

A review of pharmacodynamic and pharmacological potentials of *Ksheerabala Taila* used in *Nanathmaja Vata Vyadi*

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Ksheerabala Taila (KbT) is one of the most widely used formulations in the management of *Vata Vyadhi*, including *Pakshagata*, *Gridhrasi*, *Sandhigata Vata*, *Kampa Vata*, and *Ardita*. It is administered in various therapeutic modalities such as *Snehana*, *Shiro Pichu*, *Shirodhara*, *Matra Vasti*, *Shiro Vasti*, and *Nasya*. The preparation methods and therapeutic indications are described in the *Sahasrayogam Thaila Prakaranaya*. It is prepared by processing *Bala* (*Sida cordifolia*), cow's milk (*Ksheera*) and sesame oil (*Tila Taila*). This review aims to explore its pharmacodynamic and pharmacological potentials based on classical knowledge. A literature survey was conducted using Ayurvedic texts such as *Sahasrayogam*, *Charaka Samhita*, *Sushruta Samhita*, *Bhavaprakasha* and modern databases such as ResearchGate, Google Scholar. *Bala* has *Vedanastapana* and *Shothahara* properties. *Tila Taila* possesses *Snehana*, *Vedanastapana*, *Sandhaniya*, *Vrana Shodana*, *Vrana Ropana* and *Keshya* properties. *Cow's milk* exhibits *Snehana*, *Sandhaniya*, *Ropana* and *Bala wardhana* qualities. *KbT* predominantly exhibits *Madhura Rasa* (100 %), *Guru* and *Snigdha Guna* (33.3 %), *Picchila guna* (22.2 %), *Shita Virya* (66.6 %), *Ushna Virya* (33.3 %), *Madhura Vipaka* (100 %) properties. These combined qualities contribute to its *Vata* pacifying action and the combination of these three ingredients makes *KbT* to pacify all eighty *Nanathmaja Vata Vyadhi*. Pharmacologically, *Bala* shows analgesic, anti-inflammatory, and neuro protective effects. *Tila Taila* contains antioxidants and essential fatty acids aiding tissue repair. *Ksheera* provides proteins, calcium, and growth factors. Further scientific evaluation and clinical trials are needed to validate its efficacy, standardize its preparation, and ensure its safety in therapeutic practice.

Keywords: *Ksheerabala Taila*, *Vata Vyadhi*, *Ayurveda*, *Pharmacodynamic*, *Pharmacological potential*