



Review Article

REVIEW ON NILIBHRINGADI TAILA: AN EFFECTIVE KESHYA MEDICATION

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ABSTRACT

One third of the population, including both men and women, experience hair problems, making it one of the most prevalent issues in the world. Both men and women in India are very sensitive about their hair. Numerous reasons, including hormone imbalances, stress, rising work pressure, poor dietary practises, and excessive use of chemical cosmetics, have contributed to a rise in cases of hair diseases and hair problems. Losing one's hair can be embarrassing and detrimental to one's confidence and self-esteem. Ayurveda provides some successful external hair management therapies. The pharmaceuticals and therapeutics of Ayurvedic dose forms are quite specialised. *Sneha Kalpana* is a collection of medicated *Taila* and *Ghrta* that treat a wide variety of diseases in people of all ages. *Sneha kalpas* produced by Ayurvedic pharmaceuticals are broadly utilised for both cosmetic and therapeutic purposes. It is the only *Kalpana* used in all four ways that these formulations can be administered: *Pana*, *Abhyanga*, *Nasya*, and *Basti*. In Ayurveda, hairs are referred to as *Kesha*, and medications that are effective for hairs are referred to as *Keshya* medications. In this article we have made an effort to describe the formulation *Nilibhringadi Taila* which is described in *Sahasrayogam* and *Chikitsa Manjari*. *Nilibhringadi Taila* is an Ayurvedic and herbal oil, which is useful to improve the quality of hair, to treat split hairs, premature greying and baldness. All ingredients in formulation are best hair growth promoters. It is widely used and prescribed formulation in India. Here not much more work has been done on this formulation. So we are trying to review this formulation for further knowledge and scope.

INTRODUCTION

Hair is a complex structure made up of many components that work together to protect the scalp and provide physical attractiveness to the self-perception of beauty. Hair care has become increasingly important in people's lives these days.^[1] A number of hair growth promoting oils are available in commercial market today. Herbal medicines contain phytoconstituents in complex matrices, of which no single active constituent is responsible for the overall effectiveness. Quality of a medicine depends on the genuinity of raw drugs used for the preparation.

Nilibhringadi Tailam is one of the most famous Ayurvedic preparations that is renowned for abundant growth of long, dark and dense hair. This *Taila* is mentioned in *Chikitsa Manjari Siro roga Chikitsa*^[2] and *Sahasrayogam Taila prakaranam*^[3]. As per classical reference, for *Anjana*, galena (lead sulphide) is used. But as per Ayurvedic Pharmacopoeia of India (API)^[4] *Daruharidra* dried stem extract is taken instead of *Anjana* (Lead Sulphide). All the ingredients in the formulation are excellent hair growth promoters which are capable to reduce the rate of hair loss. The medium of preparation is either *Tila tailam* or *Kera taila*. There are 12 ingredients in the formulation. *Nili*, *Bhringraja*, *Satakratulata*, *Dhatri Phala*, *Aja Kshira*, *Narikela Kshira*, *Mahisha Kshira*, *Go Kshira*, *Tila taila* (sesame oil), *Yashti Madhu*, *Gunja root*, *Anjana (Rasanjana)*.

The health of hair depends on three things that is *Kesha sanjanana*, *Kesha vardhan* and *Kesha ranjana*.^[5]

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1. *Kesha sanjanana* means the drugs which are helpful in origin of hair.
2. *Kesha vardhan* that is the drugs which promotes hair growth or drugs which make hair thick.
3. *Kesha ranjana* are drugs helpful in maintenance of natural colour of hair that is black.

Keshotpatti

There is no detail information found in Ayurvedic text regarding production of *Kesha*. From the *Meda dhatu*, the *Asthi dhatu* has emerged. *Asthi dhatu* is divided into two parts: the *Prasad* part and the *Kitta* part. The *Kitta* part is *Kesha*, or hair on the scalp. (Ch. Chi. 18/19, Su. Su. 16/36, A.H. 316/ 364). Even

RESULTS

just a few of *Aacharya* think *Kesha* is *Majja Dhatu's Updhatu*.

MATERIAL AND METHODS

The material is gathered from Ayurvedic texts, current references of publications, and published articles to review *Nilibhringadi Taila*. Based on their therapeutic activities, published research papers on herbs were compiled and examined from internet resource.

Method of preparation of Nilibhringadi Taila

It is one of the *Sneha Kalpana* (oil preparation) prepared using *Kshira* (milk), *Kalka dravya*, *Drava dravya* and *TilaTaila* (sesame oil).

Table 1: Ingredients for the formulation Nilibhringadi Taila^[6]

S.No.	Sanskrit Name	Parts Used	Botanical/English Name	Quantity
Kalka dravya				
1.	<i>Yashtimadhu</i>	Root	<i>Glycyrrhiza glabra</i>	1 Pala
2.	<i>Gunja</i>	Seed	<i>Abrus precatorius</i>	1 Pala
3.	<i>Anjana</i>		<i>Berberis aristata</i>	1 Pala
Drava dravya				
4.	<i>Nili</i>	Whole Plant	<i>Indigofera tinctoria</i>	
5.	<i>Bhringraj</i>	Whole Plant	<i>Eclipta prostrata</i>	
6.	<i>Satakratulata</i>	Fruit	<i>Citrullus colocynthis</i>	
7.	<i>Dhatri phala swarasa</i>	Fruit	<i>Phyllanthus emblica</i>	
+ Total = 1 Prastha				
8.	<i>Aja Kshira</i>	<i>Ksheera</i>	Goat milk	1 Prastha
9.	<i>Narikela Kshira</i>	<i>Ksheera</i>	<i>Cocos nucifera</i>	1 Prastha
10.	<i>Mahisha Kshira</i>	<i>Ksheera</i>	Buffalo milk	1 Prastha
11.	<i>Dhenudbawa Kshira</i>	<i>Ksheera</i>	Cow milk	1 Prastha
Sneha Dravya				
12.	<i>Taila</i>	Oil	Sesame oil	1 Prastha

Table 2: Latin name, Family, Chemical composition^[7]

Drug name	Latin name	Family	Chemical composition
<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>	Leguminosae	Glycyrrhizin, glycyrrhetic acid, glycyrrhetol, asparagine, sugar, resin, starch
<i>Gunja</i>	<i>Abrus precatorious</i>	Fabaceae	Glucoside (glycyrrhizin)
<i>Rasanjana</i>	<i>Berberis aristata</i>	Berberidaceae	Berbamine, berberine, palmatine, taximaline etc
<i>Nili</i>	<i>Indigofera tinctoria</i>	Fabaceae	Indigotine, indirubin, rotenoids, terpinoids etc
<i>Bhringraja</i>	<i>Eclipta alba</i>	Asteraceae	Resin, ecliptine, nicotine, eclabatin etc
<i>Satakratulata</i>	<i>Citrullus colocynthis</i>	Cucurbitaceae	Colocynthin, citrullol, pectine etc
<i>Dhatrphala</i>	<i>Emblica officinalis</i>	Euphorbiaaceae	Tannins, gallic acid, emblicol, ellagic acid etc
	English name		
<i>Aja dugdha</i>	Goat milk	-	Triglycerides, phospholipids, proteins
<i>Narikela dugdha</i>	Coconut milk	-	Proteins, fats, water, carbohydrates etc.

<i>Godugdha</i>	Cow milk	-	proteins, fat, lactose, minerals etc
<i>Mahisha dugdha</i>	Buffalo milk	-	proteins, fat, lactose, minerals etc
<i>Tila taila</i>	Sesame indium	Pedaliaceae	Unsaturated fatty acids, fat soluble vitamins, amino acids etc.

Table 3: Rasapanchaka and Doshagnata of single drugs^[8]

S. No.	Name of the drug	Rasa	Guna	Virya	Vipaka	Karma
1	<i>Yashtimadhu</i>	<i>Madhura</i>	<i>Guru, Susnigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>PVR shamaka (Keshya)</i>
2	<i>Gunja</i>	<i>Madhura, Tikta</i>	<i>Ruksha, Sheets</i>	<i>Ushna</i>	<i>Madhura</i>	<i>VP shamak (Keshya, Indralupta)</i>
3	<i>Anjana</i>	<i>Katu, Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KP shamak</i>
4	<i>Nili</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KV shamaka (Keshya)</i>
5	<i>Bhringraja</i>	<i>Katu</i>	<i>Tikshna, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KV shamaka (Keshya)</i>
6	<i>Shatkratulata</i>	<i>Tikta</i>	<i>Sara, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>KPshamak</i>
7	<i>Dhatrphala</i>	<i>Panchrasa</i>	<i>Ruksha, Laghu</i>	<i>Sheets</i>	<i>Madhura</i>	<i>VPK shamak</i>
8	<i>Tila taila</i>	<i>Katu, Tikta, Madhura, Kashya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>KP shamaka (Keshya)</i>

Properties of various Dugdha used in formulation

Godugdha is *Madhura* (sweet in taste), *Madhura vipaka* (sweet ate post digestive effect), It enhances mild moisture to *Dosha, Dhatu, Mala,* and *Strotas*. It is *Guru* (heavy), *Sheetala* (cooling), *Stanyakrit* (promotes breast milk), *Snigdha* (demulcent), subsides *Vata-Pitta* and *Rakta*. Continuously and constantly if consumed daily cures *Jara* (old age) and related problems. The milk of black cow is more potent and subsides *Vata dosha*. The yellow cow milk pacifies *Pitta*, and *Vata doshas*, and the white cow milk is *Guru* (heavy), and the red colour of cow milk is pacifies *Vata dosha*. The cow milk from *Jangala pradesha* (jungle region) is *Guru* (heavy), *Sneha* (fatty) ^[9].

The *Aja Dugdha* is *Madhura* (sweet), *Kashaya* (astringent) in taste, *Laghu* (light), *Sheeta virya* (cold in potency), *Balya* (tonic), *Sangrahi* (absorbent), cures *Rakta-Pitta* (haemorrhage), *Atisara* (diarrhoea), *Kasa* (cough), *Shosha* (emaciation), *Kshaya* (tuberculosis), *Jwara* (fever) ^[10,11].

The *Mahisha Dugdha* is *Maha-abhishyandi* (causes blockage of the channels), *Madhura* (sweet) in taste, *Agnimandyakara* (subsides digestive power), *Nidrakara* (induces sleep), *Sheetala* (cooling), *Shukrakara* (increases semen), *Snigdha* (demulcent), *Guru* (heavy), cures *Kshudha* (hunger).^[12,13]

Narikela possess *Madhura rasa, Guru snigdha guna, Seeta virya, Madhura vipaka* and *Vata Pitta shamaka* property.^[14] *Narikela dugdha* is *Balya, Ruchya, Vrishya, Kasahara*.

DISCUSSION

The majority of hair-related Ayurvedic disorders are *Khalitya* (gradual hair loss), *Palitya* (hair whitening), *Indralupta* (sudden hair loss), etc. *Sushruta* explains that the *Samprapti* of *Khalitya* is as follows: First, vitiated *Vata* drives *Pitta* to the *Romakupa*, which causes hair loss; next, vitiated *Rakta* and *Kapha* obstruct the *Romakupa*, which causes *Khalitya*, or permanent hair loss. When it comes to *Palitya*, vitiated *Pitta* enters the *Romakupa* and causes hair discoloration.

From the above study it is observed that most of the drugs described in *Nilibhringadi Taila* are having *Tikta, Katu, Kashaya* and *Madhur rasa, Ruksha guna, Usna virya, Katu vipaka*, and *VPK shamaka* property. As above said that vitiated *Vata* and *Pitta* are responsible for hair fall and vitiated *Rakta* and *Kapha* are responsible for permanent hair fall. Similarly vitiated *Pitta* is responsible for discoloration of hair. As *Tikta, Kashaya* and *Madhur rasas* are *Pitta shamaka, Ruksha guna* and *Usna virya* are *Vata shamaka* and *Katu vipaka* is *Kapha shamaka*. Hence these drugs are helpful in checking hair fall and discoloration of hair. So these drugs are definitely having *Keshya* property.

In *Khalitya, Vata* and *Pitta doshas* are vitiated. In *Khalitya*, medications with *Vata-pitta Shamaka* properties, such as *Gunja*, are beneficial. The drugs having *Pitta shamaka* property are helpful in *Palitya* such as *Rasanjana*. Similarly the drugs having *Rakta* and *Kapha shamaka* property are helpful in permanent hair loss such as *Yashtimadhu*.

The knowledge of hair products, their mode of action, efficacy and ingredients has become more

relevant today. Research work was done for physicochemical evaluation of *Nilibhringadi Taila* manufactured by Ayurvedic companies in Kerala. In this study *Nilibhringadi Keratailam* manufactured by GMP certified Ayurvedic companies in Kerala was assessed by evaluating and comparing the parameters of market samples of *Nilibhringadi Keratailam* with that of prepared *Nilibhringadi Keratailam*.^[15]

CONCLUSION

External application of *Sneha* in the form of oil or *Ghrta* in various diseases helps in pacifying the disease due to its *Sukshma guna* (i.e., higher permeability in cells) and the properties of the drugs used in its preparation get more potentiated and acts specifically in diseased condition by the principles of *Samanya Vishesh Siddhanta*. Some oils are treated using hot potency medications called *Uhna virya*, which help to balance the *Kapha* and *Vata doshas*. While other oils are treated with *Sheeta virya*, which are cold-potency medications, to improve balance of *Pitta dosha*.

As per the above discussion, it can be concluded that *Nilibhringadi Taila* is an excellent drug of choice for scalp related problems like hair fall, premature greying of hair, dry and dull hair, itchy scalp, hair loss and dandruff.

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