Research Article

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PHARMACEUTICAL STUDY OF MUTTA TAILA

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ABSTRACT

Sahasrayoga is a popular book on the Kerala tradition of Ayurvedic treatment. Sahasrayogam means one thousand formulations and on a rough estimate, it appears that the number of formulations varies from 700 to 1200 in various versions. It also appears that the number of formulations has been added periodically to the original text based on their practical experiences, which increased the total number of formulations. Mutta Taila is an Ayurvedic medicated oil mentioned in classical text Sahasrayoga in which the ingredients are egg yolks, Kumari and Nimba Taila. It is also mentioned in Siddha medicine in the name of Anda Taila by Abdulla Sahib's Anubhava Vaidhya Navaneedham. This preparation is used in the treatment of Sanniroga (Delirium), fever with sluggishness, convulsions, and paralysis in children. It is also indicated in cerebral palsy. In the present study, a step is made to do the pharmaceutical preparation of Mutta Taila. An attempt has been made to do the pharmaceutical study of Mutta Taila. Mutta Taila was prepared as per the traditional method and evaluated for its organoleptic characteristics. The final product of Mutta Taila was having the desired consistency and quality. The yield of Mutta Taila was less with more quantity of egg yolks. The importance of adding Nimba Taila in the process of Mutta Taila preparation was discussed. In the present study, the detailed pharmaceutical process of Mutta Taila preparation and observations with changes observed in physical parameters has been discussed.

Keywords: Mutta Taila, Anda Taila, Pakshaghata, Egg yolk oil, Sahasrayoga, Cerebral palsy.

INTRODUCTION

Ayurveda is the science of life where advantageous and disadvantageous as well as happy and unhappy life along with what is good and bad for life has been described. Bhaishajya Kalpana is the pharmaceutical department dealing with various types of medicinal preparations, their formulations, dosage etc. In Ayurveda, the greatest importance is given to the Bhaishajya because to treat the disease successfully, a physician should have a good quality of drugs and for that, he should have complete knowledge about Bhaishajya.

Bhaishajya Kalpana is one of the academic branches of Ayurveda which deals with knowledge of drugs including identification, procurement, processing, preparation, and application. Processing is done to establish the changes in the qualities and properties of the drug either by inducing a new property or improving the existing one and finally make the drug safer and more effective. No branch of Ayurveda can exist independently without Bhaishajya i.e., medicinal preparation.

In Siddha, Kozhi muttayin manjal karu (Egg yolk – *Gallus domesticus*) is the only ingredient in the preparation of Anda Taila. Some of the traditional practitioners are using Lashuna along with the egg yolks for enhancing the potency of this oil.

Aim and objectives

The study was aimed to perform the pharmaceutical preparation of Mutta Taila according to classical text and to observe the organoleptic characters of Mutta Taila.

MATERIALS AND METHODS

All the ingredients viz, egg, Nimba Taila were procured from the market and authenticated by the experts of Rasa Shastra and Bhaishajya Kalpana department, Alva's Ayurveda Medical College, Moodbidri, Dakshina Kannada, Karnataka. All the data were found strictly as per guidelines.

The method followed for the preparation of Mutta Taila is from Sahasrayoga¹. The preparation was carried out in the laboratories of department Rasa Shastra and Bhaishajya Kalpana, Alva's Ayurveda Medical College, Moodbidri, Dakshina Kannada, Karnataka.

Pharmaceutical Processing

In the present study, one sample of Mutta Taila was prepared as per the classical method mentioned in Sahasrayoga¹.

Preparation of Mutta Taila

Table 1: Ingredients of Mutta Taila and Their Quantities

Ingredients	Rasa	Guna	Virya	Vipaka	Doshagnata	Karma	Chemical constituents	Quantity taken
Egg	Madhura Kashaya	Guru, Snigdha	Ushna	Katu	Tridosahara	Brimhana, Rasayana	Lecithin, hollandaise	20 number (Egg yolks- 240 g)
Nimba <i>Azadirachta indica</i> A. Juss ⁶	Tikta	Laghu, Snigdha, Tikshna	Ushna	Katu	Pitta-kaphahara	Rasayana, Bhedana, Pachana	Triterpenoids, Limonoids	QS (20 ml)
Kumari <i>Aloe vera</i> (L.) Burm.f. ⁶	Katu Tikta	Guru, Snigdha, Picchila	Sheeta	Katu	Vata-kaphahara	Brimhana, Rasayana	Aloenin, aloctin A, aloesone	-

All the ingredients were taken and measured as shown in Table 1. The eggs were taken and boiled. Then the shell and white part of the eggs were removed, and egg yolks were collected and powdered. Nimba Taila was kept ready aside.

A wide-mouthed iron vessel was taken and powdered egg yolks along with dried *Aloe vera* was added and heated over Mandagni till the oil oozes out from the egg yolk. If the oil is not coming from egg yolks, we can add an equal quantity of Nimba Taila into the fried egg yolks. Adding Bhoonaga into this preparation will increase the potency of Mutta Taila¹. The photographs of the preparation are given at the end.

RESULT

Final Product

The Mutta Taila obtained – 60 ml
Charred egg yolk – 70 g

Loss/ Gain

Gain of 40 ml oil

Organoleptic Characters

Organoleptic characters like taste, colour, odour, touch, and texture were scientifically studied are as follows

Colour - Reddish-brown colour
Touch - Thick and viscous
Odour - Characteristic odour
Taste - Tikta Kashaya Rasa
Texture - Liquid

Indication

According to Sahasrayoga, External application is mentioned, and it is indicated in Sanniroga in children and this Mutta Taila is having Baladayaka property¹.

According to Siddha², Internal administration with a dose of 1-4 drops is mentioned and is indicated in Sanni (Delirium), Maandham (Fever with sluggishness), Kuzhandhaigalin valippugal (convulsions of children) and Pakka vadham (paralysis)³. This medicine is also indicated in Cerebral palsy.

Dose

1 to 4 drops of Mutta Taila can be given with breast milk/ cow's milk in delirium, fever, and convulsions in children. In paralysis and paralysis of tongue in children, Mutta Taila is applied directly to the tongue twice a day.

DISCUSSION

Normally oils give different characteristics like colour and odour relating to ingredients that were used to prepare the medicated oil. This medicated oil had reddish-brown colour because of the charring of egg yolks. After charring, the protein content in the egg is changed into amino acids. These amino acids produce Amlatwam in the body, which is having the property of Vatahara, Vatanulomana⁴ and act as Srotoshodhaka thereby reduces the symptoms of cerebral palsy. The high content of vitamin D helps to promote the absorption of calcium. It will give strength to bones and joints. Eggs consisting mainly of triglycerides with traces of lecithin, cholesterol, biotin, xanthophylls, lutein, zeaxanthin, and immunoglobulin. Egg containing healthy fat reduces demyelination and thereby promotes the nervous system⁵.

During the preparation of Mutta Taila, Nimba Taila is being added to get a minimum quantity of oil as the yield is less. Sometimes the oil may not get without adding Nimba Taila. Continuous stirring was done and Mandagni was maintained to avoid the charring while preparation. Mashing of the egg yolks was done until it resembles more of a paste. At this stage, the egg smelled overcooked on the verge of burning. Excessive smoke during the preparation probably means that a specific patch of egg yolk is burning. This can be avoided by flipping the eggs over consistently. In the middle of the preparation, egg yolks started foaming, liquefy and then the colour changed. The colour of egg yolks was changed from yellow to slightly golden colour and then dark brown. During the first stage of preparation, the egg yolk smell changed to the characteristic smell of fried egg and then became a penetrating pungent smell. The same smell was persisting after the preparation also. The soft texture of egg yolks was first changed to rough, then frothy and after preparation of oil, it was slimy.

In the classical reference, adding Bhoonaga during the preparation of oil is also mentioned. The high copper content in the Bhoonaga helps to enhance the nervous system¹. In the cosmetic industry another egg yolk oil is mentioned which is directly collected by extraction method and extensively used in Chinese medicine. This egg yolk oil is a potential source of polyunsaturated fatty acids such as docosahexaenoic acid (DHA) and arachidonic acid which is useful for infant growth⁵.

Figure 1: Raw egg

Figure 2: Nimba taila

Figure 3: Boiling of the eggs

Figure 4: Boiled egg yolks

Figure 5: Powdered egg yolks

Figure 6: Heating over Mandagni

Figure 7: Adding Nimba taila

Figure 8: Attaining Paka

Figure 9: Filtering

Figure 10: Final product

THE PREPARATION OF MUTTA TAILA

CONCLUSION

In this pharmaceutical study, Mutta Taila was prepared traditionally. The yield of the Taila was less even with more quantity of egg yolks. Mutta Taila is indicated in delirium, fever, convulsions in children and paralysis of the tongue. Along with this Taila, it is advisable to take garlic juice, saffron, Gorochanam etc. It can be used as an external application over the tongue. The analytical study can be carried out in the future to identify the chemical constituents along with the experimental study to prove the efficacy of the same formulation.

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