



## PREPARATION OF NEELYADI THAILAYA BY SRI LANKAN AYURVEDA MEDICAL PRACTITIONERS - A SURVEY STUDY.

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### ABSTRACT

*Neelyadi thailaya* is the herbal oil prepared by Sri Lankan Ayurveda medical practitioners, which used in both curative and preventive aspects of various diseases. Through literature study it was found that there are two prescriptions of this herbal oil. The aim of this survey study was to investigate the method of preparation, indications and specific alteration of the prescription of *Neelyadi thailaya* among the Sri Lankan Ayurveda practitioners. Self-developed questionnaire was used to collect data from randomly selected 20 Ayurveda medical practitioners who are manufacturing the *Neelyadi thailaya* in Western province of Sri Lanka. Majority of the practitioners (75%) used the prescription of Ayurveda *Aushada sangrahaya* as the recipe for the preparation of this *thailaya*. Out of twelve main ingredients; 11 ingredients were used by all practitioners (100%) and 10% of practitioners used *Thala thel* instead of *Pol thel*. 55% of practitioners used another herbal material except the main ingredients to improve the medicinal value in *Neelyadi thailaya*. There are 9 *Kalka dravya* thus all practitioners (100%) used 8 *Kalka dravya* and 5% of practitioners used *Gaja thippili* instead of *Thippili*. However, 40% of practitioners used another *Kalka dravya* beside main *Kalka dravya*. Majority of practitioners (75%) followed the preparation method mentioned in Ayurveda *aushada sangrahaya*. All the practitioners (100%) used *Madyapāka avasthawa* at the process of *Neelyadi thailaya*. This study was able to identify Specific indications of *Neelyadi thailaya* other than mentioned in the Ayurveda *aushada sangrahaya* based on their clinical experiences. Most of the practitioners (70%) applied their own traditional procedures while manufacturing the *Neelyadi thailaya*. By concluding, Sri Lankan Ayurveda Medical Practitioners have specific alterations of ingredients, methods for processing, indications, used their own traditional procedures while preparing *Neelyadi thailaya* to improve the medicinal value.

**Keywords:** *Neelyadi thailaya*, Main ingredients, *Kalka dravya*, Preparation methods, Indications.

### 1. INTRODUCTION

In Ayurveda as well as in Sri Lankan traditional medicine use of herbal oil is very much familiar for eliminating and preventing the most of the diseases. In preventive aspect, applying oil on head as daily routine and traditional oil applying in auspicious time is a ritual practice in Sinhala and Tamil New Year festival. Sri Lankan Ayurveda medicinal practitioners use *Neelyadi*

*thailaya* & they have vast amount of experience on it. Coconut oil used as the base oil and used only herbal ingredients. Coconut oil is one of the prominent oil used among Sri Lankan people and it is a belief that it is one of the most suitable oil to be applied on head as it is rich with nutritious values.<sup>1</sup> So, considering these factors, it is very much important to study *Neelyadi thailaya*. Further in traditional medical system in Sri Lanka, medicinal prescriptions

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(*Aushada vattoru*) have been spread and popularized in very generations respectively confined to each as secrets and passed over to next generation secretly. Because of that these prescriptions (*Aushada Vattoru*) not spread to other generations and not even published in books. Nowadays, due to dysfunction of some generations, their valuable medicinal knowledge was destroyed. *Neelyadi thailaya* supposed to use as a traditional prescriptions (*Vattoru*) in Sri Lankan traditional medicine system. Thus, it is not profoundly mentioned in the printed Ayurveda books. But Ayurveda books such as *Ayurveda aushada sangrahaaya*, *Deshiya chikitsa sangrahaaya* has mentioned about this thailaya.<sup>2,3</sup> These books describe about the ingredients, method of preparation and indications of *Neelyadi thailaya*. However, there are some variations with ingredients and method of preparation in those books also. *Ayurveda aushada sangrahaaya* mentioned several indications of *Neelyadi thailaya* such as bleeding from intestine, *le rata* (reddish abscess due to vitiation of blood in the body), *kora* (stiffness of joints), *kushta*, to remove still births, *rata* of infants (skin disease of infants due to improper food habits and behaviors of mothers in pregnancy period), *raktaja prakopa roga*, fainting, and laceration of pregnant mothers, dizziness and burning sensation<sup>2</sup>. *Deshiya chikitsa sangrahaaya* mentioned *sanni* (*vata roga* conditions), delirium, dislocations, abdominal diseases, itching, *korala* (cracks on skin due to dryness of the skin), and pain in limbs, contusions, headache, wounds, rhinorrhea, and good for pregnant mothers, fractures, *peenasa* (rhinitis), sleep disturbance, joint swelling, good for *nasna* and muscle wasting etc. as the indications.<sup>3</sup> Considering these textual differences, present survey was conducted with aiming to compile the experienced, expertise knowledge in both theoretical and practical aspects in method of preparation such as to identify the any specific alternations of the ingredients of *Neelyadi thailaya*, to explore the method of determination of the different *Thaila pāka avasta* of *Neelyadi thailaya*, to study the specific ther-

apeutic indications of the *Neelyadi thailaya* and to explore their own traditional application of the *Neelyadi thailaya* among the Sri Lankan Ayurveda medical practitioners.

## 2. MATERIALS AND METHODS

The data was collected from randomly selected 20 Ayurveda medical practitioners who are manufacturing the *Neelyadi thailaya*. Study area was Western province in Sri Lanka. This study was quantitative nature & it was carried out by utilizing a questionnaire with the voluntary participation for survey study. A 10-question interview-based survey was completed by the researchers and the collected facts were analyzed and interpreted.

## 3. RESULTS

In this study, 20 Ayurveda medical practitioners were randomly selected and study was carried out in Western province of Sri Lanka. Among the three districts in Western province, 60% of participants were from Colombo district, 25% of participants were from Gampaha district and 15% were from Kalutara district.

### 3.1. Participants' qualifications

Considering the professional qualification of the participants, majority of practitioners (25%) contributed had the university Diploma level qualification (DAMS, DSAC and DSAMS). Same number of participants (25%) was the Traditional physicians specialized for *sarvanga* (General Medicine). Each 10% of practitioners were from the three categories of Traditional physicians specialized in *sarpavisha*, BAMS Graduates and others having two qualifications i.e. Traditional and BAMS. Minimum number of practitioners (5%) was from each category of Traditional *gedivana*, Traditional *kedum bidum*, Traditional *manasika* and Traditional *devum pillissum*.

### 3.2. Used reference of *Neelyadi thailaya*

75% of practitioners were followed prescription mentioned in of *Ayurveda aushada sangrahaaya* as reference for manufacturing *Neelyadi thailaya*. Other 25% of practitioners used their own



traditional prescriptions.

### 3.3. Main ingredients

There are 12 main ingredients (Figure No.1) used for manufacturing *Neelyadi thailaya*. 11 ingredients were used by all of practitioners. However, 10% of practitioners used *Thala thel* (*Sesamum indicum*) instead of coconut oil (*Cocos nucifera*). 55% of practitioners used other ingredients besides the mentioned main ingredients. Among them, the most of practitioners (45%) used *Keekiridiya* (*Eclipta prostrata*) for preparation of *Neelyadi thailaya*, 27% of practitioners used *Erabadu* (*Erythrina variegata*) and 9% of practitioners used each herbal ingredients which are *Mukunuwenna* (*Alternanthera sessilis*), *Kokmota* (*Eriocaulon ceylanicum*), *Kohomba* (*Azadirachta indica*), *Hathawariya* (*Asparagus racemosus*), *Pethitora* (*Cassia tora*) and *Serukola* (Table No. 01).

### 3.4. Kalka dravya

There are 9 *Kalka dravya* used for manufacturing *Neelyadi thailaya*. All practitioners used 8 *Kalka dravya*. *Gaja thippili* (*Scindapsus officinalis*) was used instead of *Thippili* (*Piper longum*) by one of practitioners. Other *Kalka dravya* were used by 40% of practitioners beside the mentioned in basic prescription. Among other *Kalka dravya*, *Perumkayam* (*Ferula foetida*) was used by most of practitioners (37.5%). *Enasal* (*Elettaria cardamomum*), *Mahaduru* (*Foeniculum vulgare*), *Amukapuru*, *Unakapuru*, *Aralu* (*Terminalia chebula*), *Bulu* (*Terminalia bellirica*), *Nelli* (*Phyllanthus emblica*), *Urulesattan*, *Kapuru* (*Cinnamomum camphora*) were used by each 25% of practitioners and garlic (*Allium sativum*), *Namalrenu* (*Mesua ferrea*), *Welmee* (*Glycyrrhiza glabra*), *Devadara* (*Cedrus deodara*), *Kollankola* (*Pogostemon heyneanus*) and *Kurudupothu* (*Cinnamomum zeylonica*) were used by each 12.5% of practitioners. (Table No. 02)

### 3.5. Vessels for Preparation

All practitioners used copper vessel for manufacture *Neelyadi thailaya*. (Figure No. 2)

### 3.6. Method of preparation

Most of the practitioners (75%) followed the method mentioned in Ayurveda *aushada san-grahaya*.<sup>2</sup> Moreover, 25% of practitioners followed their own methods for preparation of *Neelyadi thailaya*. Among those methods, variations were identified for preparation of *Neelyadi thailaya* and practitioners have their own purposes about using those different methods. Those methods were; removed the oil from heat and divided into two parts at the final stage of process of *Neelyadi thailaya* and put powdered *Wandukapuru* to one part of *thailaya* and strained it, put higher amount of *Nil awariya* juice when processing *Neelyadi thailaya*, use juice of *kola* and *pothu* without keeping with water for one day (not keeping for *Uruwenna*), put powdered *Kollankola* to *thailaya* at the stage of *Madyapaka*, Before preparing *Neelyadi thailaya*, ground raw materials soaked with water for 3 days, After removed from heat, mixture of *thailaya* kept for 3 days to obtain the *Padama* (seasoning). In the process of *Neelyadi thailaya*, *Madyapaka avastha* was used by all practitioners as the *paka avastha*.

### 3.7. Indications of Neelyadi thailaya

The 80% of practitioners used *Neelyadi thailaya* to treat burning sensation, 75% of practitioners used it for dizziness and 50% of practitioners used it for fainting. Minimum No. of practitioners was used *Neelyadi thailaya* for *Le rata* and bleeding conditions in intestine. However, practitioners do not use *Neelyadi* for clinical indications like *Mahagadu* (severe type of blisters or wounds), *Sannigedi* (blisters or boils like skin disease), to remove still birth, *Rata* of infants and lacrimation of pregnant mothers in their clinical practices even though it has mentioned in authentic texts.<sup>2</sup> Besides those indications, specific indications of *Neelyadi thailaya* were found through the survey. Among them, each 50% of practitioners used *Neelyadi* for *Kedumbidum* (fractures) and headache. The 35% of practitioners used it for wounds. The 30% of practitioners used *Neelyadi thailaya* for Patients who have high blood pressure. The 20% of





practitioners used *thailaya* for *Devum pillissum* (Burns). 15% of practitioners used for different types of head diseases. Three practitioners who categorized as the special traditional physicians used *Neelyadi thailaya* for special medical conditions such as practitioner, who specialized in *Manasika roga*, used it for mental disorders. Practitioners, who specialized in *Sarpa visha* used it for snake bites, insect bites, dog bites and rat bites. Further, *Neelyadi thailaya* was used for *Arshas gedi* by practitioner who has specialized in *Gedivana*. One of the traditional *sarvanga* practitioners used *Neelyadi thailaya* for the conditions of eye diseases such as visual defects, redness eye, itching of eye and *Pat-alagata roga* in eye. Further, 5% of the practitioners revealed that *Neelyadi thailaya* was very effective in skin conditions like *Kushta* by applying the *thailaya* over it after cleaning that area.

### 3.8. Traditional procedures

Own traditional procedures were followed by majority of practitioners (70%) while preparing *Neelyadi thailaya*. such as avoid *Rahu kalaya*, chanting *Pirith*, chanting mantra and apply *Nekath kala*. Even though, 30% of practitioners not concerned about any traditional procedures while preparing *Neelyadi thailaya*.

## 4. DISCUSSION

This survey study was limited to 20 of sample size and the area which was investigated limited to Western province of Sri Lanka. Also, the participants were randomly selected from the manufacturers of *Neelyadi thailaya*. Nowadays, under different circumstances, the most of Ayurveda graduate practitioners were not engage in the manufacturing drugs. However, the category of traditional *sarvanga* and Ayurveda diploma holders were induced to manufacturing *Neelyadi thailaya*. Practitioners from Special category of traditional medicine were manufacturing *Neelyadi thailaya* for their necessity. For instance, practitioners from category of traditional *manasika* manufacture *Neelyadi thailaya* to treat patients who have been suffering from mental disorders. Some of followed own tradi-

tional prescriptions as the reference because they have their own medical prescriptions passed down from their traditional medical generations. Coconut oil is the base oil for the *Neelyadi thailaya*. However, the practitioners from the categories of traditional *kedum bidum* and *gedivana* use *Tala thel* instead of coconut oil and they use *Thala thel* for the purpose of inducing therapeutic effects because this *Thala thel* have action of *Sandaniya*, *Vedanastapana* and *Vruna ropana*. Furthermore, these actions are also mentioned in *Ayurveda aushada sangrahaya*.<sup>4</sup> Therefore, it helps to cure the patients who have been suffering from pain, fractures, dislocations and wounds. Practitioners used other ingredients beside mentioned ingredients as the purpose of enhance to therapeutic effect, quality like color; smell etc. of *Neelyadi thailaya* and to replace the main ingredient when they were not available. Therefore, practitioners were seeking these therapeutic effects by using these herbal ingredients. Such as *Keekiridiya* for enhance the effect of *Keshya*.<sup>5</sup> In *Neelyadi thailaya*, *Nilawriya* and *Pol thel* are already given effect of *Keshya*.<sup>6</sup> So, the use of *Keekiridiya* with those herbs helps to increase the effect of *Keshya*. From the data taken from practitioners, Juice of *Kohomba* leaves were helped to enhance the effect of *Vrunaropana*, *Kustaghna* and *Chakshushya*. Therefore, *Neelyadi thailaya* can be used for *Kushta roga*, *Vruna roga* and eye diseases. Also, *Neelyadi thailaya* is used for burning sensation and for this purpose, *Hatawariya* is used and it gives enhance effect of *Dahaprashamana*. According to the practitioner who used *Gaja tippili* for *kalka dravya* explained that it has an effect of *Vedanastapana* thus this was also mentioned in Ayurveda text.<sup>7</sup> *Thippili* and *Gaja thippili* are same in appearance but it was different in size. *Gaja thippili* is much bigger than *Thippili* and also, they were belonged to different plant families and their botanical names were different; Botanical name of *Thippili* is *Piper longum* and plant family is Piperaceae.<sup>8</sup> Botanical name of *Gaja thippili* is *Scindapsus officinalis* and plant family is Araceae.<sup>9</sup> *Perumkayam* was used by the most of



practitioners to gain the therapeutic effect on *Neelyadi thailaya* thus gives an action of *Vedanastapana*, *Shulaprashamana* and *Vatahara*.<sup>10</sup> One of practitioners used *Kollankola churnaya* to enhance the odor of *Neelyadi thailaya* and this *Kollankola churnaya* known as *Sugandha dravya*, also one of practitioner mentioned that he used *Urulesattan*, to destroy the bad odor of *Neelyadi thailaya* and its action was mentioned *Ayurveda aushada sangraha*.<sup>11</sup> Practitioners who followed different methods for preparations have their own purposes about using these different techniques. Such as oil mixed *Wandukapuru* is used for *Kedum bidum*. It has effects of *Vedanastapana*.

Higher amount of *Nil awariya* juice enhance the color of *Neelyadi thailaya* as it has indigo dye<sup>12</sup> and combine with other herbals, gives the natural color of *Neelyadi thailaya* (Figure No. 3). Juice of *kola* and *pothu* was used without keeping with water for one day with the purpose of extract pure juice from raw materials and it was helped to increase the efficacy of *thailaya*. Mixing powdered *Kollankola* enhance the odor of *Neelyadi thailaya*. Soaked raw materials with water help to extract more juice from the raw herbal materials. Most of practitioners used *Neelyadi* for *Kedumbidum* because it has effects of *Sandaniya*, *Shotahara* and *Shulahara*. Head massage with *Neelyadi thailaya* caused to relieve in headache. According to the data from the Practitioners, *Neelyadi thailaya* can be used in different stages of wounds (*Vruna*) as *Vruna shodana* in *Dushta vrana* and *Odu vrana* and as *Vruna ropana* in condition of *Shuddha vrana*. In addition, practitioners used this *Neelyadi thailaya* for Patients who have high blood pressure and they prescribed *Neelyadi thailaya* with 1-2 tea spoon of lime juice and mixed it and applied on head with moderate head massage thus *Neelayadi thailaya* helped to reduce burning sensation and pain in burning conditions because herbal ingredients which are used for *Neelyadi thailaya* have effects in *Dahaprashamana* such as coconut oil.<sup>13</sup> It is the base oil of the *Neelyadi thailaya*. Coconut oil has high amount of nutrition-

al value as per scientific view<sup>1</sup> and also *Prabhava* is *Keshya* in Ayurveda view.<sup>6</sup> Hence, it gives effective results for problems of hair. Therefore, most of practitioners recommended *Neelyadi thailaya* for the problems of hair such as graying hair, malnourishing hair, excessive falling hair, dandruff conditions and increase the growth of hair. Also, *Neelyadi thailaya* is very effective for various kind of *kushta roga*.<sup>14</sup> Most of the practitioners applied traditional applications because they were believed in good timing, auspicious things, unnatural spells and auspicious time helps to increase quality, efficacy of *Neelyadi thailaya* through supernatural way.

## 5. CONCLUSION

According to this study, Sri Lankan Ayurveda Medical Practitioners used specific alterations for ingredients of *Neelyadi thailaya* and there are various methods for processing *Neelyadi thailaya*. However, there are no any specific techniques to determine the *Pāka avastha* of *Neelyadi thailaya*. This survey study was shown information about various indications of *Neelyadi thailaya* and traditional procedures used by practitioners while preparing *Neelyadi thailaya*. All these variations were applying and practicing by them to improve the quality and enhance the medical/clinical efficacy of the *Neelyadi thailaya*. Moreover, further comparative research study should be conducted to prove those concepts.

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## TABLES AND FIGURES

Ingredient	No. of practitioners	Percentage (%)
<i>Mukunuwenna (Alternanthera sessilis)</i>	1	9
<i>Erabadu (Erythrina variegata)</i>	3	27
<i>Keekiridiya (Eclipta prostrate)</i>	5	45
<i>Kokmota (Eriocaulon ceylanicum)</i>	1	9
<i>Kohomba (Azadirachta indica)</i>	1	9
<i>Hatawariya (Asparagus racemosus)</i>	1	9
<i>Pethitora (Cassia tora)</i>	1	9
<i>Serukola</i>	1	9

Table No. 01 - Distribution of usage of other main ingredients by 55% of practitioners

Ingredient	No. of practitioners	Percentage (%)
<i>Enasal (Elektaria kardamomum),</i>	2	25
<i>Mahaduru (Foeniculum vulgare)</i>	2	25
<i>Amu kapuru</i>	2	25
<i>Unakapuru</i>	2	25
<i>Sudulunu (Allium sativum)</i>	1	12.5
<i>Aralu (Terminalia chebula)</i>	2	25
<i>Bulu (Terminalia bellirica)</i>	2	25
<i>Nelli (Phyllanthus emblica)</i>	2	25
<i>Namal renu (Mesua ferrea)</i>	1	12.5
<i>Welmee (Glycyrrhiza glabra)</i>	1	12.5
<i>Urulesattan</i>	2	25
<i>Kapuru (Cinnamomum camphora)</i>	2	25
<i>Devadara (Cedrus deodara)</i>	1	12.5
<i>Perumkayam (Ferula foetida)</i>	3	37.5
<i>Kollankola Churnaya (Pogostemon heyneanus)</i>	1	12.5
<i>Kurudupothu (Cinnamomum zeylonica)</i>	1	12.5

Table No. 02 - Distribution of usage of other *kalka dravya* by 40% of practitioners.



Figure No. 2 - Copper vessel used by the manufacturers



Figure No. 3 - Color of *Neelyadi thailaya*



<p><i>Madatiya - Adenanthera pavonina</i></p>  <p>Used part/s - leaves and balk</p>	<p><i>Ankenda, -Acronychia pedunculata</i></p>  <p>Used part/s - leaves and balk</p>
<p><i>Velkappetiya- Croton aromaticus</i></p>  <p>Used part/s - leaves and balk</p>	<p><i>Nil avariya, - Indigofera tinctoria</i></p>  <p>Used part/s - leaves and balk</p>
<p><i>Diyahabarala - Monochoria vaginalis</i></p>  <p>Used part - Whole plant</p>	<p><i>Karada - Pongamia pinnata</i></p>  <p>Used part/s - leaves and balk</p>
<p><i>Thebili polkiri and Thebeli polthel - Cocos nucifera</i></p> <div>   </div> <p>Coconut milk      Coconut oil</p>	<p><i>Kaluduru - Carum carvi</i> <i>Suduru-Cuminum cyminum</i></p> <div>   </div> <p>Used part - Seeds</p>
<p><i>Sudulunu -Allium sativum</i></p>  <p>Part used - Bulb</p>	

Figure No. 1– Main ingredients

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