

CRITICAL STUDY OF SAHACHAR SIDDHA TAILA FROM CHARAKSAMHITA AND ASHTANG HRUDYAM

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ABSTRACT

This study compares *Sahachar Tail* and *Sahacharadi Taila*, two Ayurvedic medicated oils traditionally used to balance *Vata dosha*. By analyzing their formulations through classical texts like the *Charaka Samhita* and *Ashtanga Hridayam*, it delves into the preparation methods, ingredient compositions, and medicinal properties of each oil. These oils, though similar in their aim to pacify *Vata*, have distinct ingredient profiles that offer unique therapeutic benefits for specific ailments. The study explores how *Sahachar Tail* focuses more on musculoskeletal issues, while *Sahacharadi Taila* has a broader range of applications, including neurological and circulatory disorders.

KEYWORDS: *Sahachar Tail, Sahacharadi Taila, Sahachar, Vata Vyadhi, Charak Samhita, Vedanahara.*

INTRODUCTION

In Ayurveda, the science of life and holistic healing, medicated *taila* play a vital role in balancing the body's three fundamental *doshas*—*Vata*, *Pitta*, and *Kapha*. Each *dosha* governs specific physiological and psychological functions, and an imbalance in any of them can lead to various health issues. Ayurvedic oils are extensively used both externally, through practices such as *Abhyanga* and internally, in treatments like *Nasya* or *Basti*. Among the many formulations designed to target specific *doshas*, *Sahachar Taila* and *Sahacharadi Taila* are renowned for their effectiveness in pacifying *Vata dosha*. *Vata* is responsible for movement, circulation, the nervous system, and mental functions; when it is out of balance, it can lead to conditions such as joint pain, stiffness, neurological disorders, and degenerative diseases.

Sahachar Taila primarily described in the *Charaka Samhita* and *Sahacharadi Taila* in the *Ashtanga Hridayam*. Both *Tailas* contain *Sahachara* (*Barleria prionitis*) as the main herb, but their distinct

formulations result in unique therapeutic effects, targeting different *Vata*- related conditions through tailored combinations of additional ingredients. *Sahachara* is well-known in Ayurveda for its ability to strengthen the muscles, reduce pain, and relieve *Vata*-related issues.

The *Taila* preparation methods, additional ingredients, and therapeutic uses reflect the distinct approaches of these two classical formulations in managing *Vata* disorders. While *Sahachar Taila* tends to focus more on conditions affecting the musculoskeletal system, *Sahacharadi Taila* offers broader therapeutic benefits, including its use in neurological and circulatory disorders. This article delves into the key differences between these two oils by analyzing their preparation methods, their impact on *doshas* and *vyadhi*, and their clinical applications in treating *Vata*-related imbalances.

MATERIAL AND METHOD

Samhita- Charak and *Astang Hrudyam*
Article, Journals

Ingredients and Their properties

1. *Sahachar tail*^[1]

Ingredient	Rasa	Guna	Virya	Vipaka	Therapeutic Action
<i>Sahachara</i>	Tikta, Madhur	Laghu, Ushna	Ushna	Katu	Pacifies <i>Vata</i> and <i>Kapha</i> ,
<i>Tila Taila</i> (Sesame Oil)	Madhur, Kashaya, Tikta	Guru, Snigdha	Ushna	Madhur	Pacifies <i>Vata</i>

<i>Kshira</i> (Milk)	<i>Madhur</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	Pacifies <i>Vata</i> and <i>Pitta</i> ,
<i>Sharkara</i> (Sugar)	<i>Madhur</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	Pacifies <i>Vata</i> and <i>Pitta</i> ,

2. *Sahacharadi taila*^[2]

Ingredient	Rasa	Guna	Virya	Vipaka	Therapeutic action
<i>Sahachara</i>	<i>Tikta, Madhur</i>	<i>Laghu, Ushna</i>	<i>Ushna</i>	<i>Katu</i>	Pacifies <i>Vata</i> and <i>Kapha</i> ,
<i>Tila Taila</i> (Sesame Oil)	<i>Madhur, Kashaya, Tikta</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	Pacifies <i>Vata</i> ,
<i>Sharkara</i> (Sugar)	<i>Madhur</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	Pacifies <i>Vata</i> and <i>Pitta</i>
<i>Tagar</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	Balance <i>Vata</i> and <i>Pitta</i>
<i>Vacha</i>	<i>Katu Tikta</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>	Balance <i>Vata</i>
<i>Shaliparni</i>	<i>Madhur, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	Balance <i>Vata</i> and <i>Pitta</i>
<i>Kushta</i>	<i>Katu</i>	<i>Laghu, Ushna</i>	<i>Ushna</i>	<i>Katu</i>	Balance <i>Vata</i> and <i>Kapha</i>
<i>Devdaru</i>	<i>Tikta, Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	Balance <i>Kapha</i>
<i>Ela</i>	<i>Katu, Madhur</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	Balance <i>Vata</i> and <i>Kapha</i>
<i>Nalada</i>	<i>Tikta, Madhur</i>	<i>Laghu, Rakuha</i>	<i>Sheeta</i>	<i>Katu</i>	Balance <i>Pitta</i>
<i>Shaileya</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	Balance <i>Vata</i>
<i>Shatavha</i>	<i>Katu, Tikta</i>	<i>Tikshna, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	Balance <i>Vata</i>
<i>Rakta Chandana</i>	<i>Tikta, Madhura</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Madhur</i>	Balance <i>Pitta</i>

Drug preparation^[3,4]

1) *Sahachara taila*

The preparation of *Sahachara Taila* follows a systematic approach to ensure the efficacy of its components:

- Kwatha* (Decoction):** *Sahachara* (*Barleria prionotis*) *Kwatha* is taken in a quantity of one *tula*. This decoction serves as the primary medicinal base, extracting the therapeutic properties of the herb.
- Kalka* (Paste):** A paste of *Sahachara* is prepared and measured at 10 *pala*.
- Sneha* (Oil):** The base of the oil consists of *Tila taila* (*Sesamum indicum*) taken at one *adhaka*, combined with *Godugdha* (Cow's milk) in a quantity of four *adhaka*.
- Sharkara* (Sugar):** Finally, *Sharkara* is added in a quantity of 18 *pala*.

The preparation begins by mixing the *Kwatha* and *Kalka*. Next, the *Tilataila* and *Godugdha* are added to the mixture. This combination is then boiled and stirred continuously until all the *drava dravya* evaporates, ensuring that the *Samayak Sneha siddhi lakshana* is achieved. This indicates that the desired consistency, known as *Madhyama Snehapaka*, has been reached, ensuring the oil retains its therapeutic properties.

2) *Sahacharadi taila*

- Kwatha*:** *Sahachara kwatha*, one *tula*.
- Kalka*:** This formulation includes a composite *kalka* with herbs such as-
Tagara (*Valeriana wallichii*), *Vacha* (*Acorus calamus*), *Shaliparni* (*Desmodium gangeticum*), *Kushta* (*Saussurea lappa*),
Devadaru (*Cedrus deodara*),
Sookshma Ela (*Elattaria cardamomum*), *Nalada* (*Vetiveria zizanioidis*),
Shaileya (*Parmelia perlata*), *Shatavha* (*Anethum sowa*),
Raktachandana (*Pterocarpus santalinus*).
Each of these is taken at 10 *pala*.

c) ***Sneha*:** *Tilataila* at one *adhaka*.

d) ***Sharkara*:** *Sugar* at 18 *pala*.

In *Sahacharadi Taila*, instead of *Godugdha*, 10 herbs are added. A *Kwath* and *Kalka* of these herbs are prepared, mixed, and added with *Tila Taila*. The mixture is then boiled, following the same procedure as previously described.

Therapeutic action

1. *Sahachara Taila*^[5]

- Ayushya* (Longevity):** The oil helps prolong life by pacifying *Vata*, which contributes to degeneration and aging.
- Bala* (Strength):** It enhances physical strength, making it suitable for conditions involving muscle weakness, joint pain, and stiffness.
- Varna* (Complexion):** The oil nourishes the skin and improves complexion, combating the dryness and roughness associated with *Vata*.
- Raja Pradoshagna* (Menstrual disorders):** *Sahachara Taila* is effective in treating menstrual issues such as irregular periods or scanty flow, particularly when caused by *Vata* imbalances in the reproductive system.
- Shukra Pradoshagna* (Male infertility):** The oil enhances male fertility by balancing *Shukra dhatu* (semen), effectively improving sperm count and semen quality, especially in cases of reproductive issues or low fertility.
- Apatya Janana* (Fertility):** It enhances fertility, promoting reproductive health in both men and women.

2. *Sahacharadi taila*^[6]

- Vatakundalika*:** Highly effective for treating urinary obstruction and related complications caused by aggravated *Vata*. It helps alleviate symptoms such as difficulty in urination, discomfort, and bladder issues, promoting overall urinary health and reducing

Vata imbalances.

- 2. *Unmada*:** The oil has a soothing effect on the mind, making it effective for *Vata*-induced insanity. It alleviates symptoms such as agitation, anxiety, and restlessness while promoting mental clarity and emotional balance, supporting restful sleep, regulating mood swings, and enhancing cognitive functions for overall well-being.
- 3. *Gulma*: *Sahacharadi Taila*** effectively manages *Gulma* by pacifying *Vata dosha* and improving digestive health. It alleviates symptoms such as abdominal pain, fullness, and gas while supporting detoxification. This holistic approach promotes

balance in the body, contributing to overall health and well-being for those affected by *Gulma*.

- 4. *Vruddhi*: *Sahacharadi Taila*** effectively reduces hernia and abdominal swelling from aggravated *Vata*. It balances *Vata*, relaxes abdominal muscles, alleviates discomfort, and promotes digestion, circulation, and detoxification for overall well-being.
- 5. *Krichhranilamaya (Chronic Vata Disorders)*:** Beneficial in treating *Pakshaghat*, *Gridhrasi*, and *Avabahuka*—conditions involving chronic *Vata* aggravation.

<i>Sahachar Tail</i>	<i>Sahacharadi Tail</i>
<i>Ayushya</i>	-
<i>Bala</i>	-
<i>Varna</i>	-
<i>Raja Pradoshagna</i>	-
<i>Shukra Pradoshagna</i>	-
<i>Apatya Janana</i>	-
-	<i>Vatakundalika</i>
-	<i>Umnad</i>
-	<i>Gulma</i>
-	<i>Vruddhi</i>
-	<i>Krichhranilamaya</i>

RESULT

The analysis of *Sahachar Tail* and *Sahacharadi Taila*

reveals significant differences in their formulation, therapeutic properties, and applications.

<i>Kalpa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Doshaghana</i>	<i>Karma</i>
<i>Sahachar Taila</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Vatapittaghana</i>	<i>Bruhana, Vedanahara, Sooshma Srotogami</i>
<i>Sahacharadi Taila</i>	<i>Tikshna, Ushna</i>	<i>Ushna</i>	<i>Vatakaphaghna</i>	<i>Pachana, Bruhana, Vedanahara</i>

Sahachar Taila is a therapeutic Ayurvedic oil renowned for its ability to treat musculoskeletal and neurological disorders. It has *Guru* and *Snigdha* qualities, making it nourishing and stabilizing for the body. The oil's *Ushna* potency helps pacify *Vata* and *Pitta doshas*, alleviating stiffness, coldness, and pain in joints and muscles. Its actions, including *Bruhana*, *Vedanahara*, and *Sooshma Srotogami*, make it effective for conditions like *Sandhivata*, while enhancing *Ayushya*, *Bala*, and *Varna*.

Conversely, *Sahacharadi Taila* is enriched with additional herbs, providing a broader therapeutic scope. It has *Tikshna* and *Ushna* qualities, allowing it to penetrate deeper into tissues and clear blockages. This oil balances both *Vata* and *Kapha doshas* and is effective in treating diverse health concerns. Its *Pachana* action helps eliminate *Ama*, improving overall health.

Sahacharadi Taila is particularly beneficial for chronic *Vata* disorders such as *Vatakundalika* and *Gridhrasi*. It aids in managing conditions like *Gulma* and *Vruddhi* due to its balancing properties. In summary, while both oils provide vital support for *Vata*-related ailments, *Sahacharadi Taila* offers a wider range of therapeutic benefits, effectively addressing both *Vata* and *Kapha*

imbalances.

DISCUSSION

The preparation methods for both oils involve a careful combination of herbal decoctions, pastes, and oils, culminating in a process that ensures the retention of their therapeutic properties. *Sahachar Tail* employs fewer ingredients, primarily targeting *Vata* disorders, while *Sahacharadi Taila* utilizes a composite *Kalka* of various herbs, enhancing its ability to address a wider array of health concerns.

Sahachar Tail works on the concept of disease pathogenesis, with each therapeutic benefit linked to specific health conditions and their underlying imbalances. For example, *Ayushya* is achieved through the combination of *Sahachara*, *Tila Taila*, *Kshira*, and *Sharkara*. By pacifying *Vata*, which contributes to degeneration and aging, *Sahachar Tail* promotes overall vitality. *Sahachara* possesses *Tikta* and *Madhura Rasa* that detoxify the body, while *Tila Taila* and *Kshira* nourish the *Dhatu*s and promote *Ojas*, supporting longevity. Additionally, *Bala* is enhanced through the nourishing properties of *Tila Taila* and *Kshira*, which build physical strength and stamina, making the oil

suitable for individuals suffering from muscle weakness, joint pain, and stiffness.

The oil also supports improved complexion (*Varna*) through the nourishing and hydrating properties of *Tila Taila* and *Sharkara*, combating the dryness and roughness associated with *Vata* imbalances. Furthermore, *Raja Pradoshagna* and *Shukra Pradoshagna* are addressed effectively, with the calming effects of these ingredients helping to restore balance to the reproductive system and enhance male fertility by nourishing *Shukra Dhatu*.

The ingredients in *Sahacharadi Taila* provide a multifaceted approach to managing various health conditions, particularly *Vatakundalika*, *Umnad*, *Gulma*, *Vruddhi*, and chronic *Vata* diseases. In *Vatakundalika*, *Tagara* and *Vacha* work synergistically to relax the urinary tract, promoting smoother flow and alleviating discomfort associated with urinary obstruction due to increased *Vata* levels. *Shaliparni* supports healthy urinary function, while *Kushta* and *Devadaru* enhance detoxification and reduce inflammation. In *Umnad*, these ingredients, particularly *Tagara* and *Vacha*, contribute to calming the mind, alleviating agitation, and promoting emotional stability. In *Gulma*, the digestive-enhancing properties of *Shaliparni* and *Sookshma Ela* help reduce bloating and discomfort, while *Nalada* offers cooling effects.

In *Vruddhi*, *Tagara* and *Kushta* help reduce swelling and muscle tension. The oil's formulation includes soothing agents like *Raktachandana* to alleviate pain and inflammation. In chronic *Vata* disorders, *Devadaru* and *Shatavha* provide relief from pain and support tissue repair. Overall, the herbs in *Sahacharadi Taila* effectively target underlying imbalances and promote holistic healing, enhancing both physical and mental well-being.

CONCLUSION

The comparative analysis of *Sahachar Tail* and *Sahacharadi Taila* highlights their unique formulations, therapeutic properties, and applications in Ayurvedic medicine. *Sahachar Tail*, with its targeted approach, is specifically designed to pacify *Vata*, making it particularly effective for treating nerve and muscle disorders. Its benefits—such as promoting longevity (*Ayushya*), strength (*Bala*), improved complexion (*Varna*), and reproductive health (*Raja Pradoshagna* and *Shukra Pradoshagna*)—address various health issues like *Sandhivata* and menstrual irregularities.

In contrast, *Sahacharadi Taila* incorporates a wider array of herbs, allowing it to balance both *Vata* and *Kapha*. This broader spectrum enables it to effectively manage complex health conditions, including *Vatakundalika*, *Umnada*, *Gulma*, *Vruddhi*, and chronic *Vata* disorders such as *Pakshaghat* and *Gridhrasi*. The multifaceted

nature of *Sahacharadi Taila* enhances its efficacy in promoting holistic healing, addressing both physical and mental health concerns through its synergistic ingredients.

Overall, both oils exemplify the importance of traditional Ayurvedic practices in addressing specific health imbalances. Future research and clinical studies could further validate their therapeutic effects, facilitating the integration of these formulations into modern healthcare practices and enhancing patient outcomes. By leveraging the unique properties of *SahacharTail* and *Sahacharadi Taila*, practitioners can provide comprehensive care that supports overall well-being and vitality.

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