

A Review Article on Nalpamaradi Taila

Kanavi SG¹, Hosamani SS², Hiremath RR^{3*}

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¹ Sushma G Kanavi, Post Graduate Scholar, Dept of Agada Tantra, KAHER's SBMK Ayurved Mahavidyalaya, Belagavi, Karnataka, India.

² Sachinkumar S Hosamani, Post Graduate Scholar, Dept of Agada Tantra, KAHER's SBMK Ayurved Mahavidyalaya, Belagavi, Karnataka, India.

^{3*} Rudramma R Hiremath, Professor, Dept of Agada Tantra, KAHER's SBMK Ayurved Mahavidyalaya, Belagavi, Karnataka, India.

Nalpamaradi Taila is a traditional Ayurvedic oil preparation detailed in the Sahasrayoga Taila Prakarana, renowned for its efficacy in managing various dermatological conditions. The formulation comprises a blend of herbal ingredients, including the barks of four Ficus species (Vata, Udumbara, Ashwattha, Plaksha), collectively known as Nalpamara, along with Triphala, Chandana (Santalum album), Sevyā (Vetiveria zizanioides), Kushta (Saussurea lappa), Manjishta (Rubia cordifolia), Chora (Angelica glauca), Adra Haridra (Curcuma longa), and Parpata (Fumaria indica), all processed in a base of coconut oil (Kera Taila). The constituent herbs predominantly exhibit Kashaya (astringent) and Tikta (bitter) tastes, contributing to the pacification of Pitta and Kapha doshas. Their properties include Sheeta Veerya (cooling potency) and Guru Guna (heavy quality), making the oil particularly beneficial in conditions characterised by inflammation, burning sensations, and skin discolourations. Pharmacologically, the formulation is noted for its Kushtaghna (anti-skin disease), Twakrogahara (skin-healing), Varnya (complexion-enhancing), and Kandughna (anti-itching) properties. Clinical and in vitro studies have demonstrated the antimicrobial efficacy of Nalpamaradi Taila, particularly against pathogens such as Candida albicans, Escherichia coli, Pseudomonas aeruginosa, and Staphylococcus aureus. These findings underscore its potential as a natural remedy for skin infections and support its traditional use in Ayurvedic dermatology. In conclusion, Nalpamaradi Taila represents a holistic approach to skin care within Ayurvedic medicine, offering therapeutic benefits through its multifaceted actions, including dosha balancing, antimicrobial activity, and enhancement of skin complexion.

Keywords: Nalpamaradi Taila, Twakrogahara, Kandughna, Kushtaghna

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Introduction

Ayurveda describes a wide range of medicinal formulations for both internal and external use. One such external application is *Nalpamaradi Tailam*, also known as *Nalpamaradi Kera Tailam*, which is prepared using the barks of four different trees collectively referred to as *Nalpamaram*, along with turmeric in a base of coconut oil. This formulation is documented in *Taila Prakarana* of *Sahasrayoga*[1] & is traditionally used to pacify *Pitta* & *Kapha Doshas*.

It contains oil-soluble and water-soluble active constituents from medicinal herbs, which help alleviate *Daha* (burning sensation) and *Shotha* (inflammation). *Nalpamaradi Tailam* is primarily indicated in conditions such as herpes, scabies, eczema, dermatitis, allergic skin reactions, and ringworm infections. It supports skin nourishment and promotes overall skin health. The preparation of this oil is rooted in innovative procedures described in classical *Ayurvedic* texts, demonstrating the effective integration of traditional wisdom with modern therapeutic insights.

Table 1: Ingredients of Nalpamaradi Taila

SN	Dravya	Scientific Name	Family Name	Part used
Kalka Dravya				
1.	Vata[2]	Ficus bengalensis Linn	Moraceae	Khanda Twak
2.	Ashwattha[3]	Ficus religiosa Linn	Moraceae	Khanda Twak
3.	Plaksha[4]	Ficus lacor Buch-H	Moraceae	Khanda Twak
4.	Udumbara[5]	Ficus glomerata Roxb.am	Moraceae	Khanda Twak
5.	Haritaki[6]	Terminalia chebula Retz	Combretaceae	Phala Twak
6.	Vibhitaki[7]	Terminalia bellirica Roxb	Combretaceae	Phala Twak
7.	Amalaki[8]	Emblia officinalis Gaertn	Euphorbiaceae	Phala
8.	Rakta Chandana[9]	Santalum alba Linn	Santalaceae	Khanda Sara
9.	Sevya[10] (Usheera)	Vetiveria zizanioides (Linn) Nash	Gramineae	Khanda Sara
10.	Kushta[11]	Saussurea costus (Fale) Lipsch	Asteraceae	Moola
11.	Manjisht[12]	Rubia cordifolia Linn	Rubiaceae	Khanda Moola
12.	Chora[13] (Shathi)	Hedychium spicatum Buch-Hem	Zingiberaceae	Khanda
Sneha Dravya				
13.	Keram Taila[14]	Cocus nucifera	Arecaceae	Antibacterial, antifungal, Antiviral, diuretic
Drava Dravya				
14.	Ardra Haridra[15] Kashaya	Curcuma longa Linn	Zinzeberceae	Khanda
15.	Parpataka[16] Kashaya	Fumaria vaillantii Loise	Fumariaceae	Samoola (whole plant)

Table 2: Rasa Panchaka of Nalpamaradi Taila

SN	Ingredients	Rasa	Guna	Virya	Vipaka	Karma
1.	Vata[2]	Kashaya	Guru, Ruksha	Sheeta	Katu	Kapha-Pitta Hara, Mutra Sangrahaniya, Varnya, Vyanga, Trishna, Chardi
2.	Ashwattha[3]	Kashaya, Madhura	Guru, Ruksha	Sheeta	Katu	Kapha-Pitta Hara, Varnya, Vrsya, Vrana Shodhana & Ropana
3.	Plaksha[4]	Kashaya	Ruksha, Guru	Sheeta	Katu	Kapha-Pitta Hara, Mutra Sangrahaniya
4.	Udumbara[5]	Kashaya	Guru, Ruksha	Sheeta	Katu	Svitra, Vrana, Vatarakta, Rakta Vikara, Daha, Yoniroga, Rakta Pitta, Atisara
5.	Haritaki[6]	Kashaya Pradhana Lavana Varjita Pancharasa	Laghu, Ruksha	Ushna	Madhura	Tridosahara, Kushtaghna, Jwaraghna, Rasayana
6.	Vibhitaki[7]	Kashaya	Lagu, Ruksha	Ushna	Madhura	Tridosahara, Krimighna, Jwaraghna, Raktasthambhana
7.	Amalaki[8]	Amla Pradhana Lavana Varjita Pancharasa	Guru, Ruksha, Sheeta	Sheeta	Madhura	Tridosahara, Sthambhana, Dahaprashamana Rasayana
8.	Rakta Chandana[9]	Tikta, Madhura	Lagu, Ruksha	Sheeta	Katu	Kapha-Pitta Hara, Varnya, Dahaprashamana
9.	Sevya[10] (Usheera)	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu	Kaph Pitta Hara, Pachana, Stambhana
10.	Kushta[11]	Tikta, Katu, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Vata-Kapha Hara, Varnya, Lekhaniya
11.	Manjisht[12]	Madhura, Tikta	Guru, Ruksha	Ushna	Katu	Kapha-Pitta Hara, Varnya, Vishagna
12.	Chora[13] (Shathi)	Katu, Tikta, Kashaya	Laghu, Tikshna	Ushna	Katu	Kapha Vata Hara, Grahi
13.	Keram Taila[14]	Madhura, Kashaya, Tikta	Guru, Snigdha	Sheeta	Madhura	Vatahara, Tvachya, Balya, Kesyas

SN	Ingredients	Rasa	Guna	Virya	Vipaka	Karma
14.	Ardra Haridra[15] Kashaya	Tikta, Katu	Ruksha, Laghu	Ushna	Katu	Kapha-Vata Hara, Lekhana, Vishagna, Varnya
15.	Parpataka[16] Kashaya	Tikta	Laghu	Sheeta	Katu	Kapha-Pitta Hara, Trishnanigraha, Grahi

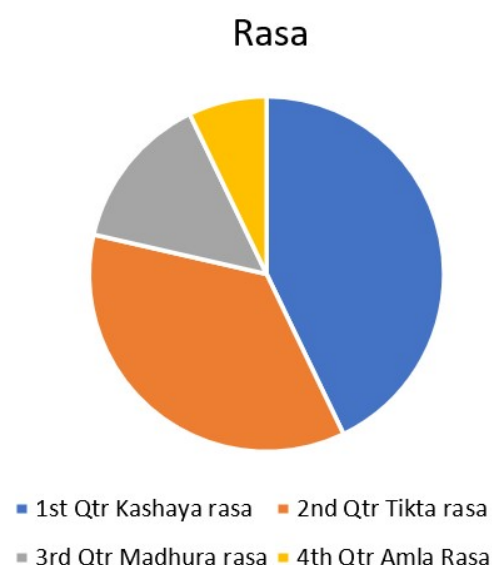


Figure 1: Analysis of Rasa (taste) of ingredients of Nalpamaradi Taila

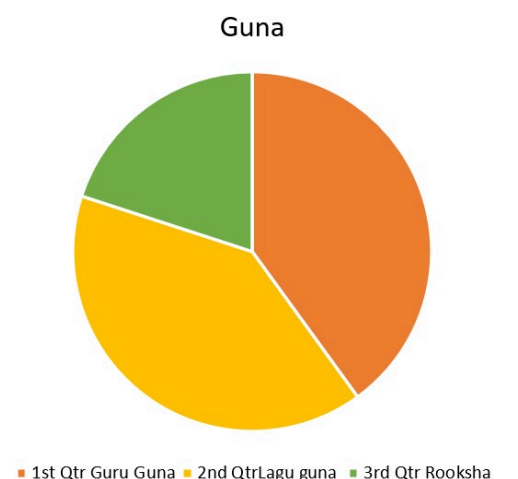


Figure 2: Analysis of Guna (Properties) of ingredients of Nalpamaradi Taila

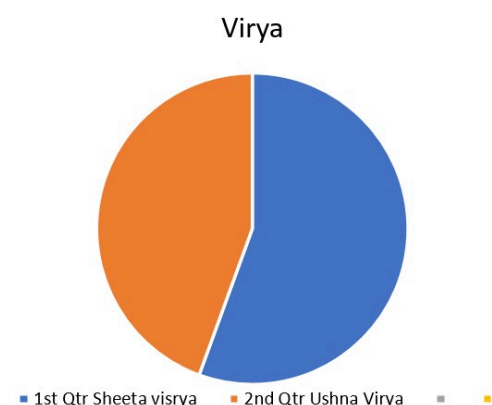


Figure 3: Analysis of Virya (potency) of Ingredients of Nalpamaradi Taila

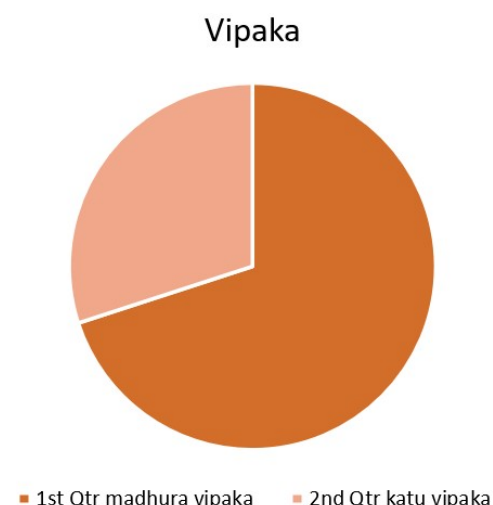


Figure 4: Analysis of Vipaka of ingredients of Nalpamaradi Taila

Discussion

Nalpamaradi taila is mentioned in the *Sahasrayoga Taila Prakarana*, which contains *Vata*, *Udumbhara*, *Ashwata*, *Plaksha*, *Triphala*, *Chandana*, *Sevya*, *Kushta*, *Manjishta*, *Chora*, *Adra Haridra* and *Parpata Swarasa* with *Kera Taila* (coconut oil), indicated in *Visarpa Kushta*. [1]

Most of the ingredients exhibit *Kashaya* (astringent) and *Tikta* (bitter) tastes, which contribute to the pacification of *Pitta* and *Kapha Doshas*. These herbs generally have *Guru Guna* (heavy quality) and *Sheeta Veerya* (cooling potency), particularly beneficial in balancing *Pitta Dosh*. Their *Madhura* (sweet) and *Katu* (pungent) *Vipaka* further support the pacification of *Pitta* and *Kapha Doshas*.

Pharmacologically, the ingredients are known for their *Kushtaghna* (anti-skin disease), *Twakrogahara* (skin-healing), *Varnya* (improving complexion), and *Kandughna* (anti-itching) properties. The application of *Nalpamaradi Tailam* helps relieve *Shotha* (inflammation) and *Daha* (burning sensation) due to the presence of *Ksheeri Vriksha*-based herbs rich in *Kashaya Rasa* and *Kapha-Pittahara* actions. These herbs are also a rich source of tannins, which possess antibacterial properties.

The 4 key components of *Nalpamara* - *Nyagrodha*, *Udumbara*, *Ashwattha*, and *Plaksha*—belong to the *Panchavalkala* group.

These have a *Kashya Rasa* (Astringent taste) and are effective in managing *Pitta* and *Kapha* disorders. Their aqueous and alcoholic extracts have been shown to exhibit anti-inflammatory, antibacterial, antiparasitic, antifungal, and wound-healing properties. These *Dravyas* are considered to be *Pittaghna*, that is, both by the action of *Rasa*, *Veerya*, they are *Pittahara*, and therefore they must decrease *Raga*(redness), which is mainly due to *Pitta*. By its *Kashya Pradhana Rasa*, it may act as *Rakta Shodhaka*, *Pitta Shamana*, *Varnya* and *Twak Prasadhana* actions, aiding to improve the skin colour by improving the local blood circulation.[17]

Triphala, comprising *Haritaki* (*Terminalia chebula*), *Vibhitaki* (*Terminalia bellirika*), and *Amalaki* (*Embl-ica officinalis*) , is a well-known *Tridosha*-balancing combination. It is beneficial in various skin disorders due to its *Krimighna* (anti-parasitic) action. *Triphala* promote health, immunity and longevity and is frequently used to treat chronic ulcers and it is an antioxidant-rich herbal formulation. The aqueous extract of *Triphala* is reported as antigastric ulcer and anti-peptic activity.[18]

Chandana (*Santalum album*) and *Ushira* (*Vetivera zizanioides*), both having *Tikta* and *Madhura Rasa* with *Sheeta Veerya*, are particularly useful in *Pitta-Kapha* disorders. *Chandana* include *Dahahara*, *Vishahara*, *Jwarahara*, *Raktapittahar*, *Trushnahara*, *Klamahara*, *Shramahara*, *Varnya*, *Antardahahara*, *Brantihara*, *Vrshyam*, *Hridyam*, *Krimighna*.[19]

Kushta (*Saussurea lappa*) *Kashaya* and *Madhura Rasa* with *Ushna Veerya*, making it suitable for skin conditions, *Aphrodisiac*, improves the complexion, cures leukoderma, Itching, ringworm, vomiting, scabies, epilepsy, headache. Pharmacologically, *Kushta* is carminative, antiseptic, disinfective against *Streptococcus* and *Staphylococcus*.[21]

Manjistha (*Rubia cordifolia*) has *Tikta*, *Kashaya*, *Madhura Rasa*, *Guru*, *Ruksha Gunas*, *Ushna Veerya* and *Katu Vipaka*. Due to the above properties, it is effective as a *Raktaprasdana*, *Raktashodhana*, *Varnya*, *Dipana*, *Pachana*, *Krimighna*, *Khaphaghna*, *Jwaraghna*, *Rasayana*, *Shothaghna*, *Vranaropana*, *Artavajanana*, *Stanyashodhana*, *Vishaghna*, *Mutra-kara*, *Atisaraghna*, *Arshoghna*, *Pramehaghna*, *Kush-thaghna*, *Gharbhashaya Uttejaka*.[21]

Choram[14] (*Hedychium spicatum* Buch-Hem) due to their *Ushna Veerya* and *Katu-Tikta Rasa*, exhibit potent *Krimihara* actions.

Haridra (*Curcuma longa*) possesses antibacterial, antifungal and anti-inflammatory activities.[22] It is useful in inflammations, ulcers, wounds, leprosy, skin diseases and allergic conditions.[23] Rhizomes contain curcumin, which has potent anti-inflammatory and analgesic activities.[24] The anti-inflammatory property and the presence of vitamin A and proteins in turmeric result in early synthesis of collagen fibres by mimicking fibroblastic activity. [25]

Study on *Nalpamaradi Taila*: et.al Khanduri S,[26] States that *Nalpamaradi Taila* is opted for external application in this case trial owing to the unique property of its ingredients to soothe the dry and itchy skin and tone the skin. *Taila* preparations, by nature, can normalise the vitiated *Vata-Kapha* in the skin, which is a major aspect for skin conditions presenting with skin exfoliation, dryness, itching, etc. All the ingredients have the inherent ability to alleviate *Pitta* and *Kapha Doshas* and are used as a frontline option for external application in different types of skin diseases.

Et al: Kiran SM[27] *Nalpamaradi Taila* soap was tested for its effect on *C.albicans*, *E.coli*, *P.aeruginosa* and *S.aureus*. No growth of the above microorganisms was observed after treatment with *Nalpamaradi* soap. The sample was cultured and observed, revealing a decrease in microbial growth bacteria and fungus. *Nalpamaradi* soap was tested in phase 2 for its effect on *Candida albicans*, *Escherichia coli*, *Pseudomonas aeruginosa*, and *Staphylococcus aureus*. Following treatment with *Nalpamaradi taila* soap, no growth of the microorganisms above was observed. This proves the antimicrobial properties of *Nalpamaradi Taila* soap.

Conclusion

Nalpamaradi Taila is a unique Ayurvedic formulation with a broad spectrum of therapeutic applications, particularly in the management of dermatological conditions. Enriched with potent phytoconstituents, including alkaloids, it exhibits diverse pharmacological actions such as blood purification, antibacterial, antiseptic, anti-inflammatory, and wound healing. These properties make it a powerful and reliable remedy for various skin disorders. Its consistent effectiveness reinforces its value and enduring relevance in classical Ayurvedic dermatological practice.

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