



ISSN: 0976-3376

Available Online at <http://www.journalajst.com>

ASIAN JOURNAL OF
SCIENCE AND TECHNOLOGY

Asian Journal of Science and Technology
Vol. 16, Issue, 01, pp. 13405-13407, January, 2025

REVIEW ARTICLE

RASA TAILA – REVIEW

¹Dr. Suneetha, R. and ²Dr. Reena, K.

¹Final year Kaumarabhritya P.G.Schalor, Department of Kaumarabhritya, SDMIAH, Bengaluru

²Professor and Head, Department of Kaumarabhritya, SDMIAH, Bengaluru

ARTICLE INFO

Article History:

Received 19th November, 2024
Received in revised form
03rd December, 2024
Accepted 14th December, 2024
Published online 30th January, 2025

Keywords:

Rasa taila, Arogya Raksha Kalpa druma,
Aja mamsa, Tila taila, Bala.

ABSTRACT

Rasa taila is an Traditional taila preparation of kerala, mentioned in Arogya Raksha Kalpadrumah 24 th chapter, vaata vyadhi context, Manya Graha chikistsa. This text is more practically oriented and can be considered as a Ayurvedic pediatrician's quick reference hand book, the content is rearranged in forty seven chapters. The chapters were named as *stavaka*. Content of Rasa taila - Aja mamsa (Goats meat - limb), Bala (*Sida Cardifolia*), Tila taila (sesamum oil) and Go skheera (cows milk). Its indicated in vata vyadhi in children like hemiplegia, Paraplegia.

Citation: Dr. Suneetha, R. and Dr. Reena, K. 2024. "Rasa Taila – Review", *Asian Journal of Science and Technology*, 16, (01), 13405-13407.

Copyright©2024, Dr. Suneetha, R. and Dr. Reena, K. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Rasa taila is an Traditional taila preparation of kerala, mentioned in Arogya Raksha Kalpadrumah 24 th chapter , vaata vyadhi context , Manya Graha chikistsa.

Composition of RASA TAILA.¹

Ingredient	Scientific name	Quantity
Cchagamamsa	-	5 part (5 kg)
Jala	-	77 parts (77 litres)
Bala	<i>Sidacordifolia</i>	1 part (1.2 kg)
Tilataila	<i>Sesamum indicum</i>	4 parts (3.75 litre)
Go sheera	-	15 parts (15 litre)

Chagamamsa review.²

Rasa	Madhura,kashaya
Guna	guru, slaskhna, kinchit sheeta snigdha, sharira dhatu vardhaka and Anabhishtandhi
Veerya	Ushna
Karma	Madhura Balya, Brihmhanakarak, mamsa dhatu vrudhhi
Dosa	Tridosha shamaka
Rogaghanta	peenasa, kshyaya.
Vipaka	madhura


“Mamse na mamsa vrudhi”- improves sarva dhatukshaya,

Goat meat is high protein healthy red meat full of vitamins & minerals, vitamins B6, B12, C, E, A, & K, as well as Iron, Calcium, Phosphorus, Zinc, Copper, Selenium, Manganese, Potassium & sodium.


*Corresponding author: Dr. Suneetha, R.

Final year Kaumarabhritya P.G.Schalor, Department of Kaumarabhritya, SDMIAH, Bengaluru

BALA DRUG REVIEW. ³

Botanical Name	<i>Sida cordifolia</i> 
Family	Malvaceae
Vernacular names	Kannada: Kallam kadle Hindi: Kharainti Telugu : Chirubenda Malayalam: Katturam Tamil: Nilathuththi English: Country mallow
Paryaya	Vatya, Peethapushpi, Bhadrudani, Vinaya, Sheetha Paki
Habitat	distributed in the hotter parts of India
Guna	Rasa - Madhura Guna- Guru, snigdha, picchila Virya- Sita Vipaka- Madhura
Doshakarma	Vatapittashamaka
Rogagnata	Balya, Rasayana, Vrusya, Prajasthapana, Sangrahi, Nadibalya, Raktapittashamaka, Sukrala, Mutrala, Jwaraghna, Bruhmana, Hrdya
Constituents	Phytosterol, Potassium Nitrate, Ephedrine
Actions	The flavonoids present has the action of anti oxidant and chelating effect It has also shown super oxide radicle scavenging activity
Useful part	Mula, Beeja, Patra
Dose	Mula churma- 6 g Panchanga churna- 6 g

Drug Review of Tila Taila. ⁴

Botanical Name	 <i>Sesamum indicum</i>
Family	Pedaliaceae
Vernacular names	Kannada – Ellu Hindi – Til Telugu – Nuvvu Tamil – Ellu Malayalam – Chitelu English – Sesame
Usefull part	Beeja
Habitat	All over India
Guna	Rasa -Tikta , Kashaya Guna- Guru, Vyavayi, Sukshma, Virya- Ushna Vipaka - Madhura
Doshakarma	Vataghna, Pittala, Na cha Shleshmavardhana
Rogagnata	Balya, Tvachya, Sarvarogapaha
Constituents	Less than 20% saturated fatty acids – mainly palmitic and stearic acid 80% of the total fatty acids constitute of Oleic acid and linoleic acid
Actions	Sesame oil is a good anti oxidant as it contains Vitamin E and penetrates the skin directly. Saponins are help full in anti- oxidant, anti-cancer and immunity enhancing action. Alkaloids present in the oil acts as Central Nervous System stimulant. Jawanjal pravin

Ksheera.⁵

Rasa	Madhura
Guna	Snigdha, Guru
Virya	Sheeta
Vipaka	Madhur
Doshagnata	Vatahara
Karma	Pathya (wholesome), Ruchya (excellent promoter of taste), Kanti (imparts lustre), Pradnya (intellect), Budhi (wisdom) and Medha (retention capacity of mind), Angapushthi (nourishes all parts of the body)

Jala.⁶

Jala is mentioned in Nitya Sevaneeya Dravya because it gives essential minerals and fluid to the body. Jala as best Anupana because it is chief source of all tastes, it is Satmya to all and possesses properties of sustaining of life. Water taken with relation to Dosha Ahara Kala act based on Guna and Avastha source of water react to with body. Ushna Jala is having properties like Vatanulomaka, Deepana and Amahara. Due to Vatanulomana property the Apana Vata comes to normal functioning then the obstruction is relieved and proper expulsion of faeces takes place. Due to Deepana property the food will be digested properly. The warm water and boiled and cooled water takes less time for the digestion as compared to normal water because by the boiling process the water become Laghu and take less time for digestion.

Method of Preparation: Medicated oil is prepared as per reference - Meat of Goat limbs - hair and skin is removed, cut into small pieces- added to water, boiled and reduced and filtered. Bala herb paste is made, added to meat decoction and boiled with sesamum oil and cow milk.

Indication: Vata pradhana conditions like - Body ache, Head ache, Parkinsons disease, Hemiplegia, Paraplegia, Rheumatic disease, Denerative diseases of bones, Disease of bone marrow etc.

REFERENCES

1. Arogya Raksha kalpadruma, vatavyadhi chikitsa-24th chapter
2. Tripati Indradeva. Raja Nighantu, Dravyagunaprakashika Hindivakyopethana, krishnadasa Ayurvedaseriesno: 5,3rd edition, Varanasi: Chaukhambakrishnad as academy; 2003, Mamsavarga 38-39thverses, 566p
3. Lucas D.S. Dravya guna vijñana- Study of Dravya-Materia Medica. Varanasi: Chaukambha Vishwabharathi. Reprint ed. Volume 2. 2012. p.616
4. Panday G. Dravyaguna vignana, 2 nd edition. Varanasi: Chaukambha; vol 1 st 2002.p.443.
5. Dr Satish Chandra Sankhyadhar Editor, Rajanighantu, Hindi commentary, Choukhambha Orientalia Varanasi, Ksheeradi Varga, 15/10, 1st Edition 2012: p.827
6. <https://jaims.in/jaims/article/view/2226/2900> -Importance of Jala in Ayurveda - B.Utlaskar S, D. Totad C.
