



A KANAKA TAILA – A WONDER DRUG FOR SKIN W.S.R TO VYANGA (MELASMA)

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ABSTRACT – Background: As our skin represents our outward appearance to the world, unsightly blemishes or lesions can have a significant impact on a person's self esteem despite their small size. The first and foremost reflection of the person is face and any disfigurement or scars of the face have a high impact on social and individual personality. Beauty has been admired since time immemorial. In the present day, each and everyone is beauty conscious. In Ayurveda, skin diseases are included under the heading of *Kustha* and *Kshudra roga*. *Vyanga* is one among the *Kshudra roga*. Even though *Vyanga* is a *Kshudra roga*, it produces a great misery for the person due to the dark discoloration of the skin over face. *Nasya* is indicated in *vyanga chikitsa* by *Acharya Charaka*. *Kanakataila* is a *Sneha kalpana* mentioned in the context of *Kshudrarogadhikara* in *Bhaishajya Ratnavali*. which is beneficial in relieving the excess pitta and gives *mukha kantikar* effect". **Aims and Objectives:** To prepare *Kanaka Taila* as per classical reference mentioned in *Bhaishajya Ratnavali*. **Methodology:** The preparation of *Kanaka Taila* was done as per the reference given in *Bhaishajya Ratnavali*. **Conclusion:** *Kanaka taila* can be widely advised for *Nasya* as it can be easily prepared and is proven to be effective in *Vyanga*.

KEYWORDS: *Nasya, Kanaka taila, Vyanga, Kshudra roga*.

INTRODUCTION – The concept of beauty (*saundarya*) is gaining more and more attraction globally. Where skin (*Twacha*) is reflection of our healthy being. Any vitiation in *doshas* leads to deterioration of health and eventually it reflects on one's smooth and glowing complexion of face increases the beauty of person and gives self confidence.⁽¹⁾ Whereas pigmentary disorders, acne greatly affects self-esteem of a person. . The importance of Beauty and Personality is increasing nowadays as it is a competitive era. *Vyanga* is one of the skin disorder explained by *aacharya Sushruta* under *Kshudra roga*.⁽²⁾ *vyanga* lies under the *Lohita Twacha* by *Sushruta*.⁽³⁾ It is characterized by a presence of *Niruja* (painless), *Tanu* (thin), *Shyava varna mandala* (bluish black patches) on face.⁽⁴⁾ Which occurs due to vitiation of *vata*, *pitta* followed by *rakta*.⁽⁵⁾

Among the *panchakarma*, *Nasya* is one indicated in *vyanga chikitsa* by *acharya Charaka*.⁽⁶⁾ *Aacharya Vagbhata* has advised *shamana* type of *nasya* in *nilika*, *vyanga*, *keshadosha*, *Akshiraji*, *Raktapitta*⁽⁷⁾

Kanakataila⁽⁸⁾ is a *Sneha kalpana* mentioned in the context of *Kshudrarogadhikara* in *Bhaishajya Ratnavali*. which is beneficial in relieving the excess *pitta* and gives *mukha kantikar* effect”

AIMS AND OBJECTIVES –

To prepare *kanaka taila* according to classical reference of *Bhaishajya ratnavali*.

METHODOLOGY –

Kanaka taila was prepared as per classical reference mentioned in *kshudra rogadhikara* in *Bhaishajya Ratnavali*. The raw drugs for preparation of *kanaka taila* was procured from local market of Mumbai. The ingredients mentioned for preparation of *kanaka taila* are *Yashtimadhu kwatha*, *Kalka* of *Manjishtha*, *Priyangu phoola*, *Raktachandana*, *Nagkeshara*, *Utpala* and *Til taila* is taken as a base.

TABLE NO. 1 Ingredients of Kanaka Taila

Sr. No.	Name of Ingredients	Quantity taken
1	<i>Yashtimadhu Kashaya</i>	2 lit.
2	<i>Manjishtha</i>	25gm
3	<i>Priyangu</i>	25gm
4	<i>Raktachandana</i>	25gm
5	<i>Nagkeshara</i>	25gm
6	<i>Utpala</i>	25gm
7	<i>Tila Taila</i>	1lit.

PREPARATION OF KANAKA TAILA –

The preparation of *kanaka taila* has been carried out in four stages.

1. Preparation of *Choorna* :

All five ingredients of *kalka* procured from the market. Weighed and powdered using a mixer grinder. Obtained fine powder, *choorna* was sieved through sieve no. 85

2. Preparation of *kalka*:

The fine *choorna* of all the five ingredients mixed with water and grinded in *khalva yantra* to attain consistency of *kalka*.

3. Preparation of *Yashtimadhu kwatha* :

Yashtimadhu kwatha was prepared adding 8 litre of water to 1kg of *Yashtimadhu bharad*. *Kwatha* was prepared on *mandagni* and reducing upto ¼ quantity of water (2 litre). After reducing it was filtered through a clean cotton cloth.

4. *Snehapaka Vidhi* :

Steel vessel was taken for preparation of *taila*. *Taila* was heated on *mandagni* till the fumes starts appearing. Heating was stopped for a while.

After that *kalka* , *yashtimadhu kwatha* was added to the *taila*. Boiling and stirring is continued to prevent charring of *Kalka Dravyas*. The process of *Tailapaka* is completed within two days as per the reference of *Vaidakiya Paribhasha Pradeepa*⁽⁹⁾. Heating is continued till it attains *Sneha siddhi lakshanas*⁽¹⁰⁾. After attainment of *madhyam paka* and *Sneha siddhi lakshanas* heating is discontinued. *Taila* is then filtered using a clean cotton cloth and stored in an air tight container.

PRECAUTIONS:

1. Use finely powder *choorna* for *kalka* preparation for easy assessment of *paka*.
2. Maintenance of *Mandagni* and continuous stirring to prevent burning of *kalka*.
3. Care should be taken during assessment of *Siddhilakshanas* of *snehapaka* to prevent *taila* from attaining the *khara paka*.

Pictures of preparation of *Kanaka taila*

Yashtimadhu Bharad



Kalka dravya



Preparation of *Kanakataila*



Kanakataila

DISCUSSION : During preparation it was observed that after boiling for 7 hours the consistency of *Taila* became similar to that of an emulsion with thick consistency. On attaining *Madhyama paka*, all *siddhi lakshanas* could be appreciated. The end product obtained was 1L of *Kanaka Taila*. Loss of *Taila* is 0%. Probable mode of action of the *dravya* can be understood on the basis of the *Rasapanchaka* of the ingredients which is tabulated table 2.

Table 2: Rasapanchaka of the ingredients of Kanaka taila

Sr. No.	Name of Ingredients	Rasa	Guna	Vipaka	Virya	Karma
1	<i>Yashtimadhu</i> ⁽¹¹⁾	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vatapittaghna</i>
2	<i>Priyangu</i> ⁽¹²⁾	<i>Tikta, Kashaya, Madhura</i>	<i>Guru, Snigdha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kaphapittaghna</i>
3	<i>Manjishtha</i> ⁽¹³⁾	<i>Madhura, Tikta, Kashaya</i>	<i>Guru, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavataghna</i>
4	<i>Raktachandana</i> ⁽¹⁴⁾	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Vatapittaghna</i>
5	<i>Utpala</i> ⁽¹⁵⁾	<i>Kashaya, Madhura, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Kaphapittaghna</i>
6	<i>Nagkeshara</i> ⁽¹⁶⁾	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphapittaghna</i>
7	<i>Tila Taila</i> ⁽¹⁷⁾	<i>Madhura, Kashaya, Katu, Tikta</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vataghna</i>

Clear description of Mode of action of *nasya karma* was not available in classical texts. *Acharya charaka* has mentioned, *nasa* is the gateway of *shirah*. When the drug is administered through the nose as *nasya* reaches to the brain and eliminates only morbid doshas which are responsible for producing disease. After administration of drug, due to irritating effect resulting in an increase of the blood circulation of brain. Hence extra accumulated morbid doshas are expelled out from small blood vessels and ultimately these doshas are excreted by the nasal discharge, tears and by salivation.

CONCLUSION: *Tila taila* is time tested for its *twachya* property. The processing of *Tilataila* with the addition of *Yashtimadhu Kwatha* and *Manjishtha*, *Priyangu phoola*, *Raktachandana*, *Nagkeshara*, *Utpala kalka* will further potentiate the formulation making it a very practicable drug for *vyanga*.

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