



Review Article

ANALYSIS OF ACTION OF MADHUTAILIKA VASTI IN VATARAKTA THROUGH ITS CONTENTS

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ABSTRACT

Vatarakta is a *Vatapradhana tridoshaja vyadhi* signifies the association of *Vata* along with *Pitta* and *Rakta dhatu* getting *Sthanasamshraya* at *Kaphasthana*. It is a *Vyadhi* of *Madhyama rogamarga* with *Asthi, Sandhi, Upadhatu's* like *Peshi, Snayu* and *Sira* as target sites. With the greater affection of *Dhatwagni* at different level, the *Samprapti* of the disease progresses to multisystem involvement. This lights the fact that the sites of affection are deep and *Bala* of the *Rogi* is highly diminished in *Vatarakta*. So, a treatment which is capable of dislodging the deep seated *Doshas* and bringing *Bala* to the *Rogi* is found to be appropriate. *Vasti*, by its *Srotosodhana, Vatanulomana* and *Brumhana* property achieves both the goals. *Vasti* cures the disease of all *Doshas* of all the three *Margas* namely *Sakha, Koshta*, and *Marmasthi sandhi* and it completely destroys the vitiated *Vata dosha* by entering in to its *Moolasthan*. Different types of *Vastis* can be used in *Vatarakta* and it is found to be very effective. When the *Bala* of *Vatarakta* patients are taken in to consideration, a *Vasti* which is *Brumhana, Vatashamana, Rakta prasadana* and *Rasayana* is more appropriate. *Madhutailika vasti* is *Snigdha, Mridu*, and *Nirapaaya* satisfies the selection criteria. The aim of this paper is to demonstrate the mode of action of *Madhutailika vasti* with *Madhuyashtyadi taila* in *Vatarakta* by critically analysing the pharmacological properties.

INTRODUCTION

Ayurveda included *Vatarakta* under the spectrum of *Vatavyadhis*. It is considered as a *Vatapradhana tridoshaja vyadhi* with *Rakta* as main *Dushya*. As *Swatantra kopa* is not attributed to *Raktadhatu*, it gets vitiated in association with *Vata pitta kapha* in their own respective *Kala*, and playing a leading role in the *Samprapti*. The vitiated *Rakta* obstructs the *Vata*, cause *Avarana* of *Vata* by *Rakta* and simultaneously vitiates each other and make up the disease. *Samhitas* mentioned several *Ahara, Vihara, Manasika* and *Kalaja bhavas* which contribute to the independent vitiation of *Vata* and *Rakta*. Triggering factors like *Abhighata, Asuddhi* shows the direct involvement of *Raktavaha srotas* with a preceding *Agnimandya*. In *Vatarakta*, the main target sites are *Asthi, Sandhi* and *Upadhatu's* like *Peshi, Snayu* and *Sira*.

The *Vata* and *Rakta* triggered by concerned *Nidana* on their own set off *Sanchaya, Prakopa* and then tends to attain *Vimargagamana* in *Prasara* stage. Next, *Vata* and *Rakta* undergo *Dosha dushya sammurchana* and get *Sthanasamshraya* at *kaphasthana* begins to show the *Purvarupa* of the disease with episodes of exacerbations and remissions. The clear manifestations of symptoms tends to appear in the *Vyakta avastha* where *Vatarakta* can be differentiated in to *Vataja, Pittaja, Kaphaja, Raktaja, Sannipataja, Samsargaja* based on *Dosha* involvement. *Rupa* of *Vatarakta* shows the two level of affection of *Dhatu*s with predictable prognosis. In *Uttana Vatarakta*, *Twak* and *Mamsa* are involved showing symptoms pertains to *Twak* alone. And in *Gambhira vatarakta*, a gradual progress with involvement of all *Dhatu*s were seen. A great vitiation of *Vayu* in *Asthi, Majja, Sandhis* brings about variants of pain, swelling and deformities. In addition, affection of *Uttarottara Dhatu* and *Ojas* leading multiple system involvement. On neglection, the disease progresses to *Bhedavasta* with life threatening complications.

With the greater affection of *Dhatwagni* at different level, the *Samprapti* of the disease progresses

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to multisystem involvement. This lights the fact that the sites of affection are deep and *Bala* of the *Rogi* is highly diminished in *Vatarakta*. So, a treatment which is capable of dislodging the deep seated *Doshas* and bringing *Bala* to the *Rogi* is found to be appropriate. *Vasti*, by its *Srotosodhana*, *Vatanulomana* and *Brumhana* property achieves both the goals.

*Vasti karma* is the most important among *Panchakarma* due to its multiple effects. *Vasti* cures the disease of all *Doshas* of all the three *Margas* namely *Sakha*, *Koshta*, and *Marmasthi sandhi* and it completely destroys the vitiated *Vata dosha* by entering in to its *Moolasthan*, which is responsible for all diseases, thus said to be the *Ardha chikitsa*.<sup>1</sup> *Vasti* is the *Agrya chikitsa* for *Vata*, which alleviates the morbid *Vata* from the root along with the other *Doshas* and in addition to that, it nourishes the body tissues. The *Virya* of *Vasti dravya* at first acts upon *Apana vayu* then on *Samana*, *Vyana*, *Udana* and *Prana* in order. Once the *Vata* attains normalcy, it brings both *Pitta* and *Kapha dosha* to its *Swasthan* and maintains health.<sup>2</sup> Hence, through *Vasti* all the *Doshas* involved in the *Samprapti* are corrected. Different types of *Vastis* can be used in *Vatarakta* and it is found to be very effective. When the *Bala* of *Vatarakta* patients are taken in to consideration, a *Vasti* which is *Brumhana*, *Vatashamana*, *Rakta prasdana* and *Rasayana* is more appropriate.

“*Yasmat madhu cha tailam cha pradhanyena deeyate*” - the type of *Niruha* contains *Madhu* and *Taila* as main ingredient, hence this *Vasti* is named as *Madhutailika vasti*. *Madhutailika vasti* is a *Yapana vasti* with *Mridu*, *Snigdha guna*. *Susruta* has mentioned *Yapana*, *Yuktaratha* and *Siddha vasti* as its *pariyaya*.<sup>3</sup> They are *Nishparihara* and *Nirapada vasti*, particularly indicated in king, the person of such tender nature, the women, the children, old person to remove the morbid *Dosha* and to gain the strength and complexion, indicates its *Mridu* nature.<sup>4</sup> It serves the purpose of *Utkleshana*, *Sodhana* and *Shamana* of *Doshas*. It can be administered continuously for longer periods at regular intervals in *Vatarakta* as the persons affected with this disease are of *Sukumara prakruthi*.

## METHODOLOGY

A detailed critical review was carried out in all available literature as classical *Ayurvedic* books. Review mainly focussed on pharmacological properties of each ingredient as per *Ayurvedic* perspective.

## RESULTS AND DISCUSSION

The pharmacological properties of ingredients of *Madhutailika vasti* including *Rasa*, *Guna*, *Virya*, *Vipaka*, *Doshakarma* are analysed and depicted below:

### Drugs used for *Madhutailika vasti*<sup>5</sup>

*Madhutailika vasti* is prepared using the following ingredients.

**Table 1: Showing ingredients of *Madhutailika vasti***

<i>Saindhava</i>	1 Karsha (12 gm)
<i>Madhu</i>	4.25 Pala (204 ml)
<i>Madhuyashtyadi tailam</i>	4.25 Pala (204 ml)
<i>Satapushpa kalka</i>	½ Pala (24 gm )
<i>Erandamoola kwatha</i>	8.5 Pala (408 ml)

### *Saindhava*

It is the most superior among all varieties of *Lavana*. It is *Agnidipana*, *Rochana*, *Vishyandi* and *Avidahi*. It cures *Netra rogas*, *Vranas*, and *Vibandha*.

English name- Sodium chloride

Synonymn- *Sindhutha*, *Sindhu bhesaja*, *Shiva* etc.

**Table 2: Showing properties of *Saindhava***

<i>Rasa</i>	<i>Madhura</i>
<i>Guna</i>	<i>Sukshma</i> , <i>Laghu</i> , <i>Aruksha</i> , <i>Tikshna</i>
<i>Virya</i>	<i>Anushnaasheeta</i>

### *Madhu*

It has got *Chedaka*, *Vishahara*, *Vrana sandhana*, *Ropana* properties. It has got the property of *Yogavahitwa*, i.e., it can be used with other *Dravyas* without causing alteration to the properties of them. *Purana madhu* is considered as the best for all the purposes.

Latin name- *Mel depuratum*

Synonyms- *Makshika*, *Madhvika*, *Kshoudra*, *Pushparasodbhava*.

**Table 3: Showing properties of *Madhu***

<i>Rasa</i>	<i>Madhura</i>
<i>Guna</i>	<i>Guru</i> , <i>Ruksha</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshakarma</i>	<i>Kaphapitta shamaka</i>

### *Madhuyashtyadi taila*<sup>6</sup>

*Madhuyashtyadi taila* is described in *Ashtanga hridaya chikitsa sthana* in the context of *Vatarakta chikitsa*. This *Yoga* specifically having four ways of administration i.e., for *Pana*, *Nasya*, *Niruha* and *Anuvasana*. It can also be indicated in diseases of *Pitta* origin, burning sensation and *Jwara*.

### Preparation of *Madhuyashtyadi taila*:

4.8 kg of *Madhuyashti* boiled in 19.2 L of water and decoction reduced to 1/4<sup>th</sup> the quantity. To this are added, 3.072 kg of *Taila* and milk and 24 gm each of prescribed *Kalka dravyas* and medicated oil is cooked.

Table 4: Showing ingredients of *Madhuyashtyadi taila*

S.No	Sanskrit name of drug	Botanical name	Family	Part used	Rasa	Guna	Virya	Vipaka	Doshakarma
1.	<i>Yashtimadhu</i> <sup>7</sup>	<i>Glycyrrhiza glabra</i>	Fabaceae	Rhizome	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapittarakta hara
2.	<i>Sthira</i> <sup>8</sup>	<i>Desmodium gangeticum</i>	Fabaceae	Root	Madhura, Tikta	Guru, Snigdha, Sara	Ushna	Madhura	Tridosahara
3.	<i>Tamalaki</i> <sup>9</sup>	<i>Phyllanthus amarus</i>	Euphorbiaceae	Whole plant	Madhura, Tikta, Kashaya	Laghu	Sheeta	Madhura	Kapha pitta raktahara
4.	<i>Murva</i> <sup>10</sup>	<i>Chonemorpha fragrans</i>	Apocyanaceae	Root	Madhura, Tikta	Guru, Sara	Ushna	Katu	Tridosahara
5.	<i>Payasya</i> <sup>11</sup>	<i>Pueraria tuberosa</i>	Fabaceae	Tuber	Madhura	Guru, Snigdha	Sheeta	Madhura	Pittarakta hara
6.	<i>Satavari</i> <sup>12</sup>	<i>Asparagus racemosus</i>	Liliaceae	Tuber	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Vatapittarakta hara
7.	<i>Chandana</i> <sup>13</sup>	<i>Santalum album</i>	Santalaceae	Heartwood	Tikta, Katu	Laghu, Ruksha	Sheeta	Katu	Kaphapittarakta hara
8.	<i>Loha</i> <sup>14</sup>	<i>Aquilaria agallocha</i>	Thymeliaceae	Heartwood	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	Vatakaphahara
9.	<i>Hamsapadi</i> <sup>15</sup>	<i>Adiantum lunulatum</i>	Fabaceae	Whole plant	Kashaya	Guru	Sheeta	Madhura	Kaphapittahara
10.	<i>Mamsi</i> <sup>16</sup>	<i>Nardostchys jatamansi</i>	Valerianaceae	Rhizome	Tikta, Kashaya	Laghu, Snigdha	Sheeta	Madhura	Tridosahara, Raktahara
11.	<i>Meda</i> <sup>17</sup>	<i>Polygonatum cirrhifolium</i>	Liliaceae	Root stock	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapittarakta hara
12.	<i>Mahameda</i> <sup>18</sup>	<i>Polygonatum verticillatum</i>	Liliaceae	Root stock	Madhura	Guru	Sheeta	Madhura	Vatapittarakta hara
13.	<i>Madhuparni</i> <sup>19</sup>	<i>Tinospora cordifolia</i>	Menispermaceae	Stem	Katu, Tikta, Kashaya	Laghu	Ushna	Madhura	Tridosahara
14.	<i>Kakoli</i> <sup>20</sup>	<i>Fritillaria roylei</i>	Liliaceae	Bulb	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapittahara
15.	<i>Ksheerakakoli</i> <sup>21</sup>	<i>Lilium polyphyllum</i>	Liliaceae	Bulb	Madhura	Guru	Sheeta	Madhura	Vatapittahara
16.	<i>Satapushpa</i> <sup>22</sup>	<i>Anethum sowa</i>	Apiaceae	Fruits	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	Vatakaphahara
17.	<i>Riddhi</i> <sup>23</sup>	<i>Habenaria edgeworthii</i>	Orchidaceae	Tuber	Madhura	Guru, Snigdha	Sheeta	Madhura	Tridosahara
18.	<i>Padmaka</i> <sup>24</sup>	<i>Prunus cerasoides</i>	Rosaceae	Heartwood	Tikta, Kashaya	Laghu	Sheeta	Katu	Raktahara
19.	<i>Jivaka</i> <sup>25</sup>	<i>Malaxis accuminata</i>	Orchidaceae	Tuber	Madhura	Guru	Sheeta	Madhura	Vatapittarakta hara
20.	<i>Rishabhaka</i> <sup>26</sup>	<i>Malaxis muscifera</i>	Orchidaceae	Tuber	Madhura	Guru	Sheeta	Madhura	Vatapittarakta hara
21.	<i>Jivanti</i> <sup>27</sup>	<i>Holostemma adakodien</i>	Asclepidaceae	Tuber	Madhura	Laghu, Snigdha	Sheeta	Madhura	Tridosahara
22.	<i>Twak</i> <sup>28</sup>	<i>Cinnamomum zeylanicum</i>	Lauraceae	Bark	Madhura, Tikta	Laghu, Tikshna	Ushna	Katu	Vatapittahara
23.	<i>Patra</i> <sup>29</sup>	<i>Cinnamomum tamala</i>	Lauraceae	Leaves	Madhura	Laghu, Tikshna, Pichila	Sheeta	Katu	Kaphavatahara
24.	<i>Nakha</i> <sup>30</sup>	<i>Capparis decidua</i>	Capparidaceae	Root	Katu, Tikta	Ruksha, Laghu	Ushna	Katu	Vatakaphahara
25.	<i>Valaka</i> <sup>31</sup>	<i>Plectranthus vettiveroides</i>	Lamiaceae	Tuber	Tikta	Laghu, Ruksha	Sheeta	Madhura	Kaphapittahara
26.	<i>Prapoundarika</i> <sup>32</sup>	<i>Saccharum officinarum</i>	Poaceae	Stem	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapittarakta hara
27.	<i>Manjishta</i> <sup>33</sup>	<i>Rubia cordifolia</i>	Rubiaceae	Root	Madhura, tikta	Guru	Ushna	Madhura	Kaphapittarakta hara
28.	<i>Sariva</i> <sup>34</sup>	<i>Hemidesmus</i>	Asclepidaceae	Root	Madhura	Guru,	Sheeta	Madhura	Tridosahara

		<i>indicus</i>				<i>Snigdha</i>			
29.	<i>Indravaruni</i> <sup>35</sup>	<i>Cucumis sativus</i>	Cucurbitaceae	Seed	<i>Madhura</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittarakta</i>
30.	<i>Dhanyaka</i> <sup>36</sup>	<i>Coriandrum sativum</i>	Apiaceae	Seed	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphapittahara</i>

**Avayava prabhava of Madhuyashtyadi taila****Table 5: Showing proportionate distribution of rasa of Madhuyashtyadi taila**

<i>Madhura</i>	46.8%
<i>Madhura tikta</i>	18.75%
<i>Tikta katu</i>	12.5%
<i>Tikta kashaya</i>	6.25%
<i>Tikta</i>	6.25%
<i>Kashaya</i>	3.12%
<i>Katu tikta kashaya</i>	3.12%
<i>Katu madhura</i>	3.12%
<i>Madhura katu tikta kashaya</i>	3.12%

**Table 6: Showing proportionate distribution of guna of Madhuyashtyadi taila**

<i>Guru snigdha</i>	31.25%
<i>Guru</i>	18.5%
<i>Laghu</i>	12.5%
<i>Laghu ruksha</i>	9.37%
<i>Laghu tikshna</i>	9.37%
<i>Laghu snigdha</i>	9.37%
<i>Guru sara</i>	3.12%
<i>Guru snigdha sara</i>	3.12%
<i>Laghu tikshna pichila</i>	3.12%

**Table 7: Showing proportionate distribution of virya of Madhuyashtyadi taila**

<i>Sheeta</i>	68.75%
<i>Ushna</i>	31.25%

**Table 8: Showing proportionate distribution of vipaka of Madhuyashtyadi taila**

<i>Madhura</i>	71.8%
<i>Katu</i>	28.12%

**Table 9: Showing proportionate distribution of dosharatwa of Madhuyashtyadi taila**

<i>Vatapittarakta</i>	21.8%
<i>Vatakaphahara</i>	15.62%
<i>Vatapittahara</i>	12.5%
<i>Kaphapittahara</i>	9.37%
<i>Kaphapittarakta</i>	9.37%
<i>Pittarakta</i>	6.25%
<i>Raktahara</i>	3.12%
<i>Sannipatarakta</i>	3.12%

**Satapushpa**<sup>37</sup>Botanical name - *Anethum sowa*

Family - Apiaceae

Synonyms- *Satahwa, Karavi, Misi*

Part used- Seeds, fruit

Gana - Cha: Asthapanopaga, Anuvasanopaga, Dipana

**Table 10: Showing properties of Satapushpa**

Rasa	Katu, Tikta
Guna	Laghu, Tikshna
Virya	Ushna
Vipaka	Katu
Doshakarma	Vatakaphahara
Karma	Soolaghna, Vrana pachana, Dipana, Pachana

### **Erandamoola<sup>38</sup>**

Botanical name- *Ricinus communis*

Family - Euphorbiaceae

Synonymn- *Urubhuka, Gandharvahasta, Vatari, Snehaprada*

Part used- Root

**Table 11: Showing properties of Erandamoola**

Rasa	Madhura, Tikta
Guna	Guru
Virya	Ushna
Vipaka	Madhura
Doshakarma	Tridosahara
Karma	Dipana, Vrushya, Soolaghna, Sothaghna, Adhobhagadoshahara
Rogaghnata	Vatarakta, Gulma, Hridroga, Jirnajwara, Gridrasi, Pakshaghata

### **Ksheera**

**Table 12: Showing properties of ksheera**

Rasa	Madhura
Guna	Guru, Snigdha
Virya	Sheeta
Vipaka	Madhura
Karma	Vatapittahara, Dhatuwardhana, Ojasyam

### **Tila taila**

**Table 13: Showing properties of Tila taila**

Rasa	Madhura, Tikta, Kashaya, Katu
Guna	Guru, Snigdha, Tikshna, Sukshma
Virya	Ushna
Vipaka	Katu
Karma	Vatakaphahara

## **DISCUSSION**

Considering the severity of symptoms, the disease *Vatarakta* organized under the spectrum of *Vatavyadhis* in *Ayurveda*. It manifests through *Madhyama rogamarga* by involving *Marma, Asthi, Sandhi* and *Upadhatu's*. The vitiated *Vata, Pitta* and *Kapha* get *Sthanasamshraya* at *Kapha sthana* sets off the pathogenesis of disease. So, there is a natural

disturbances of *Kapha* in the body. Simultaneously, *Dhatwagni mandya* in *Uttarottara dhatus* makes disturbances in *Dhatuparinama* leads to diminution and improper function of *Ojas* in the body, which makes *Vatarakta rogi* more prone to multisystem affection and further complications.

With due consideration of the extend of accumulation of *Doshas* and loss of functions of *Ojas*, *Vatarakta* is not amenable to simple treatments. So, a treatment which is *Srotosodhana* and *Vatanulomana* at the same time bringing *Bala* to the *Rogi* was selected. *Vasti* which is capable of eliminating vitiated *Vata*, *Pitta*, *Kapha* and brings *Prasadana* of *Rakta dhatu* fulfils the need.

*Madhutailika vasti* contains *Madhu* and *Taila* as main ingredient. By *Madhu* it does *Lekhana* of *Doshas*, and by *Sneha* it cause *Vatanulomana* and *Brumhana*. The *Vatapittarakta* of contents of *Madhutailika vasti* facilitates elimination and thereby reducing the inflammatory process. This particular *Vasti* helps to regain the *Snigdha*, *Slakshna*, *Pichila*, *Mrtsna guna* of *Kapha* and replenishes all the *Dhatus* and hence the quality of *Ojas* is maintained.

#### Discussion on ingredients of *Madhutailika vasti*:

##### *Madhu*

- *Doshic* action of *Madhu* is *Kapha pitta rakta shamana*.
- By its *Madhura rasa* and *Guru guna* pacifies *Vata* and *Rakta*.
- *Ushna virya* causes *Vata shamana*.
- By *Katu paka* it acts as *Srotosodhana*.

##### *Saindhava*

- Due to *Madhura rasa* and *Madhura paka* it is *Vata rakta shamana*.
- By its *Laghu*, *Tikshna*, *Sukshma guna* it acts as *Srothosodhaka*.
- Since it is *Aruksha*, *Vata kopa* is not suspected.
- It is *Anushna* in *Virya*, thus not producing any *Vata* and *Rakta kopa*.
- It is *Tridosha shamaka* in nature.

##### *Madhuyashtyadi taila*

- On analysing the drug constituents of *Madhuyashtyadi taila*, 46.8% of drugs were *Madhura* in *rasa*, and 18.75% found to be *Madhura tikta*.
- *Guru Snigdha guna* attributed to 31.25% of contents and *Guru guna* alone attributed to 18.5%.
- Most of the drugs (68.75%) are of cold potency and 71.8% of drugs are having *Madhura vipaka*.
- 21.8% of drugs are showing simultaneous action on *Vata pitta* and *Rakta* and the remaining drugs pacifies these *Doshas* in other combinations.

As this *yoga* contains 3.072 kg of *Tila taila* and *Ksheera*, and 4.8kg of *Yashtimadhu* it may increase the estimated proportion of above said qualities.

##### *Satapushpa*

- Due to *Katu tikta rasa*, *Laghu tikshna guna*, *Ushna virya* and *Katu vipaka*, *Satapushpa* acts as *Srothosodhaka*.

- Due to *Soolaghna* property, it relieves pain in *Vatarakta*.

##### *Erandamoola*

- Due to *Madhura tikta rasa*, *Madhura paka* and *Guru guna erandamoola* relieves *Vata* and *Rakta*.
- By *Ushna virya* it acts as *Srotosodhana*.
- It is *Tridoshahara* and pacifies symptoms like *Soola*, *Sotha*.
- It is directly indicated in *Vatarakta*.

#### CONCLUSION

On analysing the pharmacological properties of each ingredient in the formulation shows that most of the contents of *Madhutailika vasti* are predominantly *Madhura* in *Rasa*, *Guru snigdha* in *Guna*, *Sheeta* in *Virya*, *Madhura* in *Paka*, *Vata pitta raktahara* in *Karma*. By these attributes, this particular *Vasti* possibly corrects the *Samprapti* of *Vatarakta*.

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