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Review Article

PRAPAUNDRIKADI TAILAM - A LITERARY REVIEW

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ABSTRACT:

OBJECTIVE-To study in detail about *Prapaundrikadi tailam*.
To study the literature review of *Prapaundrikadi tailam.*
To analyse the properties of *Prapaundrikadi tailam.*
To understand the *karma* or pharmacological action of *Prapaundrikadi tailam.*
METHOD- Searching various literature like classical texts *Charak Samhita, Ashtang Hrudyam , Chakradutta* and books of Dravya gun like P.V. Sharma. Searching various published research papers on *Prapaundrikadi tailam* through Online google platform was carried out.
RESULT- Analyzation of properties (*ras, guna, veerya, vipaak), karma* was done. Dravyas of *Prapaundrikadi tailam* are chiefly s*nigdh*, g*uru* gun , having *Madhur, tikat ras, sheet veerya* and *Madhur vipaak*. *Prapaundrikadi tailam* is mainly *pitta shamak* in nature.
CONCLUSION- It can be concluded that *Prapaundrikadi tailam* can be used for both *Khalitya* and *Paalitya*. *Prapaundrikadi tailam* can be used for *abhyanga* and *nasya* administration.
KEYWORDS: *Prapaundrikadi tailam, Khalitya, Palitya*, Literary review

INTRODUCTION

Ayurveda, science of life, is an elixir for human beings. Panchkarma is an essential part of Ayurveda which emphasizes usage of many types of *tailam* for therapeutic uses.

Many types of *tailam* have been mentioned in Ayurveda for different diseases. Various types of *tailam* are utilized for vata, pitta and kapha predominance. Different types of tailam are used for administration of *nasyam*. *Prapaundrikadi tailam* has been mentioned in classical texts i.e *Charak Samhita, Chakradatta, Ashtang Hrudyam. Prapaundrikadi tailam* has been widely described as drug or Dravya for nasya administration used for all *shiro rogas* especially for *Palitya, Khalitya*. *Prapaundrikadi tailam* can also be used for *shiro abhyanga* or head massage.

METHODS

Literature Review of *Prapaundrikadi tailam* according to various *Samhitas*

Charak Samhita

Prapaundrikadi tailam finds its reference in *Charak* [1]*Chikitsa Sthan adhyaya* 26 *Trimarmeey chikitsa adhyaya* in shlok number 276- 277.

प्रपौण्डरीकमधुकपिप्पलीचन्दनोत्पलैः|| २७६||
कार्षिकैस्तैलकुडवो द्विगुणामलकीरसः|
सिद्धः स प्रतिमर्शः स्यात् सर्वमूर्धगदापहः|| २७७||
(पलितघ्नो विशेषेण कृष्णात्रेयेण भाषितः|)

Prapaundrik, mulethi, pippali, raktachandan, Neelkamal are taken 1 *karsha* (1 *tola*) each and *kalka* is prepared. *Til*

tailam 1 kudav(16 tola) and *amalaki swaras* 2 times *of til tailam* i.e 2 *kudav* are taken for tail paak. Administration of this *tailam* as *Pratimarsh nasya* alleviates all the shiro rogas. This *tailam* is effective in *akaal palitya* i.e premature greying of hair as mentioned by *Krishan Atreya*.

Prapaundrikadi tailam finds its reference in *Charak* [2]*Chikitsa Sthan adhyaya* 25 D*weevarneeya chikitsa adhyaya* in shlok number 92.

प्रपौण्डरीकं मधुकं काकोल्यौ द्वे च चन्दने।
सिद्धमेतैः समैस्तैलं परं स्याद्व्रणरोपणम्॥ ९२॥

Kalka is prepared with *Prapaundrik, Mulethi, Kakoli*, *Ksheerkakoli, Safed Chandan* and *Rakta Chandan. Tailam* is prepared with this *kalka* by doing *tailpaak*. This *tailam* is used for *vrana ropana.*

Ashtang Hrudyam

Prapaundrikadi tailam finds its reference in *Ashtang Hrudyam* [3] *Uttar Sthan adhyaya* 24 *Shiro rog Pratishedh adhyaya* in shlok number 44-45.

प्रपौण्डरीकमधुकपिप्पलीचन्दनोत्पलैः॥ ४४॥
सिद्धं धात्रीरसे तैलं नस्येनाभ्यञ्जनेन च।
सर्वान् मूर्धगदान् हन्ति पलितानि च शीलितम्॥ ४५॥

Tailam prepared by *snehapaak* process using ingredients *prapaundrik, madhuk, pippali, Chandan* and *Utpal* with *amalaki swaras* and *til tailam*. This *tailam* is used for *abhyanga* and *nasyam*. All types of shiro rogas and *palitya* is cured with this *tailam.*
Kaviraj Atrideva Gupta mentioned that *Acharya Charak* specified the quantity of *amalaki swaras* as two times that of til tailam whereas Videh has specified the quantity of *amalaki swaras* as four times of *til tailam.*

Following is mentioned in ***Sarvang Sundari Vyakhya***

स०-
प्रपौण्डरीकादिभिर्धात्रीरसे सिद्धं तैलं नावनेनाभ्यञ्जनेन च सर्वान् शिरोरोगान् हन्ति।
शीलितं च पलितानि हन्ति।

Tailam prepared with *Prapaundrikadi* ingredients and processed with *Dhatri (amalaki) swaras* is used for *nasyam* and *abhyanga* pacifies all s*hiro rogas*. It cures *paalitya.*

Chakradutt

प्रपौण्ड्रीकमधुकपिप्पलीचन्दनउत्पलेः **I**

कार्षिकैतैलकुडवंतेद्विराम्लकीरसः **II**

साध्यः सप्रतिमर्षः स्यात सर्वशीर्षगदापहः **II**

(चक्रदत्त क्षुद्ररोग चिकित्सा प्रकरन 55)
Prapaundrikadi tailam finds its reference in *Chakradutt* [4] *Kshudr rog Chikitsa prakaran* 55 in shlok number 92-93. Tailam prepared with ingredients like *Prapaundrik, Madhuk, Pippali, Chandan* and *Utpal* in the quantity of 1 *karsha* each. The quantity *of til tailam* is 1 *kudav* and two times i.e 2 *kudav* is *amalaki swaras. Pratimarsh nasyam* with this *tailam* cures all *shiro rogas.*

DISCUSSION

Ingredients Of *Prapaundrikadi Tailam*

S. No.	Ingredients	Latin Name	Family	Parts Used	Chemical Constituents
1.	*Prapaundrik*[11]	Nelumbo nucifera	Nymphaeceae	*Panchang*	Nuciferin, Vitamin B and C, Aspirin, Flavonol miquelianin
2.	*Madhuk* [12,18]	Glycyrrhiza Glabra	Leguminosae	*Moola*	Glycyrrhizin, Liquiritin, Asparagine
3.	*Pippali*[13,19]	Piper longum	Piperaceae	*Mool, phal*	Piperine, Sesamin, Piplartine, Piperlonguminine,
4.	*Raktachandan*[1] [4,20]	Pterocarpus Santalinus	Leguminosae	*Kandsaar*	Santalin, Pterocarpin, Pterostilbene, Homopterocarpin,
5.	*Utpal*[15,21]	Nymphea stellata	Nymphaeceae	*Panchang*	Nymphalin, Quercetin, Kaempferol

6.	*Amalaki swaras*[16,22]	Embelica Officinalis	Euphorbiaceae	*Phala*	VitaminC, Tannins, Iron, Calcium, Phosphorus, Flavonoids, 5-Alpha-reductase inhibitors, etc.
7.	*Tila Taila*[10,23]	Sesamum Indicum	Pedaliaceae	*Beeja*	sesamin, sesamolin, sesamol, oleiic acid linoleic acid, palmate acid, stearic acid, archi- donic acid, vitamin E, Bcomplex vitamins (especially niacin), phytosterols, proteins, sucrose, saccharides, sesa- mose, and trace amount of phosphorus, potassium and cytochrome, calcium

Karma* And Pharmacological Action Of Ingredients Of *Prapaundrikadi Tailam

S. No.	*Dravya*	*Karma*	Pharmacological Action
1.	*Prapaundrik*[11]	*Varnya,daahprashaman,balya, medhya, stambhan,vishaghan*	Anti-inflammatory, Soothing, Antioxidant ,Tissue Rejuvenation, Antimicrobial & Antibacterial
2.	*Madhuk*[12,18]	*Varnya, balya, keshya vrushya, Medhya, Shwashar, vranropan,rasayan*	Antiinflammatory,antioxidant,antiulcerogenic,antimicrobial,antiviral,immunomodulatory, expectorant
3.	*Pippali*[13,19]	*Dipaniya, Rasayanaa, Vrishya*	anti-diabetic, hepatoprotective, anti-oxidant, anti- inflammatory, anti- epileptic, anti-arthritics
4.	*Rakta chandan*[14,20]	*Raktashodhaka & Kushthagna, Varnya, Dahashamana, Shothahara, Stambhana, Chakshushya, Vrishyam*	Antifungal, Antipyretic, Antibacterial, Hepatoprotective, Nephroprotective, Anti-ulcer, Anti-tumor
5.	*Utpal*[15,21]	*Medhya,dahprashaman,jwarghan,trushnanigrahan,stambhan,hrudya,raktapitt shamak, garbhasthapan, mutravirajaneeya*	Antidiabetic, Antihepatotoxic, Analgesic, Anti-inflammatory, Antimicrobial
6.	*Amalaki swaras*[16,22]	*Rasayana, Pramehaghna, Jwarhara , Chardighna , Kusthaghana, Chakshushya, Dahahara, Medohara, Bhaghna, Shophaghna, Keshya, Sandhanakara, Dahaprashamana*	Antipyretic,analgesic,Antiinflammatory,antioxidant,antiviral,immunomodulatory,antiageing, anticancer, hepatoprotective, antiulcer, antidiabetic, antiageing
7.	*Tila Taila*[10,23]	*Vedana sthapan, vranashodhan, keshya,medhya sandhaneeya, vranaropan, vaajikaran*	Anti-Inflammatory, Antimicrobial and Anti-Diabetic, Anti-Mutagenic and Anti-Cancer, antioxidant, antihypertensive, antithrombotic ,cardioprotective and immune-boosting

Raspanchak* Of *Prapaundrikadi Tailam

DRAVYA	**LATIN NAME**	***RASA***	***GUNA***	***VIRYA***	***VIPAKA***	***DOSHA* PACIFICATION**
Prapaundrik[11]	*Nelumbo nucifera*	*Madhura, kashaya, tikat*	*Laghu, Snigdh, Picchil*	*Sheet*	*Madhur*	*Kapha Pitt shamak*
Madhuka[12]	*Glycyrrhiza glabra*	*Madhur*	*Guru, Snigdha*	*Sheet*	*Madhur*	*Vata Pitt Shamak*
Pippali[13]	*Piper longum*	*Katu*	*Laghu, Snigdh Tikshan*	*Anushna Sheet*	*Madhur*	*Kapha vat shamak*
R*akta Chandan*[14]	*Pterocarpus santalinus*	*Tikta Madhura*	*Guru, Ruksha*	*Sheet*	*Katu*	*Kapha rakta Pitta shamak*
Utpala[15]	*Nymphea stellata*	*Madhura Tikat, Kashaya*	*Laghu, snigdh, picchil*	*Sheet*	*Madhur*	*Vata Pitt rakta shamak*
Dhatri/ Amalaki[16]	*Embelica officinalis*	*Amal, katu, Madhura, Tikta, Kashaya*	*Guru, Ruksha, Sheet*	*Sheet*	*Madhur*	*Tridosh shamak (Pitt shamak)*
Til Tailam[17]	*Sesamum indicum*	*Madhura, Kashaya, Tikta*	*Guru, Snigdha*	*Ushna*	*Madhur*	*Kapha vat shamak*

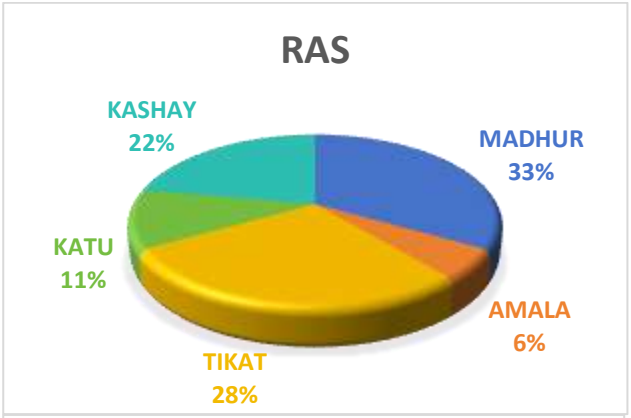
Et. al Shruthi L.H, Study [5]mentions that the drugs which are used in the preparation of *Prapaundarikadi taila* are *Prapaundrika, Madhuyasthi, Rakta Chandana, Utpala, Pippali*, *Amalaki* and *Tila Taila.* Almost all of these *Dravya* have *Sheeta virya, Keshya* and *Pitta Shamaka* .Property by which the effect of the P*rapaundrikadi Taila* on *Palitya* is considerable. *Prapaundrikadi Taila* has *Snigdha, Laghu, Shita* and S*ukshma* properties. *Snigdha Guna* composed of *Parthiva* and *Apya Mahabhuta*. *Charaka* said that *Kesha* is *Parthivabhava* predominant, so *Snigdha Guna* increases *Kesha* because of *Samanyavishesha Siddhanta. Sheeta Guna* would act on *Pitta Dosha*, which is a main causative factor of *Palitya.* The obstruction of *Srotas* is cleared by the *Sukshma Guna*, which affects the *Varna Utpatti.*
Prapaundarika contains tannins, saponins and nymphayol which helps in giving colour to the hair. *Raktachandana* contains pigment santalin (santalic acid) which acts as a dye giving colour to the hair. *Pippali* has piperine which has anti oxidative, anti apoptotic and restorative ability against cell damage. Also the antioxidants present in *Amalaki* helps in
reducing canities.

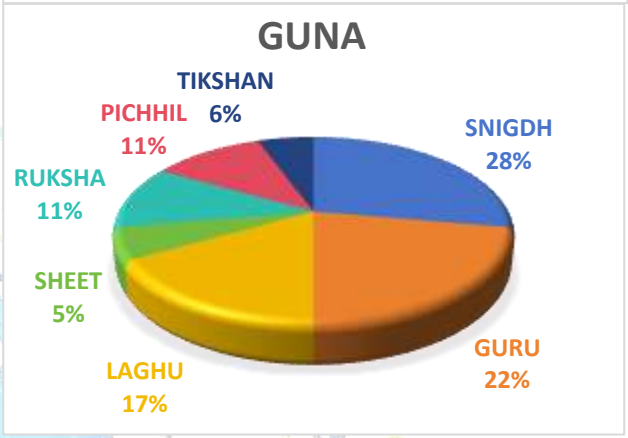
Et. al Jugunu Raj, article mentions that [6]the ingredients of *Prapaundarikadi Tailam* having the properties of *Tridosha Hara*, *Indriya Bala vridhikara*, *Rasayana* and indicated for *Shiro* Roga.
The ingredients of *Prapaundarikadi Taila* are *Prapaundarika* (Nelumbo nucifera), *Madhuka* (Glycyrrhiza glabra), *Pippali* (Piper longum), *Chandana* (Santalum album), *Utpala* (Nymphaea alba), *Dhatri Swarasa* (Phyllanthus emblica) and *Tila Taila* (Sesamum indicum). *Prapaundarika* -It is having *Madhura Rasa, Sheeta Guna* and *Veerya,* it is *Kapha Pitta Shamaka* and is good *Keshya Dravya*. *Madhuka* -Also known as *Yastimadhu* is having *Madhura Rasa, Guru Snigdha Guna* and *Sheeta Veerya*. It is *Vata Pitta Shamaka* and have *Balya* and *Bruhmana Karma*. *Pippali -Katu Rasa, Ushna Veerya* and *Laghu Teekshna Guna.* But is having *Madhura Vipaka* and *Kapha Vata Hara Guna.* It is having *Chakshushya* and *Vrishya Karma*. *Rakta Chandana* -It is having *Tikta Madhura Rasa, Guru Rooksha Guna, Sheeta Veerya* and *Katu Vipaka.* It is Kapha Pitta Shamaka and have *Chakshushya* and *Vrishya* properties. *Utpala* -It is having *Madhura Tikta Kashaya Rasa, Laghu Snigdha Guna, Sheeta Veerya* and *Madhura Vipaka*. Useful as *Medhya* and in *Pittavikara. Dhatri / Amalaki* -Have Amla Pradhana Lavana Varjita *Pancharasa*, *Guru Sheeta Guna*, *Madhura Vipaka* and is *Tridosha Shamaka.* It has *Rasayana* properties. Modern science says that the lipid soluble substance

has greater chance of passive absorption directly through lining of olfactory nerve. Later the drug may traverse through capillaries and veins since *Nasya* consists of *Taila Dravya* may be quick and beneficial. That is the reason why ancient Acharyas had used lipid media for processing drug. *Sringataka Marma* is the area where the *Srotas* of *Ghrana*, *Akshi, Srotra* joins. This is the area where the medicine gets absorbed. When the *Taila* for *Nasya* is made lukewarm and instilled, it causes vasodilation facilitating drug absorption.

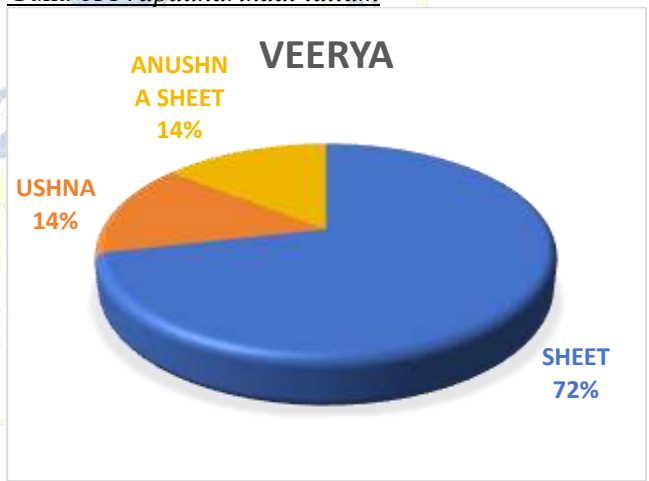
Et. al Shyam Babu Singh, Study [7]mentions that the principle of treatment for any disease is the *Samprapti Vighatan*. In this clinical study the probable mode of action of *Prapaundrikadi Taila* can be understood on the basis of the two major factors. The drugs which are used in the preparation of *Prapaundrikadi Taila* are *Prapaundrika, Madhuyasthi, Rakta Chandana*, *Utpala, Pippali, Amlaki* and *Tila Taila.* Almost all of these Dravya have *Sheeta Virya, Keshya* and *Pitta- Shamaka* Property by which the effect of the *Prapaundrikadi Taila* on *Palitya* is considerable. *Prapaundrikadi Taila* is prepared in *Tila Taila* and as described earlier that almost all the drugs used in the preparation of *Prapaundrikadi Taila* are having *Pitta Shamak* Properties. *Shiroabyanga* with *Prapaundrikadi Taila* would carry out the functions as *Keshya* and *Kesharanjaka*.
Prapaundrikadi Taila has *Snigdha, Laghu, Shita* and *Sukshma* properties. *Snigdha Guna* composed of *Parthiva* and *Apya Mahabhuta*. *Charaka* said that *Kesha* is *Parthivabhava* predominant, so Snigdha Guna increases *Kesha* because of *Samanya vishesha Siddhanta. Sheeta Guna* would act on *Pitta Dosha*, which is a main causative factor of *Palitya*. The obstruction of *Srotas* is cleared by the *Sukshma Guna*, which affects the *Varna- Utpatti.*

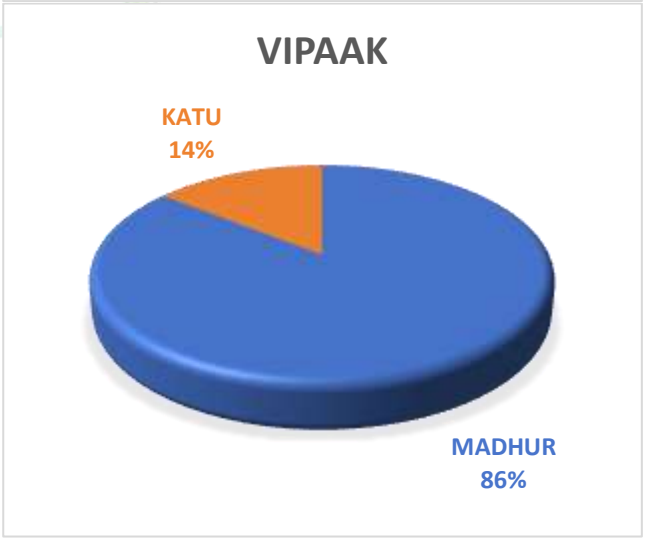
Et. al Vinod Jadhav Study [8]mentions that *Shiroabhyanga* with this *taila (Prapaundrikadi tailam)* is said to be effective due to its properties such as *snigdha guna*, which acts through its *vatahara, kaphakara* and *vrishya* properties. It performs the actions like *snehana, kledana* and *vishyandana* at cellular level of the body. *Guru guna* of the *prapoundarikadi taila* increases the bodily strength and kapha, prevents fainting, decreases the perspiration and stabilizes the muscles and organs. *Mridu guna* of the *prapoundarikadi taila* reduces the roughness. *Drava guna* of the *prapoundarikadi taila* makes the *snehana* drug propagate swiftly all over the body and liquifies the *doshas* and mobilizes them by increasing their flowing capacity. *Pichhila guna* of the *prapoundarikadi taila* leads to longevity and increases the body strength. It also increases *kapha* and produces heaviness. *Sara guna* of the *prapoundarikadi taila* mobilizes the doshas and mala i.e. waste products by this property. *Manda guna* of the *prapoundarikadi taila* makes the *sneha dravya* diffuse slowly by this and it remains in the contact of *doshas, dhatus* and *malas* for long time. *Sukshma guna* of the *prapoundarikadi taila* helps the drug to enter in the fine or the minute channels.



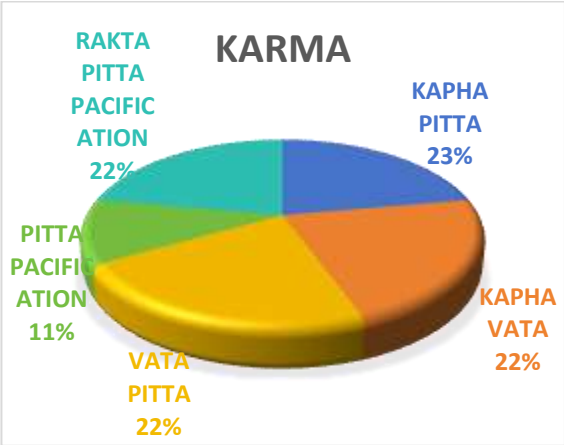


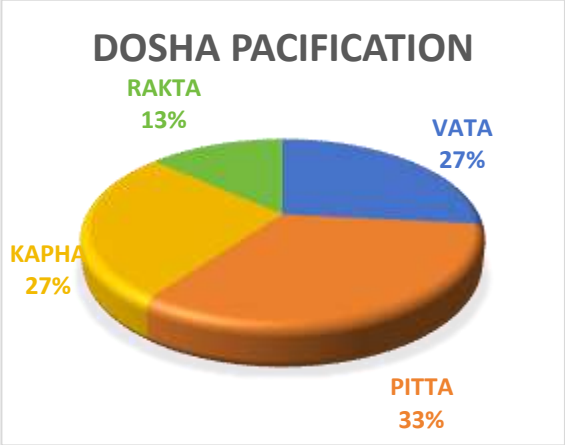
Analysis of Ras of *Prapaundrikadi tailam* Analysis of Guna of *Prapaundrikadi tailam*





Analysis of *veerya* of *Prapaundrikadi tailam* Analysis of *Vipaak* of *Prapaundrikadi Tailam*





Analysis of Karma of *Dosha* Pacification Analysis of *Dosha* Pacification of *Prapaundrikadi tailam* *Prapaundrikadi tailam*

Prapaundrikadi tailam consists of ingredients having properties or guna like *snigdh, guru, laghu , pichhil, ruksha, sheet* and *tikshan.* Snigdh guna that provides unctuousness accounts for 29%, *Guru gun* which gives heaviness in the body accounts for 23%, *laghu gun* providing lightness in the body stands at 18%, *Ruksha gun* causing dryness in the body accounts for 12%, *Pichhil gun* providing sliminess is 12%, sheet gun providing coldness in the body accounts for 5% and *tikshan gun* helps in penetrating accounts for 6%.

Analysing *Veerya* (potency) of dravyas of *Prapaundrikadi tailam* accounts for sheet veerya 72% , *anushan sheet* and *ushna veerya* is 14%.

Analysing *Vipaak* of *dravyas* of *Prapaundrikadi tailam* accounts for *Madhur vipaak* 86% and *Katu vipaak* 14%.

Analysing ras(taste) of *dravyas* of *Prapaundrikadi tailam* accounts for *Madhur* (sweet) 33% , Amla (sour) 6% , tikat (bitter) 28% , *katu* (pungent) 11% and *kashay* (astringent) 22%

Analysing *Karma* of *dravyas* of *Prapaundrikadi tailam* observed are *kapha pitta shamak* 23% ,*vata pitta shamak* 22% , *kapha vata shamak* 22% ,*rakta pitta shamak* 22% and *pitta shamak* 11%.

Analysing *dosha* pacification of *dravyas* of *Prapaundrikadi tailam* are as *vata shamak* 27% , *pitta shamak* 33%, *kapha shamak* 27% and *Rakta shamak* 13%. Hence *dravyas* of *Prapaundrikadi tailam* are chiefly *snigdh, guru gun* , having *Madhur, tikat ras, sheet veerya* and *Madhur vipaak*. *Prapaundrikadi tailam* is mainly *pitta shamak* in nature.

CONCLUSION

Prapaundrikadi tailam has property of snigdh gun mainly and *Snigdha Guna* composed of *Parthiva and Apya Mahabhuta*. *Charaka* said that *Kesha* is *Parthivabhava* predominant so *Snigdha Guna* increases *Kesha* because of *Samanyavishesha Siddhanta*. Hence it can be used for *keshpatan* or *khalitya*. Owing to *sheet veerya, Madhur vipaak* and *Tikat, Madhur ras* of *Prapaundrikadi tailam* .It can be concluded that it causes pacification of *pitta*. *Prapaundrikadi tailam* can be used as *nasyam* and *shiro abhyanga*. *Prapaundrikadi tailam* has been mentioned for all *shiro rogas*. It has been found effective in *Palitya* or premature greying of hair. It can be concluded that *Prapaundrikadi tailam* can be used for both *Khalitya* and *Paalitya.*

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