a characteristics of *ushna virya* (hot potency) with *laghu* (easily digestible), *Ruksha* and *Tikshna Guna*, which helps in easy assimilation of drug in the body, where as *Tila*, *Rasna* and *Guduchi* are *Guru* and *Snighdha* in nature which helps to pacify the vitiated *vata dosha*. The *vipaka* of *Bala*, *Guduchi*, *Aswagandha*, and *Tila* are *Madhura Vipaka* which have a *vatapitta shamaka property* which helps in *samprapti vighatana* of *vatarakta*.

When used externally as *abhyanga* it may work with the theory that *Taila* helps in formation of lipoidal bond with other drugs thus helps in the penetration of drug molecules. Hence it increases the rate of transdermal drug delivery. It improves local blood and lymphatic circulation and thereby improving local tissue metabolism. It reduces inflammation by modifying secretion of various inflammatory mediators like histamine etc. It relaxes local stiffness by physical effect of heat and thereby reduces pain, Anti-inflammatory and Analgesic effect of *Bala*, *Guduchi*,

Surapada, *Amaya*, *Rakta chandana*, *kundururu*, *Rasna*, *Sarala* has also been reported. The *veerya* of drugs present in *sneha* is absorbed through skin which is the site of *brajaka pitta* and can reaches up to different *dhatu*s

Acharya Charaka and *Vagbhata* mentioned, “*Na hi vasti samam kincit Vatarakta chikitsitam*”¹⁶ (there is no other therapeutic measures equivalent to *vasti* in treating *Vatarakta*). *Vasti* is considered as *Agrya Aushadha* for *Vata*. *Matra Basti* with *balaguduchyadi taila* may enter minute channels of body and tissues give proper nourishment and provide *Brimhana* effect. This study reveals that the drugs like *Guduchi*, *Raktachandana*, *Jadamamsi* and *Sarala* are known for their *dahaghna* property due to their *sheetha veerya* and *tiktha*, *madhura*, *kashaya rasa*, due to the predominance of *Tiktha Rasa Dravyas* it purifies the blood and it relieves burning sensation, due to the presence of *snighdha guna* and *ushna veerya* drugs it balances *vata* and the drug like *Bala*, *jadamamsi*, *surapada*, *kundururu*, *aswagandha*, *guduchi*, *raktachandana*, *nata*, *Tila* are proven for their *vedanasthapana* property. *Amaya*, *Kundururu*, *Aswagandha*, *Nata*, *Sarala* are proven for their *shophaghna* property due to their *katu rasa* and it dilates the obstructive Channels and it does

Doshavilayana (liquefaction of *dosha*) and *srotoshodhana* which helps in relieving *margavarana* (obstruction of channels) and thus help in pacifying the vitiated *doshas*

Both internally and externally *Snehana* helps in the proper *gati* of *vata* brings *gatra mardavata* and removes *srodhorodha*, Because of the *Jadamamsi*, *Aswagandha*, and *Rakta chandana* this medication will also help to improve patients mental health also. The drugs like *Guduchi*, *Amaya*, *Rakta chandana*, *Aswagandha* are proven *Rakta shodhaka* and *Rakta Prasadhaka dravyas*, and these are anti inflammatory, analgesic. Pain, heat, redness and swelling (dolor, color, rubor, and tumor) are classic manifestations of the inflammatory process. In order to reduce pain, anti-inflammatory agents such as NSAID's act on the multiple pathways, which although often very effective can have undesirable side effects such as gastric ulceration and infrequently myocardial infarction and stroke. The natural compounds like *Bala*, *Guduchi*, *Surpada*, *Amaya*, *Rakta Chandana*, *Kunduru*, *Tagara*, *Aswagandha*, *sarala*, *rasna*, in this *Baguduchyaditaila* possess similar effectiveness in treating the inflammation seen in both acute and chronic *Vatarakta*. This study reveals that the studied plant extract produced significant reduction in uric acid level in both plasma and urine associated with both antioxidant and anti inflammatory effects which 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 *Balaguduchyadi taila* is very effective for the management of *Vatarakta* as it is a treasure which is rich with the exact drug of choices. The main advantage of this *yoga* is the best and only one *yoga* for all cardinal features of *Vatarakta* and it can be administered by both internal and external and its pharmacological modified form is also available, so without any doubt it can be used in different dosage forms in different conditions of *Vatarakta* and other similar disease according to the *yukthi* of the *Vaidya*. Even though *balaguduchyadi taila* is proved its efficiency practi-

cally, more research has to be done on it for the better explanation of its efficiency, and the necessary information about pharmaceutical modification of the same combination in different dosage form.

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