Review Article

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

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DOI: https://doi.org/10.64280/JAA.2025.V1I108

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Submitted on: 05-05-2025

Revised on: 18-05-2025

Accepted on: 25-06-2025

Published: 30-06-2025

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* im*Bala*nce. 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 (*taila*s), *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 *Bala*nce 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, Agaru, 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	*Sida cardifolia*	Malvaceae
2.	Go Dugdha	-	-
3.	Yava	*Hordeum Vulgare Linn.*	Graminae
4.	Kola	*Ziziphus jujuba*	Rhamnaceae
5.	Kulattha	*Dolichos biflorus*	Fabaceae
6.	Bilva	*Aegle marmelos*	Rutaceae
7.	Agnimantha	*Premna integrifolia*	Verbenaceae
8.	Shyonaka	*Oroxylum indicum*	Bignoniaceae
9.	Gambhari	*Melina arborea*	Verbenaceae
10.	Patala	*Stereospermum suaveolens*	Bignoniaceae
11.	Shalaparni	*Desmodium gangeticum*	Fabaceae
12.	Prishnaparni	*Uraria picta*	Fabaceae
13.	Brihati	*Solanum indicum*	Solanaceae
14.	Kantkari	*Solanum xanthocarpum*	Solanaceae
15.	Gokshura	*Tribulus terrestris*	Zygophylaceae
16.	Gambhari	*Melina arborea*	Verbenaceae
17.	Til taila	*Sesamum indicum*	Pedaliaceae
18.	Meda	*Polygonatum verticillatum*	Liliaceae
19.	Maha meda	*Polygonatum verticillatum*	Liliaceae
20.	Daruharidra	*Berberis aristate*	Berberidaceae
21.	Manjistha	*Rubia cardifolia*	Rubiaceae
22.	Kakoli	*Roscoea purpurea*	Zingiberaceae
23.	Ksheerakakoli	*Lilium polyphyllum*	Liliaceae
24.	Chandan	*Santalum album*	Santalaceae
25.	Sariva	*Hemidesmus indicus*	Asclepiadaceae
26.	Kustha	*Saussurea lappa*	Compositae
27.	Tagara	*Valeriana walllichii*	Valerianaceae
28.	Jeevaka	*Microstylis wallichii*	Orchidaceae
29.	Rishbhaka	*Malaxis muscifera*	Orchidaceae
30.	Saindhava	*Rock salt*	-
31.	Khasa	*Vetiveria zizanoides*	Graminae
32.	Shaileya	*Permelia perlata*	Permeliaceae
33.	Vacha	*Acorus calamus*	Araceae
34.	Agaru	*Aquilaria agallocha*	Thymelaceae
35.	Punarnava	*Boerhaavia diffusa*	Nyctaginaceae
36.	Ashwagandha	*Withania somnifera*	Solanaceae
37.	Shatavari	*Asparagus recemosus*	Liliaceae
38.	Vidari	*Pueraria tuberosa*	Fabaceae
39.	Yashtimadhu	*Glycyrrhiza glabra*	Fabaceae
40.	Amalaki	*Emblica officinalis*	Euphorbiaceae
41.	Haritaki	*Terminalia chebula*	Combretaceae
42.	Vibhitaki	*Terminalia bellerica*	Combretaceae
43.	Bola	*Commiphora myrrha*	Burseraceae
44.	Shatahva	*Anethum sowa*	Umbelliferae
45.	Mashaparni	*Teramnus labialis*	Fabaceae

46.	Mudagparni	*Phaseolus trilobus*	Fabaceae
47.	Ela	*Elettaria cardamomum*	Zingiberaceae
48.	Twaka	*Cinnamomum zelyanicum*	Lauraceae
49.	Tejpatra	*Cinnamomum tamala*	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, pterocarpans
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, diosogenin, 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*	Berbamine, 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*	*Tridoshahara*	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*	*Tridoshahara*	tannins, alkaloids, polyphenols, vitamins, minerals
41.	*Haritaki*	*Pancharas (Alavana)*	*Laghu Ruksha*	*Ushna*	*Madhura*	*Tridoshahara*	tannins, phenolic acids, flavonoids, triterpenoids.
42.	*Vibhitaki*	*Kashaya*	*Laghu, Ruksha*	*Ushna*	*Madhura*	*Tridoshahara*	tannins, ellagic acid, gallic acid, and chebulagic acid.
43.	*Bola*	*Madhura, Tikta, Katu*	*Laghu, Ruksha*	*Sheeta*	*Madhura*	*Tridoshahara*	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*	*Tridoshahara*	Vitexin, Lutcoin, Quecitin

47.	*Ela*	*Katu, Madhura*	*Laghu, Snigdha, Sukshma*	*Sheeta*	*Madhura*	*Tridosha Shamaka*	flavonoids, tannins, primarily monoterpenes,
48.	*Twaka*	*Katu, Tikta, Madhura*	*Laghu, Ruksha, Teekshna*	*Sheeta*	*Sheeta*	*Tridoshahara*	cinnamic aldehyde, Carminative, stimulant
49.	*Tejpatra*	*Madhura, Katu, Tikta*	*Teekshna, Laghu, Snigdha*	*Ushna*	*Madhura*	*Kaphahara*	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]

References

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