SJIF Impact Factor (2026): 8.863| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 11 | Issue: 3 | March 2026 - Peer Reviewed Journal

A CRITICAL REVIEW ON PHARMACOTHERAPEUTIC EVALUATION OF PRASARANI TAILA W.S. R TO BHAISHAJYA RATNAVALI

Dr. Mamata[1], Dr. Laxmibai Kurle[2], Dr. Ravi R Chahvan[3]

[1]PG Scholar Department of Rasashastra and Bhaishajya Kalpana,
Taranath Governament Ayurvedic Medical College & Hospital Bellary.
[2]Professor Department of Rasashastra and Bhaishajya Kalpana,
Taranath Government Ayurvedic Medical College & Hospital Bellary.
[3]Professor Department of Rasashastra and Bhaishajya Kalpana,
Taranath Government Ayurvedic Medical College & Hospital Bellary.

Article DOI: https://doi.org/10.36713/epra25709
DOI No: 10.36713/epra25709

ABSTRACT

Introduction:
Prasarani Taila is a classical Ayurvedic medicated oil traditionally used for both curative and preventive purposes, particularly in the treatment of Vata Vyadhi (neuromuscular and musculoskeletal disorders). Various formulations of Prasarani Taila are described in Ayurvedic texts, especially the Bhaishajya Ratnavali explains different types of Prasarani Taila.

Methods:
A textual analysis was conducted by reviewing multiple chapters (Rogadhikara) of the Bhaishajya Ratnavali to identify and compare different formulations of Prasarani Taila. The study focused on collecting data related to ingredients, methods of preparation, therapeutic indications, and traditional applications.

Results:
The analysis revealed several variations of Prasarani Taila, differing slightly in composition and method of preparation depending on the specific disease context. Common ingredients included Prasarani, Tila Taila (sesame oil), and various supporting herbs with Vata-shamaka (Vata-pacifying) properties. The formulations are primarily indicated for conditions such as sciatica, paralysis, stiffness, and other Vata-dominant disorders.

Discussion:
The findings suggest that Prasarani Taila is a versatile formulation with multiple therapeutic applications in Vata-related disorders. The presence of Prasarani and other synergistic herbs contribute to its anti-inflammatory, analgesic, and neuromuscular strengthening effects. Understanding the traditional rationale behind each formulation may help enhance clinical application and support further research into its pharmacological potential.

KEY WORDS :*Prasarani Taila, Vatavyadhi , Bhaishajya Ratnavali*

INTRODUCTION

Sneha kalpana is the unique pharmaceutical preparation of Bhaishajya kalpana. Taila is one such sneha which is considered to be the best Shamanoushadhi for Vata dosha which can be used both internally & externally[1]. Prasarani Taila is one of the standard preparation which is used for vatavyadhi. There are total 10 formulations in the name of Prasarani Taila have been mentioned in diffrents texts.But It has been explained by Acharya Sharangadhara firstly. Among 10 formulations 8 are mentioned in Bhaishajya Ratnavali among which 7 are explained under **Vatavyadhi-adhikara** and 1 is explained in **Amavatadhikara.**1 reference is from **sahasrayoga.**

AIMS AND OBJECTIVES

- To put an insight on Various ingredients, Method of preparation and indications ,different anupanas of Prasarani Taila .
- To understand the Proable of mode of action of Prasarani taila in Vatavyadhis[2].

MATERIALS AND METHODS

A list of references of Prasarani taila assembeled from different chpaters of Bhaishajyaratnvali with special emphasis placed on ingrdients, methods , indication .

Table 1: Showing different types of Prasarani Taila according to different Rogadhikara

SJIF Impact Factor (2026): 8.863| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 11 | Issue: 3 | March 2026 - Peer Reviewed Journal

Sl.no	References	Different Names of Prasarani Taila	Ingredients	Method of preparation	Dose / anupana	Indication
1.	B.R Amavatadhikara	Prasarani Taila[3]	**Sneha dravya -** Eranda taila – 2 Prastha **Drava dravya-** Prasarani swarasa 8 prastha	Swarasa added with taila heated upto taila paaka lakshana .	1-2 tola Milk or Water	Kapharoga
2	B.R Vatavyadhiadhikara	Pushparaja parasarani Taila[4]	**Sneha dravya –** Tila taila- 64 pala **Kwatha dravya-** Prasarani -100pala Ashwagandha -500pala shatavari kwatha -64 pala Godugdha -265 pala . Pundarika Rasa- 64 pala **Kalka Dravya-** Shatapushpa ,Pippali, Yastimadhu, Punarnava ,Rasna,Yavani, Nirgundi,Gokshura,Ela Kusta,Devadaru, Manjista ,vacha,Bhootika,jatamamsi Nirgundi,Bala, shatavari,kantakari, shunti Shalaparni,patra, Pushkaramula, chitraka, kamalanaala- each ¼ pala.	Kwatha is prepared with mentioned dravyas added with 64 pala of moorchita tila taila & kalka dravya added heated till jaleeyamsha of kwatha evaporates after that godugdha added heated until sneha siddi lakshana.	1/4th -1/2 pala Sukhoshna Ksheera	Hanugraha Shiroroga Khanja, Pangu, Bhagna.
3.	B.R Vatavyadhi adhikara	Kubjaprasarani Taila[5]	**Sneha dravya-**64 pala **Kwatha daravya-** Prasarani -100 pala Jala – 1 droni Dadhi- 64 pala Kanji- 64 pala Goksheera-128 pala **Kalka dravya -** Chitraka,Madhuka,Saindhva Pippalimula,Bala,shatapuspa Devadaru,Rasna ,Prasarani mula , Shu Bhallataka ,jatamamsi,Gajapippali-each 2 pala.	64 pala of Kwatha is prepared Added with equal quantity of murchita tila taila followed by dadhi, kanji, & Godugdha. After that kalka dravyas added heated until sneha siddi lakshana.		Kubjata Pangu Gridhrasi Ardita Vatavyadhi Hanustambha Greevasthambha
4	B.R Vatavyadhirogadhikara	Trisati prasarani Taila[6]	**Sneha dravya-** Tila taila - 64 pala **Kwatha dravya-** Prasarani panchanga - 100pala Jala – 1 droni Dashamoola- 100 pala Ashwagandha -100pala Dadhi- 1 adhaka Kanji-2 adhaka Goksheera- 4 adhaka **Kalkadravya-**Jeevaniya gana dravyas – 1 pala each Shunti- 5 Pala Sh .Bhallataka -30 pala Pippalimula ,chitraka, yavakshara, Madhuka,	Murchita tila taila added with kalka dravyas After that Prepared prasarani kashaya is added paka is done till sneha siddi lakshana similarly,dashamoola,Ashwagandha kwatha is prepared paka is done separately. followed by godugdha , dadhi, mastu,kanji . At last equal quantity of water	1/2-1/4th Pala. Sukoshna ksheera	80 Vataja ,40 Pittaja,20 kaphaja vikara ,Apasmara,unmada,Gridrasi, twakvikara, Mandagni .

SJIF Impact Factor (2026): 8.863| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 11 | Issue: 3 | March 2026 - Peer Reviewed Journal

			Prasarani, Saindhava , sourvchala ,Manjista each- 2 Pala.	added to taila paka is done.		
5.	B.R Vatavyadhi adhikara	Saptashatika parasarani taila[7]	**Sneha dravya -** Tila taila – 1 adhaka **Kwatha dravya** – kashaya of prasarani panchanga Sahachara,Shatavari, Bala, Atmagupata,Ashwagandha , ketaki-100 pala each Mastu, Mamasa rasa , Dadhi- 1 adhaka each **Kalka dravya**-Tagara, Kesara,Rasna,Jatamamsi,Meda Rushabaka,Shunti,Vacha, Madanaphala,Mustaka,Saindhava,Yastimadhu,Mahameda Shatapushpa,Devadaru,Ksheerakakoli Kusta,twak,Pippali ,Manjista,Jeevaka, Vyaghri,Kakoli Shu Bhallataka each – ½ pala	Murchita tila taila added with kalka dravyas After that Prepared prasarani kashaya is added paka is done till sneha siddi lakshana .similarly Sahachara,Shatavara,Bala, Atmagupata ,Aswagandha,ketaki panchanga kwatha Added paka done separately. Followed by paka of Godugdha Mastu,Mamsarasa Chukra is done separately till sneha siddi lakshana .		Kubja , Pangu, Vamana Ekanga shosha,Asthibhagna,sandhibhagna, Vatashonita dustia, Vajikarana uttama.
6.	B.R Vatavyadhi adhikara	Ekadashashatika parasarani taila[8]	**Sneha dravya -** Tila tail-250 pala **Kwatha dravya-** Prasarani panchanga250 pala, Sahachara -166 pala, Eranda-166 pala, Rasna& Shirisha -83pala. **Kalka dravya** –Jeevaniya ganda dravyas, Karkataki, Yasti, Mashaparni ,Mudagaparni , Manjista,Kunduru, Ela,Padmaka,kasturi, Shati, Saindhava, Prshnaparni,Tagara, Twak, Ketaki, Ashwagandha, Shallaki, Rasanjana, Katphala, Guduchi, Bhallataka, Triphala, Lavanga, Chandana, Jatiphala,Champeya ,vyosha-2 ½ pala each	Murchita tila taila added with Prepared parasarani kashaya , kalka dravya paka is done until jaleeyamssha evaporates. Similarly other kashaya is added paka is done.	$1/4^{th}$ – ½ pala. Ksheera	Sarvanga & adranga vata Shamana of kapha ,pitta, Asthi, Majja located in Asthi, Majja.

SJIF Impact Factor (2026): 8.863| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 11 | Issue: 3 | March 2026 - Peer Reviewed Journal

7.	B. R Vatavyadh adhikara	Astadasashataki parasarani taila[9]	**Sneha Dravya -** Tila taila -4 adhaka **Kwatha dravya :** Prasarani-300pala Shatavari,Ashwaganda, ketaki,Dasamula, Sahachara, Bala mula Kanji, Dadhi ,Dadhi mastu, Goksheera, Shukta, Ikshu rasa ,chaga mamsarasa each – 1 adhaka **Kalka dravya-** Shu Bhallataka , Tagara, Shunti , Pippali, Chitraka, Shati,Vacha, Prasarani , Devadaru, Pippalimula,shatavha, ela,Twak, Kumkuma, Manjista,Agaru,karpoora,Kunduru,Haridra, Lavanga,Chandana,Nalika, Musta, Harenu, Shaileya, Vasa , Triphala, Ketaki, Priyangu, Usheera, Jeevaka, Punarnava, Dashamula, Ashwagandha, Rasanjana, Jatiphala, Puga. Each – 3 pala	Above mentioned procedure is followed.		All vatavyadhi.
8.	B.R Vatavyadhi	Maharaja parasarani taila[10]	**Snehadravya-** Tila taila- **Kwatha dravya-** Prasarani-300pala Peeta sahachara – 150 pala Ashwagandha,Eranda, Bala, Rasna, Punarnava, ketaki, Dasamula,Twak, Paribhadra, Shatvari, Laksha, Lodhra, kanji, Ksheera,Dadhi, Ikshurasa, Mamsa rasa Manjista **Kalkadravya-** Bhallataka, Pippali ,Shunti,Maricha,Triphal,Sarala,shatavha, karkati, vacha, shati, Musta, Padmaka,Utpala, Manjista, Ashwagandha, Dasamula, Chakramarda,Rasanjana Haridra, Pippalimula. each – 3 pala	3 methods of paka mentioned.		All vatavyadhi.

SJIF Impact Factor (2026): 8.863| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 11 | Issue: 3 | March 2026 - Peer Reviewed Journal

Table no :2 Showing Different Mode of administration of Prasarani Taila

SL .NO	NAME	MODE OF ADMINISTRATION				
		Paana	Abhyanga	Nasya	Basti	Pumsavana karma
1.	Prasarani Taila	+	-	-	-	-
2.	Pushparaja prasarani Taila	+	+	-	-	
3.	Kubja prasarani Taila	+	+	-	-	-
4.	Trishati prasarani Taila	+	+	+	+	+
5.	Saptashatika prasarani Taila	+	+	+	+	+
6.	Ekadashashatika prasarani Taila	+	+	+	+	
7.	Astadashashatika prasarani Taila	+	+	+	+	-
8.	Maharaja parasarani Taila	+	-	+	-	-

DISCUSSION

The present study highlights the remarkable **pharmacological versatility** and **formulation diversity** of **Prasarani Taila** as described in the *Bhaishajya Ratnavali*. Through textual analysis, it becomes evident that although the core ingredient—**Prasarani (Paederia foetida)**—is consistent in all preparations, the choice of additional herbs, drava dravya, and method of preparation vary significantly depending on the **clinical indication**, especially within the broad spectrum of **Vata Vyadhi**.

Probable mode of action

The therapeutic efficacy of *Prasarani Taila* in the management of *Vatavyadhi* can be attributed to its formulation principles grounded in classical *Sneha Kalpana* and its pharmacodynamic action on *Vata Dosha*. Vata, being *Ruksha* , *Sheeta* and *Chala* in nature, is effectively pacified by the *Snigdha* ,*Ushna* , and *Sthira* (stabilizing) qualities inherent in both the *Tila Taila* base and the ingredients used. The taila acts as an excellent vehicle for deep tissue penetration, targeting affected tissues like *Asthi* , *Majja* , *Mamsa* , and *Snayu* , which are often involved in disorders such as *Pakshaghata* ,*Ardita* and *Gridhrasi* . The chief herb, *Prasarani* (*Paederia foetida*), is renowned for its *Vata-Kapha hara* and *muscle-relaxant* properties, while other herbs such as *Ashwagandha*, *Bala*, *Rasna*, and *Nirgundi* contribute to reducing inflammation, nourishing neuromuscular tissues, and strengthening the body.

Moreover, the inclusion of *Agni-deepana* and *Srotoshodhana* herbs like *Pippalimoola*, *Chitraka*, *Shunthi*, and *Bhallataka* enhances metabolic function, clears *Ama* (toxins), and restores normal Vata circulation in blocked channels. The sequential processing of the taila with various decoctions and adjuvants such as *Godugdha* , *Dadhi* , *Kanji* , and *Mamsa rasa* further augments its *Brimhana* and *Balya* properties. Such multi-liquid and multi-drug processing supports deeper tissue rejuvenation and reversal of *Dhatu kshaya* , which is a common pathological feature in chronic Vata disorders. Additionally, when administered externally through *Abhyanga*, *Pichu*, or internally via *Basti* (oil enema), the formulation exhibits localized as well as systemic action. Its lipid-soluble medium facilitates targeted delivery (*Srotogamitva*) of active phytoconstituents, ensuring better absorption and therapeutic effect. Thus, *Prasarani Taila*, through its synergistic composition and intelligent pharmaceutics, effectively alleviates pain, stiffness, and neuromuscular weakness associated with *Vatavyadhi*, offering both symptomatic relief and tissue-level restoration.

CONCLUSION

Prasarani Taila, as elaborated in *Bhaishajya Ratnavali*, demonstrates significant pharmacotherapeutic potential in the management of *Vatavyadhi*, including conditions like *Pakshaghata* (hemiplegia), *Gridhrasi* (sciatica), *Ardita* (facial palsy), *Hanustambha* (lockjaw), *Greevastambha* (neck stiffness), and *Ekanga Vata*. Its core ingredient *Prasarani* (Paederia foetida), combined with *Tila Taila* and Vata-pacifying herbs, offers anti-inflammatory, analgesic, and neuro-restorative actions. The diverse formulations, processed with *Dadhi*, *Kanji*, *Mamsarasa*, and *Godugdha*, enhance tissue penetration and promote *Brimhana* and *Balya* effects. These properties not only pacify aggravated *Vata* but also support *Dhatu* regeneration, making Prasarani Taila a clinically significant and classically validated intervention in chronic neuromuscular disorders.

SJIF Impact Factor (2026): 8.863| ISI I.F. Value: 1.241| Journal DOI: 10.36713/epra2016 ISSN: 2455-7838(Online)
EPRA International Journal of Research and Development (IJRD)
Volume: 11 | Issue: 3 | March 2026 - Peer Reviewed Journal

REFERENCES

1. *Charaka . Charaka samhita Ayurveda dipika ayushi hindi commentary edited by harischandra kaushavaha Varanasi : Choukambha orientelia : 2014 Sutrasthana 1 st chapter verse no 87,35pp.*
2. *Agnivesha. CharakaSamhita. Redacted by Charaka and Dridhabala with Ayurveda Deepika Commentary by Chakrapanidatta and Vidyotini Hindi Commentary by Pt. KashinathShasthri. 5th Edition,. Varanasi: Chaukambha Sanskrit Sansthan; 2009, Chikitsa sthana, 28 chapter , verse 7,58pp.*
3. *KavirajShriGovindadassen,BhaishajyaRatnavali. edited with Siddiprada Hindi commentary, by Prof. Siddhinandan Mishra, Varanasi, Published by Chaukhambasurbhartiprakashan reprint 2015 chapter 29, verse 202 ,612pp.*
4. *Ibid.chapter 26 ,verse 348-355,549pp.*
5. *Ibid.chapter 26 ,verse 353-360,549 -550pp.*
6. *Ibid.chapter 26 ,verse 361-373,550pp.*
7. *Ibid.chapter 26 ,verse 374-383 551pp.*
8. *Ibid.chapter 26 ,verse 384-389,552pp.*
9. *Ibid.chapter 26 ,verse 390-408,553pp.*
10. *Ibid.chapter 26 ,verse 409-411,555pp.*