



PHALA TAILA - A PHARMACEUTICAL REVIEW

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ABSTRACT

A Female's health is one of the primary factors to be considered for the wellbeing and productivity of her family and society. Her menstrual health has a great impact on her educational, social and economic progress. *Phala taila*¹ is a preparation mentioned in *Kashyapa Samhita Khila sthana in Bastivisheshaniya adhyaya* for management of aggravated *vata* in *prusta, uru, janga pradesha, udavarta, gulma, mutraghata, krimikoshta, and in basti vyapad*. Most of the drug in this preparation contains *Vatakaphahara, Shoolahara, Garbhashaya shodana, balya, udararogahara*. In the present article *Kashtartava* predominant in the *Vatapradhana tridosha* is selected. Although dysmenorrhoea is not life threatening, it is found to have a profound impact on daily activities resulting in absenteeism. Even though we have plenty of options there are many formulations which are not explored yet, *Phala taila* is one among them. As *Phala Taila* is unavailable in the market, an attempt was made to prepare and pharmaceutically analyse the same.

Key words : *Kashtartava, Phala taila*

INTRODUCTION

Kashtartava is expressed as "*Kashtenmunchyatiti kashtartavam*" – *Kashtartava* is the condition where the *Artava* is discharged with great difficulty and pain. It has been compared to dysmenorrhoea based on the symptoms. The term dysmenorrhoea refers to painful menstruation. Primary dysmenorrhoea prevalence estimates, range from 25 to 90% among women and adolescents. Studies from India reported a prevalence range between 50 to 87.8%². As in all cases of dysmenorrhoea, *vataprapakopa* being the main cause, the treatment should be directed to the treatment of vitiated *vata* and eradication of the cause. During menstruation, many women experience gastrointestinal upsets which are increased by analgesics and anti-inflammatory drugs, which also cause headache, dizziness, drowsiness and blurred vision. The drugs in this *taila* are *vatakaphahara, shoolahara, udararoga, srotovishodana, garbhashaya shodana, balya*. Due to these properties it help in reducing symptom of *kashtartava*.

There are various treatments available for *Kashtartava* in *Ayurveda classics*. Several formulations for both internal and external therapies have been explained. *Phala taila* is one among them. *Phala taila*² is a preparation from *Kashyapa samhita Khila sthana in Bastivisheshaniya adhyaya* for management of aggravated *vata* in *prusta, uru, janga pradesha, gulma, mutraghata, krimikoshta, and in basti vyapad*.

Aim :

To prepare *Phala taila* as per the reference from *Kashyapa Samhita*.

Materials and Methods:

Equipments required :

- Gas stove
- Wide mouthed vessel (stainless steel)
- Khalwa yantra
- Spatula with long handle
- Measuring jar
- Weighing machine
- A clean cloth for filtering
- Knife
- Pulverizer
- Mixer and grinder

Drugs Mentioned as per Classical Reference

Sl.n o	Drug	Botanical name Family name	Sl.n o	Drug	Botanical name Family name
1.	Brihadu ¹¹	<i>Solanum indicum</i> Linn. Solanaceae	11	Kushtha ¹¹	<i>Saussurea lappa</i> C.B Clarke. Asteraceae
17	Kantakari ¹⁹	<i>Solanum xanthocarpum</i> Schrad & Wendl. Solanaceae	19	Shatapushpa ¹²	<i>Anthum gravelons</i> Linn. Apiaceae
18	Devadaru ²⁰	Solanaceae		<i>Cedrus deodara</i> (Roxb.) Loud. Coniferace	
3.	Gokshura ⁵	<i>Tribulus terrestris</i> Linn. Zygophyllaceae	11	Vaca ¹³	<i>Acorus calamus</i> Linn. Araceae
19	Bilwa ²¹	<i>Desmodium gangeticum</i> D.C. Papilionaceae	12	Yashtimadhu ¹⁴	<i>Glycyrrhiza glabra</i> Linn. Papilionaceae
4.	Salaparni ⁶	<i>Uraria picta</i> Desv. Papilionaceae	13	Kulata ¹⁵	<i>Holarrhena antidysenterica</i> Wall. Apocynaceae
20	Devapushpa ²²	<i>Hordeum vulgare</i> Linn. Graminaea	14	Madanaphala ¹⁶	<i>Randia dumetorum</i> Lamk. Rubiaceae
21	Prishnapani ¹⁷ 23	<i>Zizuyphus jujube</i> Rhamnaceae	15	Yavani ¹⁷	<i>Trachyspermum ammi</i> Linn. Sprague Apiaceae
6	Yava ⁸	<i>Dolichos biflorus</i> Linn. Leguminaceae	16	Pippali ¹⁸	<i>Piper longum</i> Linn. Piperaceae
22	Mustaka ²⁴	<i>Elettaria Cardamomum</i> Maton Elettaria. Zingiberaceae	18		
23	Kola ²⁵		19		
24	Kulathu ²⁶				

Quantity of Ingredients :

Ingredients	In the ref	Quantity of ingredients taken
Laghu panchamoola – Brihati , kantakari, salaparni, prishnapari, gokshura	1 Adhaka	3.072 kgs
Madanaphala	1 ½ Adhaka	4.650 kgs
Yava	3 Kudava	576 gms
Kola	3 Kudava	576 gms
Kulattha	3 Kudava	576 gms
Kushta, Satapushpa, Vacha , Yashtimadhu, Kutaja, Madana beeja, Yavani , Pippali , Devadaru, Rasna, Devapushpa, Musta, Harenu , Bilwa , Priyangu , Ela	1 Aksa (12 grams each)	192 grams
Tila taila	1 Prastha	1 litre
Dadhi mastu	1 Adhaka	3 litres

General method of Preparation-

Taila paka is done with *kalka dravya* ,*Sneha dravya* , *Drava dravya* in the required ratio 1:4:16 parts respectively.

Method of preparation – PHALA TAILA**Preparation of Kalka Dravya**

Kushta, Satapushpa, Vacha , Yashtimadhu, Kutaja, Madana beeja, Yavani , Pippali, Devadaru, Rasna, Devapushpa, Musta, Harenu , Bilwa , Priyangu , Ela each measuring 12 grams was pounded into a fine powder with the help of a mixer grinder and few drugs with pulverizer. with the help of sieve no 85, fine powder was obtained, By adding approximately 100ml *Kashaya* to the *churna* , *kalka* was prepared.



Rasna



Priyangu



Kushta



Vacha



Ajamoda



Yashtimadu



Harenu



Madana beeja



Musta



Pippali



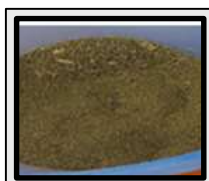
Lavanga



Satapushpa



Ela



Bilwa



Devadaru



kutaja



Preparation of Drava Dravya

Preparation of Kashaya dravya

1. *Laghu panchamoola* – *Brihati*, *Kantakari*, *Shalaparni* (2 parts), *Gokshura*, *Madanaphala* (4650 gms), *Yava*, *kola*, *kulatta* (576 gms each) was taken.
2. All the above mentioned *dravya* were collected in measured quantity and pounded coarsely.
3. Water (75,824 litre) was poured in the same vessel which contained above said drug.
4. The vessel was placed over a mild fire, boiled and reduced to 1/4th of its original quantity (18,956 liter) and was later filtered.



Method of preparation of *Dadhi mastu* :

- 5 liters of curd was taken in a Cora cloth made into *pottali* and was hung with the help of a rod.
- *Pottali* was kept on a filter and together was placed over a wider clean vessel.
- It was left undisturbed overnight.
- Next day the clear watery portion was collected called as *dadhi mastu*.
- The *pottali* was removed and butter was collected separately and stored.
- Approximately around 3 litre of *dadhi mastu* was obtained.



Preparation of Sneha dravya

- A wide mouthed vessel was taken and kept on the stove, it was preheated to evaporate the moisture.
- *GMP Certified Tila taila* measuring 1 *Prastha* (1 liter) was added.
- The prepared *kalka* was added to the *Taila* slowly, with constant stirring.
- *Kashaya* was added slowly followed by *dadhi mastu*
- Altogether boiled on a moderate fire with continuous stirring till the *Sneha siddhi lakshana* was attained.

Sneha siddhi lakshanas

- Fire test - When the *kalka* was put on fire, there was no crackling sound.
- *Varti* test – *Sneha kalka* could be rolled into a *varti*, between thumb and index finger
- *Phenaudgama* – there was appearance of foam
- *Gandha* : *Madanaphala gandha*
- *Varna* : dark brown colour.

Taila was filtered with a clean cloth and allowed to cool before packaging.



1 litre tila taila in measuring jar



Added to preheated vessel



Kalka dravya

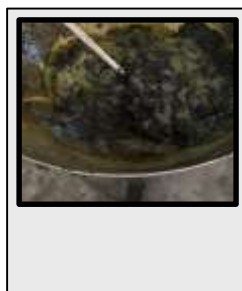
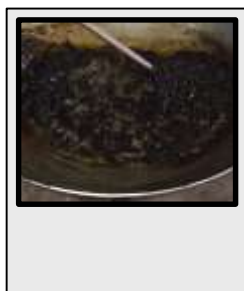
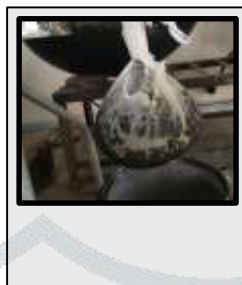


Sitrring



Adding Dadhi mastu



Sneha siddhi
lakshanaPottali to filter
oil

PHARMACEUTICAL ANALYSIS OF PHALA TAILA

TEST	RESULT	SPECIFICATION	TEST METHOD
Physical description	Complies	NA	Ayurvedic Pharmacopoeia
Acid value	17.18	NA	Ayurvedic Pharmacopoeia
Iodine value	106.13	NA	Ayurvedic Pharmacopoeia
Loss on Drying	0.1389	NA	Ayurvedic Pharmacopoeia
Refractive Index	1.475	NA	Ayurvedic Pharmacopoeia
Saponification value	195.25	NA	Ayurvedic Pharmacopoeia
MICROBIOLOGY TEST			
E.coli	Absent	Absent/10g	Ayurvedic Pharmacopoeia
Salmonella spp.	Absent	Absent/10g	Ayurvedic Pharmacopoeia
Staphylococcus aureus	Absent	Absent/10g	Ayurvedic Pharmacopoeia
Shigella spp	Absent	Absent/10g	Ayurvedic Pharmacopoeia
Pseudomonas Aeruginosa	Absent	Absent/10g	Ayurvedic Pharmacopoeia
Total Microbial plate count	<10 CFU/g	NMT 900 CFU/g	Ayurvedic Pharmacopoeia
Total Yeast & mold	<10 CFU/g	NMT 900 CFU/g	Ayurvedic Pharmacopoeia

DISCUSSION :

- ❖ *Madanaphala* is the chief ingredient of the formulation, taken in the highest proportion of 4.650 kg; this might be the reason for the name *Phala Taila*.
- ❖ During the preparation, cutting of *Laghupanchamoola* manually was difficult.
- ❖ Pounding *Madanaphala* in *khalwa yantra* was time consuming
- ❖ During preparation of *Kashaya*, keen monitoring was needed because *Madanaphala* being taken in larger quantity, appearance of foam many times during the preparation and overflow was observed.
- ❖ Preparation of *Dadhi mastu* with 5 ltrs of curd using a mixer was also time consuming.
- ❖ During the preparation of *Sneha*, the ingredients became a homogenous semisolid mixture and it was difficult to find the *Sneha* or *taila* during *paka*.
- ❖ The whole *paka* was carried out on a moderate flame with continuous stirring.

- ❖ *Paka* was carried out for 7 hours to obtain final product. The yield was also very less when compared to the ingredients taken.
- ❖ *Phala taila* obtained was only 750-800ml.

CONCLUSION - Preparation of *Phala taila* is a tedious process, yet an effective medicine. The yield is comparatively less to the ingredients taken, probably this is the reason for its unavailability. For further evaluation and standardization more samples should be prepared by analysing the different methods explained in other classics like Sharangadhara to minimize the tedious process or modify the method of preparation.

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