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Review Article

A CONCEPTUAL REVIEW ON TAILA MURCHANA

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ABSTRACT

Taila kalpana has widely used dosage form described in Ayurvedic formulations for both external and internal use. *Taila murchana* is the first step of *Taila* preparation. *Murchana* has been adopted for enhancing the potency of oil and to remove the bad odour and *Amadosa*. In classics *Tailas* like *Tilataila* (sesame), *Eranda* (Castor) *taila*, *Katu* (Mustard) *Taila* needs *Murchana* as preliminary process of *Taila paaka*. It has been mentioned in detail for the first time in Bhaishajya Ratnavali. Fat/Water soluble active principles of drugs are extracted into medicated oil in this method. *Taila* with *Murchana* are having more therapeutic potency and shelf life than crude *Taila*. The process of *Murchana* has high significance in today's scenario of globalization and the urge for better therapeutic efficacy. Hence the process of *Murchana* must be strictly included as the prerequisites of any medicated oil preparations. In this article an attempt has been done to review concepts regarding *Taila murchana* in literature of Ayurvedic pharmaceutics.

INTRODUCTION

Taila

The branch *Bhaishajya kalpana* contributes to aid the physician to utilize the *Bhaishajya* in various forms to cure the disease. *Taila*^[1] alleviates *Vata* and does not aggravate *Kapha* it strengthens body. it is beneficial for skin, it is *Ushna* and it cleanses genital passage. It incorporates the qualities of the drugs added to it without losing its own qualities^[2]. So it is sure that the fat soluble active principles of the drugs added to *Taila* can be easily extracted into the *Taila*. In *Sneha Kalpana* both water soluble and fat soluble active principles of the individual ingredients can be extracted. This process ensures absorption of active therapeutic properties of the ingredients used.

Murchana

Murchana is the first step towards any *Sneha paka* process main aim to remove *Durgandha*, *Amadosha* and Changes colour of *Sneha*, Increases potency of the individual *Sneha (Taila or Ghrita)*^[3]. After *Sneha murchana* it will acquire the following qualities Good odour, Potency of *Sneha* is enhanced so that it can imbibe more active principles from the drug with which it is

processed, *Sneha* will take up the active principles present in *Murchana dravyas* also. There are only 3 *Tailas* according to classics which are mentioned under *Taila Murchana* process but all *Taila* has to under goes *Taila Murchana* as preliminary process.

Literature review

No evidences or description of *Murchana* are found in *Vedas* and *Bruhatrayee*. Earliest it has been mentioned in Chakradutta Ratnaprabha by Nishchala-kara commentary but not in detail. Bhashajya Ratnavali has described in detail *Murchana* as a prerequisite for all *Sneha* preparations. Another references are also found in commentary of *Sharangadhara Samhitha* by Kashirams *Gudarthadipika*^[4], *Bruhat yoga tarangini*^[5], *Bharat Bhaishajya Ratnakar*^[6], *Navaparibhasa Pradeep*^[7] also mentioned the process and importance of *Sneha Murchana*.

Method of preparation of Taila Murchana^[8]

Taila is heated until it gets froth free and allowed for self cool. Later mentioned *Murchana* drugs are added to *Taila* and *Paaka* is done till it get free from moisture.

Process of Tila Taila Murchana^[8,9]**Ingredients**

S.No	Drug	Latin name	Part used	Quantity
1	Manjishta	<i>Rubia Cordifolia</i>	Stem	1/16
2	Haridra	<i>Curcuma longa</i>	Rhizome	1/64
3	Musta	<i>Cyprus rotendus</i>	Rhizome	1/64
4	Lodhra	<i>Symplocus racemosa</i>	Stem bark	1/64
5	Nalika	<i>Cinnamom tamala</i>	Stem bark	1/64
6	Amalaki	<i>Euphoria officinalis</i>	Pericarp	1/64
7	Haritaki	<i>Terminalia chebula</i>	Pericarp	1/64
8	Vibhitaki	<i>Terminalia belerica</i>	Pericarp	1/64
9	Nalika	<i>Cinnamum tamala</i>	Stem bark	1/64
10	Suchipushpa	<i>Pandanus Tectorus</i>	Root	1/64
11	Vata	<i>Ficus bengalensis</i>	Rhizopods	1/64
12	Taila	<i>Sesamum indicum</i>	Seed oil	1 part
13	Water			Equal to Taila

Procedure^[5]

Heat the plain *Tila taila* till it become free from froth. Add 4 part of water along with powder of 1-11 drugs. Boil it on moderate heat till the *Taila* became free from water. Filter it and use for the preparation of other medicated oils.

Ingredients

Sl.No	Drug	Latin name	Part used	Quantity
1	Amra	<i>Mangifera indica</i>	Tender leaves	1/32 part
2	Jambu	<i>Eugenia jambolena</i>	Tender leaves	1/32 part
3	Kapitha	<i>Limonia acidissima</i>	Tender leaves	1/32 part
4	Bijapura	<i>Citrus medica</i>	Tender leaves	1/32 part
5	Bilwa	<i>Aegelo mermelosa</i>	Tender leaves	1/32 part
6	Tila taila	<i>Sesamum indicum</i>	Seed oil	1 Prasta
7	Water			1 Prasta

Procedure: Heat the plain *Tila taila* till it become free from froth. Add 1 Prasta of water along with powder of above said drugs. Boil it on moderate heat till the *Taila* became free from water. Filter it and use for the preparation of other medicated oils.

Process of Eranda taila murchana^[10]**Ingredients**

Sl.No	Drug	Latin name	Part used	Quantity
1	Manjishta	<i>Rubia cordifolia</i>	Stem	2 sana
2	Musta	<i>Cyprus rotendus</i>	Rhizome	2 sana
3	Shunthi	<i>Gingiber officinalis</i>	Rhizome	2 sana
4	Dhanyaka	<i>Coriandrum sativum</i>	Fruit	2 sana
5	Amalaki	<i>Euphorbia officinalis</i>	Pericarp	2 sana
6	Haritaki	<i>Terminalia chebula</i>	Pericarp	2 sana
7	Vibhitaki	<i>Terminalia bellerica</i>	Pericarp	2 sana
8	Kharjur	<i>Pheonix sylvestris</i>	Fruit	2 sana
9	Vatankura	<i>Ficus bengelensis</i>	Rhizopodes	2 sana
10	Haridra	<i>Curcuma longa</i>	Rhizome	2 sana
11	Daruharidra	<i>Berberis arista</i>	Extract	2 sana

12	Nalika	Cinnamum tamala	Leaves	2 sana
13	Ketaki	Pandanus tectorus	Root	2 sana
14	Dadhi			QS
15	Kanji			QS
16	Eranda taila	Ricinus communis		1 prasta

Procedure: Heat the *Eranda taila* till it become free from froth. Add *Dadhi* and *Kanji* along with powder of 1-13 drugs. Boil it on moderate heat till the *Taila* became free from water. Filter it and use for the preparation of other medicated oils.

Process of Sarshapa taila murchana^[11]

Ingredients

Sl.No	Drug	Latin name	Part used	Quantity
1	Amalaki	<i>Euphorbia officinalis</i>	Pericarp	2 Karsha
2	Haridra	<i>Curcuma longa</i>	Rhizome	2 Karsha
3	Musta	<i>Cyprus rotendus</i>	Rhizome	2 Karsha
4	Bilva	<i>Aegel marmelose</i>	Fruit	2 Karsha
5	Dadima	<i>Punica granatum</i>	Fruit	2 Karsha
6	Nagakeshara	<i>Mesua Ferra</i>	Stamens	2 Karsha
7	Krishna jeeraka	<i>Veronia anthelmentica</i>	Fruit	2 Karsha
8	Ushira	<i>Vettivera zizynoidis</i>	Whole plant	2 Karsha
9	Nalika	<i>Cinnamomum zeylanicum</i>	Bark	2 Karsha
10	Vibhitaki	<i>Terminalia chebula</i>	Pericarp	2 Karsha
11	Manjishta	<i>Rubia cordifolia</i>	stem	2 Pala
12	Sarshapa taila	<i>Brassica compestris</i>	Seed oil	1 Prasta
13	Water			1 Adhaka

Procedure

Heat the *Katu taila (Sarshapa)* till it become free from froth. Add 1 *Aadhaka* of water along with powder of 1-11 drugs. Boil it on moderate heat till the *Taila* became free from water. Filter it and use for the preparation of other medicated oils.

DISCUSSION

Taila murchana is preliminary treatment for the fixed oils (*Tilataila, Eranda taila, Katu taila* etc) with some specific medicinal plants which is said to overcome bad odour, impart good colour like *Arunavarna* and fragrance. The process of *Murchana* is essential and should be followed compulsorily to avoid any bad effects of *Taila* which may happen to interact with *Snehas* leading to less therapeutic efficacy. The ingredients used for *Murchana* has its own therapeutic activity. The *Murchana dravyas* enhances the shelf life of the finished medicated oil. Apart from refining of the *Sneha*, the *Murchana Dravya* may contribute for the better therapeutic effect of the formulation. Even though the word *Ama* in the context to *Taila* is not clearly defined, probably the water content existing in oil or the factor which inhibit the absorption (internal and external) of oil can be correlated. Due to the antioxidant property of *Murchana* the chemical stability of the oils are suppose to be enhanced.

CONCLUSION

From the review, it can be concluded that *Sneha murchana* is preliminary essential procedure. The herbal drug employed in the *Murchana* may acts as antioxidant thereby enhancing the chemical stability of oils. The *Murchana dravyas* itself has high therapeutic significance hence it can be concluded that this will ultimately contribute to better therapeutic efficacy of the medicated oil than oil prepared without *Murchana*. The process of *Murchana* has high significance in today's scenario of globalization and the urge for better therapeutic efficacy. Hence the process of *Murchana* must be strictly included as the prerequisites of any medicated oil preparations.

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