

Review Article

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A REVIEW ON ERANDADI TAILA: CLASSICAL INDICATIONS, PHARMACOLOGICAL PROPERTIES, AND CLINICAL UTILITY

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Abstract

Erandadi Taila is a classical medicated oil preparation used in *Ayurveda* for conditions involving pain, stiffness, swelling, restricted movement, and *Vata-Kapha* predominance. It contains *Eranda Taila* as the main oil base along with drugs such as *Manjishtha*, *Musta*, *Dhanyaka*, *Triphaladi Dravya*, *Agnimantha*, *Hribera*, *Vata Shrungha*, *Nisha*, *Daruharidra*, *Nilia*, *Bheshaja*, *Ketaki*, and *Dadhi Kanjika*. The formulation shows properties like *Shothahara*, *Vedanasthapana*, *Vatahara*, *Kapha Shamaka*, *Deepana*, *Pachana*, *Raktashodhaka*, and *Vrana Shodhaka*. From a modern view, many ingredients of this formulation possess anti-inflammatory, analgesic, antioxidant, antimicrobial, wound healing, and circulatory-supporting actions. Due to these combined actions, *Erandadi Taila* may be clinically useful in painful inflammatory conditions, local stiffness, musculoskeletal disorders, skin-related inflammatory states, and conditions where external oleation and local tissue nourishment are required.

Keywords

Erandadi Taila, *Eranda Taila*, *Vata Vyadhi*, *Shothahara*, *Vedanasthapana*, Medicated oil

Introduction

Taila Kalpana is an important pharmaceutical preparation in *Ayurveda*, mainly used for internal administration, external application, *Abhyanga*, *Pichu*, *Parisheka*, *Basti*, and other therapeutic procedures. Medicated oils are prepared by processing oil with herbal paste, decoction, or liquid media so that the active properties of herbs are transferred into the lipid medium. This makes the formulation suitable for deeper penetration and prolonged local action.¹

Erandadi Taila is one such classical oil formulation in which *Eranda Taila* acts as the base ingredient. *Eranda* is well known for its *Vatahara*, *Shothahara*, and pain-relieving actions. When it is processed with herbs like *Manjishtha*, *Musta*, *Dhanyaka*, *Triphaladi Dravya*, *Agnimantha*, *Nisha*, *Daruharidra*, and *Bheshaja*, the formulation becomes more effective in reducing inflammation, improving local circulation, relieving pain, and supporting tissue healing.²

The clinical importance of *Erandadi Taila* lies in its multi-dimensional action. It may be useful in disorders where *Vata* causes pain, stiffness, dryness, and restricted movement, while *Kapha* and *Ama* contribute to heaviness, swelling, and sluggish tissue metabolism. Therefore, this review explains the ingredients, classical properties, probable pharmacological actions, and clinical utility of *Erandadi Taila* in a simple academic manner.³

Materials and Methods

This review was prepared by studying the classical composition of *Erandadi Taila* and analyzing the individual ingredients according to their *Ayurvedic* properties and known pharmacological actions. Classical drug properties such as *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Karma* were considered along with modern pharmacological activities like anti-inflammatory, analgesic, antioxidant, antimicrobial, digestive, and wound healing effects. The review was arranged under drug preparation, ingredient details, classical indications, probable mode of action, clinical utility, discussion, and conclusion.

Drug Preparation: *Erandadi Taila*

Sr. No.	Name	Botanical Name / Common Name	Part Used	Quantity
1	<i>Eranda Taila</i>	Castor oil	-	1 Part
2	<i>Manjishtha</i>	Rubia cordifolia	Stem, root	1 Part
3	<i>Musta</i>	Cyperus rotundus	Rhizome	1 Part
4	<i>Dhanyaka</i>	Coriander seed	Leaves	1 Part
5	<i>Triphala (Haritaki, Vibhitaki, Amalaki)</i>	-	Fruit	1 Part
6	<i>Agnimantha</i>	Premna mucronata	Root, leaves	1 Part
7	<i>Hribera</i>	Pavonia odorata	Root, leaves	1 Part
8	<i>Vana Kharjura</i>	Date palm	Fruit	1 Part
9	<i>Vata Shrunga</i>	Ficus benghalensis	Root, stem bark, leaves, fruits	1 Part
10	<i>Nisha</i>	Turmeric	Stem	1 Part
11	<i>Daruharidra</i>	Tree turmeric	Stem	1 Part
12	<i>Nilia</i>	Hibiscus cannabinus	Flower, leaves	1 Part
13	<i>Bheshaja</i>	Ginger	Root	1 Part
14	<i>Ketaki</i>	Pandanus odoratissimus	Leaves and roots	1 Part
15	<i>Dadhi Kanjika</i>	Fermented gruel	-	1 Part

Method of Preparation

The required ingredients are collected, cleaned, and processed according to the classical method of *Sneha Paka*. The herbal drugs are made into coarse powder or paste as required. *Eranda Taila* is taken as the oil base, and the herbal ingredients are processed along with *Dadhi Kanjika*. The mixture is heated on mild flame with continuous stirring until proper *Sneha Siddhi Lakshana* appears. After completion of cooking, the oil is filtered through a clean cloth and stored in an airtight container. The prepared *Erandadi Taila* should have proper colour, odour, consistency, and absence of moisture.⁴

Important Ingredients and Their Probable Actions

Ingredient	Important Action
<i>Eranda Taila</i>	<i>Vatahara, Shothahara</i> , pain relieving, lubricating
<i>Manjishtha</i>	<i>Raktashodhaka</i> , anti-inflammatory, wound healing
<i>Musta</i>	<i>Deepana, Pachana</i> , anti-inflammatory, digestive support
<i>Dhanyaka</i>	Digestive, carminative, cooling, mild anti-inflammatory
<i>Triphala</i>	Antioxidant, cleansing, wound healing, <i>Rasayana</i>
<i>Agnimantha</i>	<i>Vata-Kapha Hara</i> , anti-inflammatory, useful in swelling
<i>Hribera</i>	Cooling, aromatic, soothing, <i>Pitta Shamaka</i>
<i>Vata Shrunnga</i>	Astringent, wound healing, strengthening
<i>Nisha</i>	Anti-inflammatory, antioxidant, antimicrobial
<i>Daruharidra</i>	Antimicrobial, anti-inflammatory, skin protective
<i>Nilia</i>	Soothing, anti-inflammatory, skin supportive
<i>Bheshaja</i>	<i>Deepana, Pachana</i> , anti-inflammatory, circulatory stimulant
<i>Ketaki</i>	Aromatic, soothing, local tissue supportive
<i>Dadhi Kanjika</i>	Fermented medium, improves processing and penetration

Ayurvedic Properties of Major Ingredients

Drug	Rasa	Guna	Virya	Vipaka	Main Karma
<i>Eranda</i>	<i>Madhura, Katu, Kashaya</i>	<i>Guru, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatahara, Shothahara, Vedanasthapana</i>
<i>Manjishtha</i>	<i>Tikta, Kashaya, Madhura</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Raktashodhaka, Varnya, Shothahara</i>
<i>Musta</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Katu</i>	<i>Deepana, Pachana, Grahi</i>
<i>Dhanyaka</i>	<i>Kashaya, Tikta, Madhura</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana, Pachana, Trishna Nigrahana</i>

<i>Haridra / Nisha</i>	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kandughna, Vishaghna, Shothahara</i>
<i>Daruharidra</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Raktashodhaka, Kusthaghna, Shothahara</i>
<i>Bheshaja</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana, Pachana, Vata-Kapha Hara</i>

Taxonomical Classification⁵

Sr. No.	Drug Name	Botanical Name	Family	Kingdom	Part Used
1	<i>Eranda</i>	<i>Ricinus communis</i> Linn.	Euphorbiaceae	Plantae	Seed oil
2	<i>Manjishtha</i>	<i>Rubia cordifolia</i> Linn.	Rubiaceae	Plantae	Root, stem
3	<i>Musta</i>	<i>Cyperus rotundus</i> Linn.	Cyperaceae	Plantae	Rhizome
4	<i>Dhanyaka</i>	<i>Coriandrum sativum</i> Linn.	Apiaceae	Plantae	Fruit / seed, leaves
5	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	Combretaceae	Plantae	Fruit
6	<i>Vibhitaki</i>	<i>Terminalia bellirica</i> Roxb.	Combretaceae	Plantae	Fruit
7	<i>Amalaki</i>	<i>Emblica officinalis</i> Gaertn. / <i>Phyllanthus emblica</i> Linn.	Phyllanthaceae	Plantae	Fruit
8	<i>Agnimantha</i>	<i>Premna mucronata</i> Roxb.	Lamiaceae / Verbenaceae	Plantae	Root, leaves
9	<i>Hribera</i>	<i>Pavonia odorata</i> Willd.	Malvaceae	Plantae	Root, leaves
10	<i>Vana Kharjura</i>	<i>Phoenix sylvestris</i> Roxb.	Arecaceae	Plantae	Fruit

11	<i>Vata</i>	<i>Ficus benghalensis</i> Linn.	Moraceae	Plantae	Root, bark, leaves, fruits
12	<i>Nisha</i> / <i>Haridra</i>	<i>Curcuma longa</i> Linn.	Zingiberaceae	Plantae	Rhizome
13	<i>Daruharidra</i>	<i>Berberis aristata</i> DC.	Berberidaceae	Plantae	Stem
14	<i>Nilia</i>	<i>Hibiscus cannabinus</i> Linn.	Malvaceae	Plantae	Flower, leaves
15	<i>Bheshaja</i> / <i>Shunthi</i>	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Plantae	Rhizome
16	<i>Ketaki</i>	<i>Pandanus odoratissimus</i> Linn.	Pandanaceae	Plantae	Leaves, roots
17	<i>Dadhi</i> <i>Kanjika</i>	Fermented gruel	Prepared fermented liquid	-	Liquid medium

Vernacular Names⁶

Sr. No.	Drug Name	Hindi Name	English Name	Common Name	Regional Name
1	<i>Eranda</i>	Arand	Castor	Erand	
2	<i>Manjishtha</i>	Manjith	Indian Madder	Manjistha	
3	<i>Musta</i>	Nagarmotha	Nut Grass	Motha	
4	<i>Dhanyaka</i>	Dhania	Coriander	Kothmir	
5	<i>Haritaki</i>	Harad	Chebolic Myrobalan	Harade	
6	<i>Vibhitaki</i>	Baheda	Belleric Myrobalan	Behada	
7	<i>Amalaki</i>	Amla	Indian Gooseberry	Aonla	
8	<i>Agnimantha</i>	Arani	Headache Tree	Agnimanth	
9	<i>Hribera</i>	Sugandhbala	Fragrant Swamp Mallow	Hrivera	
10	<i>Vana Kharjura</i>	Jungli Khajur	Wild Date Palm	Khajur	
11	<i>Vata</i>	Bargad	Banyan Tree	Vad	

12	<i>Nisha / Haridra</i>	Haldi	Turmeric	Halad
13	<i>Daruharidra</i>	Daruhaldi	Indian Barberry	Daruhalad
14	<i>Nilia</i>	Patsan	Kenaf	Ambadi
15	<i>Bheshaja/Shunthi</i>	Sonth/Adrak	Dry Ginger / Ginger	Sunthi
16	<i>Ketaki</i>	Kewda	Screw Pine	Ketaki
17	<i>Dadhi Kanjika</i>	Kanjika	Fermented Gruel	Kanji

Synonyms⁷

Sr. No.	Drug Name	Classical / Common Synonyms
1	<i>Eranda</i>	<i>Gandharvahasta, Vardhamana, Panchangula, Vatari</i>
2	<i>Manjishtha</i>	<i>Vikasa, Yojanavalli, Raktangi, Samanga</i>
3	<i>Musta</i>	<i>Nagarmusta, Varida, Abda, Ambhoda</i>
4	<i>Dhanyaka</i>	<i>Dhanika, Kustumburu, Dhanya, Chatra</i>
5	<i>Haritaki</i>	<i>Abhaya, Pathya, Kayastha, Vayastha</i>
6	<i>Vibhitaki</i>	<i>Aksha, Kaliyaka, Karshaphala, Bahuvirya</i>
7	<i>Amalaki</i>	<i>Dhatri, Amrita, Vayastha, Tishyaphala</i>
8	<i>Agnimantha</i>	<i>Agnimanthaka, Jaya, Tarkari, Arani</i>
9	<i>Hribera</i>	<i>Ushira Bheda, Sugandhabala, Hrivera, Balaka</i>
10	<i>Vana Kharjura</i>	<i>Kharjura, Vana Kharjura, Kharjurika</i>
11	<i>Vata</i>	<i>Nyagrodha, Bahu Pada, Skandhaja, Rohini</i>
12	<i>Nisha / Haridra</i>	<i>Kanchani, Gauri, Pita, Yoshitpriya</i>
13	<i>Daruharidra</i>	<i>Darvi, Pita Daru, Kaliyaka, Pachampacha</i>
14	<i>Nilia</i>	<i>Nili, Nilika, Nilia</i>
15	<i>Bheshaja / Shunthi</i>	<i>Nagara, Vishvabhesaja, Ardraka, Mahoushadha</i>
16	<i>Ketaki</i>	<i>Kedara, Sugandhika, Kantaki, Ketaka</i>
17	<i>Dadhi Kanjika</i>	<i>Kanjika, Amla Kanjika, Dadhi Kanjika</i>

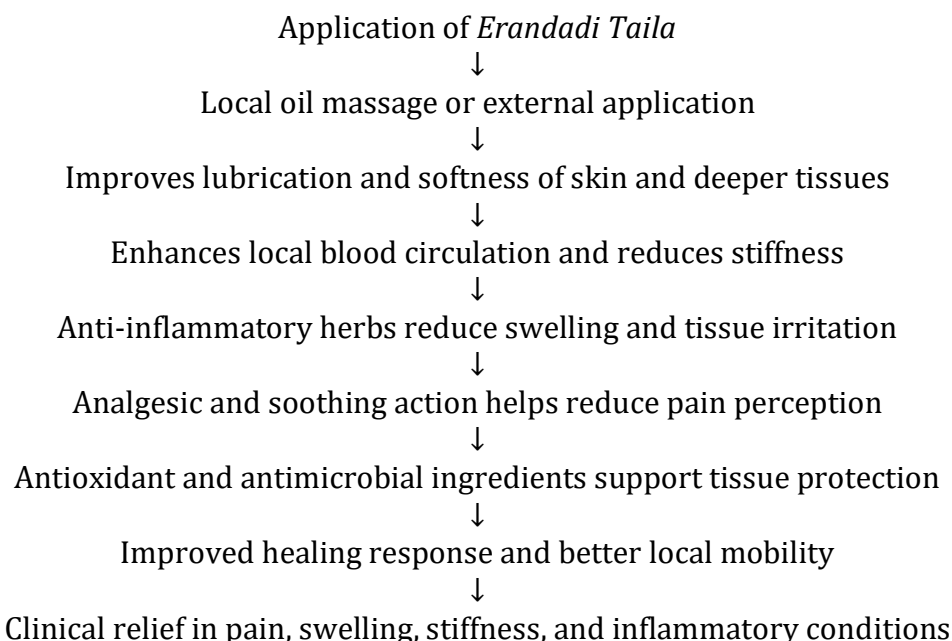
Classical Indications⁸

Erandadi Taila may be considered useful in conditions where pain, swelling, stiffness, heaviness, local inflammation, impaired circulation, and *Vata-Kapha* aggravation are present. Based on the properties of its ingredients, it may be indicated in the following conditions:

- *Vata Vyadhi* with pain and stiffness
- Local swelling and inflammatory conditions
- Musculoskeletal pain
- Joint stiffness and restricted movement
- Skin inflammation and local discoloration
- Wound healing support
- Conditions requiring *Abhyanga* and local *Snehan*
- Dryness and roughness of local tissues

Probable Modern Mode of Action⁹

Erandadi Taila may act through multiple pathways because it contains oil-soluble, anti-inflammatory, antioxidant, and circulation-supporting ingredients.



Pharmacological Properties

Anti-inflammatory Action¹⁰

Ingredients like *Eranda*, *Manjishtha*, *Nisha*, *Daruharidra*, *Musta*, and *Bheshaja* are known for reducing inflammatory responses. Their combined action may help in reducing swelling, redness, pain, and local tissue irritation.

Analgesic Action¹¹

The oil base provides lubrication and warmth, while ingredients like *Eranda* and *Bheshaja* help in reducing *Vata*-related pain. Massage with the oil may also reduce pain by improving circulation and relaxing muscles.

Antioxidant Action¹²

Triphala, *Manjishtha*, *Nisha*, and *Daruharidra* contain antioxidant principles. These may help protect tissues from oxidative damage and support healthy tissue repair.

Antimicrobial Action¹³

Nisha, *Daruharidra*, *Triphala*, and *Manjishtha* may help control microbial growth. This makes the formulation useful in conditions where local tissue protection is required.

Wound Healing Action¹⁴

Drugs like *Manjishtha*, *Triphala*, *Vata Shrunaga*, *Nisha*, and *Daruharidra* support cleansing, contraction, granulation, and healing of tissue. The oil base also prevents excessive dryness and supports epithelial repair.

Circulatory and Tissue Softening Action¹⁵

External application of medicated oil improves local circulation and tissue flexibility. This helps in reducing stiffness, improving movement, and supporting the nourishment of local structures.

Clinical Utility¹⁶

Erandadi Taila can be used externally in selected patients for pain, stiffness, swelling, and local inflammatory conditions. It may be applied in the form of gentle massage, *Pichu*, local application, or as advised by the physician. It is especially useful when symptoms are related to aggravated *Vata*, such as dryness, pain, cracking sensation, stiffness, and restricted movement. In inflammatory skin or wound conditions, its use should be decided carefully according to the stage of the lesion, presence of discharge, infection, and patient suitability.

Precautions

- It should not be applied over fresh bleeding wounds without proper medical advice.

- In infected wounds, pus discharge, or severe inflammation, physician supervision is needed.
- Patch testing may be done in sensitive skin.
- Internal use should be done only under proper medical guidance.
- Dose and route should be decided according to condition, age, strength, and *Dosha* involvement.

Discussion

Erandadi Taila is a balanced formulation because it combines the *Vatahara* and lubricating effect of *Eranda Taila* with the blood-purifying, anti-inflammatory, digestive, and wound healing actions of herbal ingredients. The presence of *Manjishtha*, *Nisha*, *Daruharidra*, and *Triphala* makes the formulation useful in inflammatory and tissue-healing conditions. These drugs help in reducing local irritation and supporting tissue repair.¹⁷

From the *Ayurvedic* point of view, pain, stiffness, dryness, and restricted movement are mainly related to aggravated *Vata*. Swelling, heaviness, and sluggish healing may indicate involvement of *Kapha* and *Ama*. Ingredients like *Musta*, *Dhanyaka*, and *Bheshaja* help in improving *Deepana* and *Pachana* action, while *Eranda Taila* helps in pacifying *Vata*. This combined effect makes the formulation useful in painful and inflammatory disorders.¹⁸

From the modern point of view, the formulation may reduce pain and inflammation by improving local circulation, decreasing muscular stiffness, supporting antioxidant defense, and providing antimicrobial protection. The oil base helps in better spreading, retention, and absorption of active principles. Therefore, *Erandadi Taila* has both classical and practical clinical importance.¹⁹

Conclusion

Erandadi Taila is an important classical medicated oil formulation with promising therapeutic value in pain, swelling, stiffness, and inflammatory conditions. Its ingredients show *Vatahara*, *Shothahara*, *Vedanasthapana*, *Raktashodhaka*, antioxidant, antimicrobial, and wound healing actions. The formulation may be useful in musculoskeletal disorders, local inflammatory conditions, skin-related complaints, and wound healing support when used properly under medical guidance. Further clinical and pharmacological studies can help establish its efficacy in a more scientific and evidence-based manner.

Conflict of Interest - Nil.

Source of Support- None.

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