KSHEERBALA TAIL AND ITS DIFFERENT ROUTES OF ADMINISTRATION

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ABSTRACT

Ksheerbala Tail having Shaman rasayana and Brimhana properties. The content of the tail adds to its effect. Ksheerbala tail having contents of Bala (Sida cordifolia), Goksheer (Cow’s milk), and Sesame oil (Sesamum indicum), it normalizes the Vata and Pitta in the body and shows anti-inflammatory action. It is also given in almost all Authentic books Charak Samhita, Ashtang Hridya and Sushruta, with different names. It acts as a nerveine tonic and strengthens the muscles and to provide better options to Non-Steroidal Anti-inflammatory Drugs (NSAIDs). Non-steroidal anti-inflammatory drugs owing to its exceedingly speckled side effects and adversities are in the verge of a moribund reliance. Ksheerbala Tail, a sage old Ayurved remedy remarkably emphasised in the treatment of Vata Vyadhi and Vatarakta is well used since ages as an anti-inflammatory medicine. Developing researches have demonstrated its efficacy to counter neuro toxicity and subsequently validated its neuro protective effect. Though, the much acclaimed traditional wisdom regarding its anti inflammatory action is neither scientifically appraised nor compared with any standards. It is also used for Abhyang in detoxication process. Vata Vyadhi is best treated by Basti chikitsa, Abhyang etc. Matra basti is a type of Sneha basti which provides nutrition as well as pacify the morbid Vata dosha. In this article mode of action of Ksheerbala Tail and its different routes of administration are compiled.

INTRODUCTION

Ksheerbala Tail is one of the most popular oil preparations in Ayurved and recognized as a very effective remedy for neurological disorders like facial paralysis, sciatica, hemiplegia, paraplegia, poliomyelitis and other such conditions. The name Ksheerbala Tail was first mentioned in Sahasra Yoga, an authentic Ayurvedic formulary of Kerala. The similar preparation has been mentioned by almost all ancient Ayurvedic texts but with different names. Charak mentioned as Shata sahastra Paka bala Tail [1] and Sushrut mentioned it as Shata Paka bala Tail [2] whereas Ashtang Hridaya mentioned it as Shata paka, Sahasra paka bala Tail [3].

Material and Methods

Formulation Described in Sahasrayogam

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Balamool (Country Mallow) – “Sida”</td>
<td>240 grams</td>
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Grind fresh roots of Bala plant and mix it in Go-ksheer to make a paste (Kalka).

<table>
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<tr>
<th>Ingredients</th>
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<tr>
<td>Ksheer – Cow’s Milk</td>
<td>960 grams</td>
</tr>
<tr>
<td>Sesame Oil (Til Taila) – “Sesamum indicum”, Family- Pedaliaceae</td>
<td>768 grams</td>
</tr>
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Take Bala Kalka and mix it in Go-ksheer and sesame oil. Boil the mixture and then simmer (heat on low flame 70-80°C) the mixture until only oil remains. Then allow it to cool. Then filter the Ksheerbala Tail. This process is recommended to repeat for 100 and 1000 times in Ashtanga Hridaya. Ksheerbala Tail processed 100 times is called Shata paka bala tail and that processed 1000 times is called Sahasa paka bala tail. However, nowadays, Ksheerbala 101
(Ksheerbala 101 is processed 101 times with Bala and Cow’s Milk) is available in the market.

**Indications of Ksheerbala Tail**

It has a Rasayana (rejuvenation) property and is used in therapeutics both topically and systematically. It is indicated in all Vata Vyadhis, mainly in Vatarakta, an inflammatory condition.

**Different routes of Administration of Ksheerbala Tail**

Ksheerbala Tail is used for the purpose of Anuvasana Basti. (& Matra Basti[4]) Charak advises Anuvasana Basti to be administered in Vata vyadhis[5] Matra Basti is used for the treatment of cerebral palsy, consider as Shiromarmagh janya vata vyadhi (Marmabhigbat is one of the causes for Vata vikara).

**Probable mode of action of Basti**

Basti Chikitsa is the prime treatment modality of Ayurved. It is also considered as Ardha Chikitsa (half treatment). Sneha or Anuvasana Basti (unctuous enema) promotes Bala (strength) of the person who is emaciated and debilitated. Matra Basti dravya may enter minute channels of body and tissues get proper nourishment and provide Brimhana effect.

Ksheerbala tail used in Vata roga for Abhyangato manage the pain[6]. Abhyang karma is Snehan, Kledkarak, Vata shamak, Jararhar. Sneha reached Mansa, Meda, Asthi, and Majja dhatu. Dhatu provided nourishment to them.

**Probable mode of action of Abhyang**

Abhyang gives strength to the muscles and relief the stiffness of muscles.

Ksheerbala tail Nasya provides better results in Ardita. Nasya is described best for the expulsion of Doshas present in supra-clavicular region (Uttamang).

**Probable mode of action of Nasya (Navana)[7]**

Nasya drugs via Sringatak Marma enter brain which is a main vital point corresponding to nerve centres responsible for speech, vision, smell, taste, and hearing. Ksheerbala Tail suppresses nerve inflammation due to its Sheeta property and promotes nerve regeneration and gives strength to muscles due to Balya and Brimhana properties of drugs present in it. It is also Indriya prasada in action.

Parisheka Sved with Ksheerbala Tail has its own effect in relieving Katigraha, which is one of the Vata Vyadhi.

**Probable mode of action of Parishek**

Parishek avails the effect of both Snehan and Svedan, Snehan corrects the Dhatu Shoshan (which is the root cause for Vata vitiation), and imparts strength. Svedan relieves Ruk (pain), Shoth (inflammation), Stambh (stiffness) etc, symptoms of Vata and soften the body parts. Thermal therapy acts as increasing the circulation and local metabolic process with the relaxation of the musculature.[8] Shirodhara with Ksheerbala Tail has its anti-anxiety, anti-hypertensive and sleep inducing property.

**Probable mode of action of Shirodhara**

Effects of Shirodhara are found to be equated with meditative state and a reduction in catecholamine and an increased serotonin reuptake is proposed as one mechanism of action. [9]

**Mode of action of Ksheerbala Tail**

**Properties of Bala (Sida cordifolia) [10]**

The root posses Madhura rasa, Guru, Snigdha guna, Sheet veerya and Madhura vipaka. It is kept among Balya Mahakashaya and Madhur Skandh by Acharya Charak. Acharya Sushrut has kept it among Vatashmak Gana, hence it is best for promoting strength and alleviating Vata.

**Properties of Tila (Sesame indicum) [10]**

Tila Tail is of Madhur rasa and Vipaka, Balya and Rasayan in Karma; it nourishes and strengthens all the Dhatus, checks Dhatukshaya and thus alleviates Vata. Snigdha and Guru Guna decreases Rukshata of Vata and with the help of Ushna Guna and Veerya it alleviates Vata.

**Properties of Go-ksheera (Cow’s Milk)[11]**

It is Madhura in taste, Snigdha, Guru guna property, Sheeta Veerya and Madhura vipaka, it alleviates Vata dosha.

**DISCUSSION**

In Ayurved, a suitable route of drug administration is identified mainly on the basis of regional propinquity of the site of pathology. Ksheerbala tail is the best medicine for gouty arthritis and neurological diseases. It is beneficial for restoring the health in 80 types of Vatavyadhi. Ksheerbala Tail is also available in various potencies. They are called Avarti or Avrutti. Ksheerbala Tail indicates the number of times the oil is fortified or processed. The more the fortification number against the name of the oil, the more effective it is in eradicating the diseases and disorders. The Avarti's available are 3, 7, 14, 21, 41, 101.

**CONCLUSION**

Ksheerbala tail reduces inflammation [12] and pain in joints so it is beneficial in degenerative diseases such as osteoarthritis. It also provides strength to the muscles and increases their vitality. It provides required nutrition to muscles and bones. Therefore, it prevents muscular wasting and it is very
beneficial in wasting of muscles, muscular atrophy and fibromyalgia and can be used as Basti, Nasya, Abhyanga etc according to the need of patient.

REFERENCES

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