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Unlocking The Secrets Of Mushika Taila : Preparation, Properties And Uses

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ABSTRACT

Aushadha is mentioned in “Chikitsa Chatuspada” and success of any Bhishak or Vaidya depends on the quality of Aushadha (drug) used. In Ayurveda, Sneha Kalpana is an important Kalpana among Panchavidha Kashaya Kalpana which is mentioned in different Ayurvedic texts. In this Kalpana active principles of the drugs are transferred into Sneha. Taila, Ghrita or like these other fatty substances are used as the base of Sneha Kalpana. Due to base like Ghrita or Taila that is used in Sneha Kalpana provides extra benefits to this form of drug to preserved for longer time and also enhances the drug’s absorption.

Mushikadi taila is unique formulation containing Dashamoola , Antravarjita mushika and other drugs. Mushikadi taila has been explained by Sushruta and Bhaishajya Ratnavali in the management of gudabramsha in kshudraroga adhikara. Vagbhata explained in atisara chikitsa adhyaya. In this article attempt is made to discuss the preparation and overview of mushikadi taila.

KEY WORDS : Mushikadi taila, Sneha Kalpana, Guda bramsha, Antravarjita mushika

INTRODUCTION

In Ayurveda, Sneha Kalpana¹ is an important Kalpana among Panchavidha Kashaya Kalpana which is mentioned in different Ayurvedic texts. Taila kalpana may be defined as a process, where various materials like Taila, Kalka, Kwatha, Ksheera and Gandha dravyas are employed for the preparation of different tailas. Fat/Water soluble active principles of drugs are extracted into Taila in this method. Medicated Taila are having more extra power and shelf life than crude Taila. Formulations prepared from the Taila enhance life, complexion, strength and anabolism of body.

Mushikadi taila can be used in various ways viz. Pana, Abhyanga², Guda pichu, Matrabasti in rectal prolapse³ and Uterine prolapse. It also has potential to promote hair growth, prevents premature graying and maintain healthy scalp. Mushikadi taila acts locally so as to reduce ongoing inflammation or fibrotic changes. Snigdghata of taila again provide addition strength to local musculature. Taila Murchhana is an important procedure which is used to remove Ama and Daurgandhya of Taila. Eventhough, in Samhitas Taila Murchhana⁴ is not mentioned but Bhaishajya Ratnavali specify the Murchhana procedure. Keeping these above benefits in mind, an effort is made to prepare mushikadi taila by proper drug identification, collection of raw drugs, collection of mushika and its dissection etc. to maintain the faith of society in potency of Ayurvedic medicines to treat the diseases.

METHODOLOGY

METHOD OF PREPARATION OF MUSHIKADI TAILA ⁵

➤ **Drugs collection and authentication**

Raw Drugs are collected from GMP certified Pharmacy and confirmed with the help of Department of PG studies in Dravyaguna and Taila is prepared under the supervision of Department of Rasa shastra and Bhaishajya Kalpana of Taranath government Ayurvedic medical college and PG centre Ballari.

➤ **Equipments**

Raw drugs, stainless steel vessels, long ladle, gas stove, mixer, pure water, cloth, airtight glass bottles for packaging and other major and minor associated equipment.

➤ **INGREDIENTS OF MOOSHIKADI TAILA**

S.No	DRUGS	QUANTITY
1	Bilva	1 P
2	Shyonaka	1 P
3	Gambhari	1 P
4	Patala	1 P
5	Agnimantha	1 P
6	Mushika mamsa	1 P
7	Nata	1 P
8	Kusta	1 P
9	Shalaparni	1 P
10	Prisnaparni	1 P
11	Brihati	1 P
12	Kantakari	1 P
13	Gokshura	1 P
14	Bala	1 P
15	Atibala	1 P
16	Devadaru	1 P
17	Murchita Tila taila	4 P
18	Ksheera, Jala(Drava dravya)	16 P

➤ **RASAPANCHAKA OF MOOSHIKADI TAILA**

S.No	DRUGS	RASA	GUNA	VIRYA	VIPAKA	DOSHAKARMA
1	Bilva	Kashaya, Tikta	Laghu, Snigdha	Ushna	Katu	K-V Shamaka
2	Shyonaka	Tikta, Kashaya, Katu, Madhura	Ruksha, Laghu	Ushna	Katu	K-V Shamaka
3	Gambhari	Katu, Tikta	Laghu	Ushna	Katu	K-V Shamaka
4	Patala	Tikta ,Kashaya	Ruksha, Laghu	Ushna	Katu	Tridosha shamaka
5	Agnimantha	Tikta ,Kashaya Katu ,Madhura	Ruksha, Laghu	Ushna	Katu	K-V Shamaka
6	Mushika mamsa ⁶	Madhura	Guru,Snigdha	Ushna	-	V shamaka K-P vivardana
7	Ksheera	Madhura	Mridu,Snigdha, Manda,Guru	Sheeta	Madhura	K-P Shamaka
8	Tila taila	Madhura	Guru,Sukshma Vyavayi,Vikasi,	Ushna	Madhura	V- K shamaka
9	Nata	Tikta ,Katu ,Kashaya	Laghu,Snigdha	Ushna	Katu	V-K shamaka
10	Kusta	Tikta , Katu ,Madhura	Laghu,Ruksha Tikshna	Ushna	Katu	K-V Shamaka
11	Shalaparni	Madhura, Tikta	Guru ,Snigha	Sheeta	Madhura	V-P shamaka
12	Prisnaparni	Madhura, Katu	Laghu, Sara	Ushna	Madhura	Tridosha shamaka
13	Brihati	Katu, Tikta	Laghu,Ruksha	Ushna	Katu	K-V Shamaka
14	Kantakari	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	K-V Shamaka
15	Gokshura	Madhura	Guru,Snigdha	Sheeta	Madhura	Tridosha shamaka
16	Bala	Madhura	Guru, Snigdha	Sheeta	Madhura	V-P Shamaka
17	Atibala	Madhura	Snigdha, Laghu,	Sheeta	Madhura	V-P shamaka
18	Devadaru	Tikta , Kashaya	Laghu,Snigdha	Ushna	Katu	K-V Shamaka

➤ **METHOD OF PREPARATION**

- First mushika is dissected to remove intestine to obtain Antravarjita mushika .
- 70 gm of mushika mamsa is washed and kept in haridra jala for about 30 minutes.
- 70 gm of coarse powder of each drugs Bilva,Shyonaka,Gambhari,Patala,Agnimantha, Shalparni,Prisnaparni,Brihati,Kantakari,Gokshura,Nata,Devadaru,Kusta,Bala and Atibala are made into Kalka by adding sufficient quantity of water.
- Murchhita Tila taila (4 liters) was heated in wide mouthed big stainless-steel vessel till it becomes warm.
- Now add Kalka into the taila and stirred continuously to avoid burning of kalka.
- Next add 8 litres of each water and milk to the vessel and stirred. Boiling is continued with frequent stirring.
- After obtaining snehasiddi laxana ,taila is filtered and stored in air tight container.

➤ **TEST FOR THE FINISHED PRODUCT:**

- ✓ The kalka is taken out of the ladle and tested from time to time , to know the condition and stage of the paka. There are four stages of paka. (i)Mrudu paka (ii) Madhyama paka and (iii)Khara paka (iv) Dagdha paka .
- ✓ When the taila attains the correct paka stage following are attained
 - The Sneha Kalka forms a perfect *Wick Shape* when rolled between two fingers.
 - There is *no sound* when a part of the Sneha Kalka is put in fire.

- Foam appears in Taila Paka (*Phenodgama*).

✓ Mrudupaka taila is used for Nasya; Madhyamapaka taila is used for Pana(internal), Vasti, etc.; Kharapaka sneha is used only for Abhyanga.

➤ PRECAUTIONS:

During the preparation of Taila following precautions should be taken according to different stages of preparation.

- Intensity of fire should be maintained throughout the process in order to get desirable grade of temperature.
- The mixture is stirred constantly and carefully to ensure that the kalka does not stick to the bottom of the vessel. Proper care should be taken to determine the proper stages of Taila paka.
- In order to obtain optimum quantity of medicated oil, the kalka should be squeezed at hot state.
- Preserving container should be free from moisture and perfuming drugs should be added gently with stirring when the Taila is lukewarm.

Dissection of Mooshika



Antravarjita Mooshika



Kalka Dravya



Taila+Kalka +Drava dravya



Boiling continuously



Stir continuously



Testing Siddhilakshanas**Filtration of Taila****Final Product****DISCUSSION AND CONCLUSION**

Mushikadi taila contains Herbal ingredients and Mushika mamsa. In which most of the ingredients have Madhura, Tikta, Kashaya Rasa, have Laghu, Snigdha guna, Kaphavata shamaka.

Mushkadi taila has property of strengthening of pelvic floor muscles. Muscles around the rectum and anal canal have a good grip on rectum after matrabasti. Guda pichu with the mushika taila acts locally so as to reduce ongoing inflammation or fibrotic changes. Snigdha of taila again provide strength to local musculature.

This Taila in which Mushika Mamsa (flesh of mice) is the main ingredient will surely promote Mamsadhatu Vridhi and thereby tones up the anal sphincters & give strength to rectum. Thus prevent further prolapse of rectum. Also in the condition of Ksheena Mala and in the descent of Guda, use of Taila is considered to be effective. Thus, it can be concluded that Mushikadi Taila can be advised as a successful conservative treatment modality in different route of administrations (Pana, Abhyanga, Pichu) in the patients who suffering from rectal prolapse.

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