AYUBHA JOURNAL BY AYURVED BHARATI
A Monthly peer-reviewed journal by Ayurved Bharati
ISSN – 3048-8621
www.ayubha.com

Pharmaceutico-Analytical Study of Ksheera Bala Taila and Its 7 Avarti

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AyuBha Journal by Ayurved Bharati | 2024-07-30

Keywords: Pharmaceutical Research, Vol.01, Issue-01, July 2024

Vol.01, Issue-01, July 2024

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Abstract

This study investigates the pharmaceutico-analytical properties of Ksheera Bala Taila, a traditional Ayurvedic formulation, and its sevenfold processing (7 Avarti). Ksheera Bala Taila is widely used in Ayurveda for treating neurological disorders such as facial paralysis, sciatica, and hemiplegia. The study aims to explore the physicochemical changes occurring during the sevenfold processing and to establish standard parameters for quality control. The analysis revealed significant changes in the physicochemical properties of the oil, enhancing its therapeutic efficacy with each successive processing cycle. These findings contribute to the standardization and scientific validation of Ayurvedic formulations.

Keywords

Ksheera Bala Taila, 7 Avarti, Ayurvedic Pharmaceutics, Sneha Kalpana, Physicochemical Analysis, Vata Vyadhi.

Introduction

Sneha Kalpanas, or lipid-based formulations, are unique to Ayurvedic medicine, using fats such as Ghrita (ghee) and Taila (oil) as base materials. These formulations are central to Panchakarma therapies and are used for both external application and internal consumption, particularly in treating Vataja Rogas (neurological disorders). Among these, Ksheera Bala Taila is recognized for its efficacy in treating conditions like facial paralysis, sciatica, and hemiplegia. The formulation involves the use of Bala (Sida cordifolia), Ksheera (cow's milk), and Til Taila (sesame oil). The study focuses on the sevenfold processing of Ksheera Bala Taila (7 Avarti), a procedure believed to potentiate the oil's therapeutic effects. This research aims to provide a detailed pharmaceutico-analytical study of Ksheera Bala Taila and its 7 Avarti to support its traditional uses with scientific evidence.

Materials and Methods

The study was conducted in the Department of Rasa Shastra & Bhaishajya Kalpana, V.Y.D.S. Ayurved Mahavidyalaya, Khurja. Ksheera Bala Taila and its 7 Avarti were prepared according to classical Ayurvedic texts, with three batches prepared for consistency. The materials used included Bala (Sida cordifolia) root, cow's milk, and sesame oil. Analytical methods included organoleptic evaluation, physicochemical analysis (such as acid value, saponification value, and iodine value), and mass spectrometry to assess the molecular composition of the oil after each Avarti (processing cycle).

Results

ISSN – 3048-8621
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The study observed significant changes in the physicochemical properties of Ksheera Bala Taila with each successive Avarti. The acid value and saponification value showed a gradual increase, indicating enhanced potency and stability. Mass spectrometry revealed a progressive concentration of active constituents, correlating with the increased efficacy observed in clinical use. The specific gravity and viscosity of the oil also increased, which may contribute to its enhanced therapeutic effects.

Discussion

The findings of this study suggest that the sevenfold processing of Ksheera Bala Taila significantly alters its physicochemical properties, potentially enhancing its therapeutic efficacy. The increase in acid and saponification values suggests a higher concentration of fatty acids and other active compounds, which may explain the formulation's effectiveness in treating Vata Vyadhi. These results align with the traditional Ayurvedic belief that multiple processing cycles potentiate the oil, making it more effective in smaller doses and for quicker absorption. The study provides a scientific basis for the traditional use of Ksheera Bala Taila in Ayurveda, supporting its role in treating neurological disorders.

Conclusion

This pharmaceutico-analytical study confirms that the sevenfold processing of Ksheera Bala Taila enhances its physicochemical properties, thereby increasing its therapeutic potential. The results provide essential data for the standardization and quality control of Ayurvedic formulations, ensuring their efficacy and safety in clinical practice.