**ABSTRACT**

*Kottamchukkadi Taila* (oil) is an Ayurvedic medicated oil preparation designed for treating disease, especially *Vataja* (due to *Vata*) disorders. Medicated oils are preparations in which oil is boiled with prescribed liquid media and a fine paste of the drugs, specified in the formulation composition. *Kottamchukkadi Taila* contains more than 9 herbs, *Chincha Rasa* (Tamarind juice) and *Dadhi* (curd). It is indicated in all *Vataja* disorders. It acts like *Lekhana* (Scrapping), *Srotoavarodhagna* (clears obstruction of channels), *Vedanasthapna* (subsides pain), *Shothahar* (reduce swelling) etc. Present study aimed to compile all the available literature regarding its use, method of preparation, characteristic, probable mode of action, finding out the rationality of its indications by analyzing the properties of its ingredients and recent research works on *Kottamchukkadi Taila*.

**KEYWORDS:** Ayurveda formulations, *Kottamchukkadi Taila*, *Aamvata*, *Vatakaphaja* disorder.

**INTRODUCTION**

*Kottamchukkadi Taila* is a kind of *Sneha Kalpana* (unctuous substance).[1] The medicinal herbs processed with *Sneha* for increasing the efficacy of the combination is known as *Sneha Kalpana*. Medicated *Tailas* are preparations in which *Taila* is boiled with prescribed liquid media (*Svarasa* /*Kashaya* Etc.) and a fine paste (*Kalka*) of the drugs specified in the formulation composition.[2] *Kottamchukkadi Taila* is designed for *Rogashamanarthta* (alleviating disease), especially *Vataja* disorders.
The word ‘Kottama’ means Kushtha and ‘Chukka’ means Shunthi. The description starts with Kushtha and Shunthi so it is known as ‘Kottamachukkadi’. The ingredients of Kottamchukkadi Taila are mainly Kushtha, Shunthi, Vacha, Shigru, Lashuna, Kartotti, Devadaru, Sarshapa, Rasna, Dadhi and Chincha Rasa.

This is being used in the imbalances of all the three Dosha but especially in Vatakaphaja disorders.. In Ayurveda, the use of plant based as well as mineral based medicines has been mentioned for treating various disease conditions with a view of appropriate knowledge of the drugs. These classical medicines should be precisely analyzed before prescribing to the patient for better outcome. There are numbers of multidrug formulations practiced successfully but most of them are not being used properly due to lack of data regarding their details mechanism of action. Such one widely practiced formulation is Kottamchukkadi Taila.

The drug has been mentioned in Sahasrayogam in the context of Taila Prakrana. Kottamchukkadi Taila (oil) is being administered internally as well as externally for therapeutic use in Abhyanga, Pizzhichill, Katibasti, Janubasti, Greevabasti and Prishthhabasti. This traditional formulation of Ayurveda is using for centuries with claimed efficacy and safety in treatment of all Vata, Vata Kapha and Amavata disorders.[3] It is being used for Amavata, Mamsa-medogata Vata, Snayugata Vata, Sandhigata Vata, Dandaptanak, Pakshaghata, Ardita, Hanugraha, Manyastambha, Katigraha, Avabahuka, Vishwachi, and Gridhrasi.

The ingredients of Kottamchukkadi Taila are mainly Kushtha, Shunthi, Vacha, Shigru, Lashuna, Kartotti, Devadaru, Sarshapa, Rasna, Tila Taila, Dadhi and Chincha Rasa. The overall properties of the drugs used are Tikta (bitter), Katu (pungent) dominant Rasa (taste), Laghu (light), Ruksha (dry) in nature, Ushna (hot) Virya (potency), Katu Vipaka (post digestive taste) and showing Sandhigatavata, Gridhrasi, Kaphavataju, Vataja disorders and Amavata relieving action along with analgesic, anti-inflammation, antioxidants, antispasmodic, antiarthritic, immunomodulator activity. Due to its properties it acts as Aama pachaka (improves digestion power and digest the toxins released from undigested food). Many of the ingredients produce Lekhaniya, Shothahara and Shoolahara (analgesic) effect.
MATERIALS AND METHODS

All the literature regarding its use, method of preparation, characteristic, probable mode of action, and recent works on *Kottamchukkadi Taila* were compiled from various books and other available information resources.

**Ingredients and Preparation of Kottamchukkadi Taila**[3]

**Table 1: Ingredients of Kottamchukkadi Taila.**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Ingredients</th>
<th>Botanical Name</th>
<th>Part Used</th>
<th>Karma</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>12.</td>
<td><em>Chincha</em></td>
<td><em>Tamarindus Indicus</em> Linn.</td>
<td>Leaf, flower, seed, fruit</td>
<td>Vataroga-nashaka, Agnivardhana, Shotha-hara</td>
<td>Anti-inflammatory, Analgesic, Antioxidant[16]</td>
</tr>
</tbody>
</table>

**Method of preparation**[3]

- *Kalka dravya* – *Kushtha, Shunthi, Vacha, Shigru, Lashuna, Kartotti, Devadaru, Sarshapa, Rasna* (in equal quantity each) – 1 part
• **Sneha dravya** – Tila Taila – 8 part  
• **Drava dravya** – Chincha Rasa, Dadhi- 32 Part

Take all ingredients of pharmacopoeial quality. Wash and dry all the herbal raw materials except Chincha thoroughly. Collect fresh leaves of Chicha, wash thoroughly, grind and express svarasa through muslin cloth. Take the other ingredients (kalka dravyas) with the exception of Lashuna and Sarshapa, dry, powder and pass through sieve number 85. Grind Lashuna and Sarshapa separately, add the powdered ingredients and grind with sufficient quantity of water to prepare a homogeneous blend. (Kalka). Take Tila Taila in a stainless steel vessel and heat it mildly. Add increments of Kalka. Stir thoroughly while adding the Svarasa and Godadhi.

Heat for 3 hr with constant stirring and maintaining the temperature between 50\(^\circ\) and 900\(^\circ\) C during the first hour of heating. Stop heating and allow standing overnight. Start 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 a varti (khara pāka laksana), and at the appearance of froth over oil. Expose the varti to flame and confirm the absence of crackling sound indicating absence of moisture. Filter while hot (about 800) through a muslin cloth and allow to cool. Pack it in tightly closed containers to protect from light and moisture.

**RESULT AND DISCUSSION**

**Description\(^{[3]}\)**

Form: Medicated oil  
Colour: Reddish brown  
Odour: Faint.

**Identification**

Thin layer chromatography: It shows spots at RF 0.32 (light grey), 0.44 (light grey), 0.53 (light grey), 0.71 (brown), and 0.80 (brown) under visible light.

**Physico-chemical parameters**

Refractive index at 400: 1.461 to 1.463,  
Weight per ml at 400: 0.920 to 0.940 g,  
Saponification value: 150 to 175,  
Iodine value: 75 to 100,
Acid value: Not more than 8,
Peroxide value: Not more than 4,

**Indication**\(^3\)


**Anupana (Adjuvant)**

When it is being used for *Abhyantara Snehapana* then it can be taken with *Yusaha* (soup) as mentioned and in its absence *Ushna Jala* (Hot water) can be used.

**Dosage**

For *Abhyanga* : 100-200 ml
*Katibasti* : 300-400 ml
*Janubasti* : 200-300 ml
*Greevabasti* : 100-200 ml
*Pizhichill* : 1 ltr – 1.5 ltr

As *Shamanartha Snehapana* : 25ml - 100 ml (On good appetite)

**Contraindication**

*Pittaja Disorders, Raktaja Disorders, Daha, Kshaya janya disorders, Abhigatha janya disorders.*

**Shelf life - 16 months**\(^17\)

**Side Effects:** So far no reports are available concerning the adverse effect of this formulation.

**Probable mode of action of Kottamchukadi Taila**

It has *Aama pachana* (improves digestion power and digest the toxins released from undigested food) effect when taken internally and has *lekhaniya* effect when used externally. It does *Doshavilayana* (liquefaction of dosha) and *srotoshodhana* which helps in relieving *margavarana* (obstruction of channels) of *Vata*. It will reach to *sukshma srotas* (minute channels) and thus help in pacifying *Vata dosha*. *Ushna, Ruksha* and *Tikshna* (sharp) properties help in pacifying *sheeta* (cold) – *snigdha* (unctuous) properties of *Kapha* efficiently.
Kushtha and Vacha are having lekhaniya property. Shigru, Lashuna, Devadaru and Rasna are having shula prashamana (Pain relieving) action.

When used externally it may work with the theory that Taila helps in formation of lipoidal bond with other drugs thus helps in the penetration of drug molecules. Hence it increases the rate of trans-dermal drug delivery. It induces hyperthermia which improves local blood and lymphatic circulation and thereby improving local tissue metabolism. It reduces inflammation by modifying secretion of various inflammatory mediators like histamine etc. It relaxes local stiffness by physical effect of heat and thereby reduces pain, Anti-inflammatory effect of Kushtha, Vacha and Shigru and Analgesic action of Vacha, Lashuna and Chinchapatra Rasa has also been reported.

**Recent research works**

In Patil rupesh wilas et al. Shamaṇa Snehapanas with Kottamchukkadi Taila proved to be safe and statistically equally effective in Carpal tunnel syndrome.[18]

Lakshmi R et al. concluded that the combined effect of Rasnasaptakam Kashayam, Dasamoolahareetaki lehyama and Valuka Sweda, Sarvanga Abhyanga with Kottamchukkadi Taila, Bhaspa Sweda and Virechana with Erandataila is fruitful in the management of Rheumatoid Arthritis (Amavata).[19]

Dr Manoj R has concluded that the Yogarajaguggulu, Mahavatavidhwansa Rasa, Ashwagandha churna, Shunthi churna, Maharasndi kwatha, Kottamchukkadi Taila and Jambira pinda sweda are effective to reduce pain, stiffness, restricted movement, and tenderness after one month of treatments in the management of Sandhigatavata (Osteoarthritis). The X-ray finding of degenerative changes remained unchanged. The result would have been better if therapy had continued for a long duration.[20]

In Pooja BA et al. The Treatment of Amavata like Valuka Sveda, Erandmuladi Basti proved to be efficacy of the treatment in the management of Ankylosing spondylitis in general and relieving pain and stiffness in particular. The local application of heat in the form of Greeva, Prishta, and Kati Basti on the affected joints particularly with Kottamchukkadi Taila found to be effective in relieving pain and Stiffness and improving the mobility.[21]
CONCLUSION

*Kottamchukkadi Taila* is one of the most popular *yoga* in Kerala. Most of the drugs used to prepare *Taila* are easily available. It is very effective *Sneha yoga*, which is widely practiced mainly in *Vata Kaphaja disorders*. This multidrug composition is also available in *churna* and in *Kuzhambu* form. *Kottamchukkadi Taila* (oil) is being administered internally as well as externally for therapeutic use in *Abhyanga, Pizzhichill Katibasti, Janubasti, Greevabasti* and *Prishthhabasti* with claimed efficacy and safety in treatment of All *Vataja, Vatakaphaja* and *Aamvata* disorders. So it can be used effectively for *Amavata, Mamsa-Medogata Vata, Snayugata Vata, Sandhigata Vata, Dandaptanak, Pakshaghata, Ardita, Hanugraha, Manyastambha, Katigraha, Avabahuka, Vishwachi, Gridhrasi* or any other *Vata-Kaphaja* disorder.

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