

A REVIEW ON DHATURADYA TAILA AND ITS CONTENTS

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ABSTRACT

Medicated *taila* (oil) is one of the big administration forms generally referred to in Ayurvedic Pharmaceuticals. Four forms of *sneha* are described in Ayurvedic literature. These are *ghrita*, *taila*, *vasa*, and *majja*. Among these *taila* (medicated oil) and *ghrita* (medicated ghee) are more popular in therapeutic uses. *Taila murchana* is the initial step in the preparation of medicated oil and is carried out to enhance the therapeutic efficacy of the oil by removing unpleasant odor and eliminating ama *doṣha*. Medicated *taila* is useful for both *bahya* (external) and *abhyantara* (internal) therapeutic applications. These formulations are prepared by processing oil with prescribed herbal *kaṣhaya* (decoctions) and *kalka* (pastes) according to classical methods. This process ensures absorption of the active therapeutic properties of the ingredients used. *Dhaturadya taila* is a classical formulation described in *Bhavaprakasa samhita* under *Vatarakta chikitsa* and is indicated specifically for the management of *Vatarakta*. Due to its natural composition, medicated *taila* has better therapeutic efficacy, stability, and shelf life compared to synthetic oils. The oil medium allows both water-soluble and fat-soluble constituents to be effectively incorporated, enhancing bioavailability and therapeutic action. Thus, *Dhaturadya taila* plays an important role in relieving pain, reducing inflammation, and improving joint function in patients of *Vatarakta*.

KEYWORDS: *Dhaturadya taila*, *Vatarakta*, external application, joint pain.

INTRODUCTION

Ayurveda is one of the oldest systems of medicine in India and has been practiced since the Vedic period. Classical Ayurvedic texts describe many medicinal preparations used by ancient physicians to treat various diseases. Among these, *Sneha Kalpana* (medicated oil preparations) is an important dosage form widely used in Ayurvedic pharmaceuticals.

Dhaturadya Taila is a classical medicated oil preparation in which *Tila taila* (sesame oil) is used as the base oil. *Tila taila* is beneficial for the skin and joints and has good skin-penetrating properties. It contains vitamin E, which provides antioxidant action, and is rich in minerals such as calcium, zinc, copper, and iron. Calcium and zinc

support bone health, while copper helps reduce pain and inflammation in conditions like arthritis and gout.

Due to its *Vata-shamaka* properties, *Tila taila* is considered one of the best oils for *Vata*-related disorders such as arthritis, rheumatism, and joint swelling¹. *Dhaturadya Taila* is indicated for the treatment of *Vatarakta*. *Vatarakta* is a disease caused by the vitiation of both *vata doṣha* and *rakta dhatu*. In this condition, aggravated *vata* becomes obstructed by vitiated *rakta*, leading to further aggravation of *vata* and producing the characteristic symptoms of *Vatarakta*.

REVIEW OF LITERATURE

Classical reference of this formulation is from *Bhav Prakash (Laghutrayee)* of *Bhav Mishra Vataraktadhikar* (29/148).^[2]

The ingredients of *Dhaturadya taila* are as follows

1. *Dhatūra*
2. *Apamarga*
3. *Manakanda*
4. *Lavang*
5. *Saindhav Lavana*
6. *Rala*
7. *Tila taila*

According to *Bhavmishra*, preparation of *Dhaturadya Taila* by processing *Tila taila* with a *kwatha* prepared

from the *bhasma* of *Dhatūra*, *Apamarga*, and *Maṇḍakanda*, along with *kalka* of *Lavaṅga*, *Saindhava Lavana*, and *Rala*, to obtain the medicated oil.

Method of Preparation of Dhaturadya taila

Step 1 – Bhasma nirmana - *Bhasma* is prepared from *Dhatūra*, *Apamarga*, *Manakanda*.

Step 2 – Kwath nirmana - Prepared from the *bhasma* of *Dhatūra*, *Apamarga*, and *Maṇḍakanda*

Step 3 – Kalka nirmana - *Lavang*, *saindhav lavana* and *rala* are mixed with small quantity of water by *mardana karma* and *kalka* is made.

Step 4 – Taila paka - This *kalka* is added in *kwath* and cooked it with *tila taila* and used properly by local application on affected area of body twice a day.

Table 1: List of The Ingredients of Dhaturadya Taila.

| S.no. | INGREDIENTS | BOTANICAL NAME | FAMILY | GANNA | PARTS USED | CLASSICAL NAMES |
|-------|------------------------|----------------------------|------------------|-----------------------------------|------------------------|--|
| 1 | <i>Dhatūra</i> | <i>Datura metel</i> | Solanaceae | - | Seed, Moola, Patra | <i>Unmatta, devata, madana</i> |
| 2 | <i>Apamarga</i> | <i>Achyranthes aspera</i> | Amaranthaceae | Shirovirechana, krimighna, arkadi | Panchang, seed, kshara | <i>Shikhri, kinihi, pratyakpushpi</i> |
| 3 | <i>Manakanda</i> | <i>Alocasia indica</i> | Araceae | - | Kanda | <i>Manak, Mahapatra, gajakarni</i> |
| 4 | <i>Lavanga</i> | <i>Syzygium aromaticum</i> | Myrtaceae | - | Pushpa | <i>Devkusum</i> |
| 5 | <i>Saindhav Lavana</i> | Sodium chloride | - | - | Lavana | <i>Namak</i> |
| 6 | <i>Rala</i> | <i>Shorea robusta</i> | Dipterocarpaceae | Vedanasthapa-na, salsaradi gana | Niryasa | <i>Salniryasa, sarjarasa, yakshadhoopa</i> |
| 7 | <i>Tila taila</i> | <i>Sesamum indicum</i> | Pedaliaceae | - | Root, leaf, seed, oil | <i>Tila</i> |

Table 2: Properties of Dhaturadya Taila Ingredients.

| S.no. | INGREDIENTS | RASA | GUNA | VEERYA | VIPAKA | DOSHAKARMATA |
|-------|---------------------------------------|--------------------------------------|--------------------------------|---------------|----------------|--|
| 1 | <i>Dhatūra</i> ^[3] | <i>Kashaya, Madhura, Tikta</i> | <i>Guru</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kapha-Vatashamaka</i> |
| 2 | <i>Apamarga</i> ^[4] | <i>Katu, Tikta</i> | <i>Laghu, Ruksha, Tikshna</i> | <i>Ushna</i> | <i>Katu</i> | <i>Kapha- Vatashamaka</i> |
| 3 | <i>Manakanda</i> ^[5] | <i>Madhura</i> | <i>Guru, Snigdha</i> | <i>Sheeta</i> | <i>Madhura</i> | <i>Vata- Pittahara</i> |
| 4 | <i>Lavanga</i> ^[6] | <i>Katu, Tikta</i> | <i>Laghu, Snigdha</i> | <i>Sheeta</i> | <i>Katu</i> | <i>Kapha-Vatashamaka</i> |
| 5 | <i>Saindhav Lavana</i> ^[7] | <i>Madhura</i> | <i>Laghu, Snigdha, Tikshna</i> | <i>Sheeta</i> | <i>Katu</i> | <i>Tridosahara</i> |
| 6 | <i>Rala</i> ^[8] | <i>Kashaya</i> | <i>Ruksha</i> | <i>Sheeta</i> | <i>Katu</i> | <i>Kapha-Pittashamana</i> |
| 7 | <i>Tila taila</i> ^[9] | <i>Madhura, Katu, Tikta, Kashaya</i> | <i>Guru, Snigdha</i> | <i>Ushna</i> | <i>Vipaka</i> | <i>Vatashamaka, Kapha-pittashamaka</i> |

DESCRIPTION OF ACTION OF EACH DRUGS**DHATURA**

Rogagnata- *Jwar, Kushtha, YukaLiksha-Nashaka, Kandu, Krami, Vishahara, Kasa, Shwasa, Shothahara.*

Karma- *Madaka, Varnya, Deepana, Vranaropana, Kramighna, Vishaghna, Vedanasthapanana.*

Chemical Constituents- Alkaloids Hyoscine, Atropine.

Pharmacological and clinical study of Dhatura^[10]- Alkaloid hyoscine is parasympatholytic with anticholinergic and central nervous system depressant effect. It is used in cerebral excitement, asthma, cough.

Actions and Uses

- Atropine and hyoscine block the acetylcholine receptor and produces sympathomimetic or parasympatholytic actions.
- CNS stimulant in early phase but later CNS depression occurs, especially of the respiratory center.
- Vagolytic action resulting in stimulation of the heart.
- Asthma Treatment: The leaves are sometimes smoked for their bronchodilator effects to relieve asthma symptoms.
- Pain Relief: Applied topically in poultices or ointments to alleviate pain from neuralgia, rheumatism, and other conditions.
- Antispasmodic: Used to treat muscle spasms and cramps.
- Sedative: In small doses, it can have a sedative effect.

APAMARGA

Rogaghnata- *Vamana, Meda, Hradaroga, Aadhmana, Arsha, Kandu, Shoola, Udar roga, Apachinashaka.*

Karma- *Saraka, Deepana, Pachana, Rochaka.*

Chemical Constituents- Betaine, Achyranthine, Hentriacontane, Ecdysterone; achyranthes saponins A,B,C,D.

Pharmacological and clinical study of Apamarga^[11]

Antimicrobial, Antifungal, Anticancerous activity, Immunostimulant, Analgesic, Antipyretic activity, Anti-inflammatory.

Actions and Uses

- Anti-arthritis activity of Achyranthine from *A. aspera* has been reported. Ethanolic plant extract has shown antiarthritic activity. The plants efficacy in rheumatoid arthritis was also reported.
- *Apamarga* is a *vata shamak* and *shoolaghna* due to it being *Ushnavirya*.
- Due to improper diet *Shoola, Daha, Gulma* arise in which *Apamarg* powder is used.
- *Katu-Tikta rasa* and *ushnata* cause *Deepana-pachana* and *Vata anulomana*.

MANAKANDA

Rogaghnata- *Shotha, Arsha, Raktapitta, Vibandha, Mootrakrachha.*

Karma- *Shothahara*

Chemical Constituents- All parts of the plant contain Cyanogenic principle, a mixture of triglochinin and iso-triglochinin. The tubers contain sterols and high concentration of soluble oxalates.

Pharmacological and clinical study of Manakanda^[12]

Anti-helminthic, anti inflammatory, analgesic, Diuretic activity.

Therapeutic Uses - Anti-inflammatory activity due to bioactive phytoconstituents. Helps in urinary disorders and fluid retention.

LAVANGA

Rogaghnata- *Trasha, Chhardi, Aadhmana, Shoola, Kasa, Shwasa, Hikka, Kshaya*

Karma- *Rochana, Deepana, Pachana, Netrya*

Chemical Constituents- Volatile oil – eugenol, tannin (gallatonic acid), resin, Chromone, Eugenin, Carophyllene (Similar as Phytosterol).

Pharmacological and clinical study of Lavanga^[13]

Antiseptic, Carminative, anti- microbial, Anti-carcinogenic, Anti- oxidant, Anti-Bacterial.

Therapeutic Uses – *Asradoshnuta (raktavikara) Shool, Aanah, Kapha, Shwasha, Kasa, Chardi, ChayaChata, Trisha, Aadhamana, Visha, Pinasa, Jwara, Udarshoola, Grahani, Agnimandhya, Amlapitta, Hikka.*

SAINDHAV LAVANA

Rogaghnata- *Shotha, Vatavyadhi.*

Karma- *Kledana, Rochana, Pachana, Bhedana, Raktaprapakapa, Chhedana, Kaphanisharaka, Sukraghna, Mootrala, Swedajanana.*

Chemical Constituents

Sodium Chloride (NaCl) – 97.6% w/w

Sodium Bicarbonate (NaHCO₃) - 0.07% w/w

Insoluble issue - 0.031 % w/w

Additionally, contains minor amounts of Magnesium Chloride, Calcium Chloride and Calcium Sulfate.

Pharmacological and clinical study of saindhav lavana^[14] – Antioxidant, anti inflammatory.**Therapeutic Uses**

Deep tissue penetration, reduce dryness, improve circulation, relieves pain.

RALA

Rogaghnata- *Bhagna, Visharoga, Kushtha, Prameha, Vrana, Yoniroga, Karnaroga, Atisara, Dagdhavrana, Raktapitta, Kandu, Shoola, Raktavikara, Visarpa.*

Karma- *Kramighna, Stambhana, Vranaropana, Sandhaniya, Vrana, Kandughna.*

Chemical Constituents

Flavonoids, saponins, steroids, tannins, phenols etc mainly tri-terpenoids which plays the prominent role for their therapeutic potential.

Pharmacological and clinical study of Rala^[15]

Analgesic, anti inflammatory, Immunomodulatory activity, antibacterial, wound healing activity.

Therapeutic Uses – *Bhagnasandhankrata, Grahi, Karnarogahara, swedahara, Sphotahara, Kandunashana.*

TILA TAILA

Rogagnata- *Vatashula, Amavata, Indralupta, Vrana.*

Karma- *Snehana, Sandhaniya, Vranashodhana, Vranaropana, Keshya, Medhya, Rasayana, Shulaprashamana, Balya, Vrishya.*

Chemical Constituents- Neutral lipids, glycolipids and phospholipids, arginine, cystine, histidin, isoleucine, leucine, lysine, methionine, threonine, tryptophan, tyrosine, ualine, a & β -globuline, folic acid.

Pharmacological and clinical study of Tila taila^[16] - Cholesterolemic, antioxidant.

Therapeutic Uses- The seeds are astringent, emollient, demulcent, aphrodisiac, laxative, galactogogue, digestive, hair-restorer, emmenagogue and tonic. They are useful in haemorrhoids, ulcers, buns, dysentery, diarrhea, polyuria, amenorrhea, baldness, strangury, dermatopathy, migraine, alopecia and obesity.

DISCUSSION

Together, the ingredients exhibit strong *kandughna, shothahara, krimighna, vranaropana,* and *srotoshodhaka* actions that alleviate localized inflammation, itching, and pain in *Vatarakta*. *Dhatura* and *Apamarga*, possessing *ushna virya* and *tikshna guna*, act as *kapha-vata shamaka* by clearing *srotorodha*, reducing stiffness, and digesting localized *ama*. Pharmacologically, *Dhatura* contains tropane alkaloids (atropine, hyoscyne) that exert analgesic, anticholinergic, and anti-inflammatory effects, while *Apamarga* demonstrates flavonoid-mediated anti-inflammatory and immunomodulatory activity, including suppression of inflammatory edema.

Manakanda, with *sheeta virya* and *madhura vipaka*, provides a stabilizing and tissue-protective effect, balancing the irritant nature of *tikshna* drugs. Experimental findings support its anti-inflammatory and demulcent properties. *Lavanga* enhances local metabolism through *deepana-pachana* action; its active compound eugenol exhibits significant anti-inflammatory, antioxidant, and antimicrobial effects via inhibition of inflammatory mediators.

Saindhava Lavana, due to its *sukshma* and *tikshna* qualities, facilitates tissue penetration and reduces swelling; modern studies attribute to mineral salts an osmotic and permeability-enhancing effect. *Rala* contributes *vranaropana* and *sandhaniya* actions, supported by evidence of anti-inflammatory and wound-healing properties of its triterpenoid-rich resin.

CONCLUSION

Dhaturadya Taila is a classical Ayurvedic formulation indicated in *Vatarakta*, a disorder characterized by *vata-rakta dushti* presenting with pain, inflammation, stiffness, and tissue involvement. The formulation demonstrates a rational integration of Ayurvedic pharmacodynamics and modern pharmacological principles. Its ingredients collectively provide *vedanasthapana* (analgesic), *shothahara* (anti-inflammatory), *kandughna* (anti-pruritic), *vranaropana* (wound-healing), and *srotoshodhaka* (channel-clearing) actions, which are essential in the management of inflammatory joint conditions.

Dhatura and *Apamarga* contribute significant anti-inflammatory and analgesic activity. *Lavanga* and *Rala* provide antimicrobial and tissue-repair effects. *Saindhava Lavana* enhances penetration and reduces swelling and *Tila taila* acts as a *vata-shamaka* base with antioxidant and transdermal carrier properties. The synergistic effect of *ushna, snigdha,* and *tikshna* attributes helps relieve *srotorodha*, reduce *ama*, and restore functional integrity of affected joints.

Thus, *Dhaturadya taila* presents a therapeutically justified and pharmacologically supported external formulation for alleviating pain, inflammation, and functional impairment in *Vatarakta*.

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