



Exploring Murdhni Taila Yogas in Ayurveda Treatise: A Narrative Review

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ABSTRACT: Ayurveda is a medical system that dates back to India's early vedic era. It is an all-encompassing strategy for wellness and homeostasis that takes into account the body, mind, emotions, spirit and environment. *Murdhni taila* is a therapeutic procedure explained in Ayurveda classics and it includes *Abhyanga*, *Seka*, *Pichu* and *Sirovasti*. Since the head serves as the body's control centre, it is referred to as the 'Uttamanga' component of the body. So the procedures done over the head results in eradicating diseases even pertaining to the whole body. In this review article collection of resources that expound the existing choices of *taila* preparation, that can be extensively used in clinical practice is included.

Key Words: *Murdhni taila*, *Ayurveda*, *Siras*, *Uthamanga*, medicated oil for head

INTRODUCTION

Murdhni taila is a therapeutic procedure explained in Ayurveda classics. *Murdhni* means *siras*. *Siras* is one among *Trimarmas*. According to Acharya Charaka, *Sira* is considered as *uthamanga*¹. As it is the region where *prana* and all *indriyas* are located, *siras* is foremost among all organs. Ashtanga Hridaya opines that human body is like a tree having roots on top and branches below, so by acting on roots, disease can be cured effectively².

Murdhni taila include *abhyanga*, *seka*, *pichu*, and *siro basti*. *Abhyanga* is the process of application of medicated oils over head. ³ *Abhyanga* is indicated for dryness, itching etc. *Shirasekam* is done by pouring medicated *sneha* or other liquid continuously on forehead and allowed to flow over the scalp in a specific rhythm⁴. It is beneficial in diseases like eruptions of scalp, headache, burning sensation, suppuration and ulcers. *Shiropichu* is done by placing cotton pad soaked in herbal oils over the head⁵. Hair fall, dryness of skin over scalp and stiffness of eyes are the indications. *Shirobasti* is the sustaining of medicated oil over the head using an elongated cap or bandage for a stipulated period of time. *Ardita*, *timira*, *shiroroga*, inadequate sleep, dryness of mouth and nose are the indications⁶.

Ayurveda treatises has got countless *taila yogas* which are formulated after years of experimentation and observations. Kerala Ayurveda books like *Sahasrayoga*, *Chikitsamanjari*, *Arogyarakshakalpadruma* has got

detailed explanations and improvisations about the procedure of *murdhni taila* along with various *taila yogas*.

MATERIALS AND METHODS

Classical texts like Sahasrayogam, Arogyarakshakalpadrumam, Chikitsamanjari, Bhaishajyaratnavali etc are referred. Findings from various studies and articles are also included. Most of the taila yogas enlisted here are taken from Sahasrayoga. Analysing the indications, it was found that yogas are mentioned not only for disease pertaining to head, but also have another indications like *kasa, swasa, kamala, vataraktha*. Even though the indication such as *keshajanaka* is similar in certain yogas, it can be deduced from the ingredient and its properties that, each yoga is mentioned in the same disease produced by different nidanas. Also drugs like *amalaki, bringaraja, neeli* etc are common in yogas indicated for hairfall.

Serial no:	Tailas from Sahasrayoga ¹⁰	Action on dosha	Indications
1	Amrutadi tailam	<i>Vata pitha shamana</i>	<i>Vataraktha, siroroga, Rakta pitta</i>
2	Asana vilwadi taila	<i>Vata kapha samana</i>	<i>Vata pitha samana Nayana karna sirogatha roga</i>
3	Arukaladi tailam	<i>Pitha kapha shamana</i>	<i>All kamala</i>
4	Kayyunnyadi tailam	<i>Kapha shamana</i>	<i>Netra siro danta hitham</i>
5	Ksheerabala	<i>Vata pitta shamana</i>	<i>Vatasheethi vinashanam</i>
6	Guggulumarichadi taila	<i>kaphashamana</i>	<i>Kushtam</i>
7	Chandanadi taila	<i>Vata Raktha samana</i>	<i>Vatashonitha nashana</i>
8	Jeemutha bringadi tailam	<i>Vata Kapha samana</i>	<i>Keshapatana</i>
9	Triphaladi taila	<i>Vata kapha shamana</i>	<i>Shiroroga pratishyaya, khalitya Palitya</i>
10	Tungadrumadi taila	<i>Pitha shamana</i>	<i>Shiro nayana tarpana Apatarpanena</i>
11	Datturadi taila	<i>Kapha pitha shamana</i>	<i>Kandu keshachyuti</i>
12	Nalpamaradi taila	<i>Pitha raktha shamana</i>	<i>Kushta</i>
13	Neelibhringadi taila	<i>Pitha Rakta samana</i>	<i>Kesha janakam</i>
14	Baladtryadi taila	<i>Pitha Vata samana</i>	<i>Siro Netra gata roga</i>
15	Balawagandhadi taila	<i>Vata pitha shamana</i>	<i>Pushtikaram param</i>
16	Manjishtadi tailam	<i>Vata pitta</i>	<i>Netra shiro arti hari</i>
17	Vilwam pachotyadi taila	<i>Pitha Vata Samana</i>	<i>Karna Netra shiro roga</i>

18	Mahaneela tailam	<i>Pitha shamana</i>	<i>Chakshushyam</i>
19	Ayyappala keram	<i>Kapha vata shamana</i>	<i>Darunakam</i>
20	Karpasasthyadi taila	<i>Kapha vata shamana</i>	<i>Pakshaghata,ardita</i>
21	Thekaraja taila	<i>Kapha vata shamana</i>	<i>Kasa swasa</i>
22	Nimbadi taila	<i>Kapha pitta samana</i>	<i>Darunaka,mukhadooshika</i>
23	Panchavalkaladi taila	<i>Pitha raktha shamana</i>	<i>Kushta,visarpa</i>
24	Pamanthaka taila	<i>Kapha vata shamana</i>	<i>Darunaka,Dushtavrana</i>
25	Durdhura patradi taila	<i>Kapha vata samana</i>	<i>Darunaka hara</i>
26	Balaguluchyadi taila	<i>Raktha vata</i>	<i>Vata raktha shamana</i>
27	Balahatadi	<i>Pitha shamana</i>	<i>Shirashoola</i>
28	Brahmi taila	<i>Pitha shamana</i>	<i>Netra rogam</i>
29	Bhringamalakadi tailam	<i>Pitha shamana</i>	<i>Danta roga,Srotra roga</i>
30	Vachadi taila	<i>Kapha shamana</i>	<i>Apachi</i>
31	Eladi kera	<i>Kapha vata samana</i>	<i>Kushta,Peenasa</i>
Serial no:	Taila yogas from Arogyaraksha kalpadrumam¹¹	Action on dosha	Indication
32	Panchagandhadi tailam	<i>Kapha shamana</i>	<i>Sirasoola</i>
33	Chemaparutyadi kera tailam	<i>Kapha pitta samana</i>	<i>Kandughna,varnya,keshya, Raktaprasadaka</i>
34	Samastanya taila	<i>Pitta vata shamana</i>	<i>Shiro abhitapa</i>
35	Bala jaladhadi taila	<i>Vata pitha shamana</i>	<i>Suryavarta</i>
Serial no:	Taila yogas from Bhaishajya ratnavali	Action on dosha	Indications
36	Himasagara taila	<i>Vata pittasamana</i>	<i>Unmada,Palitya</i>
37	Maharajaprasaranyadi taila	<i>Vata samana</i>	<i>Vata rogas</i>
38	Malatyadi kera tailam	<i>Kapha vata samana</i>	<i>Shirororga</i>
Serial no:	Taila yoga from Chikitsamanjari¹²	Dosha samana	Indications
39	Himamadhukadi taila	<i>kapha pitta samana</i>	<i>Siro ruja,sira kandu, Kesa vardhakam</i>

40	Cherupayarumu zhunnumityadi taila	<i>Pitta samana</i>	<i>Siro ruja</i>
41	Chinnendra lathadi taila	<i>Kapha pitta samana</i>	<i>Sira kushta, Kesa saatana</i>
42	Triphalavarnavati Yugathi taila	<i>Pitta kapha samana</i>	<i>Kushtam</i>
43	Kadalikandadi taila	<i>Kapha pitta samana</i>	<i>Kesa ranjanam</i>
44	Neelolpaladi taila	<i>Pitta kapha samana</i>	<i>Romanam janakam Uthamam</i>
Serial no:	Taila yogas from Ashtanga hridaya¹³	Dosha samana	Indications
45	Prapoundareekadi taila	Pitta kapha samana	Shiro roga
46	Surasadi taila	Kapha saamana	Dushta peenasam

DISCUSSION

Taila itself is having *vatanasana*, *sukshma*, and *snigdhatva* properties which helps *tarpaka kapha* in proper facilitation and sound correction of *indriyas* and *vishayas* which has deranged earlier by aggravated *vata dosha*⁷. Due to its *sukshma guna* it easily penetrates in the deep channels inside the body. Active components of *taila* penetrates into the circulation via scalp and produces *vatahara* effect and it also produces lubrication and nutrition⁸. Also, each procedure of *murdhni taila* has got clinical significance. In *abhyanga* the physical pressure causes to move in the internal environment thus the prime effect of *abhyanga* is lymphatic drainage.⁹ In psychological disorders *shiropichu* corrects loss of neurons and synapsis in cerebral cortex through the diffusion into the superficial venous drainage. By the absorption and diffusion mechanism, the medicated oil of *pichu* corrects the atrophy and degeneration of temporal lobe, parietal lobe and parts of frontal cortex and cingulated gyrus during the venous drainage.¹⁴ Retention of medicated oil on head stimulate the underlying cortex of brain. In *shiraseka*, medicated oil poured from certain height, when striking on the skin, produces vibrations which are transformed to cerebral cortex and hypothalamus. This results in the secretion of various neurotransmitters like serotonin, dopamine, epinephrine etc.¹⁵ According to *Ashtangahrdaya*, *Murdhni taila* prevents falling, greying, and splitting of hair, disease of head of *vata* origin, confers *indriya prasada*, and gives *bala* to *svara, hanu* and *murdha*.¹⁶

CONCLUSION

Murdhni tailas are employed in a variety of therapeutic situations in traditional Ayurvedic literature, and they are advised for usage in a number of ailments. Additional benefits include better blood flow to the brain, less levels of anxiety, aid in restful sleep, and nourishment for the scalp, which helps to strengthen the hair. It enhances the functioning of the central nervous system and sense organs, elevates mood, and guards against many mental illnesses. Judicious use of these formulations helps to attain better results.

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