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Unveiling the Multifaceted Benefits of *Dhanvantaram Taila*: Insights from *Ashtanga Hridayam*

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ABSTRACT

Background: Ayurveda offers a variety of herbal remedies aimed at naturally preventing diseases and promoting health. One of the significant Ayurvedic formulations is "taila" (oil), which is used both topically and internally for health maintenance and treatment.

Objective: To explore the therapeutic uses and properties of *Dhanvantaram Taila*, particularly its effectiveness in managing *Vata Vyadhi* and associated ailments caused by *Vata dosha* vitiation.

Methods: A comprehensive literature review was conducted using classical Ayurvedic texts, including *Ashtanga Hridayam Shareera Sthana* and *Dravyaguna Vigyan*. The review focused on the ingredients, properties, and indications of *Dhanvantaram Taila*.

Results: Most of the ingredients in *Dhanvantaram Taila* exhibit *balya* (strengthening) and *Vata shamaka* (*Vata*-pacifying) properties. The formulation predominantly contains ingredients with *madhura rasa* (sweet taste), which are beneficial in the treatment of *Vata Vyadhi*. The indications of *Dhanvantaram Taila* include *Vata Roga*, *Sutika Roga* (postpartum disorders), *Bala Roga* (pediatric disorders), *Marma Hata* (injuries to vital points), *Asthi Hata* (bone injuries), *Ksheena Purusha* (debilitated individuals), *Jwara* (fever), *Gulma* (abdominal lumps), and *Graha Roga* (psychological disorders).

Conclusion: *Dhanvantaram Taila* is a multifaceted Ayurvedic formulation with extensive applications in managing conditions associated with *Vata dosha* imbalance. Its therapeutic efficacy is rooted in its carefully chosen ingredients, as detailed in classical Ayurvedic texts.

Key words: *Dhanvantaram Taila*, *Vata Vyadhi*, *Balya* and *Vata Shamaka*,

1. Introduction

Ayurveda, the ancient science of life, provides a wide range of herbal compositions intended to prevent illness and promote health naturally. "*Taila*" (oil) is a highly significant material in Ayurveda that is used both topically and internally for illness prevention, treatment, and health maintenance. Among its many medicinal oils (*tailas*), *Dhanvantaram Taila* is notably valued, particularly for treating *Vata Vyadhi*, a wide range of illnesses mostly brought on by the vitiation of the *Vata dosha*. this *taila* is prepared using a rich blend of herbal ingredients processed in a base of sesame oil (*Tila taila*), which itself is revered for its *Vata*-pacifying qualities. Traditional uses of *Dhanvantaram Taila* include *Abhyanga* (therapeutic massage), *Snehana* (oleation treatment), and *Basti* (medicated enema) procedures to strengthen muscles, improve joint mobility, nourish the nervous system, and Balance out agitated *Vata*. Conditions include paralysis, sciatica, arthritis, and muscular dystrophy respond very well to it. For the comprehensive treatment of *Vata Vyadhi*, *Dhanvantaram Taila* has a unique position in Ayurvedic regimens due to its strong anti-inflammatory, analgesic, and rejuvenating qualities.

Aim and Objectives

1. *Dhanvantaram Taila* mentioned in Ashtanga Hridayam Shareera Sthana Garbhavyapad Shareeram is taken for the study [1].
2. To understand ayurvedic pharmacological properties of ingredients of *Dhanvantaram Taila*.
3. To know the chemical composition and pharmacological activity of ingredients of *Dhanvantaram Taila*.

2. Material and methods

Literature review- review of literature regarding *Dhanvantaram Taila* is taken from Ashtanga Hridayam Shareera Sthana and Dravyaguna Vigyan books.

3. Observation and result

Drug review- *Dhanvantaram Taila* comprises of many ingredients namely Bala, Paya, Yava, Kola, Kulathha, Dashmoola, Til Taila, Meda, Mahameda, Daruharidra, Manjistha, Kakoli, Ksheerkakoli, Chandan, Sariva, Kushtha, Tagara, Jeevaka, Rishbhaka, Saindhava, Kalanusarya, Shaleya, Vacha, Agar, Punarnava, Ashwagandha, Shatavari, Vidari, Madhuka, Triphala, Bola, Shatpushpa, Mashparni, Mudagparni, Ela, Twaka, Patra [2].

Table- 1 Latin Name and Ingredients of *Dhanvantaram Taila* [3]

S.No.	Drug	Latin Name	Family
1.	Bala	<i>Sida cardifolia</i>	Malvaceae
2.	Go Dugdha	-	-
3.	Yava	<i>Hordeum Vulgare Linn.</i>	Graminae
4.	Kola	<i>Ziziphus jujuba</i>	Rhamnaceae
5.	Kulattha	<i>Dolichos biflorus</i>	Fabaceae
6.	Bilva	<i>Aegle marmelos</i>	Rutaceae
7.	Agnimantha	<i>Premna integrifolia</i>	Verbenaceae
8.	Shyonaka	<i>Oroxylum indicum</i>	Bignoniaceae
9.	Gambhari	<i>Melina arborea</i>	Verbenaceae
10.	Patala	<i>Stereospermum suaveolens</i>	Bignoniaceae
11.	Shalaparni	<i>Desmodium gangeticum</i>	Fabaceae
12.	Prishnaparni	<i>Uraria picta</i>	Fabaceae
13.	Brihati	<i>Solanum indicum</i>	Solanaceae
14.	Kantkari	<i>Solanum xanthocarpum</i>	Solanaceae
15.	Gokshura	<i>Tribulus terrestris</i>	Zygophyllaceae
16.	Gambhari	<i>Melina arborea</i>	Verbenaceae
17.	Til taila	<i>Sesamum indicum</i>	Pedaliaceae
18.	Meda	<i>Polygonatum verticillatum</i>	Liliaceae
19.	Maha meda	<i>Polygonatum verticillatum</i>	Liliaceae
20.	Daruharidra	<i>Berberis aristate</i>	Berberidaceae
21.	Manjistha	<i>Rubia cardifolia</i>	Rubiaceae
22.	Kakoli	<i>Roscoeia purpurea</i>	Zingiberaceae
23.	Ksheerakakoli	<i>Lilium polyphyllum</i>	Liliaceae
24.	Chandan	<i>Santalum album</i>	Santalaceae
25.	Sariva	<i>Hemidesmus indicus</i>	Asclepiadaceae
26.	Kustha	<i>Saussurea lappa</i>	Compositae
27.	Tagara	<i>Valeriana wallichii</i>	Valerianaceae
28.	Jeevaka	<i>Microstylis wallichii</i>	Orchidaceae
29.	Rishbhaka	<i>Malaxis muscifera</i>	Orchidaceae
30.	Saindhava	Rock salt	-
31.	Khasa	<i>Vetiveria zizanoides</i>	Graminae
32.	Shaileya	<i>Permelia perlata</i>	Permeliaceae
33.	Vacha	<i>Acorus calamus</i>	Araceae
34.	Agaru	<i>Aquilaria agallocha</i>	Thymelaceae
35.	Punarnava	<i>Boerhaavia diffusa</i>	Nyctaginaceae
36.	Ashwagandha	<i>Withania somnifera</i>	Solanaceae
37.	Shatavari	<i>Asparagus recemosus</i>	Liliaceae
38.	Vidari	<i>Pueraria tuberosa</i>	Fabaceae
39.	Yashtimadhu	<i>Glycyrrhiza glabra</i>	Fabaceae
40.	Amalaki	<i>Emblica officinalis</i>	Euphorbiaceae
41.	Haritaki	<i>Terminalia chebula</i>	Combretaceae
42.	Vibhitaki	<i>Terminalia bellerica</i>	Combretaceae
43.	Bola	<i>Commiphora myrrha</i>	Burseraceae
44.	Shatahva	<i>Anethum sowa</i>	Umbelliferae
45.	Mashaparni	<i>Teramnus labialis</i>	Fabaceae

46.	Mudagparni	<i>Phaseolus trilobus</i>	Fabaceae
47.	Ela	<i>Elettaria cardamomum</i>	Zingiberaceae
48.	Twaka	<i>Cinnamomum zelyanicum</i>	Lauraceae
49.	Tejpatra	<i>Cinnamomum tamala</i>	Lauraceae

Table 2 Ayurvedic and modern pharmacological properties of ingredients of *Dhanvantaram Taila* [4]

S.no.	Drug	Rasa	Guna	Veerya	Vipaka	Doshakarma	Chemical composition with pharmacological activity
1.	Bala	Madhura	Laghu Snigdha Picchil	Sheeta	Madhura	Vatapittahara	Phytosterol, ecdysterone Immunostimulant
2.	Go Dugdha	Madhura	Snigdha, Guru, Mridu, Pichhil.	Sheeta	Madhura	Vatapittahara	Carbohydrate Sugar (Lactose) Energy Protein Calcium
3.	Yava	Madhura, Kashaya	Ruksha, Sheeta	Sheeta	Madhura	Kaphapitta Shamaka, Vata Vardhak	-
4.	Kola	Madhura, Amla, Kashaya	Guru, Snigdha, Picchil	Sheeta	Madhura	Vata Shamaka	Leucocyanidin Mauritines
5.	Kulattha	Kashaya	Laghu, Ruksha	Ushna	Katu	Vatapittahara	Genistein, dalbergiodin
6.	Bilva	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Vatapittahara	Marmelosin, marmelide, antifungal, antidiarrheal.
7.	Agnimantha	Tikta, Katu, Kashaya, Madhura	Laghu, Ruksha	Ushna	Katu	KaphaVata Shamaka	alkaloids, flavonoids, iridoid glycosides.
8.	Shyonaka	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Tridosha Shamaka	baicalein, oroxylin, chrysin
9.	Gambhari	Madhur, Amla	Snigdha, Guru	Sheeta	Madhura	Pitta Shamaka	lignans, flavonoids, tannins, glycosides
10.	Patala	Tikta, Kashaya	Guru, Ruksha	Anushna	Katu	Tridosha Shamaka	naphthoquinones, flavonoids, sterols, alkaloids
11.	Shalaparni	Madhura, Tikta	Guru, Snigdha	Ushna	Madhura	Tridosha Shamaka	alkaloids, flavonoids, pterocarpan
12.	Prishnaparni	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Tridosha Shamaka	flavonoids, steroids, terpenoids, phenols, and saponins
13.	Brihati	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	KaphaVata Shamaka	carotene, carpesterol, solanocarpone, diosgenin, B- sitosterol, lanosterol, solasonine
14.	Kantkari	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	KaphaVata Shamaka	Carbohydrates, fatty acids, and amino acids
15.	Gokshura	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapitta Shamaka	steroidal saponins, flavonoids, alkaloids,

16.	Gambhari	Tikta, Kashaya, Madhura	Snigdha, Guru	Ushna	Madhura	Vatakapha Shamaka	lignans, flavonoids, tannins, and glycosides.
17.	Til taila	Madhura, Kashaya	Sukshma, Guru, Balya	Ushna	Katu	Vatakaphahara	-
18.	Meda	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapitta Shamaka	steroidal saponins, triterpenoid saponins, flavonoids, phytosterols,
19.	Maha meda	Madhura	Guru	Sheeta	Madhura	Vatapitta Shamaka	α -L-rhamnopyranosyl, β -D-glucopyranoside, and dauvosterol
20.	Daruharidra	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kaphapittahara	Berberamine, oxyberberine, palmatine, taxilamine.
21.	Manjistha	Madhur, Tikta, Kashaya	Guru, Ruksha	Ushna	Katu	KaphaVata Shamaka	anthraquinones like alizarin and purpurin, iridoids, oleanane triterpenoids, bicyclic hexapeptides, and glycosides.
22.	Kakoli	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapitta Shamaka	alkaloids, glycosides, flavonoids, phenolic compounds, and tannins.
23.	Ksheerakakoli	Madhura	Guru, Brimhana	Sheeta	Madhura	Vatapitta Shamaka	alkaloids, glycosides, flavonoids, phenolic compounds, and tannins.
24.	Chandan	Tikta, Katu	Ushna	Ushna	Katu	KaphaVata Shamaka	sesquiterpenoids, particularly α -santalol and β -santalol
25.	Sariva	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Vatapitta Shamaka	coumarins, sterols (like hemidosterol and hemidesmol), resins, tannins, and essential oils. Additionally, aerial parts contain carotenoids, provitamin A, vitamin C, and various sugars
26.	Kustha	Tikta, Katu, Madhura	Laghu, Ruksha, Teekshna	Ushna	Katu	KaphaVata Shamaka	alkaloids, saussurine, kushtin, inulin, valeric acid, sesquiterpenes
27.	Tagara	Tikta, Katu, Kashaya	Laghu, Snigdha	Ushna	Katu	KaphaVatahara	Valepotriates, essential oils, iridoids, flavonoids, and alkaloids
28.	Jeevaka	Madhura	Guru, Snigdha	Sheeta	Madhura	Kaphavardhak	alkaloids, flavonoids, glycosides, and phenolics alpha-tocopherol and gamma-tocopherol.
29.	Rishbhaka	Madhura	Guru, Balya	Sheeta	Madhura	Vatapitta Shamaka	alcohol (ceryl alcohol), glucose, rhamnose, and diterpenes
30.	Saindhava	Lavana	Rochana, Deepana	Sheeta	Katu	Tridosha Shamaka	-

31.	Khasa	Tikta, Madhura	Laghu, Ruksha	Sheeta	Katu	Kaphapittahara	Vetiverol, Vetivone, Khusimone, Khusimol, Khositone, Terpenes, Benzoic Acid, Epizizianal, Vetivazulene, Prezizaene, and Beta Vetispirene
32.	Shaileya	Tikta, Kashaya	Laghu, Snigdha	Sheeta	Katu	Kaphapittahara	usnic acid, atranorin, and lecanoric acid
33.	Vacha	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	KaphaVata Shamaka	alpha-asarone, eugenol, methyl eugenol
34.	Agaru	Tikta, Katu	Laghu, Teekshna	Ushna	Katu	KaphaVata Shamaka	volatile oils, particularly sesquiterpenes and aromatic compounds
35.	Punarnava	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosahara	sterols (like β - sitosterol), triterpenoids, alkaloids, flavonoids, glycosides.
36.	Ashwagandha	Madhura, Tikta, Kashaya	Laghu, Snigdha	Ushna	Madhura	KaphaVata Shamaka	withanolides, alkaloids, saponins, flavonoids, and other compounds
37.	Shatavari	Madhura, Tikta	Guru, Snigdha	Sheeta	Madhura	Vatapitta Shamaka	steroidal saponins (like Shatavarins I-IV), flavonoids, alkaloids (like racemosol), polyphenols, polysaccharides, and vitamins
38.	Vidari	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapitta Shamaka	isoflavones, flavonoids, coumestans
39.	Yashtimadhu	Madhura	Guru, Snigdha	Sheeta	Madhura	Vatapitta Shamaka	triterpenoid saponins, flavonoids, isoflavonoids,
40.	Amalaki	Pancharas (Alavana)	Guru, Ruksha, Sheeta	Sheeta	Madhura	Tridosahara	tannins, alkaloids, polyphenols, vitamins, minerals
41.	Haritaki	Pancharas (Alavana)	Laghu Ruksha	Ushna	Madhura	Tridosahara	tannins, phenolic acids, flavonoids, triterpenoids.
42.	Vibhitaki	Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosahara	tannins, ellagic acid, gallic acid, and chebulagic acid.
43.	Bola	Madhura, Tikta, Katu	Laghu, Ruksha	Sheeta	Madhura	Tridosahara	terpenes, diterpenoids, triterpenoids.
44.	Shatahva	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	KaphaVata Shamaka	apiol, limonene, carvone, dihydrocarvone.
45.	Mashaparni	Madhura, Tikta	Laghu, Ruksha	Sheeta	Madhura	Vatapittahara	-
46.	Mudagparni	Madhura, Tikta	Laghu, Ruksha	Sheeta	Madhura	Tridosahara	Vitexin, Lutcoin, Quecetin

47.	<i>Ela</i>	<i>Katu, Madhura</i>	<i>Laghu, Snigdha, Sukshma</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosha Shamaka</i>	flavonoids, tannins, primarily monoterpenes,
48.	<i>Twaka</i>	<i>Katu, Tikta, Madhura</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Tridosahara</i>	cinnamic aldehyde, Carminative, stimulant
49.	<i>Tejpatra</i>	<i>Madhura, Katu, Tikta</i>	<i>Teekshna, Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphahara</i>	Eugenol, cinnamic aldehyde

Method of preparation [5]

The *Bala* decoction is made by boiling the coarse powder of *Bala* with a certain amount of water until it decreases to one eighth and then filtering. The components for the decoction of *Yava* and *Prishnaparni* are made separately. A homogenous paste is made by combining ingredients from *Meda* to *Patra* with enough water. With constant stirring, milk, paste, and decoction are added to hot *Murchhita* sesame oil. When there is no more moisture present and a froth form on top of the oil, the heating is halted. The oil is exposed to fire and the crackling sound is monitored to verify that there is no moisture present. It is cooled, filtered, and kept in a securely sealed container.

4. Discussion

Dhanvantaram tail as mentioned in Ashtanga Hridayam and as according to various Dravyaguna texts is known to be a medication that helps in pacifying *Vata dosha*, hence has a very effective treatment properties, there are numerous herbs that are used in preparation of *Dhanvantaram taila* and out of which most of them have following properties specifically

1. *Vata hara karma*
2. *Ushna virya*
3. *Guru, Snigdha, Mridu, Picchila guna*

And all these properties are known to be highly effective in pacifying *Vata dosha* and hence good in treating and controlling various above-mentioned diseases that are caused due to vitiated *Vata*.

5. Conclusion

Bala (*Sida cordifolia*), *Dugdha*, *Yava* (*Hordeum vulgare*), *Kulatha* (*Dolichos biflorus*), *Kakoli*, *Meda* and many other plants are found in *Dhanvantaram Taila*. Together, these components are renowned for their *Brimhana* (nourishing), *Balya* (strengthening), *Madhura* (sweet, nourishing), and *Vatahara* (*Vata*-pacifying) qualities. The *Rooksha* (dry) and *Sheeta* (cold) characteristics of vitiated *Vata* are immediately opposed by the oil, which is *Snigdha* (unctuous) and *Ushna* (slightly warming).

Indication: All *Vata Roga*, *Sutika Roga*, *Bala Roga*, *Marma Hata*, *Asthi Hata*, *Ksheena Purusha*, *Jwara*, *Gulma*, *Graha Roga*.⁶

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