



## A CRITICAL REVIEW ON THE ROLE OF NISHA MANASILA TAILA IN PAMAKUSHTA

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### Abstract

Appearance plays a significant role in the contemporary world. Nowadays, a substantial proportion of patients approaching hospitals and clinics suffer from superficial skin infections leading to both physical as well as psychological problems. Descriptions about skin diseases are available in *Ayurveda* classics under the broad heading of *Kushta*, with various treatment approaches mentioned. *Acharya Chakradatta* described a unique herbo-mineral preparation named *Nisha Manasila Taila* in *Kushta Chikitsa*. This formulation is indicated for conditions such as *Kandu* and *Pamakushta*. Its composition comprises *Haridra* and *Shodhita Manasila* as *Kalka Dravya*, *Sarshapa Taila* as *Sneha Dravya*, and *Arkapatra Rasa* as *Drava Dravya*. The constituents of this *Yogam* possess *Tikta Katu Rasa*, *Ushna Virya*, *Krimighna*, *Kandughna*, and *Kushtaghna* properties. In this present study, an attempt is made to determine the probable mode of action of *Nisha Manasila Taila*, with special focus on its effectiveness in treating *Pamakushta*.

KEYWORDS: *Nisha Manasila Taila*, *Pamakushta*, Skin diseases, *Kandughna*, *Kushtaghna Karma*

### INTRODUCTION

*Bhaishajya Kalpana* is a significant branch of *Ayurveda* focused on the preparation of medicines. Within this field, *Panchavidha Kashaya Kalpana* forms the fundamental dosage form. *Sneha Kalpana* is a unique dosage form in this field derived from the primary dosage forms. It contains a group of products of medicated *Taila* and *Ghrita*.

*Taila Kalpana* are the preparations in which *Taila* is boiled with prescribed *Drava Dravya (Kashaya)* and *Kalka* of drugs according to the general formula. This ensures the absorption of active therapeutic properties of drugs used. The water soluble as well as fat soluble active principles of drugs are extracted into *Taila*. Transformation of active principles into *Taila* and addition of properties of drug material make the *Taila* more potent and effective.

*Nisha Manasila Tailam* is an excellent *Yogam* mentioned by *Chakradatta* in *Kushta Chikitsa Adhyaya*. It is also named as *Arka Manasiladi Tailam*. It is prepared using *Sarshapa Taila (Sneha Dravya)*, *Arkapatra Rasa (Drava Dravya)*, *Haridra* and *Shodhita Manasila (Kalka dravya)*. This specific formulation is *Pama Kushtahara* and *Kandughna*. *Pama* is included under eighteen types of *Kshudrakushta*. The primary symptoms of *Pama* include *Atikandu*, *Srava* and *Pidaka*. All these drugs are having the property of *Krimighna*, *Kandughna* and *Kushtaghna* and hence can be used in *Pama* for external application. The present study is an attempt to assess the probable mode of action of *Nisha Manasila Taila* in *Pama*.

### Aim and objective

This paper is an attempt to make a review on the formulation *Nisha Manasila Taila*

### MATERIALS AND METHODS

#### Review of literature

The reference of this *Yogam* is from

1. *Chakradatta, Kushta Chikitsa Prakarana*<sup>1</sup>

#### Ingredients

Table 1: Ingredients of *nisha manasila taila*<sup>2,3,4</sup>

Drug	Botanical name/ Chemical name	Family	Part used
<i>Shodhita Manasila</i>	<i>Arsenic disulphide</i>		
<i>Haridra</i>	<i>Curcuma longa</i>	<i>Zingiberaceae</i>	Rhizome
<i>Arka</i>	<i>Calotropis gigantea</i>	<i>Asclepidaceae</i>	Leaves
<i>Sarshapa</i>	<i>Brassica juncea</i>	<i>Brassicaceae</i>	Seed

Method of preparation

Quantity

Table 2: Proportion of the ingredients<sup>5</sup>

Sl. No.	Specification	Ingredients	Proportion
1	Kalka Dravya	<i>Shodhita Manasila</i>	1 part
2		<i>Haridra</i>	
3	<i>Sneha Dravya</i>	<i>Sarshapa Taila</i>	4 parts
4	<i>Drava Dravya</i>	<i>Arkapatra Swarasa</i>	16 parts

Method of preparation

Prepared following the *Samanya Tailapaka Vidhi*.

Ingredients, including *Kalka Dravya*, *Drava Dravya*, and *Sarshapa Taila* in the required quantity, were mixed well and kept on mild fire in a wide-mouthed vessel. Since *Swarasa* was used as the *Drava Dravya*, *Triratna Paka* should be done (according to *Kala Niyama*). *Taila Paka* should be completed upon observation of *Kharapaka Lakshanas*.

Indication

This *Yogam* is indicated in *Pamakushta* and *Kandu*. *Pamakushta* is included under *Kshudrakushta*, characterized by *Doshik* predominance of *Pitta* and *Kapha*. The symptoms of *Pama* include *Atikandu*, *Pitaka*, and *Srava*<sup>6</sup>. This formulation can be applied externally as *Lepa* for *Pama*. The characteristics of ingredients like *Kandughna*, *Krimighna*, and *Kushtaghna* can be effective in management of *Pama*.

Table 3: Properties of ingredients of *nisha manasila taila*<sup>7,8,9,10</sup>

Sl. No	Dravya	Rasa	Guna	Virya	Karma
1	<i>Manasila</i>	<i>Katu, Tikta</i>	<i>Guru, Snigdha, Ushna</i> <i>Lekhana</i>	<i>Ushna</i>	<i>Kapha-Vatahara, Kanduhara, Varnya</i> <i>Vishaghna, Bhutopdrava nashini</i>
2	<i>Haridra</i>	<i>Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Krimihara, Kandughna, Kushtaghna</i> <i>Vranahara</i> <i>Kaphapittanut, Tvak Dosha</i>
3	<i>Arka</i>	<i>Katu</i>	<i>Sara</i>	<i>Ushna</i>	<i>Kapha-vatahara, Vranahara, Kandughna, Kushtaghna, Krimihara</i>
4	<i>Sarshapa taila</i>	<i>Katu</i>	<i>Laghu, Teekshna, Ushna</i>	<i>Ushna</i>	<i>Kaphamedo anilaghna, Kanduhara, Kushtaghna, Krimihara,</i>

Probable mode of action of *Nisha Manasila Taila*

For the management of *Kushta*, it is preferable to use *Tikta Rasa Pradhana Dravyas*. In this formulation, most ingredients are characterized by their *Tikta Rasa*. According to classical references, *Pamakushta* is typically associated with a *Kapha-Pitta* dominance. Some of the ingredients such as *Manasila*, *Arka*, and *Sarshapa Taila* falls under *Katu Rasa Pradhana Dravyas*, while *Haridra* falls under *Tikta Rasa Pradhana Dravya*. *Katu-Tikta Rasa Pradhana Dravyas* are primarily effective in pacifying *Kapha Dosha*, while *Tikta Rasa* is beneficial for managing *Pitta*. One of the prominent symptoms in *Pamakushta* is *Srava*, often caused by excessive *Kledamsha*, which can be effectively managed by ingredients with *Laghu, Teekshna, and Ruksha Gunas*, along with the *Ushna Virya*. *Haridra*, due to its *Tikta Rasa, Ushna, Ruksha Guna*, and *Ushna Virya*, absorb the excess *Kleda* seen in *Pamakushta*,

effectively managing *Srava*. *Kandu* is a common symptom due to the vitiation of *Kapha Dosha*, and all the ingredients in this *Yogam* possess *Kaphaghna* property. Also, *Kandu* can be managed by can be managed by the *Kushtaghna* and *Kandughna* properties of the ingredients used.

According to modern terminology, the ingredients of *Nisha Manasila Taila* have antipruritic, anti-inflammatory, anti-histaminic, and anti-microbial properties.

## DISCUSSION

*Nisha Manasila Taila* is a classical formulation mentioned in *Chakradatta* with indications for *Pama* and *Kandu*. *Pama* is considered as *Kshudrakushta* with a predominance of *Kapha and Pitta*, characterized by symptoms like *Kandu*, *Pitika* and *Srava*. The contents of *Nisha Manasila Taila* include *Haridra*, *Manasila*, *Arka*, and *Sarshapa Taila*. When analysing the properties of the ingredients, the formulation predominantly exhibits *Tikta* and *Katu Rasa*, as well as *Laghu*, *Ruksha* and *Tikshna Guna*. It possesses *Ushna Virya* and properties like *Kandughna*, *Krimighna* and *Kushtaghna*. The characteristics of ingredients such as *Kandughna*, *Krimighna* and *Kushtaghna* can be effective in managing *Pama*. In cases of *Tvak Vikaras* (skin disorders), for external application, *Taila Kalpana* is more effective compared to other *Kalpas*. Therefore, this formulation can be used topically as *Lepa* in *Pama*.

## CONCLUSION

The ingredients like *Haridra*, *Arka*, and *Sarshapa Taila* in this formulation have *Kapha-hara*, *Kushtaghna* *Kandughna*, *Krimighna* and *Tvak Doshahara* properties. Due to these properties, this formulation helps in pacifying the aggravated *Doshas*, thus relieving the symptoms of *Pama*.

*Nisha Manasila Taila* can be prepared with minimal number of ingredients, and most of them are readily available. By reviewing the properties *Nisha Manasila Taila*, it can be concluded that it is an excellent formulation for the management of skin diseases.

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