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A Pharmaceutical Study of Trimishrita Taila and Its Modified Liniment

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ABSTRACT

Bhaishajya Kalpana, is a unique branch of Ayurveda, primarily focuses on pharmaceutical preparations of medicines. Sneha Kalpana is one among the widely utilized medicinal formulation. Taila Kalpana, which comes under Sneha Kalpana, is characterized by incorporation of therapeutic agents into oily matrices to optimize their delivery and enhance the efficacy at the targeted site of action.Trimishrita Taila is one such effective and unique formulation mentioned in Sahasrayoga, Taila Prakarana. In the present study an attempt is made to study the Pharmaceutical aspects of Trimishrita Taila and its modified Liniment.

KEYWORDS: Ayurveda,Trimishrita Taila, Liniment, Pharmaceutical study.

I. INTRODUCTION

Ayurveda, an ancient science of life, requires modernization and globalization to effectively disseminate its practices. The evolution of dosage forms has led to various modification.

Sneha Kalpana[1] is the pharmaceutical process to prepare oleaginous medicaments from the components such as Kalka, Kwatha or Dravadravyaand Snehadravya in specific proportion by subjecting it to unique heating pattern and duration to fulfill certain pharmaceutical parameters, according to the need of therapeutics.Trimishrita Taila[2] is one such effective and unique formulation mentioned in Sahasrayoga, Taila Prakarana. It contains Chandana, Usheera, Kushta, Musta, Shatavari, Bala, Amruta, Tila Taila and Goksheera and is indicated in Vatarakta[3].

Liniment[4] can be alcoholic or oil-based solutions containing therapeutic agents possessing either irritant, counter -irritant, analgesics and emollient properties. It is intended for external application. Which penetrates the skin more readily and treats muscular sprain and pain. While applying it is rubbed to create friction at the site, it works by opening the pores and promoting blood flow, Increased blood flow allows for faster delivery of nutrients and quicker healing. It is less viscous than Taila, leaving fewer traces on skin and less stain on the clothes.

Ayurveda dosage forms often face challenges such as limited palatability, portability, shelf life and aesthetic appeal, highlighting the need for innovation and adaptation to make more accessible and user-friendly formulation.

In the present study, for the purpose of better application, to increase the rate of absorption of the drug and for the uniform distribution, Trimishrita Taila was modified into Liniment form. This study was undertaken to evaluate the pharmaceutical aspects of Trimishrita Taila and its modified Liniment.

AIM

The study aimed to perform the practical preparation of Trimishrita Taila and its modified Liniment.

OBJECTIVES

1. To prepareTrimishrita Tailaas per classical reference.
2. To prepare Trimishrita Taila Liniment.
3. To evaluate the organoleptic characters of Trimishrita Taila and its modified Liniment form.

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II. MATERIALS AND METHODS

TABLE 1: FORMULATION COMPOSITION OF TRIMISHRITA TAILA

Sl. No.	Ingredients	Botanical Name	Family	Part used	Quantity
1.	Chandana[5]	Santalum alba Linn.	Santalaceae	Heartwood	1 Pala
2.	Usheera[6]	Andropoon muricatus Retz.	Gramineae	Root	1 Pala
3.	Kushta[7]	Saussurea lappaC.BClarke.	Asteraceae	Root	1 Pala
4.	Abda[8] (Musta)	Cyperus rotundus Linn.	Cyperaceae	Rhizome	1 Pala
5.	Vari[9] (Shatavari)	Asparagus racemosus Wild.	Asparagaceae	Root	1 Pala
6.	Bala[10]	Sida cardifolia Linn.	Malvaceae	Stem	1 Pala
7.	Amruta[11] (Guduchi)	Tinospora cardifoliaWilld.	Menispermaceae	Stem	1 Pala
8.	Tila Taila[12]	-	-	-	1 Prastha
9.	Ksheera[13]	-	-	-	1 Prastha

TABLE 2: FORMULATION COMPOSITION OF TRIMISHRITA TAILA LINIMENT

Sl. No.	Ingredient	Botanical Name	Family	Quantity
1.	Trimishrita Taila	-	-	100ml
2.	Menthol Crystals[14]	Menthe Arvensis	Lamiaceae	0.7g (0.7%)
3.	Camphor Crystals[15]	Cinnamomum Camphor Linn.	Lauraceae	5g (5%)
4.	Eucaluptus Oil[16]	Eucalyptus Globus Labilla.	Myrtaceae	5ml (5%)

Equipment used:
Khalva Yantra, Gas stove, Vessels, Spoon, Spatula, Measuring jar,Khora cloth.

METHOD OF PREPARATION OF TRIMISHRITA TAILA

Purva Karma

- All the raw drugs were washed, dried and made into coarse powder form.
- **Preparation of Kwatha:**Shatavari, Bala and Amruta(25g each) are the Kwatha Dravyas. Prepared by boiling 1part of coarse powder(75g) in 16 parts of water(1200ml) and reduced to 1/8th(150ml).
- **Praparation of Kalka:**Chandana, Usheera, Kushta and Musta were the KalkaDravyas. As all the drugs were dry in nature, it was triturated with required quantity of water, to prepare Kalka(38g).

Pradhana Karma

Day 1:

- A wide mouthed stainless steel vessel was kept on fire source.
- Tila Taila(150ml) was added to wide mouthed stainless steel vessel.
- Prepared Kalka(38g) was added to it and stirred well.
- Prepared Kashaya(150ml) was added and stirred well.
- Then the Ksheera(150ml) was added and continuously stirred on mild flame.
- Then the gas stove was turned off after 40 minutes and it was covered with Khora cloth and tied, kept undisturbed overnight.

Day 2:

- The process was started again;it was stirred well continuously on mild flame till the Sneha Siddhi Lakshanas[17]

✓ Vartivath Snehakalka
✓ Phenodgama
✓ Gandha Varna Rasothpatti.

- Then the gas stove was turned off.

Pashchath Karma

- The Taila was filtered with Khora cloth.
- Filtered Taila was measured and stored in an air tight container.

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METHOD OF PREPARATION OF TRIMISHRITA TAILA LINIMENT

- The specified quantity ofTrimishrita Tailawas measured and taken in a stainless steel vessel.
- Tailawas mildly heated in double boiling method.
- Later, the finely powdered Menthol crystals and Camphor crystals were added and mixed well.
- After mixing these powders, specific quantity of Eucalyptus oil was added and stirred well, until it turns into homogenous mixture.
- The prepared Liniment was stored in an air tight container.

III. OBSERVATION AND RESULTS

Table 3: Chart explaining the time and observation during the preparation of Trimishrita Taila

TIME	OBSERVATION
Day 1: 10:00am	Taila was slightly warmed and had a golden yellow color
10:02am	Addition of Kalka
10:04am	Froth was observed after adding Kalka
10:06am	Kwatha was added and color turned brownish
10:08am	Go-Ksheera was added and color was light brown
10:14am	Boiling started and Mandagni was maintained
10:20am	Evaporation was observed and boiling was maintained
10:30am	Bubbles were noticed
10:40am	Gas stove was turned off Total time duration : 40 minutes
Day 2: 10:00am	Firewas ignited and boiling started
10:10am	Taila was separated from Kalka
10:20am	Amapaka Lakshana – Dense fumes were observed and brownish Kalka was becoming bolus
10:25am	Mridupaka Lakshana – Phenodgama started, crackling sound was observed, when Kalka was put on fire
10:30am	Madhyamapaka Lakshana – Vartivat Kalka was formed, continuous stirring was done
10:32am	When Kalka was put on fire, there was no crackling sound observed
10:34am	Gas stove was turned off
10:40am	Filtering was done Total time duration:40 minutes

Table 4: Chart explaining the time and observation during the preparation of Trimishrita Taila Liniment

TIME	OBSERVATION
11:15am	Taila was kept for double boiling
11:20am	Addition of Menthol and Camphor crystals
11:22am	Addition of eucalyptus oil, stirred well till the homogenous mixture is obtained.
11:24am	Slight change in color was observed, Light yellow color

Table 5: Organoleptic characters of Trimishrita Taila and its modified Liniment form

Organoleptic Characters	Characteristic features of Trimishrita Taila	Characteristic features of Trimishrita Taila Liniment
Color	Dark yellow	Light yellow
Consistency	Viscous	Slightly viscous
Odour	Characteristic	Characteristic

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Table 6: Results of pharmaceutical study

	Trimishrita Taila	**Trimishrita Taila Liniment**
Quantity taken	150ml	90ml
Quantity obtained	130ml	94ml
Loss/ Gain	Loss: 20ml	Gain: 4ml
Time duration	2days (Day1: 40 min. Day2:40 min.)	15 minutes

INDICATION: Vatarakta
MODE OF ADMINISTRATION: External application

Photographs showing the preparation of Trimishrita Taila and its modified Liniment

Fig.1: Ingredients

Fig.2:Dravadravya, Kalkaand Taila kept ready

Fig.3: Addition of Taila

Fig. 4: Addition of Kalka

Fig.5: Addition of Kashaya

Fig.6: Addition of Ksheera

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SNEHA SIDDHI LAKSHANAS

Fig. 7: Phenodgama in Taila

Fig. 8: vartivathSnehakalka

Fig. 9: Shadbaheenain Agni Nikshipta

Fig. 10: Filtering ofTailathrough Kora cloth

Fig.11: Final product (TrimishritaTaila)

Fig. 12: Ingredients of Liniment

Fig 13: Addition of Tailafor double boilingdouble boiling method

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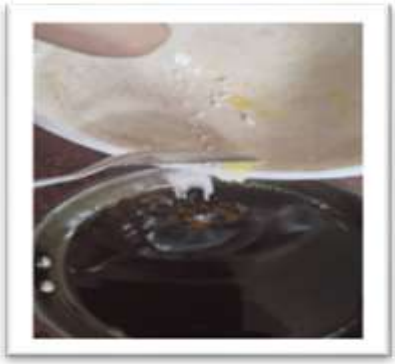

Fig.14: Addition of camphor crystals and menthol crystals

Fig. 15: Addition of eucalyptus oil

Fig. 16: Mixing homogeneously

Fig. 17: Final product obtained

Fig. 18: Final products (TrimishritaTaila and its modified Liniment)

IV. DISCUSSION

- Trimishrita Taila is a compound formulation mentioned in Sahasrayoga, Taila Prakarana.
- The Sneha Yoga, Trimishrita Taila was modified into a new dosage form liniment for better application and absorption.
- Liniment is a topical preparation, usually rubbed on to skin to allow penetration of active ingredients like camphor crystals, menthol crystals and eucalyptus oil.
- Camphor is applied to the skin to increase local blood flow and as a “counterirritant”, which reduces pain and swelling by causing irritation. It is absorbed in the skin epidermis, where it stimulates nerve endings sensitive to heat and cold, producing a warm sensation when vigorously applied or a cool sensation when applied gently.
- Menthol works by causing the skin to feel cool and then warm. These feelings on the skin distracts from feeling the aches or pains in deeper muscles and joints.
- As a penetration enhancer in transdermal drug delivery, it blocks calcium channels and voltage-sensitive sodium channels, reducing neural activity that may stimulate muscles.
- Eucalyptus oil is shown to be effective in reducing pain, swelling, and inflammation via its modulatory effect on the immune response. The lipophilic character of monoterpenoid compound present in the eucalyptus oil have been readily absorbed after dermal application.
- Liniments usually act by irritant and counter irritant mechanism.

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V. CONCLUSION

- In this study an attempt was made to prepareTrimishrita Tailaclassically and to modify it into Liniment.
- Sneha Kalpana (oleaginous preparations)is having longer shelf life, extraction of fat soluble as well as water soluble active principle at a timein a single formulation.
- Trimishrita Taila, the total oil obtained during pharmaceutical preparation was 86% and the loss was 15%.Trimishrita Taila Liniment, there was 4% gain during pharmaceutical preparation.
- Trimishrita Taila Liniment is a medicated topical preparation meant exclusively for application to skin. They are less viscous than Taila and are rubbed to create friction while applying.
- Compared with oils, Liniments are better absorbed to the skin leaving fewer traces on skin and leaves less stain on the clothes

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