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New Perspective of *Kottamchukkadi Taila*: A Critical Review

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ABSTRACT:

Kottamchukkadi taila is an important *Snehan Kalpana* (oil formation) mentioned in ayurveda text prepared from *Chincharas* (tamarind juice) and *dadhi* (curd). It contains more than 9 herbs. It is ayurvedic oil used in the treatment of *Vata* disorder causing neuro muscular pain, sciatica, spondylosis etc. This oil formulation based on Kerala ayurveda practice. It helps to relieve pain and inflammation. It is used in arthritis, sciatica, ankle sprain, blunt injury of knee, tennis elbow etc. It is also useful in intercostals neuropathy, numbness, pain, stiffness, muscle and joint pain. It acts like *Lekhana*, *Srotoavorodhagna Shothahar* etc. Present study aimed to compile all the available literature regarding its use method of preparation.

Keywords: *Kottamchukkadi tail*, *sneha kalpana*, *Kerala Ayurveda*, *srotoavorodhagna shothahar*

INTRODUCTION

The word *kottam* means *kustha* and *chukka* means *shunthi*. The description starts with *kustha and shunthi*. So, it is known as *kottamchukkadi*. The ingredients of *kottamchukkadi taila* are mainly *kustha*, *sunthi*, *lashuna*, *karkotti*, *devadaru*, *sarshapa*, *rasna*, *dadhi* and *chinchira rasa*. The drug has been mentioned in *Sahasrayogam* in context of *tailaparakarna*. This is being used in the imbalances of all the three dosha but especially in *Vatakaphaja* disorder.

Kottamchukkadi taila is a kind of *snehakalpana* (unctuous substance).¹The medicinal herb processed with *sneha* for increasing the efficacy of the combination, is known as *snehakalpana*. Medicated tails are preparation in which tail is boiled with prescribed liquid media (*svaras/ kashaya* etc.) and a fine paste (*kalka*) of the drugs specified in the formulation composition². It is indicated for external application. It is found to have specific efficacy relieving deep tissue inflammation, edema and pain. It is a simple

combination of *vata-hara* drugs in nourishing and warming *Seasame oil* based. *Kottamchukkadi Taila* is a commonly used Ayurveda formulation meant for alleviating disorders caused by *vata* vitiation. As per available Ayurveda literature almost all ingredients are *Katu*, *Tikta Rasa*, *Katu Vipaka*, *Ushna Veerya*, *Kapha Vatahara* and nontoxic. *Kottamchukkadi Taila* available in the market is prepared in *Khara Paaka Only Kottamchukkadi Taila Dravyas* Are mostly *ushna*, *teekshna*, *laghu*, *ruksha* in properties and thereby ascertain *kaphavatahara* and *shophahara* effect.

Ingredient of *kottamchukkadi taila*³

Table 1: Botanical name and parts of *kottamchukkadi taila dravya*

Table 2: Pharmacological profile of *dravyas* used in *kottamchukkadi taila*

MATERIAL AND METHODS

The references followed for the preparation of *Kottamchukkadi taila* was done as per *Sahasra yoga*,



tailaprakaran⁴ and for the assessment of its *trividha paka* was according to Sharangdhar samhita⁵.

1. There are usually three essential components in the manufacture of *tailakalpanadravya*.
1. *Kalka dravya*- Equal quantity of *kushtha, Shunthi, Vacha, Shigru, Lashuna, Karkotti, Devdaru, Sashapa, Rasna* 1 part.
2. *Sneha dravya-TilaTaila* 8 part.
3. *Drava dravya-chincharasa and dadhi* (curd) 32 part.
2. If *Kalka* is one part by weight, *Taila* should be four parts and the *Drava dravya* should be sixteen parts.
3. The process of boiling is to be continued till the whole amount of moisture gets evaporated and characteristic features of *taila* appears.
4. The whole process of *paka* should be carried out on mild to moderate flame.
5. Stop heating next day, stir and constantly check the *kalka* by rolling between the fingers. Stop heating when the *kalka* breaks down into pieces on attempting to form *varti (kharpakalakshan)* at the appearance of forth over oil, Expose the *varti* to flame and confirm the absence of cracking sound indicating absence of moisture.
6. Filter while hot through a muslin cloth and allow to cool, pack it in tightly closed container to protect from light and moisture.

RESULT AND DISCUSSION

Description

Drug -Kottamchukkadi oil

Color- reddish brown

Odour- faints

Refractive index

1. The RI (n) of a substance with reference to air is the ratio of the sine of the angle of incidence to the sine of the angle of refraction of a beam of light passing from air into the substance⁶. It is the measure of numbers of molecules the light ray hits when it traverses through specific *paka of taila*. It is the direct measure of active ingredients present in *taila*.

Specific gravity

1. It is density of *taila* compared to density of water. It indicates the presence of solutes content in a solvent⁷.

Table 3:Physio chemical parameters of *kottamchukkadi taila*⁸

Dosage (Table 4)

Indication⁹

Neuro muscular disorder (*Pakshaghat, gridhisi*)
Rheumatological condition (Arthritis due to various reason eg- *Amyata, Sandhivata, Katishula, Avabahuk etc.*)

Contraindication

Tarunjwara (acute fever), Atisar, Raktapitta, Twakvikara, abhigatajanya disorder Pitaj Disorder, Kshaya janya disorders, Daha.

Self-Life¹⁰- 16 month

Mode of action

All drug mentioned in yoga (*kottamchukkadi taila*) have *vatakaphahara* properties. *Shunthi, Vacha, Shigru, Lashuna, Rasna, Chinchu rasa, and Til taila* have *deepan karma*. *Shunthi and Rasna* have *ama pachana properties* all this will help in the breaking of the pathogenesis of the disease *vata vyadhi*. It does *Doshavilayana and srotoshodhana* which helps in relieving *margavarna of vata*. When used externally it may work with the theory that *taila* helps in formation of lipoid bond with other drug thus help in the penetration of drug molecules. It increases the rate of trans-dermal drug delivery. It relaxes local stiffness, by physical heat and there by reduces pain, also does anti-inflammatory and analgesic due to its ingredient in it.

CONCLUSION

Kottamchukkadi tail is one of the most popular yoga in Kerala. It is very effective *Sneha yoga*, which is widely practiced mainly in *Vata Kaphaja disorder*. The Refractive index of *mrdu, madhyama and khara paaka of Kottamchukkadi Taila* are higher than *tila taila* which indicates that active ingredients are incorporated in *Kottamchukkadi taila*. Specific gravity indicates the presence of solutes content in a solvent. Here solvent is oil and solutes are the extracted active principles from *kalka and kvaatha dravya of Kottamchukkadi taila*. The specific gravity of *khara paaka* was 0.927 and *mrdu paaka* was 0.922(Table 3). This change may be due to more timetaken for *khara paaka* preparation and thereby extraction of more active principles. It indicates better penetration in gastric mucosa when used for *Snehapana* (internal administration of *taila*). Saponification value was comparatively high in *mrdu paaka* compared to *madhyama and khara*. This signifies more amounts of short chain or low molecular weight fatty acids present in *mrdu paaka*

which indicates comparatively high penetration coefficient. This can impart *mrdu paaka* a better penetration of gastric mucosa than other *paaka* when used for *snehapana* (drinking of *sneha*). *Kottamchukkadi tail* is being administered internally as well as externally for the therapeutic use in various procedures of *vata kaphaj vikaras*.

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Table 1: Botanical name and parts of *kottamchukkadi taila dravya*

| S. No. | Ingredients | Botanical Name | Part used |
|--------|--------------------|----------------------------|---------------------------|
| 1 | <i>Kustha</i> | <i>SaussuryaLeppa</i> | Root |
| 2 | <i>Shunthi</i> | <i>Zingiber officinale</i> | Rhizome |
| 3 | <i>Vacha</i> | <i>Acorus calamus</i> | Rhizome |
| 4 | <i>Shigru</i> | <i>Moringa oleifera</i> | Stem Bark |
| 5 | <i>Lashuna</i> | <i>Allium sativum</i> | Rhizome |
| 6 | <i>Karkotti</i> | <i>Capparis spinosa</i> | Root |
| 7 | <i>Devadaru</i> | <i>Cedrus deodara</i> | Wood |
| 8 | <i>Sarshapa</i> | <i>Brassica campestris</i> | Seed |
| 9 | <i>Rasna</i> | <i>Pluchea lanceolata</i> | Rhizome |
| 10 | <i>Tila</i> | <i>Sesamum indicum</i> | Oil |
| 11 | <i>Dadhi</i> | <i>Curd</i> | Curd |
| 12 | <i>Chincha Ras</i> | <i>Tamarindus</i> | Leaf, flower, seed, fruit |

Table 2: Pharmacological profile of dravyas used in *kottamchukkadi taila*

| SN | Ingredient | Rasa | Veerya | Vipaka | Guna | Karma | Dosaghata |
|----|-----------------------------|---|--------------|----------------|------------------------------------|--|-----------------------|
| 1. | <i>Kottam (Kustha)</i> | <i>Tikta, Katu</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Ruksha, Tikshna</i> | <i>Lekhaniya</i> | <i>Kaphavata hara</i> |
| 2. | <i>Chukku (Sunthi)</i> | <i>Katu</i> | <i>Ushna</i> | <i>Madhura</i> | <i>Guru, Ruksa, Tikсна</i> | <i>Dipana, Bhedana</i> | <i>Vatakapha hara</i> |
| 3. | <i>Vayambu (Vacha)</i> | <i>Katu, Tikta</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Tikсна</i> | <i>Lekhaniya, Medhya</i> | <i>Kaphavata hara</i> |
| 4. | <i>Sigru</i> | <i>Katu, Tikta</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Ruksa, Tikshna</i> | <i>Sukrala, Grahi, Dipana, Krimighna</i> | <i>Kaphavata hara</i> |
| 5. | <i>Lashuna</i> | <i>Madhura, Lavana, Tikta, Katu, Kasaya</i> | <i>Ushna</i> | <i>Katu</i> | <i>Snigdha, Guru, Tikсна, Sara</i> | <i>Balya, Brmhana, Vrsya, Netrya, Rasayana</i> | <i>Kaphavata hara</i> |
| 6. | <i>Kartotti (himsra)</i> | <i>Tikta, Katu</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Ruksa</i> | <i>Shothahara, Dipana</i> | <i>Kaphavata hara</i> |
| 7. | <i>Devadruma (Devadaru)</i> | <i>Tikta, Katu, Kasaya</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Ruksa</i> | <i>Shothahara, Dipana</i> | <i>Kaphavata hara</i> |

| | | | | | | | |
|-----|-----------------------------|-------------------------------|--------------|----------------|-----------------------|---|-----------------------|
| 8. | <i>Siddhartha (Sarsapa)</i> | <i>Katu, Tikta</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Snigdha</i> | <i>Vidahi, Vamaka</i> | <i>Kaphavata hara</i> |
| 9. | <i>Suvaha (Rasna)</i> | <i>Tikta</i> | <i>Ushna</i> | <i>Katu</i> | <i>Guru</i> | <i>Vayahsthapana</i> | <i>Kaphavata hara</i> |
| 10. | <i>Tilaja (Tila)</i> | <i>Madhura, Kasaya, Tikta</i> | <i>Ushna</i> | <i>Madhura</i> | <i>Guru, Snigdha</i> | <i>Balya, Vrsya, Tvachya, Kesya</i> | <i>Vatahara</i> |
| 11. | <i>Dadhi</i> | <i>Tikta, Katu</i> | <i>Ushna</i> | <i>Katu</i> | <i>Laghu, Tiksna</i> | <i>Hikkahara, Swasahara, Parsvasulahara</i> | <i>Kaphavatah ara</i> |
| 12. | <i>Chincha rasa</i> | <i>Madhura, Amla</i> | <i>Ushna</i> | <i>Amla</i> | <i>Guru, Ruksa</i> | <i>Dipana</i> | <i>Kaphavatah ara</i> |

Table 3:Physio chemical parameters of *kottamchukkadi taila*⁸

| Parameters | <i>Kottamchukkaditaila</i> | | |
|-----------------------------|----------------------------|--------------------|-------------------|
| | <i>Mridu</i> | <i>Madhyama</i> | <i>Khara</i> |
| colour | Pale brown | Light brown | Dark brown |
| odour | Pleasant | Pleasant | Pleasant |
| Refractive index | 1.469 | 1.471 | 1.472 |
| Specific gravity | 0.922 | 0.926 | 0.927 |
| Acidic value | 7.27 | 6.45 | 5.89 |
| Saponification value | 169.61 | 164.95 | 161.17 |
| Iodine value | 103.29 | 102.34 | 100.04 |

Table 4 Dosage

| | |
|--------------------|--------------|
| <i>Abhyang</i> | 100-200 ml |
| <i>Katibasti</i> | 300 - 400 ml |
| <i>Janubasti</i> | 200-300 ml |
| <i>Greevabasti</i> | 100 – 200 ml |