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A Comprehensive Overview of Bilwadi Taila in the management of vataja Hrudroga

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Abstract: *Bhaishajya Kalpana is the foundation of Ayurvedic therapeutics, transforming raw herbs into effective dosage forms. Taila Kalpana, as a key example, enhances the delivery, absorption, and potency of herbal medicines, making them highly effective for systemic and localized treatment." A lot of medicated Taila preparations are mentioned in ayurvedic classics, Bilwadi taila one among them .It is described in Astanga Hridaya, Chhardi Trishna Hridroga chikitsa, specifically mentioned for vataja hridroga. It is prepared as per classical references using 11 potent herbal ingredients through the processes of Taila Murchana, Kwatha preparation, and oil processing, making it suitable for administration through various routes like Abhyanga, nasya, basti etc. This overview highlights its composition, pharmacological properties, Preparation and its traditional indication in Hrudroga, providing insights for potential management of cardiac disorders."*

Keywords: *Bilwadi taila, taila murchana, vataja hrudroga.*

I. INTRODUCTION

Bhaishajya Kalpana is the cornerstone of Ayurvedic pharmaceuticals, transforming raw herbs into therapeutically potent and safe formulations. Among its various preparations, Taila Kalpana holds a special place due to its ability to extract both lipid-soluble and water soluble active constituents, enhance absorption, and facilitate targeted delivery to specific tissues.

Taila Murchhana is an important procedure which is used to remove Ama and Daurgandhya of Taila. Even though, in Samhitas Taila Murchhana is not mentioned but Bhaishajya Ratnavali specify the Murchhana procedure. Bilwadi Taila¹ is a unique formulation, containing 11 ingredients and has been explained by astanga Hridaya specially for vataja hrudroga chikitsa. It is versatile in administration, suitable for internal consumption (pana), topical applications (abhyanga), nasal administration (nasya), and enema (basti), thereby with its multiple routes of administration, Bilwadi Taila can effectively support the management of Hrudroga."

Despite significant advances in diagnostic and interventional cardiology, modern medicine often focuses on symptomatic relief and mechanical correction rather than addressing the root cause of cardiac disorders. Long-term dependence on synthetic drugs, their adverse effects, and limitations in restoring normal cardiac function highlight the need for a more holistic approach. In this context, Ayurveda offers valuable insights into the prevention and management of Hrudroga (cardiac disorders) through natural and comprehensive therapies. Bilwadi Taila, prepared as per classical Ayurvedic principles, may serve as a potential supportive medicine in cardiac conditions.

II. DETAIL DESCRIPTION OF INGREDIENTS OF BILWADI TAILA

A. BILVA:²

Latin name – Aegle marmelos Family – Rutaceae

Gana: Ch. – Shothahara, Arshoghna, Asthaapanopaga, Anuvaasanopaga.

Su. – Varunaadi, Ambashthaadi, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Fruit, Leaves.

Karma – Kapha-Vata shamaka, Shothahara, Shulahara, Agnivaradhaka, Dipana, Pachana, etc.

Chemical constituents – Marmelosin, marmelide, tannic acid, marmin, alkaloid (skimmianine, haplopine), marmelin, skimming, fatty acids, essential oil, dictamine, etc.

Pharmacological actions - Digestive, Stimulant, Antipyretic, etc.

B. RASNA:³

Latin name – *Pluchea lanceolata* Family – Asteraceae / Compositae

Gana: Ch. – Anuvaasanopaga, Vayasthaapana.

Su. – Arkaadi.

Bh. Pr. Ni. – Haritakyaadi.

Useful part – Rhizome, root, leaves, & whole plant.

Karma – Kapha-Vata shamaka, Shophahara, Shulaghna, Jwaraghna, Pachaka, Vatavyadhihara, etc.

Chemical constituents – Pluchine, betainhydrochloride, β & γ -sitosterol, flavone glycoside, quercetin, isorhamnetin, methyl cinnamate, cineole, resin, pungent, galangin, etc.

Pharmacological actions – Stimulant, Antibacterial, Antimalarial, Anti-inflammatory, etc.

C. YAVA⁴

Latin name- *Hordeum vulgare*. Family- Gramineae

Karma- Sthairyakara, Balya, Bahu Sakratkara, Bahu Vatakara, Slesma Vikarahara, Kasahara, shwasahara.

Chemical composition: It consists of starch, sugars, fats, proteins, vitamins and minerals and soluble dietary fibre as a major component. It also contains polyphenols, caffeic acid, p-coumeric acid, ferulic acid and flavonoides.

D. KOLA⁵

Latin name- *Zizyphus jujuba*. Family- Rhamnaceae

synonyms - karkandu, kola, souvira.

Gana -Ch- hridya, swedopaga, hikkaniagraha, virechanopag, shramahara varga, chardinighrah varga,

Su- nyagrodhadi gana

Bh.pr.ni- amladiphala yarga.

Karma- Vata -pittahara, grahi, ruchikaraka, agnivardhaka, trishnahara. Malabhedaka

Chemical constituents: fruit seed contains carbohydrates, protein, and anthocyanins and leaves contain rutin. The bark of the *Zizyphus jujuba* contains various phytochemicals such as terpenes, alkaloids, tannins, flavonoids, terpenoids, phenolic acids, saponins.

E. KULATTHA⁶

Latin name- *Dolichos biflorus* Family-Leguminosae

Synonyms - Kulatthika peetamudga, druk prasad, surashtraka,

Gana Ch- Svedopagagana,

Su and As - Niruhopaga

Chemical constituents: Genistein, Dalbergioidin, Collidin.

F. DEVADAARU:⁷

Latin name – *Cedrus deodara* Family – Coniferae / or Pinaceae

Gana: Ch.- Stanyashodhana, Anuvaasanopaga.

Su. - Vaatasanshamana.

Bh. Pr. Ni. – Karpuraadi.

Useful part – Bark, heart wood, oil, leaves, resin.

Karma – Kapha-Vata shamaka, Dipana, Krimighna, Kandughna, Shothahara, Vibandhahara, etc.

Chemical constituents- methylacetophenone, Essential sesquiterpenes (α oil, p & β himachalene, himachalol, deodarin, toxifolin, etc.

Pharmacological actions – Analgesic, inflammatory, Antiulcer, Antibacterial, etc.

G. PUNARNAVA:⁸

Latin name – *Boerhavia diffusa* Family – Nyctaginaceae

Gana: Ch. – Kasahara, Vayasthaapana, Swedopaga, Anuvaasanopaga.

Su. – Vidarigandhaadi.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, whole plant

Karma – Pitta-Kapha shamaka, Dipana, shophahara, Shulahara, Bradhahara, etc.

Chemical constituents – Punarnavine (alkaloid), punarnavoside, β -sitosterol, tetracosanoic, hexacosanoic, stearic acid, ursolic acid, myristic acid, asparagine, potassium nitrate, etc.

Pharmacological actions – Diuretic, Anthelmintic, Analgesic, Anti-inflammatory, Hepatoprotective, Immunomodulatory, Antiproliferative, Anti-angiogenic effects, etc.

H. AGNIMANTHA:9

Latin name – Premna mucronate. Family – Verbenaceae

Gana: Ch. – Shothahara, Sheetaprashamana, Anuvaasanopaga.

Su. - Virtarvaadi, Varunaadi, Vaatasanshamana, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Bark, Leaves.

Karma – Kapha-Vata shamaka, Shothahara, Vibandahara, Agnivardhaka, Dipana, etc.

Chemical constituents – Aphelandrine, premnine, botulin, ganikarine, β -sitosterol, palmitic acid, ganiarine, ceryl alcohol, triterpenes, clerodin, polyphenols, clerodendrin A, essential oil etc.

Pharmacological actions -Anthelmintic, Analgesic, Antioxidants etc.

I. SHYONAAKA:10

Latin name – Oroxylum indicum Family – Bignoniaceae

Gana: Ch. – Shothahara, Purish sangrahaniya, Sheetaprashamana, Anuvaasanopaga.

Su. – Virtarvaadi, Rodhraadi, Ambashthaadi, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Bark (stem).

Karma – Kapha- Vata shamaka, Shothahara, Dipana, Bastirogahara, Krimighna, etc.

Chemical constituents – Oroxilin A, chrysin, baicalein, scutellarein, luteolin, aloe-emodin, fatty acids, amino acids, etc.

Pharmacological actions – Antioxidants, Analgesic, Anti-cancer, Anti-inflammatory, Anti-bacterial, etc.

J. PATALA:11

Latin name – Stereospermum suaveolens Family – Bignoniaceae

Gana: Ch. – Shothahara, Prajaasthaapana.

Su. – Aragwadhaadi, Brihatpanchamula.

Bh. Pr. Ni. – Guduchyaadi.

Useful part – Root, Bark.

Karma – Tridosha shamaka, Shothahara, Ruchikara, Shramahara, Dahahara, etc.

Chemical constituents – Lapachol, β -sitosterol, specioside, alkaloids (solasonine, solamargine, solasurine), steriochenoids, etc.

Pharmacological actions – Tonic, Anti-inflammatory, Analgesic, Liver stimulant, Neuroprotective, Antioxidants, Analgesic, Antipyretic, Anti-cancerous etc.

K. GAMBHARI:12

Latin name- Gmelina arborea. Family- Verbenaceae

Synonyms - Shreeparni. Kashmarya phala, Katphala, Peetarohini, Madhuparni. Suphala. Vatahnut

Gana -Ch- Shotbabara, Daha prashamana, Virechanopaga gama.

Su - Sativadi, Brihat panchamula

As -Sarivadi gana.

Bh.pr.ni. -Guduchi gana.

Karma- Tridosha shamal Deepana, Pachana, Medhya

Chemical composition-B-Sitosterol, ceryl alcohol, Gmelinol, Butyric and Tartaric acid, apigenin, premnazole. Arborane, Ardorel.

Isoarborel. Gemelanore, etc.

L. TILA TAILA:13

English name – Sesame oil

Classical division: Taila Varga (Sushruta)

Su: Rasa – Madhura. Anurasa - Tikta, Kashaya

Guna – Agneya, Ushna, Tikshna, Vyavayi, Vikasi, Sukshma, Vishada, Guru, Sara.

Virya – Ushna

Vipaka – Madhura

Karma – Vata shamaka, Brihaniya, Shodhaniya, Krimighna, Shulahara, Balya, Vrishya, Used as Basti to pacify the vitiated Vata dosha, etc.

Chemical constituents – Sesamin, Protein, carbohydrates, minerals, calcium, phosphorus, vitamin A, B, C, etc. Glycerides of higher fatty acids (oleic, palmitic, stearic, rachitic), about 5% olein, sesamol, etc.

Pharmacological actions – Oils are used as soothing agents & Anti-inflammatory action, Antibacterial, Antioxidant, Anti-hypertensive, Anti-tumour, Hepatoprotective, etc.

Table no :1 Rasapanchaka Of Bilwadi Taila

Sr No	Drug Name	Rasa	Guna	Veerya	Vipaka	Doshakarma
1	Bilwa	Kashaya, Tikta	Laghu, Snigdha	Ushna	Katu	K-V shamaka
2	Rasna	Tikta	Guru	Ushna	Katu	K-V shamaka
3	Yava	Madhura, Kaşaya	Ruksa, guru	Sheeta	Madhura	V kar &K shamaka
4	Kola	madhura, amla, kashaya	picchila, guru, snighda	Sheeta	Madhura	V-P shamaka
5	Devdaru	Tikta, Katu, Kashaya	Laghu, Snigdha	Ushna	Katu	K-V shamaka
6	Punarnava	Katu, Kashaya	Laghu, Ruksha	Ushna	Katu	K-V shamaka
7	Kulattha	Kashaya	Laghu, Ruksha	Ushna	Katu	K-V shamaka
8	Agnimantha	Tikta, Kashaya, Katu, Madhura	Laghu, Ruksha	Ushna	Katu	K-V shamaka
9	Shyonaka	Tikta, Kashaya, Katu, Madhura	Laghu, Ruksha	Ushna	Katu	K-V shamaka
10	Patala	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Tridosha shamaka
11	Gambhari	Tikta, Kashaya, Madhura	Guru	Ushna	Katu	Tridosha shamaka
Sneha Dravya						
12	Tila taila	Madhura ,Tikta,Kashaya	Guru ,Snigdha	Ushna	Madhura	Vata shamaka

Table 2: Rasapanchaka of Murchhana Dravya.

Sr No	Drug name	Rasa	Guna	Veerya	Vipaka	Doshakarma
1	Manjishtha	Kashaya, Tikta,	Guru, Ruksha	Ushna	Katu	P-K shamaka
2	Haridra	Tikta, Katu	Ruksha Laghu	Ushna	Katu	P-K shamaka

3	Lodhra	Kashaya	Ruksha	Sheeta	Katu	P-K shamaka
4	Musta	Katu, Tikta, Kashaya	Ruksha Laghu	Sheeta	Katu	P-K shamaka
5	Nalika	Kashaya, Tikta	Laghu, Snigdha, Pichchhila	Sheeta	Madhura	P-K shamaka
6	Amalaki	Pancharasa, Amlapradhan	Ruksha, Laghu, sara	Sheeta	Madhura	Tridosha shamaka (esp.-P shamaka)
7	Bibhitaki	Katu, Tikta, kashaya	Ruksha, Laghu,	Ushna	Katu	Tridosha shamaka (esp.-K shamaka)
8	Haritaki	Pancharasa Kashaya pradhana	Ruksha, Laghu,	Ushna	Madhura	Tridosha shamaka (esp.K shamaka)
9	Vatankura	Kashaya	Guru, Ruksha	Sheeta	Katu	P-K shamaka
10	Hribera	Tikta, Kashaya, Madhura	Ruksha, Laghu,	Sheeta	Madhura	P-K shamaka
11	Suchipushpa	Tikta, Madhura, katu	Laghu, Snigdha	Ushna	Katu	Tridosha shamaka

III. DISCUSSION

- 1) Bilwadi taila mentioned in ashtang hrudaya in context of vataja hrudroga contains eleven herbs processed in a medicated oil base, combining both Sneha (unctuous) and Ushna (warm) properties that help pacify aggravated Vata Dosha—the primary pathogenic factor in Vataja Hridroga.
- 2) Bilwa moola Kashaya with bruhat panchamoola Kashaya act as vataja hrudroga hara .
- 3) Research ativity shows differrent phytochemicals like terpenoids, tannins, flavonoids and steroids are responsible for antioxidant activity.¹⁴ Methanolic extract of Bilva root bark (100 µg/ml) reduced heart rate up to 50% showing cardiotoxic activity.¹⁵ Linear furanocoumarin (marmesin) in Bilva reduces lipid peroxidation.¹⁶ Leaf extract effective against cardiac marker enzymes in isoproterenol-induced myocardial infarction rats.¹⁷ Cardiotoxic activity of bilwa has experimented on isolated frog heart assembly with different dilution of bilwa extract.¹⁸
- 4) Rasna is best drug for vataja disorder¹⁹
- 5) 100% and 80% methanolic seed extracts of barley varieties showed strong antioxidant activity.²⁰
- 6) Polysaccharides from Ziziphus jujuba show hypolipidemic effect.²¹ Ziziphus jujuba has been found to stimulate nitric oxide release in vitro in cultured endothelial cell and in vivo, in the kidney tissue of rat.²² A neolignan as isolated from a mauritian a leaves was found to increase the release of endogeneous prostaglandin 12 (most potent natural inhibitor of platelet aggregation yet discovered and a powerful vasodilator) from rat aorta by upto 25.3%. at 3mg/ml.²³
- 7) Cardiac stimulant activity of stem bark and stem wood of P.integrifolia was evaluated by using Isolated frog heart perfusion technique. Cardioprotective effect of ethanol extract of stem. bark and stem wood were tested on isoproterenol induced experimental myocardial infarction in rats.²⁴
- 8) Research studies on Oroxyllum indicum (Shyonaka) show significant anti-inflammatory activity. The root bark exhibits cardioprotective effects in doxorubicin-induced cardiac damage by restoring redox balance. The methanolic extract normalizes ECG changes, including ST-segment depression and QRS complex alterations in rats. Additionally, its extracts inhibit lipid accumulation and lipase activity in adipocytes, indicating potential benefits in lipid metabolism.²⁵
- 9) Aqueous extract of Gmelina arborea used in treatment of hypertension in Wistar rats.²⁶
- 10) In Ayurveda, drugs act on the body in specific ways, and Vichitrapratyarbhdha refers to a special or unusual pharmacological effect that is different from the expected general action of a drug. Often used in complex formulations (Samskarita Dravya).²⁷
- 11) In Bilwadi Taila, individually ingredients have certain properties, but together, the taila shows a peculiar action on Vataja Hridroga, which is a Vichitrapratyarbhdha effect.
- 12) Its versatile routes of administration are Nasya (nasal route), paana (internal intake) and Basti (enema)—allow systemic and localized therapeutic effects. The lipid base facilitates lipophilic drug absorption, influencing the Sira-Snayu-Marma (vascular, muscular, and vital points) related to cardiac function.

IV. CONCLUSION

Bilwadi Taila is a classical Ayurvedic oil formulation with potent Vata-pacifying and Hridya properties. Through proper processing of Murchita Taila, with bilwadi kalka, it delivers targeted therapeutic effects on the heart. Regular use can strengthen cardiac tissues, improve circulation, and alleviate symptoms of Vataja Hridroga, making it a valuable intervention in the management of Vata-related cardiac disorders.

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