LITERARY REVIEW OF ANU TAILA NASYA

Dalvi PD*, Kulkarni MS2, Jadhav SP3

1 Associate Professor, Dept. of Swasthavritta, R.A. Podar Medical College (Ayu.) Worli, Mumbai 4000018, Maharashtra, India
2HOD, Dept. of Swasthavritta, Dr. D.Y. Patil College of Ayurveda, Pimpari, Pune, Maharashtra, India
3Assistant Professor, Dept. of Kayachikitsa, Y.A.C.P.G.T.& R.C. Kodoli, Kolhapur, Maharashtra, India

Received 31-01-2015; Revised 28-02-2015; Accepted 27-03-2015

*Corresponding Author: Vd. Sujata P. Jadhav
B-13, Priyadarshani Hsg.Soc., Unchagaon, Kolhapur. 416005 Tel: 09404956429

ABSTRACT

Anutaila is a very ancient Ayurvedic preparation which is commonly used for Nasya karma i.e. errhines. This Article refers at Anutaila, its use, method of preparation, characteristic, probable mode of action and recent works on Anutaila. The process of Anutaila preparation is repeated ten times to obtain finally prepared drug. Thus it may be an ancient example of potantisation. Anutaila contents more than 25 herbs and Goat Milk. It strengthens the neck, shoulder, chest muscles and improves the capacity of sense organs. It delays the aging process and reduces hair fall. Probable mode of action of Anutaila is also discussed.

Keywords: Anutaila, Nasya, Errhines, Anti ageing, Potantisation, Karma.

INTRODUCTION

Ayurvedic pharmaceutics offer a great range of Medicaments. They actually aim at effective potantisation of medicaments with simple methods. Anutaila would be the best example of potantisation among Ayurvedic drugs. This potantisation helps Anutaila to penetrate deepest channels in the body hence it is said, Anushu Tailam Anutailam, Anundriya Srotansi Pravishti Iturtha│Ashtanghridya Sutrasthan 21/38

Anutaila is best used for Nasya Karma. It contains more than 25 herbs which are blended together in the form of decoction. This decoction is slowly infused with sesame oil over a long period of time with the help of controlled heating till the desired quality of oil is obtained. This process is repeated 10 times to have effective potantisation. Aja ksheer (Goat Milk) is also used in the last cycle only. Hence it is said that Anutaila is having property of Mahagunama, sarvottam gunam. (Excellence over other of Oils used for Nasya karma)

Brihat traii sites Anutaila in the context of Nasya many times. Anutaila is described by Charak Samhita at su. 5 /63-70 , Sushrut Samhita in chi. 4 /28 and Ashtanga Hridaya in Su. 20/36-39 . Ashtang sangraha also described 2 types of Anutaila in Su.29 /10-11 and in Anandkand it is cited in Amrutikaran vishranti 18/95-103. These Ayurvedic texts explain Anutaila in different contexts. Charakacharya has explained it in Matrashityadhyaya, Sushrutacharya in Vatavyadhichikitsopakrama, Vagbhatacharya in Nasyaviadihdhyaya, Ashtanga Sangrahakar in Nasyaviadihdhyay and in Anadakanda it is explained in the context of Dincharya (Sudacharrasayanam Dincharya Ashtadashollas).

Constituents of Anutailalam:

<table>
<thead>
<tr>
<th>CHARAK 2</th>
<th>SUSHRUT 3</th>
<th>ASHTANG HRIDAYA 4</th>
<th>ASHTANG SANGRAHA TYPE 1</th>
<th>ANANDKAND 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chandan</td>
<td>Til Taila</td>
<td>Jeevanti</td>
<td>Manjishtha</td>
<td>Jeevanti</td>
</tr>
<tr>
<td>Agru</td>
<td>Water</td>
<td>Sugandhabala</td>
<td>Prapaundrik</td>
<td>Usheer</td>
</tr>
<tr>
<td>Tejpatra</td>
<td>Vataghna Medicines</td>
<td>Devdaru</td>
<td>Jeevak</td>
<td>Tejpatra</td>
</tr>
<tr>
<td>Medicines</td>
<td></td>
<td></td>
<td>Twak</td>
<td></td>
</tr>
</tbody>
</table>
### Method of Preparation of *Anutailam*<sup>8,9,10</sup>:

All herbs were mixed in equal quantity in 100 times of water and it is reduced till 1/10 is remained. Thus decoction is made.

Decoction + 1/10 sesame oil of the decoction, are mixed and boiled till only oil remains

Process is repeated for 9 times more

At 10th time oil and equal quantity of Goat Milk is boiled till only oil remains

---

General contents of *Anutaila* are mentioned in Table No.1. The process of *Anutaila* preparation is explained in flow chart in Table no.2.

The herbs and the method of preparation which are mentioned by Maharshi Charak and Vagbhat are quite similar to each other but Maharshi Sushrut states totally different herbs and the method of preparation. He advises to use the wood of *Kolhu* (manual oil extractor machine) which was in use for long time. He orders to make a fine powder of its wood and boil it in water. One can collect the oil which is accumulated on the surface of water at the end of the process. This oil is used as base for *Anutaila* preparation. This oil will possess the quality to penetrate the *sukshma srotas* i.e. most fine channels.
and can be called as Anutaila. This oil is processed as per the text with the Bhadraradvadhi gana and Anutaila is prepared.

**Properties of Anutaila:**
Regular practice of Anutaila Nasya regains the sharpness of the sense-organs. It strengthens the muscles of neck, shoulders, and chest. It guards against an attack of premature greying of hair and premature appearance of wrinkles on face.

To achieve the benefits of Anutaila, it is used best in Nasya form. Nasya is nasal insufflations of medicated Oil, Decoction or Powder. The Nasal route is the only superior way to treat disease conditions of Upper part of Sternum

The Probable explanation of its action is given below.

Anutaila is Vataghna, Bruhana and Snehan. It is sukshma srotogami. Profuse Secretions occur after administration of Anutaila Nasya. Chest, head, pallet and throat is invaded with Kapha Dosha. Anutaila firstly mobilises the kaphadi doshas from these sthanas and then it acts there as Bruhana. Oil reaches to minute channels and remove all the doshas. The Sneha reaches in the srotasas, Oleation and Strengthening action takes place on ligaments and tendons of upper part of the Body. Thus it is helpful in wray neck, facial palsy, immobilisation of jaw, headache, rinitis, migraine and trembling of neck. It increases the efficiency of Indriyas e.g. Nasa, Karna, Netra. It cures hair fall and prevent premature greying of hair. Regular practice of Anutaila helps avail this benefits as well as clear perception of sense organs and Clarity of voice and facial glow. Moreover disease of the upper part of the body remains no more frequent with the regular use of Anutaila.

According to Charakacharya regular use of Anutaila liquefies the Doshas, extract them from the site without destroying it and ultimately improves efficiency of Indriya. This is because of oleation action on Siras and Kandaras (tendons and ligaments) of shoulders, neck and chest. These parts become Strong.

**REFERENCES**

8. Charak samhita edited by Acharya Trivikrama Yadav and Narayanrao Acharya, Chokhamba Surbharati

**CONCLUSION**

Ayurvedic School of thoughts says Nose is a entrance of the Cranial Cavity, the nasal medicine enters in Shringatak marma and spreads in the cranial cavity, eyes, ears, throat and the property of the body remains no more frequent with the regular use of Anutaila.
13. A Text Book Of Bhaishajya Kalpana by Dr. Ravindra Angadi, Chokhamba Surbharati prakashan Varanasi 2009, Page no.348)

Source of support: Nil, Conflict of interest: None Declared