



RESEARCH ARTICLE

PHARMACOLOGICAL REVIEW OF BRIHAT SAINDHAVADI TAILA

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ABSTRACT

Brihat Saindhavadi Taila is multi-herbo-mineral oil which contains fourteen important herbs, three types of Lavana and Kshara in equal quantity and Mastu, Kanji, Kwath and Eranda taila in one Prastha quantity. The present study provides updated information on its pharmacological properties and probable mode of action of Brihat Saindhavadi Taila. In Bhavaprakasha it is mentioned that it can be used for Abhyanga, Pana or Basti. The base of the taila is Eranda Taila. The crude drugs of Brihat Saindhavadi Taila prepared in the form of oil is found to be useful in treating Amavata, Sarvavatavyadhi, Kati, Janu, Uru Roga, Sandhigroha, Parsvashoola, Hridayaroga, Vankshana disease and Antravridhi as the active principles is found to have Vatakaphashamak, Deepan, Bhedana, Amasodhana, Srotovisodhana, Sothahara, Angamarda-prashamana, digestive, hepato-protective and laxative properties.

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INTRODUCTION

Plant based drugs have formed the basis of traditional medicine systems that have been used for centuries in many countries (Balandrin et al., 1993). Today plant-based drugs continue to play an essential role in health care. It has been estimated by the World Health Organization that 80% of the population of the world rely mainly on traditional medicines for their primary health care (Farnsworth et al., 1985). Brihat Saindhavadi Taila is a unique preparation explained in Amavata chikitsa of Chakradatta and Bhavamishra which contains Saindhava Lavana, Sauvarcala Lavana, Vid Lavana, Svarjika Kshara, Haritaki, Bibhitaki, Amalaki, Rasna, Pippali, Gaja Pippali, Maricha, Kustha, Sunthi, Yavani, Pushkarmool, Jiraka, Mulethi, Satapushpa in equal quantity (½ pala each) and Masti, Kanji, Kwath in one Prastha quantity. The base for the oil is Eranda taila in one Prastha quantity and is mainly Vatakapha Shamaka (Chakradatta et al., 2006; Bhavamishra, 2010). Eranda Taila is considered as the best for the treatment of Amavata (Yogratnakar et al., 2002). It is indicated in the treatment of Amavata especially in the form of Pana, Basti and Abhyanga. It has Vatakaphashamaka, Agnideepana, Bhedana, Amasodhana, Srotovisodhana, Sothahara, and Angamardarashamana, digestive, hepato-protective and laxative properties.

Saindhava Triphala Rasna Pippali Gajapippali |
Svarjika Maricha Kustha Sunthi Sauvarcala Vidam ||
Yamanyo Pushkarajaji Madhukam Sstapushpika |
Palardike Pachedete Prasthamerand Tailatah ||
Prasthambu Satapushpaya Pratekam Mastukanjike |
Dadyat Dwigunata Panavastabyanga Prayojitam ||
(Chakradatta 25/45-47)

MATERIALS AND METHODS

Collection and authentication of drugs: The raw drugs were collected from botanical garden and some were purchased from local market. The identity of the drugs was confirmed by HOD of Dravya Guna Department, Government Ayurvedic College, and Jabalpur (M.P.). These drugs were compared with voucher specimen and available literature in institute.

Organoleptical Characters: Brihat Saindhavadi Taila was having brownish colour, dark appearance, bitter taste and aromatic odor.

Probable mode of action of Taila: Brihat Saindhavadi Taila mentioned in Chakradatta is indicated in Amavata. It is multi-herbo-mineral oil which contains fourteen important herbs, three types of Lavana and Kshara in equal quantity and Mastu, Kanji, Kwath and Eranda taila in one Prastha quantity.

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Table 1. Showing the ingredients of Brihat Saindhavadi Taila and their part used and quantity used are as Following (Kirtikar et al., 1985; Nadkarni, 1976; The Ayurvedic Pharmacopoeia of India; Shastri and Dravyaguna Vijnan, 2004; Satoskar, 2015)

Name	Latin Name / Chemical composition	Part Used	QuantityUsed
Saindhava Lavana	Sodium chloride	Crystals (Lavana)	½ Pala
Sauvarcala Lavana	Carbonates of Sodium-potassium	Crystals (Lavana)	½ Pala
Vid Lavana	Ammonium salt	Crystals (Lavana)	½ Pala
Svarjika Kshara	Mixture of sodium-potassium salts	Powder (Kshara)	½ Pala
Haritaki	Terminalia chebula	Fruit	½ Pala
Bibhitaki	Terminalia bellerica	Fruit	½ Pala
Amalaki	Embellica officinalis	Fruit	½ Pala
Rasna	Pluchea lanceolata	Leaf, rhizomes	½ Pala
Pippali	Piper longum	Fruit	½ Pala
Gaja Pippali	Sindepus officinalis	Fruit	½ Pala
Maricha	Piper nigrum	Fruit	½ Pala
Kustha	Sassuria lappa	Root	½ Pala
Sunthi	Zinziber officinalis	Rhizome	½ Pala
Yavani	Tachyspermum ammi	Seeds	½ Pala
Pushkarmool	Inula racemosa	Roots	½ Pala
Jiraka	Cumminum cyminum	Seeds	½ Pala
Mulethi	Glycerrhiza glabra	Roots	½ Pala
Satapushpa	Antheum soya	Seeds	½ Pala
Mastu	Curd water	Liquid	Prastha
Kanji	Fermented gruel	Liquid	Prastha
Kwatha	Decoction	Liquid	Prastha
Eranda Taila	Ricinus communis	Oil	Prastha

Pharmacological study: Table showing pharmacological properties of ingredients of Brihat Saindhavadi Taila –

Name	Rasa	Guna	Virya	Vipaka	Karma
Saindhava Lavana	Lavana	Laghu, Snigdha	Sheet	Madhua	Tridosashamak, Rochana, Deepana, Vrushya, Chakshushya, Aviidahi, hrudya, Hikanashana, Kapha vilayana, Kapha chedana, vibandaghna
Sauvarchala Lavana	Lavana	Laghu, Snigdha, Vishada	Ushna	Katu	Vatashamak, Gulma, Shula, Vibandahara, Hrudya, Surabhi, Rochana Udgarshodhi
Vida Lavana	Lavana	Tikshna, Sukshma, Vyavayi, Sakshara	Ushna	Katu	Kaphavatashamak, Deepana, Shoolhara, Hrudyarognashana, Rochana, Vatanulomak,
Svarjika Kshara	Katu	Tikshna, Laghu, Ruksha	Ushna	Katu	Kaphavatashamak, Deepana
Haritaki	Pancharasa (Lavana varjit)	Laghu, Ruksha	Ushna	Madhura	Tridosahara, Medhya, Rasayana, Brmhana, Anulomana, Ayusya, Caksusya
Bibhitaki	Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosahara specially Kapha, Dipana, Anulomana, Grahi, Caksusya, Kanthya, Svas Kasahara, Rakta Sodhana
Amalaki	Pancharasa (Lavana varjit)	Guru, Ruksha, Sheet	Sheet	Madhura	Tridosahara specially Pittasamaka, Rasayana, Vrsya, Vajikarana, Caksusya, Sarvadosahara, Vayasthapana, Virecanopaga, Jvarahara, Raktapittagna, Gulmahara Pramehaghna, Kusthaghna, Arsoghna, Panduhara
Rasna	Tikta	Guru	Ushna	Katu	Vatashamak, Amapachani, Shophya, Vatarakta, Shwasa, Kasahara, Vishagna
Pippali	Katu	Laghu, Snigdha, Tikshna	Anushna	Madhura	Vatakaphashamaka, Vrushya, Pittaavirodhini, Deepan, Rasayan, Rechan, Shwasa, Kasa, Udara, Kustha, Prameha, Gulma, Arshahara, Amanut, Kshayapaha
Gaja Pippali	Katu	Laghu, Tikshna	Ushna	Katu	Vatakaphashamaka, Vrushya, Kshudhvardhak, Krimigna, Yakritphila rognut, Pramehghna
Maricha	Katu	Laghu, Tikshna	Ushna	Katu	Vatakaphashamaka, Avrushya, Ruchikaraka, Rochana, Chedana, Shoshna, Pittakrit, Kriminut, Jantusantana Nshanam, Shwasahara, Hridrogahara, Pramathi, Chakshushya
Kustha	Tikta, Katu, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavatashamaka, Shukral, Shwasa-Kasa-Hikka-Jwarahara, Visarpa, Vataraktahar,
Sunthi	Katu	Laghu Snigdha	Ushna	Madhura	Kaphavatashamaka, Hrudyu, Ruchida, Shophahara, Grahi, Deepana, Kanthya, Svarya, Panduhara, Vibandahara, Anahahara, Shoolajit, Bhedani, Jihva Vishodhana, Shwasahara, Kasahara, Vamihara, Hikkahara, Vibandanut, Amavatagni
Yavani	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavatashamaka, Pachak, Ruchya, Deepak, Shulahara, Krimigna, Gulma, Anaha, Udararoghara, Pleehagna
Pushkarmool	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	Kaphavatashamaka, Jwarahara, Arochakahara, Kasaghna, Shophahara, Adhimanahara, Shwasahara, Hikkahara, Panduhara, Vrushya
Jiraka	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavatashamaka, Ruchya, Deepana, Agnivardhana, Grahi, Medhya, Garbhashaya vishuddhikrut, Jwaraghna, Vrushya, Balya, Chakshushya
Mulethi	Madhur	Guru, Snigdha	Sheet	Madhura	Vatapittashamaka, Jeevaneeya, Sandhaneeya, Kanthya, Kandughna, Chardinigraha, Shonitasthapana, Mutravirajaneeya, Snehopaga, Snehana, Vamanopaga, Balakrut, Varnakrut, Shukrala, Keshya, Svarya, Asrajit, Pittanilajit, Vishahara, Vranashothajit, Trushmahara, Kshayahara, Medhya
Satapushpa	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Vatakaphashamaka
Mastu	Amla	Lagu, Sara	Ushna	Katu	Kaphavatashamaka
Kanji	Amla	Tikshna, Laghu	Ushna	Katu	Kaphavatashamaka
Kwatha	Katu, Tikta	Laghu, Tikshna, Ruksha	Ushna	Katu	Kaphavatashamaka
Eranda Taila	Katu	Laghu, Snigdha	Ushna	Katu	Vatakaphahara, Dipana, Bhedana, Krmighna, Amasodhana, Srotovisodhana, Sothahara, Vrsya, Sukrasodhana, Kusthaghna Angamarda-prasamana

Rasa: Katu - 14, Tikta - 8, Madhur - 4, Amla - 4, Kashaya - 3, Lavana - 3**Guna:** Laghu - 15, Teekshna - 9, Ruksha - 8, Snigdha - 5, Guru - 3, Vishad - 1, Sukshma - 1, Sheet - 1, Vyavayi - 1, Sakshara - 1, Sara - 1**Veerya:** Ushna - 18, Sheet - 3, Anushna - 3**Vipaka:** Katu - 15, Madhur - 7**Organoleptical Characters** – Brihat Saindhavadi Taila was having brownish colour, dark appearance, bitter taste and aromatic odor.

The main ingredients are Saindhava Lavana, Sauvarcala Lavana, Vid Lavana, Svarjika Kshara, Haritaki, Bibhitaki, Amalaki, Rasna, Pippali, Gaja Pippali, Maricha, Kustha, Sunthi, Yavani, Pushkarmool, Jiraka, Mulethi, Satapushpa in equal quantity (½ pala each) and Masti, Kanji, Kwath in one Prastha quantity. The majority of drugs are Katu and Tikta Rasatmaka. Katu Rasa is Vatakapha Shamak and Tikta Rasa is Pittakapha Shamaka. Katu Rasa is Agnideepak and Amapachaka in nature. Hence combination of these drugs having specially Katu and Tikta Rasa are useful in Amavata. Saindhava Lavana is Tridosashamak, Rochana, Deepana, Vrushya, Chakshushya, Avidahi, hrudya, Kapha vilayana, Kapha chedana, Vibandhaghna in properties. In Brihat Saindhavadi Taila 82% durgs are having Ushna Veerya. Thus Sweda-avarodh, Anaha, Shotha, Vibandha is pacified by Ushna Veerya. Rasna is having Vatashamak, Amapachaka, Vedanashamak, Shothagna properties and Pippali is having Vatakaphashamaka, Deepana, Rasayan, Rechan properties. The base of oil is Eranda Taila having Vatakaphahara, Deepana, Bhedana, Krimighna, Amasodhana, Srotovisodhana, Sothahara, Vrisya, Sukrasodhana, Kusthaghna Angamardaprasamana properties. It acts by the formation of alkali ricinoleate as a result of Saponification in the duodenum which gently stimulates the intestines glands and peristalsis and is a painless, speedy, certain and fairly mild purgative operating within 2 to 6 hours leading of 2 to 4 loose motions. The combination of these drugs causes digestive, hepatoprotective and laxative properties.

Conclusion

In present study, pharmacological study and probable mode of action of Brihat Saindhavadi were carried out, which could be helpful in standardization of taila and provide useful information and authentication of the drugs.

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