



DRUG REVIEW OF TALISAPATRA AND ITS YOGAS (ABIES WEBBIANA)

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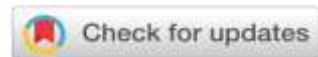
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ABSTRACT

Talisapatra, an herb of significant importance in Ayurveda, is renowned for its unique medicinal properties. It is believed to offer a plethora of therapeutic benefits, particularly for digestive and respiratory health. Its ability to alleviate digestive issues such as indigestion, bloating, and flatulence, and stimulate the digestive fire (agni) to improve digestion, sets it apart. Additionally, it is commonly used in Yogas for respiratory conditions like cough and cold.

Keywords: Ayurveda, Talisapatra, Yogas.

INTRODUCTION

Talisapatra, with its antimicrobial and anti-inflammatory properties, is a valuable tool in the fight against bacterial and fungal infections. Its role in reducing inflammation in the body, particularly in the respiratory system, is crucial in conditions like asthma and bronchitis. It acts as an expectorant, aiding in the expulsion of phlegm and mucus from the lungs, thereby improving breathing and relieving res-

piratory congestion. Its use in reducing fever and promoting sweating to lower body temperature is well-documented. Overall, Talisapatra Yogas play a significant role in Ayurvedic medicine, offering a versatile herb with multiple health benefits, especially for digestive and respiratory health.

NOMENCLATURE-

LATIN NAME: ABIES WEBBIANA Lindl

FAMILY: PINACEAE

VERNACULAR NAMES

ARAB: Talisfir

BENGALI: Talispatra

BHUTIA: Dhumshirg

BURMA: Barami

ENGLISH: Himalayan Silver Fir

GARHWALI: Chili ragha, Morunda

HINDI: Talispatra

KASHMIRI: Badar, Budul

KUMAON: Ragha

KANVAR: Spuna

KANNADA: Talispatri

MARATI: Talispatra

MALAYALAM: Taleesapatram

NEPAL: Gobria Salla

PHARSI: Jarnab

TAMIL: Talispatri

TELUGU: Talispatri

VARGAS AND GANAS WHICH TALISAPATRA INCLUDED

Charak Samhita	Tikta Varga (CH.VI.8)
Sushruta Samhita	Shirovirechana (Su.SU.39)
Astanga Sangraha	Shirovirechana dravya (Shodhanadi gana)(SU.SU. 14)
Dhanvanthari Nigantu	Shatapushpadi varga
Shodala Nigantu	Shatapushpadi varga
Kaiyyadeva Nigantu	Oushadi varga
Madanapala Nigantu	Karpooradi varga
Raja Nigantu	Pippalyadi varga
Bhavaprakasha Nigantu	Karpooradi varga

RASAPANCHAKA-

TEXT	RASa	GUNA	VEERYA	VIPAKA	VISHESHA KARMA	DOSHA KARMA
D.N	-	-	-	-	Deepana Hridya	Kapha pittahara
S.N	-	Teekshna	Ushna	-	-	Vatakaphahara
Ky.N	Tikta Katu	-	-	-	-	Kapha vata hara
M.N	-	Laghu Teekshna	Ushna	-	-	Kapha vata hara
R. N	Tikta Madhura	-	Ushna	-	-	Kapha vata hara
B. N	-	Laghu Teekshna	Ushna	-	-	Kapha vata hara
N. R	Madhura Tikta	Laghu Teekshna	Ushna	-	-	Kapha Vata hara

Yogas of Talisapatra in Classics-

Talisapatra is an ingredient in many combinations. In some yogas, it is used as the main ingredient, and in some yogas, it is used as prakshepa dravya.

Charak Samhita¹

Talisadichurna	Rajayakshma chikitsa	Chi 8 (145-148)
Kalyanakam gritham	Unmada chikitsa	Chi 9 (35-41)
Shaileyadi taila	Swayathu chikitsa	Chi 12 (65-66)
Tejovathyadi gritham	Hikkaswasa chikitsa	Chi 17 (141-144)
Kshara gutika	Trimarmeeya chikitsa	Chi 26 (192-193)
Samangadi prayoga choorna	Urusthamba chikitsa	Chi 27 (29)

Sushruta Samhita²

Samangadi taila	Sadyovrana chikitsa	Chi 2/82
Tarkshya agada	Visha chikitsa	Kalpa 5/65
Rishabha agada	Visha chikitsa	Kalpa 5/68
Mahasugandhi agada	Visha chikitsa	Kalpa 6/14
Musthadyanjana	Pittabhishanda pratisheda	Uth 10/8
Rasanjanadyanjana	Pittavidagda dristi	Uth 17/12
Naktandya haranjana	Dristigataroga	Uth 17/17
Kalyana gritha	Jwaraprathishyeda	Uth 39/230
Talisadi gritham	Swasa prathisheda	Uth 51/27
Mahakalyana gritha	Unmada chikitsa	Uth 62/23

Ashtanga Sangraha³

Kanadi gritha	Swasa hidma chikitsa	Chi 6/63
Shashankakirana	Rajyakshma chikitsa	Chi 7/74
Talisadi churna	Rajyakshma chikitsa	Chi 7/88
Yavanyadi churnam	Gulma chikitsa	Chi 16/15
Shaileyadi taila	Swayathu chikitsa	Chi 19/9
Yastyadi gritha	Balamaya prathisheda	Uth 2/50
Lehya	Balamaya Prthishedam	Uth 2/54
Gutika	Akshipakapilla prathishedam	Uth 20/23
Lepa	Karnaroga prathishedam	Uth 22/47
Gutika	Mukharoga prathishedam	Uth 26/41
Ropana taila	Sadyovrana prathishedeeya	Uth 31/46
Taila	Vrana vibhaga parignaneeya	Uth 35/32
Choorana	Vrana prathishedeeyam	Uth 40/102
Vrishabha agada	Sarpavisha prathisheda	Uth 42/62
Tarkshya agada	Sarpavisha prathisheda	Uth 42/58
Mahasugandhi agada	Vishopadrava prathisheda	Uth 49/193
Shiva gutika	Rasayana vidhi	Uth 490/193
Choorana	Vrana prathishedeeyam	Uth 40/102

Ashtanga Hridaya⁴

Shakaniladharam gritham	Swasahidma chikitsa	Chi 4/49
Talisadi churnam	Rajyakshma chikitsa	Chi 5/58
Talisa churna vataka	Rajyakshma chikitsa	Chi 5/49
Talisadi gutika	Grahanidosha chikitsa	Chi 10/16
Shaileyadi taila	Swayathu chikitsa	Chi 17/22
Yastyadi gritham	Balamaya prathishedam	Uth 2/50
Kadiradi gritham	Balamaya prathishedam	Uth 2/61
Kalyanaka gritham	Unmada prathishedam	Uth 6/26
Tarkshyadi anjana	Timira prathishedam	Uth 13/83
Swarnagairikadi rasakriya	Timira prathishedam	Uth 13/91
Talisadi gutika	Sarvakshiroga prathishedam	Uth 16/40
Vyoshadi vati	Nasaroga prathishedam	Uth 20/5

taila	Sadyovrana prathishedam	Uth 26/55
Chandrodaya agada	Visha prathishedam	Uth 35/24

Yogaratnakara⁵

Yoga	Prakarana	Page. No
Bharagyadi choorna	Vishama jwara	230
Talisadi choorna	Vishama jwara	230
Talisadi gutika	Vishama jwara	231
Sudarshana choorna	Vishama jwara	232
Talisadi choorna	Grahani	287
Jatiphaladi choorna	Grahani	288
Pranada modaka	Arshoroga	300
Soorana modaka	Arshoroga	301
Bhaskara lavana	Ajeerna	318
Khanda kooshmandaka	Raktapitta	359
Talisadya choornam	Rajayakshma	368
Ashwagandhadi choornam	Rajayakshma	369
Chaturdashanga loham	Rajayakshma	370
Chwanaprashavalehya	Rajayakshma	372
	Rajayakshma	375
Shiva gutika		
Suryaprabha gutika	Rajayakshma	377
Chavyadi choornam	Swarabheda	434
Khanadava Choornam	Arochaka	443
Kalyana gritha	Unmada	490
Yogaraja guggulu	Vata vyadhi	519
Bhaskara lavanadhya Choornam	Gulma	35
Chitrakadi ghritha	Udara	113
Vyoshadi vati	Nasaroga	325
Dhoopana yoga	Balaroga	453
Kamagni sandeepana modaka	Vajeekarana	487

BHAISHAJYA RATNAVALI⁶

Jwaranagamayura Choornam	Jwara	5(467-478)
Jayanthi vati	Jwara	5 (536)
Sarvathobhadra rasa	Jwara	5 (1126-1134)
Poornachandrodaya rasa	Jwaratisara	(132-135)
Vrihalla Vangadyam Choornam	Grahaniroga	8(64-74)
Jatiphaladi churnam	Grahaniroga	8(104-107)
Talisadi gutika, Talisadi churnam	Grahaniroga	8(118-124)
Madana modaka	Grahaniroga	8(162-170)
Methi modaka	Grahaniroga	8(178-184)
Brahan methi modaka	Grahaniroga	8(192-197)
Kameshwara modaka	Grahaniroga	8(202-212)
Jeerakadi modaka	Grahaniroga	8(274-280)
Grahani gajendra vatika	Grahaniroga	9(65-72)
Brahatsurana modaka	Arsho roga	9(80-90)
Pranada gutika	Arsho roga	10(79-87)
Bhaskara lavanam	Agnimandya	13(60-63)
Pittantaka rasa	Raktapitta	14(26)

Shringyarjunadya	Rajyakshma	14(40-45)
Vasavalehya	Rajyakshma	14(46-58)
Brihat vasavaleha	Rajyakshma	14(84-85)
Yakshmantaka lauham	Rajyakshma	14(101-110)
Shringarabram	Rajyakshma	14(212-218)
Mriganka vati rasa	Rajyakshma	14(281-289)
Kumkumadi ghritham	Rajyakshma	14(288-289)
Swalpa chandanadi tailam	Rajyakshma	15(84-90)
Kasa samhara bhairava rasa	Kasa	15(104-115)
Tarunanada rasa	Kasa	15(139-145)
Brihat Shringarabram	Kasa	15(145)
Nityodaya rasa	Kasa	15(146-153)
Chandanadya tailam	Kasa	15(198-203)
Mahaswasari lauham	Hikkaswasa	16 (37-41)
Shringi guda ghritham	Hikkaswasa	16 (72-82)
Bhargisharkara	Hikkaswasa	16 (83-80)
Tejovathyadam ghritham	Hikkaswasa	16 (102-104)
Kanakasava	Hikkaswasa	16 (115-119)
Chavyadi churnam	Swarabheda	17 (8)
Paneeya kalyanakam gritham	Unmada	24 (54-70)
Shiva ghritham	Unmada	24 (81-92)
Brihat chagalyadi ghritham	Vatavyadhi	26 (232-255)
Yogarajaguggulu	Amavata	29 (155-161)
Shoola vajrini vati	Shoola roga	30 (99-104)
Dhathree lauham dwitheyam	Shoola roga	30 (156-162)
Hareetaki khanadam	Shoola roga	30 (205-210)
Puga khanda	Shoola roga	30 (219-227)
Khandamalaki	Shoola roga	30 (228-232)
Shukramatraka vati	Prameha	37 (73-78)
Chitraka ghritham	Pleehayakrit roga	41 (214-217)
Shailayadaya tailam	Shothoroga	42 (181-182)
Amlapittantaka modaka	Amlapitta	56 (103-112)
Kshara gulika	Mukharoga	61 (100)
Vyoshadyam churna	Nasaroga	63(4-5)
Chooranjanam	Netraroga	64 (164-166)
Nastapushpantaka rasa	Yonivyapat	67 (51-57)
Sowbhagya shunthi	Soothikaroga	69 (37-50)
Rasashardoola (Mahan)	Soothikaroga	69 (70-75)
Khandabrakam	Vajeekarana	74 (158-172)
Kamagni Sandeepana modaka	Vajeekarana	74 (200-209)
Kameshwar modaka	Vajeekarana	74 (180-186)
Shathavari modaka Brihat	Vajeekarana	74 (208-224)
Mahakameshwara modaka	Vajeekarana	74 (225-241)
Srimadananada modaka	Vajeekarana	74(242-266)
Amrithaprasha gritha	Vajeekarana	74(299-311)

CHAKRADATTA⁷

Pranada gutika	Arsha	5(28-37)
Brahat Surana modaka	Arsha	5(50-55)
Bhaskara lavana	Agnimandya	6(39-47)
Talisadya churna	Rajayakshma	10(22-25)
Shringarjunadya churna	Rajayakshma	10(26)
Vyoshanthika vatika	Kasa	11(36)
Tejovathyadi ghritham	Hikkaswasa	12 (21-23)
Chavyadi churnam	Swarabheda	13(6)
Paneeya kalyanakam ghritham	Unmada	20 (22-26)
Yogaraja guggulu	Amavatha	25 (25-30)
Dhatree lauham	Shoola	26 (51-57)
Khandamalaki	Parinama shoola	27 (73-77)
Chitraka ghritham	Shotha	39 (34-37)
Shailayadyam tailam	Shotha	39(37-39)
Kshara gutika	Mukharoga	56(23)
Vyoshadi churnam	Nasaroga	58 (3)
Chooranjanam	Netra roga	59 (217)
Shiva Gutika	Rasayanadhikara	66 (167-176)

KASHYAPA SAMHITA⁸

Taila	Balagraha chikitsa	Chikitsa sthana
Taila	Nastakarmeeya siddi	Siddi sthana
Gritha	Charmadala chikitsa	15/Khila sthana
Lepa	Visarpa chikitsa	14/Khila sthana
Lepa	Shotha chikitsa	17/Khila sthana

SHARANGADHARA SAMHITA⁹-

Sudarshana choorna	Ma K6/26-36
Jathiphaladi choorna	Ma. K6/70-74
Mahakhandava choorna	Ma. K6/75-80
Talisadi choorana	Ma. K6/130-134
Lavanabhaskara choorana	Ma. K6/138-144
Vyoshadi vati	Ma. K7/22-24
Shooranavataka	Ma. K7/28-33
Paneeya kalyanaka gritha	Ma. K9/38-43
Dhatturadi taila	Ma. K9/199-210

BHAVAPRAKASH SAMHITA¹⁰

Jathiphaladi choorna	Grahaneeroga	Ma Kh 1/46
Sudarshana choorna	Jwaradhikara	Ma Kh 1/87
Pippalyadi choorna	Amavathadhikara	Ma Kh 11/3
Yogaraja guggulu	Amavathadhikara	Ma Kh 11/32
Yakshmarogadhikara	Jathiphaladi choorna	Ma Kh 11/51
Mahapaishacha gritha	Unmadahikara	Ma Kh 11/58
Lavanabhaskara choorna	Jatharagnivikaradhikara	Ma Kh 11/60
Brihatsoorana modaka	Arshorogadhikara	Ma Kh 11/78
Vyoshadi vati	Nasarogadhikara	Ma Kh 12/40
Kumari taila	Shirorogadhikara	Ma Kh 12/42

Dhoopa	Balarogadhikara	Ma Kh 12/84-88
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CONCLUSION

Talisapatra holds significant importance in Ayurveda due to its medicinal properties. It is believed to have various therapeutic benefits, particularly for respiratory and Digestive health. In Ayurvedic medicine, it is considered one of the best medicinal drugs. Different Acharyas mentioned different yogas of Talisapatra. In the Charaka Samhita, a total of 6 yogas were mentioned of Talisapatra; in the Sushruta Samhita, 10 Yogas; in Ashtanga Samgraha, 18 yogas; and Ashtanga Hridaya 14 yogas, Yogaratnakara mentioned 25 yogas, in Bhaishajya ratnavali 60 yogas mentioned and in Chakradutta 18 yogas of Talisapatra mentioned while in Kashyap Samhita 5 yogas, in Sharangadhara Samhita 9 yogas and in Bhavaprakasha total 11 yogas of talisapatra mentioned.

Research updates of Talisapatra-

1. STUDY THE EFFICACY OF TALISAPATRA CHURNA ON KAPHAJA KASA IN CHILDREN OF AGE GROUP 1 TO 5 YEARS¹¹

March 2020 European Journal of Pharmaceutical Science.

Ramesh Jain, Ritesh Jain (MD Balaroga)

In seven days of treatment, Talisapatra churna gave 95.3% relief in Kasa vega, 100% relief in Chardi, 86.6% relief in Pratishyaya, 100% relief in Kapha Nisthivana, and 100% relief in crepitations on auscultation. So Talisapatra churna relieves the associated symptoms of Kaphaja Kasa Vyadhi. It is palatable and has no side effects.

2. A new alkaloid isolated from Abies webbiana leaf.¹²

Ashok K. Ghosh, Debanjan Sen, one and Sanjib Bhattacharya²

A new alkaloid, 1-(4'-methoxyphenyl)-aziridine, was isolated from the leaf of Abies webbiana Lindl. (Pinaceae), grown in the Sikkim Himalayan region of India. Its chemical structure was elucidated based on elemental and spectral analyses. This is the first experimental report on isolating any alkaloid from A. webbiana.

3. CLINICAL STUDY OF CONTRACEPTIVE ACTIVITY OF TALISPATRA AND GAIRIKA (Pimpale) Kapila¹³.

Reader, Shree Hingulambika Ayurvedic Medical College, Gulbarga, Karnataka

The clinical study was conducted on 30 women, 15 in each group. In group I, a mixture of Talispatra (*Taxus baccate*) and Gairika (Red oxide) (10gm) was administered as a single dose on the 4th day of the menstrual cycle with cold water. In group II, tab Mala—D was administered daily from the 5th day of M. C. for 21 days. A follicular study was done on the 11th day of M. C. in each patient, who was observed for 3 cycles.

In the clinical study test drug in the group, I had shown In Ist, second, and third-month Dominant Follicle observed in one woman (6. 66%), eight women (53. 33%), twelve women (80%) respectively and endometrial thickness observed less than 7mm in ten women (66. 6%), four women (26. 66%) 3 women (80%) respectively the study drug shown, significant contraceptive activity in I month than II, III months and group II. However, side effects were noted only in group II.

A mixture of Talispatra & Gairika had shown significant contraceptive activity. It is practical, safe, acceptable, and less expensive enough to prevent frequent administration & without medical supervision.

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11. STUDY THE EFFICACY OF TALISAPATRA CHURNA ON KAPHAJA KASA IN CHILDREN OF AGE GROUP 1 TO 5 YEARS¹¹. March 2020 European Journal of Pharmaceutical Science. Ramesh Jain, Ritesh Jain (MD Balaroga),
12. A new alkaloid isolated from Abies webbiana leaf. Ashok K. Ghosh, Debanjan Sen, one and Sanjib Bhattacharya²
13. CLINICAL STUDY OF CONTRACEPTIVE ACTIVITY OF TALISPATRA AND GAIRIKA (Pimpale) Kapila.Reader, Shree Hingulambika Ayurvedic Medical College, Gulbarga, Karnataka

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Conflict of Interest: None Declared

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