

NARAYANA TAILA: A CLASSICAL OVERVIEW

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ABSTRACT

Aushadha is an integral component of the *Trisutriya Ayurveda* and *Ayurveda* is our prestigious science of life. Similarly, as a part of *Chikitsa Chatushpada* in *Ayurvedic* classics importance is given to *Aushadha*. Moreover, the world's oldest available written literature i.e. *Veda* glorify the drug by giving it the status of '*Bramha*'. A lot of *Ayurvedic* drug preparations are mentioned in classical texts, *Narayana Taila* is one of them and it is described by different *Acharyas*. It contains 33 ingredients according to different authors such as *Yogaratanakara*, *Sharangadhara*, etc. *Bhaishajya Ratnavali* elaborates 33 ingredients of *Narayana Taila* along with its indications in various diseases and different route of administration in '*Vatavyadhi Chikitsa Adhyaya*'. The name of this oil preparation reflects its importance. It is named after the name of "*Lord Vishnu*" as *Lord Vishnu* destroyed the evil demons in the same way it cures the various disease. It is used to correct vitiated *Vata dosha* in different diseases. In this article, an attempt is being made by the author to discuss and compile all the critical overview about *Narayana Taila*.

KEYWORD: *Narayana Taila, Vata dosha, Tila Taila, Kalka, Kwatha*, etc.

INTRODUCTION

The world's oldest available written literature i.e. *Veda* glorify the drug by giving it the status of *Bramha* as "*Yat bheshajam tat amritaam, yat amritaam tat Bramha*" (G.P.B. 1/314). This shows that at that time drugs were worshiped like God. The term drug is derived from a French word '*Droque*' meaning a dry herb or product that is used to modify or explore the physiological system or pathological status for the benefit of the recipient.^[1] The W.H.O.'s definition regarding the drug says that "Any substance or product that is used or intended to be used to modify or explore the physiological system or pathological status for the benefit of the recipient."

Aushadha is mentioned in "*Chikitsa Chatushpada*"^[2] and success of any *Bhishak* or *Vaidya* depends on the quality of *Aushadha* (drug) used. In *Ayurveda*, *Sneha Kalpana* is an important *Kalpana* among '*Panchavidha Kashaya Kalpana*' which is mentioned in different *Ayurvedic* texts. In this *Kalpana* active principles of the drugs are transferred in to *Sneha*. *Taila*, *Ghrta* or like these other fatty substances are used as the base of *Sneha Kalpana*. Due to base like *Ghrta* or *Taila* that is used in *Sneha Kalpana*, provides extra benefits to this form of drug to preserved for longer time and also enhances the drug's absorption.

Taila Murchhana is an important procedure which is used to remove *Ama* and *Daurgandhya* of *Taila*. Even though, in *Samhitas Taila Murchhana* is not mentioned but *Bhaishajya Ratnavali* specify the *Murchhana* procedure. *Narayana Taila* is a unique formulation, containing 33 ingredients and has been explained by different texts viz. *Yogaratanakara*,^[3] *Sharangadhara Samhita*^[4] and *Bhaishajya Ratnavali*.^[5]

The *Ayurvedic* system of medicine is facing many problems. *Ayurvedic* drugs were brought within the purview of The Drug & Cosmetics (Amendment) Act, 1964. Misbranded drugs (section 33-E), Adulterated drugs (33-EE), Spurious drugs (33-EEA), definition are explained in detailed for the prevention of misuse of drugs under the name of *Ayurveda* & blame that *Ayurvedic* medicine have no potency as well as untoward effects on body.^[6] Thus, the proper drugs review is necessary for the authentic information. Keeping these above facts in mind, an effort is made by the author by proper drug identification, collection of raw drugs, preparation of drugs, storage, etc. to maintain the faith of society in potency of *Ayurvedic* medicines to treat the diseases.

Detail Description Of Ingredients Of Narayana Taila (1). BILVA:^[7]**Latin name** – Aegle marmelos**Family** – Rutaceae**Gana:** Ch. – Shothahara, Arshoghna, Asthaapanopaga, Anuvaasanopaga.

Su. – Varunaadi, Ambashthaadi, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Fruit, Leaves.**Karma** – K-V shamaka, Shothahara, Shulahara, Agnivardhaka, Dipana, Pachana, etc.**Chemical constituents** – Marmelosin, marmelide, tannic acid, marmin, alkaloid (skimmianine, haplopine), marmelin, skimming, fatty acids, essential oil, dictamine, etc.**Pharmacological actions** – Digestive, Stimulant, Antipyretic, Laxative, etc.**(2). AGNIMANTHA:^[8]****Latin name** – Premna mucronate.**Family** – Verbenaceae**Gana:** Ch. – Shothahara, Sheetaprashamana, Anuvaasanopaga.

Su. – Virtarvaadi, Varunaadi, Vaatasanshamana, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Bark, Leaves.**Karma** – K-V shamaka, Shothahara, Vibandhahara, Agnivardhaka, Dipana, etc.**Chemical constituents** – Aphelandrine, premnine, botulin, ganikarine, β -sitosterol, palmitic acid, ganiarine, ceryl alcohol, triterpenes, clerodin, polyphenols, clerodendrin A, essential oil etc.**Pharmacological actions** – Analgesic, Anti-inflammatory, Anthelmintic, Antioxidants, CNS depressant, etc.**(3). SHYONAAKA:^[9]****Latin name** – Oroxyllum indicum**Family** – Bignoniaceae**Gana:** Ch. – Shothahara, Purish sangrahaniya, Sheetaprashamana, Anuvaasanopaga.

Su. – Virtarvaadi, Rodhraadi, Ambashthaadi, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Bark (stem).**Karma** – K- V shamaka, Shothahara, Dipana, Bastirogahara, Krimighna, etc.**Chemical constituents** – Oroxylin A, chrysin, baicalein, scutellarein, luteolin, aloe-emodin, fatty acids, amino acids, etc.**Pharmacological actions** – Antioxidants, Analgesic, Anti-cancer, Anti-inflammatory, Anti-bacterial, etc.**(4). PATALA:^[10]****Latin name** – Stereospermum suaveolens**Family** – Bignoniaceae**Gana:** Ch. – Shothahara, Prajaasthaapana.

Su. – Aragwadhaadi, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Bark.**Karma** – Tridosha shamaka, Shothahara, Ruchikara, Shramahara, Dahahara, etc.**Chemical constituents** – Lapachol, β -sitosterol, specioside, alkaloids (solasonine, solamargine, solasurine), steriochenoids, etc.**Pharmacological actions** – Tonic, Anti-inflammatory, Analgesic, Liver stimulant, Neuroprotective, Antioxidants, Analgesic, Antipyretic, Anti-cancerous, etc.**(5). PARIBHADRA:^[11]****Latin name** – Erythrina variegata**Family** – Leguminosae**Gana** – Not any**Useful part** – Bark, Leaves.**Karma** – K-V shamaka, Shothahara, Dipana, Pachana, Anulomana, Shulahara, Krimighna, Mutrala (Mutrakrichchhahara), etc.**Chemical constituents** – Tetracyclic alkaloids (Eryosotone, erysodine, erysovine, erysopitine), isoflavonoids, scoulerine, coreximine, reticuline, erybidine, triterpinoids, sterol, etc**Pharmacological actions** – Anti-bacterial, Diuretic, Anti-inflammatory, Anti-tumour, Analgesic, Smooth muscles relaxant, etc.**(6). PRASAARINI:^[12]****Latin name** – Paederia foetida**Family** – Rubiaceae**Gana** – Bh. Pr. Ni. – Guduchyaadi.**Useful part** – Root, Leaves, Panchanga.**Karma** – V-K shamaka, Balya, Shothahara, Shulahara, etc.**Chemical constituents** – Alkaloids (Paederine A &B), essential oil, a volatile oil that contains methyl mercaptan, methanol extract, β -carotene bleaching 2,2-azinobis, etc.**Pharmacological actions** – Anti-inflammatory, Anti-microbial, Anti-ulcer, Antioxidants, etc.**(7). ASHWAGANDHA:^[13]****Latin name** – Withania somnifera**Family** – Solanaceae**Gana:** Ch. – Balya, Brihaniya, Madhuraskanda.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root**Karma** – K-V shamaka, Balya, Shothahara, Kandughna, Rasayana, Shukrala, Krimighna, etc.**Chemical constituents** – Withaferin, withanolide, somniferine, nicotine, tropine, withanine, somniferinine, withanol, withasomnine, anlygrine, anaferine, starch, β -sitosterol, etc.**Pharmacological actions** – Anti-inflammatory, Anti-stress, Anti-tumour, Antiseptic, Hepatoprotective, etc.**(8). BRIHATI:^[14]****Latin name** – Solanum indicum

Family – Solanaceae

Gana: Ch.- Shothahara, Kanthya, Hikkanigrahana, Angamardaprashamana.

Su. – Brihatyaadi, Laghupanchamula.

Bh. Pr. Ni. – Guduchyaadi

Useful part – Root, whole plant (*Panchanga*), Fruit, Leaves.

Karma – K-V shamaka, Pachana, Ruchikara, Shulahara, Agnivardhaka, etc.

Chemical constituents – Solasonine (glycoalkaloid), solanine, solasodine, diosgenin, β -sitosterol, lanosterol, solamargine, maltase, fatty acid (like lauric, palmitic, stearic, arachidic, oleic, & linoleic), carpesterol, flavonoids, anthocyanidin, etc.

Pharmacological actions – Antipyretic, Aphrodisiac, Diuretic, Anti-cancerous, Cardiac tonic, Analgesic, etc.

(9). KANTAKARI:^[15]

Latin name – Solanum surattense / or Solanum xanthocarpum

Family – Solanaceae

Gana: Ch. – Shothahara, Kasahara, Kanthya, Hikkanigrahana, Sheetaprashamana. Angamardaprashamana.

Su. – Varunaadi, Brihatyaadi, Laghupanchamula.

Bh. Pr. Ni. – Guduchyaadi

Useful part – Root, whole plant (*Panchanga*).

Karma – K-V shamaka, Dipana, Pachana, Krimighna, Kandughna, Balya, Shothahara, etc.

Chemical constituents – Glucoside, alkaloids, saponin, tannin, total phenolic compound, flavonoids, ascorbic acid, solasodine, esculin, carpesterol, solanine, stigma sterol, campesterol, β -solamargine, essential amino acid.

Pharmacological actions – Nephroprotective, Anti-inflammatory, Antibacterial, Analgesic, Stimulant, Appetizer, Cardio stimulant, Antioxidants, Diuretic, Anti-Urolithiatic, etc.

(10). BALA:^[16]

Latin name – Sida cordifolia

Family – Malvaceae

Gana: Ch – Brihaniya, Balya, Prajaasthaapana.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, whole plant (*Panchanga*)

Karma – V-P shamaka, Balya, Vrishya, Ojovardhaka, Ayurvedhaka, Brihana, Shothahara, Rasayana, Mutrakrichchhrahara, etc.

Chemical constituents – Ephedrine, fatty oil, steroids, phytosterol, resin, mucin, potassium nitrate, vasicinone, vasicine, vasicinol, betaine, flavonoids, saponins, glycosides, etc.

Pharmacological actions – Aphrodisiac, Analgesic, Diuretic, Antispasmodic, Anti-inflammatory, Tonic, Emollient, Cardio tonic, etc.

(11). ATIBALA:^[17]

Latin name – Abutilon indicum

Family – Malvaceae

Gana: Ch. – Balya.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, whole plant (*Panchanga*).

Karma – V-P shamaka, Balya, Mutrala, Vrishya, Ojovardhaka, Krimighna, Dahahara, Brihana, Ashmarighna, Mutrakrichchhrahara, etc.

Chemical constituents – Fatty acids (linoleic, stearic, palmitic, myristic, lauric acids), β -sitosterol, β -amyrin, flavones, gossypetin-8, T-glycoside, cyanidin-3, eugenol, etc.

Pharmacological actions – Diuretic, Anti-helminthic, Antibacterial, Anti-inflammatory, Antifungal, Analgesic, Anti-cancerous, Antioxidant, Hepatoprotective, Nervine tonic, etc.

(12). GOKSHURA:^[18]

Latin name – Tribulus terrestris

Family – Zygophyllaceae

Gana: Ch. – Mutra virechaneeya, Shothahara, Krimighna, Anuvaasanopaga.

Su. – Vidarigandhaadi, Virtarvaadi, Laghupanchamula, Kantakapanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, fruit, whole plant (*Panchanga*).

Karma – Tridosha shamaka, Shothahara, Vrishya, Agnidipana, Anulomana, Ashmarinashana, Mutrala, Balya, Bastishodhaka, Mutrakrichchhrahara, etc.

Chemical constituents – Chlorogenin, diosgenin & its acetate, spirosterol, saponin & a dihydroxy spirosteroidal sapogenin, β -sitosterol, stigmasterol, amino acids, alkaloids, harmine, neotigogenin, kaempferol, steroidal glycosides, saponin C&G, etc.

Pharmacological actions – CNS stimulant, Analgesic, Muscle relaxant, Diuretic, Anti-Urolithiatic, Antimicrobial, Hepatoprotective, Tonic, Antispasmodic, etc.

(13). PUNARNAVA:^[19]

Latin name – Boerhavia diffusa

Family – Nyctaginaceae

Gana: Ch. – Kasahara, Vayasthaapana, Swedopaga, Anuvaasanopaga.

Su. – Vidarigandhaadi.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, whole plant

Karma – P-K shamaka, Dipana, shophahara, Shulahara, Bradhnnahara, etc.

Chemical constituents – Punarnavine (alkaloid), punarnavoside, β -sitosterol, tetracosanoic, hexacosanoic, stearic acid, ursolic acid, mysristic acid, asparagine, potassium nitrate, etc.

Pharmacological actions – Diuretic, Anthelmintic, Analgesic, Anti-inflammatory, Hepatoprotective, Immunomodulatory, Antiproliferative properties, etc.

(14). SHATAPUSHPA:^[20]

Latin name – Anethum sowa / Funiculum vulgare

Family – Apiaceae /or Umbelliferae

Gana – Aasthapana

Useful part – Leaves, seeds, Taila

Karma – K-V shamaka, Shothahara, Vedanahara, Dipana, Pachana, Anulomana, Krimighna, Mutrala, Mutrakrichchhranashaka, etc.

Chemical constituents – Alkaloid, carbohydrates, flavonoid, resin, saponins, tannins, starch, amino acid, etc.

Pharmacological actions – Antioxidant, Antidiabetic, Antimicrobial, Antispasmodic, etc.

(15). DEVADAARU:^[21]

Latin name – Cedrus deodara

Family – Coniferae / or Pinaceae

Gana: Ch.- Stanyashodhana, Anuvaasanopaga.

Su. - Vaatasanshamana.

Bh. Pr. Ni. – Karpuraadi.

Useful part – Bark, heart wood, oil, leaves, resin.

Karma – K-V shamaka, Dipana, Krimighna, Kandughna, Shothahara, Vibandhahara, etc.

Chemical constituents – Essential oil, p-methylacetophenone, sesquiterpenes (α & β -himachalene, himachalol, deodarin, toxifolin, etc.

Pharmacological actions – Analgesic, Anti-inflammatory, Antiulcer, Antibacterial, etc.

(16). JATAMANSI:^[22]

Latin name – Nordostachys jatamansi

Family – Valerianaceae

Gana: Ch – Kandughna, Shukrajanana.

Su. – Elaadi, Anjanaadi.

Bh. Pr. Ni. – Karpuraadi.

Useful part – Rhizome

Karma – Tridosha-shamaka, Dahahara, Balya, Medhya, etc.

Chemical constituents – Jatamansic acid, aristolene, jatamansin, oroselol, orselone, dihydrojatamansin, angelic acid, jatamansinol, seselin, α -pinene, β -sitosterol, analgicin, etc.

Pharmacological actions – Antiseptic, Analgesic, Nervine tonic, Antipyretic, Diuretic, etc.

(17). SHAILEYAKA:^[23]

Latin name – Barleria prionitis

Family – Acanthaceae

Gana: Bh. Pr. Ni. – Pushpa Varga.

Useful part – Whole plant.

Karma – V-K shamaka, Shophahara, Dahahara, Dipana, Kandughna, Shulahara, etc.

Chemical constituents – Alkaloids, potassium, iridoids barlerin & cetylbarlerin, acylated flavonoid glycoside-luteolin 7.0, β -D-glycopyranoside, etc.

Pharmacological actions – Anti-inflammatory, Analgesic, Hepatoprotective, Immunomodulatory activity, etc.

(18). VACHA:^[24]

Latin name – Acorus calamus

Family – Araceae

Gana: Ch – Lekhaniya, Arshoghna, Triptighna, Asthaapanopaga, Sheetaprashamana.

Su. – Pippalyaadi, Vachaadi, Mustaadi.

Bh. Pr. Ni. – Haritakyaadi.

Useful part – Rhizome

Karma – K-V shamaka, Medhya, Dipana, Vibandhahara, Shulaharna, Mutravishodhaka, Jantughna, Vrishya, Krimighna, etc.

Chemical constituents – Starch, 1.5 to 3.5% volatile oil, resin (2.5%), tannin (1.5%), volatile oil contains asaraldehyde, asarone & eugenol, β -asarone, methyl eugenol, α -pinene, etc.

Pharmacological actions – Anti-candida efficacy, Antioxidants, Anti-inflammatory, Neuroprotective actions, etc.

(19). RAKTA CHANDANA:^[25]

Latin name – Pterocarpus santalinus

Family – Papilionaceae / Leguminosae

Gana – Su. – Patolaadi, Sarivaadi, Priyangavaadi.

Bh. Pr. Ni. – Karpuraadi

Useful part – Heart wood

Karma – K-P shamaka, Vrishya, Dahahara, Krimighna, etc.

Chemical constituents – Santalin, santalic acid, santalic pterocarpin, detoxy santalin & kino tannic acid, etc.

Pharmacological actions – Tonic, Anti-inflammatory, Antidiabetic, etc.

(20). TAGARA:^[26]

Latin name – Valeriana wallichii

Family – Valerianaceae

Gana: Ch. - Sheetaprashamana.

Su. – Elaadi.

Bh. Pr. Ni. – Karpuraadi.

Useful part – Root

Karma – V-K shamaka, Manodoshahara, Shulahara, Raktadoshahara, etc.

Chemical constituents – Atinidine, carotene, jatamols A & B, jatamansic acid, nardol, valeranol, virolin, valeroside, valeriotetratate, A & hexacosanic acid, etc.

Pharmacological actions – Anti-amoebic, Analgesic, Antibacterial, Antispasmodic, Diuretic, Antioxidant, Anti-inflammatory, etc.

(21). KUSHTHA:^[27]

Latin name – Saussurea lappa

Family – Asteraceae / Compositae

Gana: Ch. – Lekhaniya, Shukrashodhana, Asthaapanopaga.

Su. – Elaadi

Bh. Pr. Ni. – Haritakyaadi.

Useful part – Root

Karma – K-V shamaka, Shukrala, Kandughna, Shothahara, Shulahara, etc.

Chemical constituents – Kushthin, inulin, betulin, friedelin, stigmasterol, saussureal, α & β -selenenes, costunolide, sausurine, etc.

Pharmacological actions – Antiseptic, Antibacterial, Anti-inflammatory, Antioxidants, Cardio tonic, Antimicrobial, Anti-cancerous, etc.

(22). ELA:^[28]**Latin name** – *Elettaria cardamomum***Family** – Zingiberaceae**Gana:** Ch. – *Shwasahara, Angamardaprashamana, Katukaskandha, Sirovirechana.***Su.** – *Elaadi, Pippalyaadi.***Bh. Pr. Ni.** – *Karpuraadi***Useful part** – Seed, fruit**Karma** – *Tridosahara, Arshoghna, Mutrakrichchhraghna, Dipana, Dahahara, etc.***Chemical constituents** – Bornneol, camphene, cineole, terpinyl acetate, terpineol, terpinene, P-cymene, geraniol, etc.**Pharmacological actions** – Anti-inflammatory, Analgesic, Diuretic, Stimulant, Antioxidant, Antihypertensive, Gastroprotective, etc.**(23). SHALAPARNI:^[29]****Latin name** – *Desmodium gangeticum***Family** – Papilionaceae / Leguminosae**Gana:** Ch – *Balya, Vayasthaapana, Shothahara, Angamardaprashamana, Snehopaga.***Su.** – *Vidarigandhaadi, Laghupanchamula.***Bh. Pr. Ni.** – *Guduchyaadi.***Useful part** – Whole plant, root.**Karma** – *V-P shamaka, Brihana, Rasayana, Krimighna, Shophahara, Vrishya, etc.***Chemical constituents** – Hypaphorine, candicine, β -carbolines, N-methyltyramine, β -phenylethylamine, genistein, dalbergioiden, diphsolone, kievitone, desmocarpin-I. etc.**Pharmacological actions** – Antioxidant, Anti-inflammatory, Digestive, Antihypertrophic, Analgesic, Diuretic, etc.**(24). PRISHNIPARNI:^[30]****Latin name** – *Uria picta***Family** – Papilionaceae / Leguminosae**Gana:** Ch. – *Sandhaaniya, Shothahara, Angamardaprashamana.***Su.** – *Vidarigandhaadi, Haridradi, Laghupanchamula.***Bh. Pr. Ni.** – *Guduchyaadi***Useful part** – Whole plant, root.**Karma** – *Tridosha shamaka, Vrishya, Dahashamaka, Jwaraghna, Vranahara, etc.***Chemical constituents** – Amino acids, fatty acids, steroids, flavonoids, etc.**Pharmacological actions** – Antimicrobial, Antiviral, Anti-inflammatory, Diuretic, Analgesic, Antipyretic, Antioxidant, promote wound healing & fracture healing, etc.**(25). MAASHPARNI:^[31]****Latin name** – *Teramnus labialis***Family** – Papilionaceae / Zygophyllaceae**Gana:** Ch. – *Jivaniya, Shukrajanana.***Su.** – *Kakolyaadi, Vidarigandhaadi.***Bh. Pr. Ni.** – *Guduchyaadi***Useful part** – Whole plant, root**Karma** – *V-P shamaka, Shukrala, Shothahara, Jwaraghna, Dahahara, Vatavyaadhihara, etc.***Chemical constituents** – Amino acids, isoleucine, arginine, histidine, valine, tannins, potassium, magnesium, calcium, vitexin, bergenin, methanolic extract, etc.**Pharmacological actions** – Nervine tonic, Antibacterial, Antifungal, Anti-inflammatory, Antipyretic, Antioxidant, etc.**(26). MUDGAPARNI:^[32]****Latin name** – *Phaseolus trilobus / Vigna tilobata***Family** – Papilionaceae / Leguminosae**Gana:** Ch. – *Jivaniya, Shukrajanana.***Su.** – *Kakolyaadi, Vidarigandhaadi.***Bh. Pr. Ni.** – *Guduchyaadi***Useful part** – Whole plant, root**Karma** – *Tridosahara, Shukrala, Shothahara, Dahahara, Krimighna, etc.***Chemical constituents** – Friedlin, epifriedelin, stigmasterol, tannin, epifriedelinol, γ -glutamy phenylalanine, flavonoids, vitexin, vit-K, etc.**Pharmacological actions** – Anti-inflammatory, Antimicrobial, Aphrodisiac, Diuretic,**(27). RASNA:^[33]****Latin name** – *Pluchea lanceolata***Family** – Asteraceae / Compositae**Gana:** Ch. – *Anuvaasanopaga, Vayasthaapana.***Su.** – *Arkaadi.***Bh. Pr. Ni.** – *Haritakyaadi.***Useful part** – Rhizome, root, leaves, & whole plant.**Karma** – *K-V shamaka, Shophahara, Shulaghna, Jwaraghna, Pachaka, Vatavyaadhihara, etc.***Chemical constituents** – Pluchine, betainhydrochloride, β & γ -sitosterol, flavone glycoside, quercitin, isorhamnetin, methyl cinnamate, cineole, resin, pungent, galangin, etc.**Pharmacological actions** – Stimulant, Antibacterial, Antimalarial, Anti-inflammatory, etc.**(28). TURAGAGANDHA (ASHWAGANDHA):^[34]****Latin name** – *Withania somnifera***Family** – Solanaceae**Gana:** Ch. – *Balya, Brihaniya, Madhuraskanda.***Bh. Pr. Ni.** – *Guduchyaadi.***Useful part** – Root**Karma** – *K-V shamaka, Balya, Shophahara, Kandughna, Rasayana, Shukrala, Krimighna, etc.***Chemical constituents** – Withaferin, withanolide, somniferine, nicotine, tropine, withanine, somniferinine, withasomnine, anlygrine, anaferine, starch, β -sitosterol, etc.**Pharmacological actions** – Anti-inflammatory, Anti-stress, Anti-tumour, Antiseptic, Hepatoprotective, etc.**(29). PUNARNAVA:****Latin name** – *Boerhavia diffusa***Family** – Nyctaginaceae**Gana:** Ch. – *Kasahara, Vayasthaapana, Swedopaga, Anuvaasanopaga.*

Su. – Vidarigandhaadi.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, whole plant

Karma – P-K shamaka, Dipana, shophahara, Shulahara, Bradhnaahara, etc.

Chemical constituents – Punarnavine (alkaloid), punarnavoside, β -sitosterol, tetracosanoic, hexacosanoic, stearic acid, ursolic acid, mysristic acid, asparagine, potassium nitrate, etc.

Pharmacological actions – Diuretic, Anthelmintic, Analgesic, Anti-inflammatory, Hepatoprotective, Immunomodulatory, Antiproliferative, Anti-angiogenic effects, etc.

(30). SHATAAVARI.^[35]

Latin name – *Asparagus racemosus*

Family – Liliaceae

Gana: Ch. – Balya, Vayasthaapana.

Su. – Vidarigandhaadi, Kantakapanchamula.

Bh. Pr. Ni. – Guduchyaadi

Useful part – Root

Karma – V-P shamaka, Rasayana, Medhya, Pushtivardhaka, Shukravardhaka, Balya, Shothahara, Vrishya, etc.

Chemical constituents – Shatavarin, I to V sitosterol, saponins, A₄, A₅, A₆, A₇ & A₈, sarsapogenin, glycosides of quercetin, D-glucose, D-mannose & disaccharides, etc.

Pharmacological actions – Tonic, Diuretic, Antioxidant, Hepatoprotective, Anti-cancerous, Anti-stress, Anti-inflammatory, Antibacterial, etc.

(31). SAINDHAVA LAVANA.^[36]

Latin name – *Sodii chloridum*

English name – Rock salt / Bay salt / Chloride of sodium.

Chemical formula – NaCl

Classical division: Aharopayogi Varga (Charaka)

Karma – Tridosahara (specially Vatahara), Dipana, Pachana, Ruchikara, Vrishya, Chakshush, Avidaahi, etc.

Chemical constituents – Sodium chloride, iodine, potassium, etc.

Pharmacological actions – Analgesic, Anti-inflammatory, Laxative, etc.

(32). GODUGDHA.^[37,38]

English name – Cowmilk

Classical division: Gorasavarga (Charaka), Ksheeravarga (Sushruta).

Charaka: Rasa – Swadu (Madhura)

Guna – Mridu, Snigdha, Bahala, Shlakshana, Pichchhila, Guru, Manda, Prasanna.

Virya – Sheet

Karma – Ojovardhaka, Jivaniya, Rasayana.

Sushruta – Rasa -Madhura

Guna – Snigdha, Guru, Sheet

Vipaka – Madhura

Karma – V-P shamaka, Alpa abhishyandakaraka, Raktapittahara, Rasayana, Jivaniya.

Chemical constituents – Various minerals, protein, organic compounds, vitamins, etc.

Pharmacological actions – Inhibit the absorption of dietary nonheme iron, eliminate inflammation, boost the immune system, etc.

(33). TILA TAILA.^[39]

English name – Sesame oil

Classical division: Taila Varga (Sushruta)

Sushruta: Rasa – Madhura. Anurasa - Tikta, Kashaya

Guna – Agneya, Ushna, Tikshna, Vyavayi, Vikasi, Sukshma, Vishada, Guru, Sara.

Virya – Ushna

Vipaka – Madhura

Karma – Vata shamaka, Brihaniya, Shodhaniya, Krimighna, Shulahara, Balya, Vrishya, Used as Basti to pacify the vitiated Vata dosha, etc.

Chemical constituents – Sesamin, Protein, carbohydrates, minerals, calcium, phosphorus, vitamin A, B, C, etc. Glycerides of higher fatty acids (oleic, palmitic, stearic, rachitic), about 5% olein, sesamol, etc.

Pharmacological actions – Oils are used as soothing agents & Anti-inflammatory action, Antibacterial, Antioxidant, Anti-hypertensive, Anti-tumour, Hepatoprotective, etc.

Table 1: Rasapanchaka of Narayana Taila.

Sr. No	Drug Name	Rasa	Guna	Virya	Vipaka	Doshakarma
1.	Bilva	Kashaya, Tikta	Laghu, Snigdha	Ushna	Katu	K-V Shamaka
2.	Agnimantha	Tikta, Kashaya, Katu, Madhura	Ruksha, Laghu	Ushna	Katu	K-V Shamaka
3.	Shyonaka	Tikta, Kashaya, Katu, Madhura	Ruksha, Laghu	Ushna	Katu	K-V Shamaka
4.	Patala	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu	Tridosha Shamaka
5.	Paribhadra	Katu, Tikta	Laghu	Ushna	Katu	K-V Shamaka
6.	Prasarini	Tikta	Guru	Ushna	Katu	K-V Shamaka
7.	Ashwagandha	Tikta, Kashaya	Laghu, Snigdha	Ushna	Madhura	K-V Shamaka
8.	Brihati	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	K-V Shamaka
9.	Kantakari	Katu, Tikta	Laghu, Ruksha,	Ushna	Katu	K-V Shamaka

10.	Bala	Madhura	Snigdha, Guru	Sheeta	Madhura	V-P Shamaka
11.	Atibala	Madhura	Snigdha, Laghu, Pichchhila	Sheeta	Madhura	V-P Shamaka
12.	Gokshura	Madhura	Guru, Snigdha	Sheeta	Madhura	Tridosha Shamaka
13.	Punarnava	Katu, Kashaya	Laghu, Ruksha	Ushna	Katu	P-K Shamaka
14.	Shatapushpa	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	K-V Shamaka
15.	Devadaaru	Tikta, Katu, Kashaya	Laghu, Snigdha	Ushna	Katu	K-V Shamaka
16.	Jatamansi (Mansi)	Tikta, Kashaya, Madhura	Laghu, Snigdha	Sheeta	Katu	Tridosha Shamaka
17.	Saireyaka	Tikta, Madhura	Snigdha, Laghu	Ushna	Katu	V-K Shamaka
18.	Vacha	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	K-V Shamaka
19.	Raktachandana	Tikta, Madhura	Guru, Ruksha	Sheeta	Katu	K-P Shamaka
20.	Tagara	Tikta, Katu, Kashaya	Laghu, Snigdha	Ushna	Katu	V-K Shamaka
21.	Kushtha	Tikta, Katu, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	K-V Shamaka
22.	Ela	Katu, Madhura	Laghu, Ruksha	Sheeta	Madhura	Tridosha Shamaka
23.	Shalaparni	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	V-P Shamaka
24.	Prishniparni	Madhura, Katu	Laghu, Sara	Ushna	Madhura	Tridosha Shamaka
25.	Mashaparni	Madhura, Tikta	Laghu, Snigdha	Sheeta	Madhura	V-P Shamaka
26.	Mudgaparni	Madhura	Laghu, Ruksha	Sheeta	Madhura	Tridosha Shamaka
27.	Rasna	Tikta	Guru	Ushna	Katu	K-V Shamaka
28.	Turagagandha	Tikta, Kashaya	Snigdha, Laghu	Ushna	Madhura	K-V Shamaka
29.	Punarnava	Katu, Kashaya	Laghu, Ruksha	Ushna	Katu	P-K Shamaka
30.	Shataavari	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	V-P Shamaka
31.	Saindhava Lavana	Lavana	Laghu, Snigdha, Sukshma	Sheeta	Madhura	Tridosha Shamaka
32.	Godugdha	Madhura	Mridu, Snigdha, Bahala, Manda, Shlakshana, Pichchhila, Guru, Prasanna	Sheeta	Madhura	V-P Shamaka
33.	Tila Taila	Madhura	Agneya, Ushna, Tikshna, Guru, Vyavayi, Vikasi, Sukshma, Sara, Vishada.	Ushna	Madhura	V-K Shamaka (Tridosha Shamaka – after Sanskara with drugs)

Murchhana Dravya^[40]

Table 2: Description of Murchhana Dravyas.

Sr. No	Drug	Latin name	Family	Part used	Karma	Properties
1.	Manjishtha ^[41]	Rubia cordifolia	Rubiaceae	Root	P-K Shamaka, Shothahara, etc.	Diuretic, Anthelmintic, Antioxidant, Neuroprotective, etc.
2.	Haridra ^[42]	Curcuma longa	Zingiberaceae	Rhizome	P-K Shamaka, Shothahara, Kandughna, Krimighna, etc.	Antiallergic, Antitumor, Antioxidant, Hepatoprotective, Immunostimulant, Antimicrobial, etc.
3.	Lodhra ^[43]	Symplocos racemosa	Symplocaceae	Stem bark	P-K Shamaka, Shothahara, etc.	Anti-inflammatory, Hepatoprotective, etc.
4.	Nagaramotha ^[44]	Cyperus rotundus	Cyperaceae	Tuber	P-K Shamaka, Krimighna, Dahashamaka, etc.	Anthelmintic, Analgesic, Anti-inflammatory, Antioxidant, Antibacterial, Antimicrobial, etc.
5.	Nalika (Kamala)	Nelumbo nucifera	Nelumbonaceae	Whole plant	P-K Shamaka, Mutraviranjani	Anti-inflammatory, Diuretic, etc.

	<i>Pushpa</i>) ^[45]				a, Dahashamaka, etc.	
6.	<i>Amalaki</i> ^[46]	Phyllanthus emblica (Emblica officinalis)	Euphorbiaceae	Fruit	Tridosha Shamaka (esp. P-shamaka), Balya, Rasayana, Dahashamaka, Vrishya, Mutrala, Shophaghna, Mutra-avarodhahara Mutrakrichchhara, etc.	Antispasmodic, Antimicrobial, Antioxidant, Immunomodulator, Anti-tumour, Rejuvenating, Antidepressant, etc.
7.	<i>Bibhitaki</i> ^[47]	Terminalia belerica	Combretaceae	Fruit	Tridosha Shamaka (esp. K-shamaka), Shothahara, Shulaghna, Krimighna, etc.	Antispasmodic, Antibacterial. Tonic, Antioxidant, CNS Stimulant, etc.
8.	<i>Haritaki</i> ^[48]	Terminalia chebula	Combretaceae	Fruit	Tridosha Shamaka (esp. V-shamaka), Shothahara, Mutrala, Srotoshodhana, Rasayana, Krimighna, Shulahara, etc.	Antimicrobial, Antispasmodic, Antibacterial, Anti-stress, Anthelmintic, Cardiotonic, etc
9.	<i>Vatankura</i> ^[49]	Ficus bengalensis	Moraceae	Stem bark, Aerial root,	K-P Shamaka, Dahaghna, Shophahara, etc.	Hypotensive, Antioxidant, etc.
10.	<i>Hribera (Netrabala)</i> ^[50]	Pavonia odorata	Malvaceae	Root	P-K Shamaka, Dahahara, etc.	Anti-inflammatory, Antibacterial, Antifungal, etc.
11.	<i>Suchipushpa (Kewada)</i> ^[51]	Pandanus odorifer (Pandanus odorotissimu)	Pandanaceae	Flower, Root	Tridosha Shamaka, Vedanahara, Mutra sangrahaniya, Vrishya, etc.	Antioxidant, Anti-inflammatory, Analgesic, Antimicrobial, Antiviral, Hepatoprotective, Antidiuretic, Anti-tumour, Antibacterial, etc.

Table 3: Rasapanchaka of Murchhana Dravya.

Sr. No.	Drug Name	Rasa	Guna	Virya	Vipaka	Doshakarma
1.	Manjishtha	Kashaya, Tikta, Madhura	Guru, Ruksha	Ushna	Katu	P-K Shamaka
2.	Haridra	Tikta, Katu	Ruksha, Laghu	Ushna	Katu	P-K Shamaka
3.	Lodhra	Kashaya	Ruksha	Sheeta	Katu	P-K Shamaka
4.	Nagaramotha	Katu, Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	P-K Shamaka
5.	Nalika	Kashaya, Tikta	Laghu, Snigdha, Pichchhila	Sheeta	Madhura	P-K Shamaka
6.	Amalaki	Madhura, Amla,	Ruksha, Laghu,	Sheeta	Madhura	Tridosha Shamaka

		Katu, Tikta, Kashaya	Sara			(esp. P-shamaka)
7.	Bibhitaki	Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosha Shamaka (esp. K-shamaka)
8.	Haritaki	Madhura, Amla, Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosha Shamaka (esp. V-shamaka)
9.	Vatankura	Kashaya	Guru, Ruksha	Sheeta	Katu	P-K Shamaka
10.	Hribera	Tikta, Kashaya, Madhura	Laghu, Ruksha	Sheeta	Madhura	P-K Shamaka
11.	Kewada	Tikta, Madhura, Katu	Laghu, Snigdha	Ushna	Katu	Tridosha Shamaka

Collection of Raw Drugs

Some raw drugs are collected from an authentic store and some are collected from Vatika of Rishikul campus, Haridwar.

Authentication of Trial Drugs

The pharmacognostical study of the trial thesis drugs was carried out at Department of Dravya- Guna, Rishikul Ayurvedic College & Hospital, Haridwar, UK, for authenticity of raw drugs. The authentication certificate is attached in this Thesis.

Equipments

Raw drugs, grinder, stainless steel vessels, long ladle, gas stove, mixer, pure water, cloth, airtight glass bottles for packaging and other major and minor associated equipment.

Narayana Taila Preparation

The drug *Narayana Taila* was prepared in Hans Herbals Pvt. Ltd, Sidcul, Haridwar under our supervision as per *Sneha-Paka Kalpana*, mentioned in the classical texts.

Proportion of the Drugs

For the preparation of 18 liters *Narayana Taila*, drugs were taken in the following proportion given below [According to *Bhaishajya Ratnavali*]-

- **Murchhana Dravya** – 1300 grams *Manjishtha* was taken. Proportion of other 10 *Murchhana Dravyas* are 280 grams each.
- **Kalka Dravya** – 558 (approx. 560) grams each (12 *Pala*).
- **Kwatha Dravya** – 3000 grams (3 Kg) each (60 *Pala*).
- **Jala (Water)** – 1152 liters (24 *Drona*) for making decoction.
- **Shataavari Kwatha** – 18 liters (6 *Aadhaka*) separately prepared *Shataavari Kwatha* was taken, which was prepared according to *Kwatha Kalpana*.
- **Godugdha (Cow milk)** – 72 liters (24 *Aadhaka*).
- **Tila Taila** – 18 liters (6 *Aadhaka*).

Procedure of Tila Taila Murchhana^[52]

1. Required amount (18 liters) of *Tila Taila* was taken in a wide mouthed stainless-steel vessel and it was

allowed to heat over *Mandagni*, till appearance of foam.

2. After cooling of *Tila Taila*, *Kalka* of all 11 '*Murchhana dravyas*' were added in it and continuous stirring was done as to avoid burning of *Kalka*, followed by adding of appropriate amount of water.
3. The procedure was carried out for span of 03 days till obtaining "*Siddhi Lakshana's*" and *Taila* was squeezed out of *Kalka Dravya* when it was lukewarm with the help of cloth to avoid much loss.

Preparation of Narayana Taila:^[53]

1. Firstly, 3 Kg of coarse powder of each i.e. ***Bilva, Agnimantha, Shyonaka, Patala, Paribhadra, Gandhaprasarani, Ashwagandha, Brihati, Kantakari, Gokshura, Bala, Atibala, Punarnava***, was taken and boiled it by adding 1152 liters (24 *Drona*) of water and boiled it over *Mandagni* till remains one fourth of original volume, then filtered with a clean cotton cloth to obtain *Kwatha*.
2. ***Murchhita Tila tail*** (18 liters) was heated in wide mouthed big stainless-steel vessel till becomes moisture free.
3. Decoction of *Shataavari* was prepared separately by adding 1.125 Kg *Shataavari's* coarse powder with 288 liters (16 times) of water and boiled it over *Mandagni* till remains one fourth of original volume, then filtered it with a clean cotton cloth to obtain *Shataavari Kwatha*.
4. Filtered decoction of first 13 *Kwatha* drugs was mixed with moisture free *Murchhita Tila Taila* and heated properly.
5. Then after 72 liters ***Godugdha & 18 liters Shataavari's*** decoction were mixed in it and stirred. Heated it over *Mandagni*.
6. Lastly the 560 grams of each i.e. ***Shatapushpa, Devadaaru, Jatamansi, Saireyaka, Vacha, Raktachandana, Tagara, Kushtha, Ela, Shalaparni, Prishniparni, Mashaparni, Mudgaparni, Rasna, Ashwagandha (Turagagandha), Punarnava, and Saindhava Lavana*** *Kalka* was prepared as per "*Snehapaka Kalpana ratio 1:4:16 (Kalka: Sneha: Kwatha).*" After that it was mixed in above *Tila Taila* mixture, heated on moderate heat and stirred continuously so as to avoid burning of *Kalka*.

7. *Snehapaka (Tailapaka)* was completed on third day, after confirming the “*Sneha Siddhi Lakshana*” as per classics.

Storage of Prepared Drug: The prepared *Narayana Taila* was filtered and preserved in airtight glass bottles.

Indications: Specifically, it is used in *Vata Rogas*.

Route of Administration: It is used as *Paan, Basti karma, Abhyang, Bhojya*, and *Nasya karma*.

DISCUSSION

- *Narayana Taila* contains total 33 ingredients and all the ingredients are herbal.
- In which most of the ingredients possess *Tikta* (66.66%), *Madhura* (51.51%), *Katu* (42.42%) & *Kashaya* (33.33%) *Rasa*. Most of the ingredient having *Laghu* (72.72%), *Ruksha* (33.33%), *Guru*

(27.27%), *Tikshna* (15.15%) *Guna*, followed by maximum 63.63% *Ushna* (& 36.36% *Sheeta*) *Virya*, and 57.57% *Katu* (& 42.42% *Madhura*) *Vipaka*.

- Most of the ingredient shows V-K *Shamaka* (48.48%) [18.18% V-P, 9.09% P-K] & *Tridosha Shamakata* (24.24%) property.
- Most of the ingredients possess *Dipana, Pachana, Lekhana, Vilayana, Shothahara, Mutrala, Krimighna, Basti-Shodhana, Srotoshodhana, Vedanahara, Dahashamaka, Jwaraghna, Pramehaghna, Ashmarinashana, Rasayana, Ojovardhaka, Balya, Vrishya*, etc. properties.
- It having various form of route of administrations viz. internal (oral, per rectum) and external (*Abhyanga*) use.
- It is a unique *Taila Kalpana* that having wide range of treatment of diseases and extensively indicated in *Vata Pradhana Vyadhi*.



Grinding of Kalka & Kwatha Dravya.



Fig. 1: Grinding Of Raw Drugs.



Murchhana Dravya



Taking of Tila Taila



Heating of Tila Taila



Tila Taila Murchhana



Murchhita Tila Taila



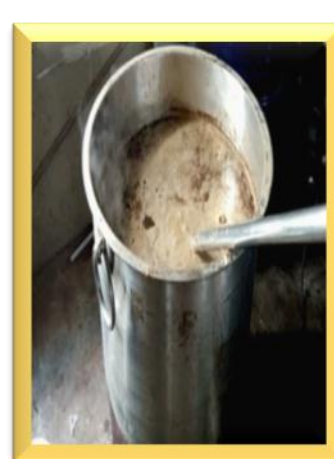
Grinded Kwatha Dravya



Kwatha preparation



Grinded Shataavari



Shataavari Kwatha preparation

Fig. 2: Tila Taila Murchhana & Kwatha Preparations.



Mixing of Shataavari Kwatha



Mixing of Godugdha



Steering of mixture



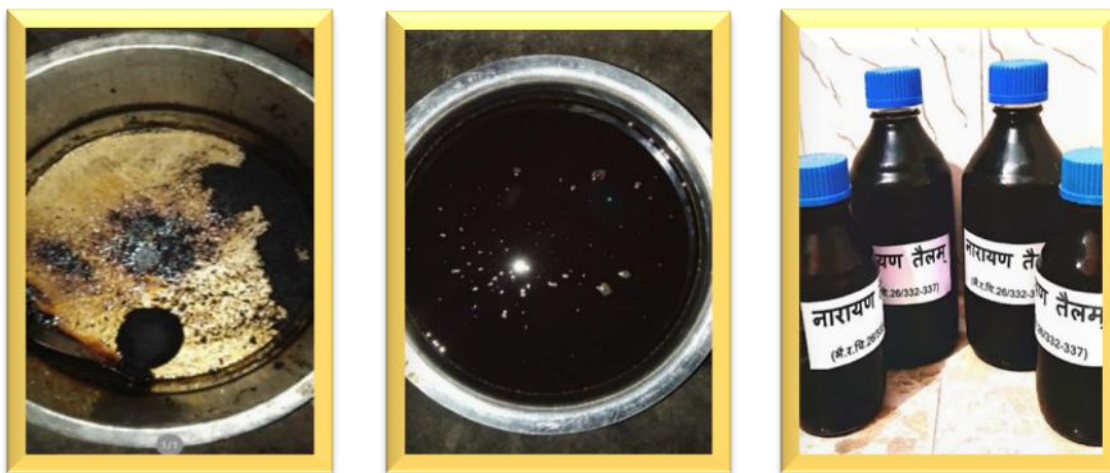
Heating of mixture



Prepared Narayana Taila



Filtered Narayana Taila



Kalka Dravya after Taila Paka Prepared Narayana Taila Packaging of Narayana Taila

Fig. 3: Narayana Taila Preparation & Their Packaging.

CONCLUSION

There are many authentic references available regarding *Narayana Taila* and from above description it is inferred that *Narayana Taila* is very effective for the treatment of various *Vata Vyadhi*. Thus, it can be concluded that *Narayana Taila* can be advised as a successful conservative treatment modality in different form of route of administrations in the patients who suffering from various *Vatika* disorders.

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