



Review Article

PANCHA BHAUTIKA TAILA - A NUTRITIOUS NASYA IN CHILDREN

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ABSTRACT

Panchabhautika taila (PBT) a formulation explained in *Kashyapa Samitha Kalpasthana* is said to strengthen the psycho somatic condition of children exclusively, when used as *Nasya*. This formulation is indicated in the disorders of eye, head, oral cavity, neurological disorders like dumbness deafness etc. PBT not only supports the healthy milestones or growth of children but also prevents many early onsets of diseases like premature greying of hairs, vision problems, disorder of sleep and concentration etc. The present-day school going children are facing so many health hazards like vision issues, audibility, sleep disorders along with concentration lacuna as they are constantly exposed to radiation of mobile, TV, smart board etc. which are the hazards of modern lifestyle changes. Thus, this formulation which is said to strengthen the psycho somatic condition of children was selected and evaluated for its nutritional aspects. The analytical study revealed that this formulation contains calcium, potassium, iodine, iron, vitamin B1, vitamin E in specified concentration. This confirms that *Panchabhautika taila* is a nutritional combo pack for children if instilled as *Nasya* (nasal drops) which supports the concept of formulation *Smriti Medha Vapur Balam* (strengthens the memory, intellect and body) as explained in *Kasyapa Samhita*.

INTRODUCTION

The scientific treasures of Ayurveda the Samhitas are well known for their unique contributions in terms of treatment aspects along with exclusive formulations. These unique formulations not only successful in treating the disorders manifested but also these formulations full fill the aim of Ayurveda that is *Swasthasya Swasthya Rakshanam* i.e., preventing the onset of disease conditions in healthy person. Present generations including school going children are facing so many early onset of health hazards related to vision, grey hair, oral cavity, sleep disorders, delirium, concentration including physical growth factors or milestones due to change in food habits, exposure to electronic gadgets as a result in change of lifestyle. In this context *Panchabhautika taila*^[1] unique formulation which is prepared with *Jivaka, Rushabhaka, Draksha, Bala, Pippali,*

Prapaundarika, Brihati, Manjistha, Tvak, Punarnava, Sarkara, Amshumati, Saindhava lavana etc drugs along with liquid media *Godugdha* and *Tila Taila*. It is said that it not only treats the disorders but also strengthens the sensory organs along with the physique there by prevents the early onset of many disorders by maintaining healthy psycho somatic condition, So this formulation was selected and subjected for nutritional analysis.

MATERIALS AND METHODS

The herbal ingredients and *Tila taila* were procured from Anamaya herbals Udupi. *Godugdha* was procured from Nandini milk Parlor Bidar.

Tila taila murchana^[2] was carried out as per classical guidelines.

The *Panchabhautika taila* prepared as per classical guidelines^[3] with the ingredients explained in *Kashyapa Samhita*.

Procedure

The *Tila taila* was firstly subjected for *Murchana vidhi* as per classical guidelines.

The *Murchita Tila taila* was used to prepare the *Panchabhautika taila*, with the following ingredients as per classical guidelines.

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Ingredients

S.No	Ingredients	Quantity
1	<i>Jeevaka</i>	10 gm
2	<i>Rushabhaka</i>	10 gm
3	<i>Draksha</i>	10 gm
4	<i>Madhuka</i>	10 gm
5	<i>Pippali</i>	10 gm
6	<i>Bala</i>	10 gm
7	<i>Prapaundarika</i>	10 gm
8	<i>Brihati</i>	10 gm
9	<i>Manjishtha</i>	10 gm
10	<i>Twak</i>	10 gm
11	<i>Punarnava</i>	10 gm
12	<i>Sharkara</i>	10 gm
13	<i>Ashumati</i>	10 gm
14	<i>Meda</i>	10 gm
15	<i>Vidanga</i>	10 gm
16	<i>Neelotpala</i>	10 gm
17	<i>Gokshura</i>	10 gm
18	<i>Saindhava</i>	10 gm
19	<i>Rasna</i>	10 gm
20	<i>Nidagdhika</i>	10 gm
21	<i>Murchita Tila taila</i>	800ml
22	<i>Godugdha</i>	3200ml

RESULTS**Analytical Study**

The *Panchabhautika taila* prepared as per classical guidelines was subjected to nutritional analysis at ALS testing services India Pvt. Ltd Bangalore. The Analytical study revealed the following nutrients in the formulation.

Nutritional elements	Quantity
Vit B1	0.17mg/100g
Vit E	12.96mg/10g
Potassium	13.34 mg/kg
Sodium	64.69
Calcium	98.46mg/kg
Iron	25.72mg/kg
Iodine	0.08mg/kg

DISCUSSION**Vitamin E**

Vitamin E believed to lower the risk of macular degeneration and cataracts which are age related

disorders found in increasing numbers in children which are mentioned in our classics as *Timira*, *Patala* etc. It also helps in protecting the liver from the toxic chemicals such as carbon tetrachloride, act also as an antioxidant to in activate free radicals and prevent the cell damage and immune function, prevents the formation of clots in blood vessels^[4]. This function helps in maintaining the hepatic activity and keeps immune system strong which supports the statement Vapurbalam quality of the formulation.

Vitamin B1

Keeps mucous membranes healthy, maintains normal function of nervous systems, muscles, heart, promotes normal growth and development. Replaces deficiency caused by infection, overactive thyroid, prolonged diarrhea, burns, absorption diseases. May reduce depression, reduces fatigue, reduces motion sickness and may improve appetite and mental alertness. Helps in converting carbohydrates into energy^[5].

The present day of nutritional deficiency even after proper food intake in children can be corrected by this nutrient by converting carbohydrate in the form of energy that maintains proper metabolism.

Iodine

Required for every cell to function normally, it is essential to make thyroid hormones T3 and T4. Other linked functions include maintains proper body weight, aids in growth, helps in brain function, deals with the cholesterol, controls heart rate, helps to manage blood sugar levels and several others^[6]. Correction of Iodine in school children improves cognitive and motor functions.

As the PBT contains this nutrient, it supports the *Smriti medha vardhana* function of PBT.

Calcium

Helps in building bones and keep teeth healthy. As the PBT contains this nutrient it helps in strong bone development along with teeth which prevents dental issues like *Chala danta* (loosening of teeth), *Hanu Vaydhi* (disorder of jaw) etc.

It helps in blood clotting, helps muscle to contract regulating normal heart rhythms and nerve functions^[7]. This function helps in normal functioning of heart which is the seat of *Rasavaha srotas*. The *Rasa dhatu* functions^[8] as *Preenana*, *Jeevana* (nourishment and contentment of the body), *Tarpana* (nourishment), *Vardhana* (growth), *Dharana* (support), *Yapayati*-maintenance which clearly states that it maintains the normalcy of psycho somatic condition.

Sodium

Being an electrolyte, helps to regulate the electrical charges that take place amongst body cells

which help to communicate with each other and helps in all five senses. It plays vital role in important in distribution through osmosis also takes part in bio carbonate buffer system. It also functions in nerve and muscle action potential conduction^[9].

Potassium

It plays vital role in functioning in nerve and muscle action potential conduction, also helps to move nutrients and waste around body cells. It regulates heart function, reduces BP, essential for protein and nucleic acid synthesis, required for normal fluid balance, converts glucose to glycogen, important role in kidney function, helps to eliminate carbon dioxide, role in maintaining acid/alkali balance etc.^[10] As the neuromuscular conduction remains normal with this nutrient, as the PBT contains it, it supports the strengthening of *Smriti medha* as mentioned regarding PBT in classics

Iron

It is needed to the make the oxygen -carrying proteins hemoglobin and myoglobin. It makes up part of many proteins in the body.

CONCLUSION

Panchabhautika taila when prepared as per classical guidelines and when subjected for nutritional analysis it is found that it as a best nutrition combo pack if instilled as *Nasya* for functioning of the important organs like heart, eyes, liver, bone system. It helps in normal functioning of muscles, nerves as it is composed of vitamins minerals which are essential for healthy growth of children as indicated in classics. This is helpful to lower the risk of macular degeneration and cataracts which are age related disorders presently found increasing numbers in children which are mentioned in the classics as *Timira*, *Patala* etc and prevents many disorders of hair, teeth and jaws which are mentioned as *Khalitya*, *Palita*, *Chala Danta*, *Hanu Vyadhi* etc in the classics. This PBT also plays a vital role in normal functioning of muscular nervous system and vital organs like heart liver, circulation of blood maintains hormones etc. There by prevents and cures

disorders like delirium, dysphonia, loss of memory etc. as stated in *Phalashriti* of the PBT.

A potent nutritional combo pack which not only meant for sensory organ disorders but also serves as support in normal functioning of vital organs like heart, liver and plays a vital role in overall healthy growth of children including muscular nervous and metabolic activity thereby preventing developmental hazards of present era in school going children.

It can be utilized for incorporating in National health mission programs which are done mandatorily only after screening through further more analytical and clinical studies.

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