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Review Article

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 Hridaya* and *Sushrut*, with different names. It acts as a nervine 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, Sahastra paka bala Tail* ^[3].

Material and Methods

Formulation Described in *Sahasrayogam*

Ingredients	Quantity
<i>Balamool</i> (Country Mallow) – " <i>Sida</i>	240grams

<i>cordifolia</i> ", Family- Malvaceae	
<i>Ksheer</i> – Cow's milk	Q.S

Grind fresh roots of *Bala* plant and mix it in *Go-ksheer* to make a paste (*Kalka*).

<i>Ksheer</i> – Cow's Milk	960grams
Sesame Oil (<i>Til Taila</i>) – " <i>Sesamum indicum</i> ", Family- Pedaliaceae	768grams

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 *Sahastra 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 *Shiromarmaghat janya vata vyadhi* (*Marmabhighat* 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*, *Jarahar*. *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 *Vatashamak 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 for 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.

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