

An Amazing Anti -Inflammatory and Analgesic Oil Formulation

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Abstract

There has been a great role of oil extracted from various herbs as an Analgesic and other therapeutic uses in Ayurveda. Turpentine oil and mustard oil when mixed in equal ratio becomes very effective against body and joints pain.

Keywords

α , β pinene, allyl isothiocyanate, α lino lenic acid



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INTRODUCTION

Literature survey reveals that turpentine oil and mustard oil both have various medicinal properties. Bioactive constituents present in both oils have potential anti-inflammatory, analgesic, and antiseptic activity which is described in the following section.

1. **Turpentine oil**- It is obtained by the distillation of resin obtained from pine tree (terebinth - Turpentine tree).¹ It contains mono terpenes like α , β pinene and camphene.² It is used as solvent in oil base paints and varnishes. It is also mixed with bees wax for forming a protective coating of furniture. Camphor, Linalool and Geraniol some of the organic compounds are obtained by α β pinene.

Medicinal Use- Traditionally it was used in abrasions, wounds, chest rub and as an inhaler for nasal/throat ailment. It is also used as antiseptic for intestinal parasites.^{3, 4} Due to antiseptic action it is widely used as cleansing and sanitary products. In 1946 it was used as fuel in Honda motorcycle as illuminant.⁵ It is applied frequently in case of joint pain, muscle, nerve pain and toothache. It's vapours when inhaled reduce chest congestion. It penetrates into dermal layer and gives relief from pain when applied on skin in rheumatoid arthritis.⁶

2. **Mustard Oil**: It is very common edible oil frequently used in North India. It is obtained by the seeds of Brassica species, Indian mustard (B.Juncea) and white mustard (B. hirta). It is pungent due to the presence of allyl isothiocyanate. It contains 60% monounsaturated fatty acids (42% erucic 12% oleic) ,21% polyunsaturated fatty acids (6% omega 3 linolenic and 15% omega 6 linolenic acid) 12% saturated fatty acids.⁷ Due to the toxicity of erucic acid it is not allowed for cooking in USA.^{8,9}

Medicinal use: It has been used for the years as baby massage oil in India. It improves the weight and length of infants.¹⁰ Due to the presence of α linolenic acid and omega 3, 6 fatty acids; it is considered as protective agent for heart and cardiovascular diseases¹¹. It was established that it has anti-bacterial, antifungal and analgesic property. It reduces cholesterol; it stimulates digestion and blood circulation.

It also reduces hair fall. Available literature also shows that it possesses anti-fungal and anti-bacterial activity. It is also used as anti-rheumatic massage oil as it contains selenium a trace element known for anti-inflammatory action.¹²

(3)

Oil Formulation: It has been well established that both of the oils have tremendous medicinal value. They exhibit anti-bacterial, antiseptic and analgesic property. Each has analgesic activity alone **but when both oils are mixed together in equal proportion, this formulation becomes very effective as massage oil**, its analgesic and anti-inflammatory property is enhanced to greater extent. Practically it has been proved by vaidya (Ayurvedic doctor) and author himself on various patients suffering from rheumatoid arthritis. Simply this formulation applied on the affected areas at normal temperature and covered by some clothes. It gives instant relief from pain and swelling. Even it can be applied to cure pain due to dislocation of shoulder. It also gives relief from morning stiffness of muscles and joints in arthritis.

RESULT AND DISCUSSION: Use of above described oil formulation shows that the herbal oils have the ability to cure various ailments. When above oil formulation is applied on skin, joints and soft tissues, it reduces pain threshold and soothes nerve cells, muscles and joints due to its analgesic and anti-inflammatory activity, thereby combating the diseases.

CONCLUSION

Ayurveda has an excellent privilege over other pathies in some of the diseases. The constant use of NSAIDs may result severe side effects like ulceration and kidney damage. Ayurveda gives better choice to combat various problems without any adverse effects with no cost and surgery.

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