

ORIGINAL RESEARCH ARTICLE

Analytical Study of *Bala Taila*

Author: Pooja Yadav¹

Co Authors: Pravesh Tomar² and G M Kavya³

^{1,2}Prasutitantraevamstreeroga Dept., Rishikul Ayurveda College, Haridwar, Uttarakhand, India

³Prasutitantra evam Streeroga Dept., GurukulKangdiAyurveda College, Haridwar, Uttarakhand, India

ABSTRACT

BalaTaila is an important *Sneha Kalpnain Ayurveda* classic and has been mentioned by different *Acharya* because it has *Prajakarama, Sheeta, Balya, bhringhaniya, vrishya* and *Tridoshsamaka* properties. It is a *Taila* preparation containing *Balamoola, Tila Taila* and *Godugdha*. So, aim of the present study is to analyse *BalaTaila* which is used as *Uttarbasti* in *Bandhyatva* due to Tubal blockage. This drug was further studied physio-chemically, organoleptically and chromatographically for developing standards.

Key Words *BalaTaila, Bandhyatva, Tubal blockage, Prajakarma*

Received 10th February 22 Accepted 23rd March 22 Published 10th May 2022

INTRODUCTION

Bala Taila is one of very important formulation of *Ayurveda* classics. In *Gadhnighra* and *Bharat Bhashajaya Ratnakar*, *Bala Taila* mentioned as *Prajakarma*.¹ *Acharya Charka* in *Sutra Sthana*, mentioned *Balaas Balya* and *Vataharanama*.² In *Dhanvantari Nighantu* mentioned as *Snigdha, Sheetal, Vrishya, Balya, Tridosha shamaka* and *Oja Vardhaka*.³ *Acharya Charka* mentioned in *Chikitsa Sthana* all *yoniroga* caused by *Vata Dosh*⁴ and in *Sidhisthana*, *Uttarbasti* enhance the fertility rate by normalizing the *Vata Dosh* in *Yoni*.⁵ Tubal blockage is caused by *Vata-kapha* dominant *Tridosha* condition. So, *Bala Taila* is used for management of *Bandhyatva* due to Tubal blockage. *Khara Paka Bala Taila* is used for this study because *Acharya Sushruta*

mentioned that for *Basti Karma Khara Paka Taila* is best used *Sneha*.⁶

So, this present study is aimed to see the effect of the medicine in *Bandhyatva* due to Tubal blockage and to provide quality standardization of drug through recommended analytical test.

AIM

To analyze the physiochemical and pharmacognostical character of *Bala Taila*

MATERIALS AND METHODS

Collection of raw drug - *Bala* was bought from Anamika Pharmacy Sidkul, Haridwar, Uttarakhand.

Identification and Authentication - This raw drug was identified and authenticated by *Dravya*

ORIGINAL RESEARCH ARTICLE

Guna Department of Rishikul campus Haridwar, Uttarakhanda Ayurveda University

Method of preparation of *Bala Taila*-

Bala panchanga taken in its raw form and then washed with clean water to remove dirt and mud then dried in sunlight for 7 days. *Bala panchanga* was grinded using a motorized grinder in Pharmacy. One part of *Bala panchanga* was taken then boiled in 21 parts of water until remain 1/4th and in this *Kwath* 2.5 parts of *Tila Taila*, 9.5 parts of *Bala Kalka* and 10.5 parts of *Godugdha* was added then this mixture was boiled in medium flame with continue stirring and monitoring of *Taila Paak*. The boiling was stopped and oil was filtered using a washed and dried white linen cloth when *khara paka* was attained and kept in airtight container.

Ingredients of *Bala Taila*⁷-

- 1) *Bala*
- 2) *Tila Taila*
- 3) *Godugdha*

Table 1 Pharmacodynamics of *Bala Taila*⁸

S.No	Dravya	Ras	Guna
1.	<i>Bala (Sida cordifolia)</i>	Madhur	Laghu, Snigdha, Pichchila
2.	<i>Til Taila (Sesamum indicum)</i>	Madhur	Guru, Snigdha
3.	<i>Godugdha (cow milk)</i>	Madhur	Mridu, Snigdha

Table 2 Organoleptic Properties of *Bala Taila*

Organoleptic Property	<i>Bala Taila</i>
<i>Roopa (Colour)</i>	Light golden yellow

Table 3 Microbiological Limit Test

Micro organism	<i>Bala Taila</i>
Total bacterial count (cfu/g)	<10
Yeast and mould count (cfu/g)	<10
<i>P. aeruginosa</i>	Absent
<i>S. aureus</i>	Absent
<i>E. coli</i>	Absent
<i>Salmonella sp.</i>	Absent

Table 4 Physiochemical Analysis of *Bala Taila*

Parameters	<i>Bala Taila</i>
Specific Gravity at 40°C	0.917
Refractive index at 40°C	1.4726
Acid value	1.34
Peroxide value	2.67
Iodine value	110.31
Saponification value	198.22

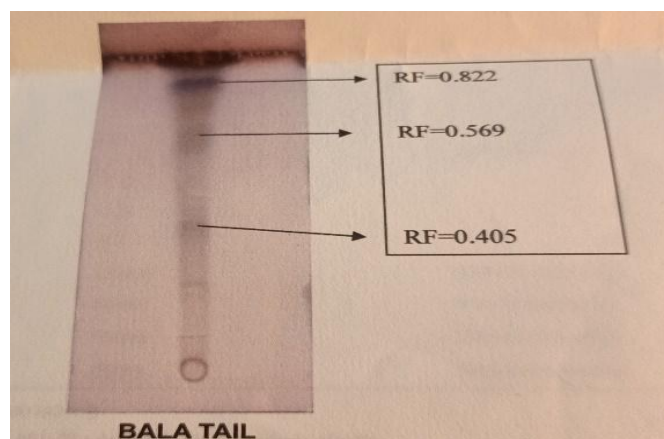


Figure 1 Thin Layer Chromatography of *Bala Taila*

DISCUSSION

Bala Taila has three contents -all are having *Madhur Rasa* and *Madhur Vipaka*. *Bala* is *Vatapittashamaka*, *Tila Taila* is *Tridoshshamaka* and *Godugdha* act as *Rasayana* (showed in table-1). Organoleptic property of *Bala Taila* is displayed in table-2 as *Bala Taila* has light golden yellow colour. Microbiological limits of *Bala Taila* are showed in table-3. Total Bacterial count in *Bala Taila* is <10(cfu/g). Physiological analysis of *Bala Taila* is displayed in table-4. Thin layer Chromatography has revealed RF values 0.822, 0.569 and 0.405 which can be concluded to responsible for its pharmacological and clinical actions (fig.1). All the analysed pharmaceutical parameters are permissible for *Bala Taila* in the form of *Taila*. TLC is the most common form of chromatographic method used by Ayurvedic research workers to determine the

ORIGINAL RESEARCH ARTICLE

purity of sample. *Bala Taila* formulation explained in *Bharat Bhashajya Ratnakar* and mentioned its use as *Prajakarma*. So, *Bala Taila* is taken here to manage *Bandhyatva* due to tubal blockage in the form of *Uttarbasti*.

CONCLUSION

The contents of *Bala Taila* are safe, reliable and effective in management of *Bandhyatva* due to tubal blockage. Results of microscopy and preliminary organoleptic properties were cross verified with raw drug of *Bala Taila* with the parameters mentioned in *Ayurvedic pharmacopeia* of India and all ingredients were proved to be authentic. The result of present study will also serve as reference standards in the preparation of drug formulation and also help in further clinical researches.

ORIGINAL RESEARCH ARTICLE

REFERENCES

1. Dr. Inderdev Tripathi, *Gadhnighra* fourth edition-2003, *Chaukhambha* publications, new delhi, *Tailadhikar*, page no.-75 and *Shri nagindas*, *Bharat bhashajya Ratnakar* part-3, page no.-585.
2. Pt.Kashinath Sastri and Dr. Gorakhnath Chaturvedi, *Charak Samhita* part-1 reprint year-2018, *Chaukhambha bharti* Academy, Varansi, *Sutra sthan-25/40*.
3. Acharya Priyavat Sharma, *Dravyaguna vigyana* part-2, reprint-2012, *Chaukhambha Bharti* Academy, Varanasi, page no.-736.
4. Pt.Kashinath Sastri and Dr. Gorakhnath Chaturvedi, *Charak Samhita* part-2 reprint year-2018, *Chaukhambha bharti* Academy, Varansi, *Chikitsa sthan-30/115*.
5. Pt.Kashinath Sastri and Dr. Gorakhnath Chaturvedi, *Charak Samhita* part-2 reprint year-2018, *Chaukhambha bharti* Academy, Varansi, *Sidhi sthan-9/63*.
6. Kaviraj Ambikadat shastri, *Sushruta Samhita*, edition -2015, *Chaukhambha Sanskrit Sansthan*, Varanasi, *Chikitsa Sthana -31/11*.
7. *Shri nagindas*, *Bharat bhashajya Ratnakar* part-3, page no.-585.
8. Acharya Priyavat Sharma, *Dravyaguna vigyana* part-2, reprint-2012, *Chaukhambha Bharti* Academy, Varanasi, page no.-120, 735.