

**A REVIEW ON THE DRUGS OF ARKA TAILA****Kishore Seetarama D.^{1*} and Hussain Gazala²**¹PG Scholar, Department of Rasashastra and Bhaishajya Kalapana.²Associate Professor Department of Agada Tantra and Vidhi Vaidyak, SDMCA Hassan, Karnataka, India.

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Rasashastra and
Bhaishajya Kalapana.**ABSTRACT**

Appearance plays an important role in present era. Skin diseases comprise a large proportion of patients approaching clinics and hospitals. Bacteria are the common cause with features of itching, pus discharge as major complaints in skin. Arka taila is an Ayurvedic

preparation for *kandu* (itching), *pama* (scabies), *vicharchika* (eczema). It is mentioned in various classical books of *Ayurveda* like *Sharangadhara samhita*, *vangasena samhita* etc. The efficiency of the formulation can be recognised by the pharmacological properties of its individual components. This paper highlights the review on drugs used for preparing *Arka taila*.

KEYWORDS: *Arka taila*, *Ayurveda*, Skin disease, pharmacological properties.**INTRODUCTION**

In an average 10 – 15 % cases present before general practitioners pertaining to skin diseases are Eczematous.^[1] *Taila* is secondary preparation of *Ayurvedic* pharmaceuticals. It is a liquid dosage form having more shelf life and widely in practice for skin disorders for external application. *Arka taila* is one of the classical preparations mentioned in *Sharangadhara samhita*^[2], *Bharata Bhaishajya Ratnakara*^[3], *Bhava prakasiha*^[4], *Vangasena samhita*^[5], *Yogaratanakara*^[6], with similar ingredients comprising of *arka patra swarasa*, *haridra kalka* and *sarshapa taila*. In other classical treatise like *Chakradatta*^[7] and *Bhaishajya ratnavali*^[8] the *Arka taila* is termed as *Arka manashila taila* and with ingredients comprising of *arka patra swarasa*, *manashila kalka* and *sarshapa taila*.

1. ARKA^[9]

Arka consists of dried leaves of *Calotropis procera* (Ait.) R.Br. (Fam.Asclepiadaceae), found wild more or less throughout India.

Macroscopic: Sub-sessile, 6-15 cm by 4.5-8 cm, broadly ovate, ovate-oblong, elliptic or obovate acute, pubescent when young and glabrous on both sides on maturity.

Constituents: Glycoside (Calotropin)

Properties and action: It is *Katu, Tikta Rasa, Laghu, Sara, Snigdha Guna, Ushna Virya, Katu Vipaka*. It is *Bhedana, Deepana, Krimighna, Vishaghna, Vatahara*.

Rogagnata: *Gulma(tumour), Krimiropa (worm infestations), Vrana (ulcer&wound), Pleeha roga(spleen disorders), Arsa(haemorrhoids)*

Matra: 250-750 mg of the drug in powder form.

Anti bacterial Property^[10]

The aqueous extract of the *C. gigantea* has antagonistic activity against *Staphylococcus aureus*, *Escherichia coli*, *Bacillus cereus*, *Pseudomonas aeruginosa*, *Micrococcus luteus* and *Klebsiella pneumoniae*.

2. HARIDRA^[11]

Haridra consists of the dried and cured rhizomes of *Curcuma longa* Linn. (Fam. Zingiberaceae), a perennial herb extensively cultivated in all parts of the Country.

Macroscopic: Rhizomes ovate, oblong or pyriform (round turmeric) or cylindrical, often short branched (long turmeric), former about half as broad as long, latter 2-5 cm long and about 1-1.8 cm thick, externally yellowish to yellowish-brown with root scars and annulations of leaf bases, fracture horny, fractured surface orange to reddish brown, central cylinder twice as broad as cortex: odour and taste characteristic.

Constituents: Essential oil and a colouring matter (Curcumin)

Properties and action: It is *Katu, Tikta Rasa, Ruksha Guna, Ushna Virya, Katu vipaka*. It is *Krimighna, Kushtaghna, Varnya, Vishaghna, Kaphapittanut, Pramehanashaka*.

Roghagnata: *Pandu (anaemia), Prameha (Diabetes), Vrana (ulcer & wound), Visha vikara (diseases caused by visha), Kushta (skin disorders), Sitapitta (urticaria), Pinasa (Rhinitis)*.

Matra: 1-3 g of the drug in powder form.

Anti bacterial Property^[12]

Curcuma longa L. (Zingiberaceae family) and its polyphenolic compound curcumin have been subjected to a variety of antimicrobial investigations due to extensive traditional uses and low side effects. Antimicrobial activities for curcumin and rhizome extract of *C. longa* against different bacteria, viruses, fungi, and parasites have been reported.

3. SARSHAPA^[11]

Sarshapa consists of dried seed of *Brassica campestris* Linn. (Fam. Brassicaceae), an erect, stout, simple or branched, glaucous, annual herb, 50 to 60 cm tall with amplexicaul leaves, commonly cultivated in Bengal, Bihar, D.P. and Punjab, and also found occasionally as an escape in waste places and fields.

Macroscopic: Seeds small, slightly oblong, pale or reddish-brown, bright, smooth, 1.2- 1.5 mm in Diameter under magnifying glass it is seen to be minutely reticulated; taste, bitter and sharp.

Properties and action: It has *Katu, Tikta Rasa, Teekshna, Snigdha guna, Ushna virya, Katu vipaka*. It is *Kaphahara, Vatahara, Pittakara, Deepana, Hridya*.

Roghagnata: *Kusta (skin disorders), krimi roga (worm infestations)*.

Matra: 0.5-1 g in paste form.

Anti bacterial Property^[12]

A study on the effect of mustard essential oil on the cell membrane of *Escherichia coli* O157:H7 and *Salmonella typhi* has shown that a significantly ($P \leq 0.05$) higher release of cell constituent was observed when both bacteria cells were treated with mustard EO. Intracellular pH and ATP concentration and the release of cell constituents were measured when mustard EO was in contact with *E. coli* and *S. typhi* at its minimal inhibitory concentration (MIC) and maximal tolerated concentration (MTC).

4. MANASHILA^[13]

It is one among the *uparasa*. Chemically it is As_2S_2 (Arsenic disulphide), this mineral is in therapeutic use since *Samhita* period. It is *Katu, tikta* in *Rasa, Snigda, ushna, guru Guna* and has *lekhana karma*. It is *Rasayana, kaphavata hara, agnimandhya, kandu, kasa, kshaya, bhutopadravanashini* (infectious diseases).

Matra: 1/32 ratti to 1/16th of a ratti.

Antibacterial activity^[14]

An anti bacterial and anti fungal study of purified *manahshila* with *agatsya patra swarasa* in different concentrations against bacteria like *Staphylococcus aureus*, *Pseudomonas auregenosa* and *E choli* and fungi like *aspergillus niger*, *candida albicans* etc. has shown a significant zone of inhibition against three strains of bacteria (16-28 mm) and four strains of fungi (14- 27 mm) when compared to Flucanazole (22 mm), Benzathine penicillin (28 mm) & control.

CONCLUSION

Arka taila is a classical formulation that has reference in various classical treatises with similar ingredients, but in *Chakradatta* and *Bhaishajya ratnavali Manahshila kalka* is used instead of *Haridra kalka* and is termed as *Arka manashila taila*. This formulation is indicated in *Vicharchika* i.e. eczema. By the literary review on this disease, it is found that eczema is caused by microorganism (i.e. bacterium) *Staphylococcus aureus*. All the drugs used in the formulation of *Arka Taila* have similar *rasa panchaka* like *katu, tikta Rasa, ushna Guna, katu Vipaka and krimighna* property. Experimental studies (invitro) of individual drugs have proved to have antibacterial action. Thus the formulation *Arka taila* comprising of all these three drugs will have a synergistic action and may prove to be efficacious in diseases caused by bacteria.

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