

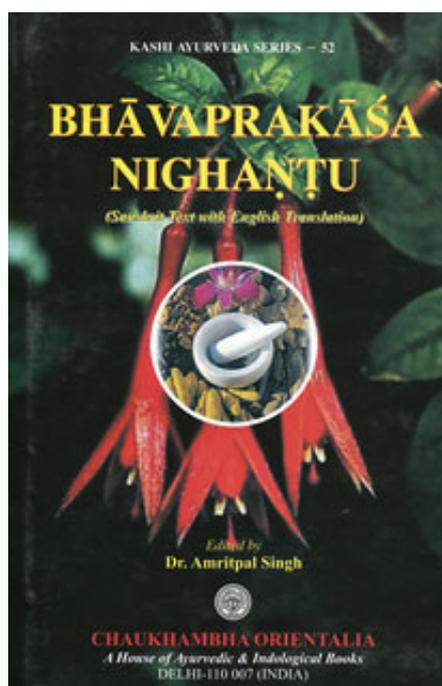
# Amritpal Singh Bhavaprakasa Nighantu

Reading excerpt

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## CHAPTER 19

### Tailavarga

#### 19.1: Taila (Oil)

##### तैलवर्गः

तिलादिस्निग्धवस्तूनां स्नेहस्तैलमुदाहृतम्। तत्तु वातहरं सर्वं विशेषात्तिलसम्भवम् ॥१॥  
तिलतैलं गुरु स्थैर्यबलवर्णकरं सरम्। वृष्यं विकाशि विशदं मधुरं रसपाकयोः ॥२॥  
सूक्ष्मं कषायानुरसं तिक्तं वातकफापहम्। वीर्येणोष्णं हिमं स्पृशे बृंहणं रक्तपित्तकृत् ॥३॥  
लेखनं बद्धविण्मूत्रं गर्भाशयविशोधनम्। वीपनं बुद्धिदं मेध्यं व्यवाधि व्रणामेहनुत् ॥४॥  
श्रोत्रयोनिशिरःशूलनाशनं लघुताकरम्। त्वच्यं केश्यं च चक्षुष्यमभ्यङ्गे भोजनेऽन्यथा ॥५॥  
छिन्नभिन्नच्युतोत्पिष्टमथितक्षतपिच्छिते। भग्नस्फुटितविद्धाग्निदग्धविशिलष्टदारिते ॥६॥  
तथाभिहतनिर्भुग्नमृगव्याघ्रदिविक्षिते। बस्ती पानेऽन्नसंस्कारे नस्ये कर्णाक्षिपूरणे ॥७॥  
सेकाभ्यङ्गावगाहेषु तिलतैलं प्रशस्यते ॥८॥

*Taila* is obtained from Snigdha part of *Tila* and other drugs, hence known as *Taila*. All types of oils pacify Vata.

#### 19.2: Tila taila (Seasum oil)

##### गुणाधिकता

घृतमब्दात्परं पक्वं हीनवीर्यं प्रजायते। तैलं पक्वमपक्वं वा चिरस्थायि गुणाधिकम् ॥९॥

Rasa (Taste): Kasaya (Astringent) and Tikta (Bitter).

Guna (Physical property): Guru (Heavy), Vikasi, Visada, Suksma and Vyavayi.

Virya (Potency): Usna (Hot).

Effect on Tridosa: Pacifies Vata and Kapha.

Actions: Tonic, alterative laxative, aphrodisiac, nutritive, appetizer, nootropic,

Therapeutics: Obesity, polyuria, diarrhoea, ulcer, sugar in urine, pain in ear, vagina and head, beneficial for skin, hair and eyes, fractures, dislocation, sprains, trauma, for enema, massage and *nasya* (nasal

administration of drugs).

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Note: It is causes epistaxis.

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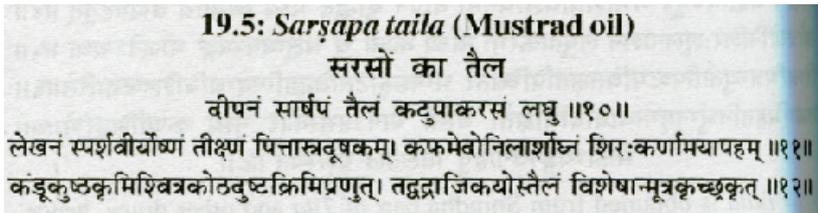
### 19.3: Some facts about *Tila taila*

*Tila taila* has two opposite properties viz it is nutritive and at same time it sets up emaciation. When a person consumes *Ruksa* foods in excess, it aggravates Vata, which sets up contraction in channels of circulation. As

a result Rasa is not formed properly as a result the series leading to formation of successive tissues is hindered and emaciation sets in. *Tila taila* because of Vikasi, Visada, Suksma and Vyavayl properties open the blockage of channels of circulation as a result formation of successive tissues begins. Also due to Vikasi, Visada, Suksma and Vyavayl properties the oil reduces fat slowly. Also *Tila taila* acts as laxative as well as astringent.

### 19.4: Oil and Ghee

*Ghee* that has been kept for more than a year it becomes less potent However this is not true for oils.



**Rasa (Taste):** Katu (Pungent).

**Guna (Physical property):** Laghu (Light).

**Virya (Potency):** Usna (Hot).

**Vipaka (Post digestion effect):** Katu (Pungent).

**Effect on Tridosha:** Pacifies Vata and Kapha.

**Actions:** Tonic, alterative laxative, aphrodisiac, nutritive, appetizer, nootropic,

**Therapeutics:** Obesity, hemorrhoids, headache, diseases of the ear, pruritis, skin diseases, worm infestation, leucoderma and urticaria.

### 19.6: *Kalajai taila* (Linseed oil)

**Rasa (Taste):** Katu (Pungent).

**Guna (Physical property):** Laghu (Light).

**Virya (Potency):** Usna (Hot).

**Vipaka (Post digestion effect):** Katu (Pungent).

**Effect on Tridosa:** Pacifies Vata and Kapha.

**Actions:** Tonic, alterative laxative, aphrodisiac, nutritive, appetizer, nootropic,

**Therapeutics:** Obesity, hemorrhoids, headache, diseases of the ear, pruritis, skin diseases, worm infestation, leucoderma and urticaria.

तुवरी तैल  
तीक्ष्णोष्णं तुवरीतैलं लघु ग्राहि कफास्त्रजित्।  
बृहिकद्विषहृत्कंडूकुष्ठकोठक्रिमिप्रणुत्। मेदोदोषापहं चापि व्रणशोथहरं परम् ॥१३॥

### 19.7: *Tuvraka taila (Hyndocarpus oil)*

**Rasa (Taste):** Katu (Pungent).

**Guna (Physical property):** Laghu (Light) and Tiksna.

**Virya (Potency):** Usna (Hot).

**Effect on Tridosa:** Pacifies Kapha.

**Actions:** Astringent.

**Therapeutics:** Blood diseases, pruritis, urticaria, worm infestation and obesity.

### 19.8: *Alasl taila (Linseed oil)*

अलसी का तैल  
अतसीतैलमाग्नेयं स्निग्धोष्णं कफपित्तकृत्। कटुपाकमचक्षुष्यं बल्यं वातहरं गुरु ॥१४॥  
मलकृद्रसतः स्वादु ग्राहि त्वग्दोषहृद् घनम्।  
बस्ती पाने तथाऽभ्यङ्गे नस्ये कर्णस्य पूरणे। अनुपानविधौ चापि प्रयोज्यं वातशान्तये ॥१५॥

**Rasa (Taste):** Madhura (Sweet).

**Guna (Physical property):** Laghu (Light) and Snigdha.

**Virya (Potency):** Usna (Hot).

**Vipaka (Post digestion effect):** Katu (Pungent).

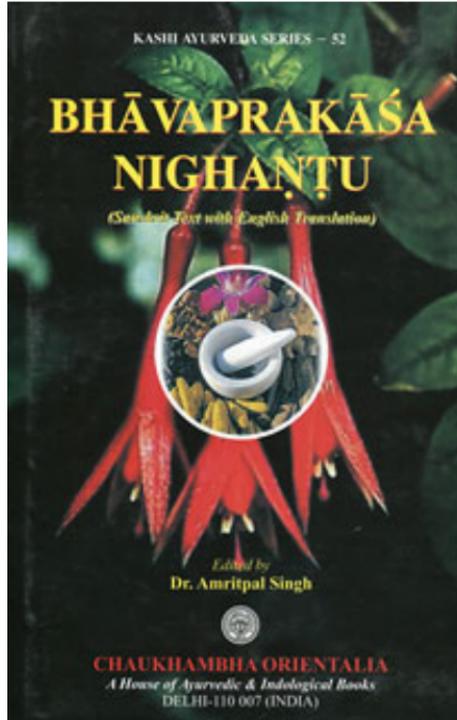
**Effect on Tridosa:** Aggravates Pitta and Kapha.

**Actions:** Tonic, laxative.

**Therapeutics:** Eye diseases, pruritis, urticaria, worm infestation, obesity, massage and *nasya* (nasal administration of drugs).

### 19.9: *Kusumbha taila*

कुसुम के तैल के गुण  
कुसुमतैलमल्लं स्यादुष्णं गुरु विदाहि च। चक्षुर्भ्यामहितं बल्यं रक्तपित्तकफप्रदम् ॥१६॥



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