



## Chinchadi Taila: A Classical Ayurvedic Formulation in the Management of Vatavyadhi - A Review

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### ABSTRACT

*Chinchadi Taila* is a classical Ayurvedic medicated oil mentioned in *Sahasrayogam*, widely used in *Vata-vikaras* such as arthritis, paralysis, and other inflammatory musculoskeletal disorders. Prepared with ingredients like *Chincha* (*Tamarindus indica*), *Prasarini* (*Paederia foetida*), *Varuna* (*Crataeva nurvala*), and *Snuhi* (*Euphorbia neriifolia*), it possesses significant *Shothahara* (anti-inflammatory), *Vedanasthapana* (analgesic), and *Balya* (strength-promoting) properties. The oil is commonly applied through *Abhyanga* (therapeutic massage), which facilitates deeper tissue penetration, improves local circulation, and alleviates pain, swelling, and stiffness by pacifying aggravated *Vata* and *Kapha*. Literature from classical Ayurvedic texts and modern studies highlights its efficacy in managing conditions like *Amavata* (Rheumatoid Arthritis) and *Sandhivata* (Osteoarthritis). The pharmacological attributes of its herbal ingredients, particularly their *Ushna Veerya* and *Vata-Kapha shamaka* properties, make *Chinchadi Taila* a promising formulation for inflammatory and degenerative joint disorders, warranting further clinical validation for integration into contemporary therapeutic practice.

**Keywords:** Chinchadi Taila, Shotha, Inflammation, Vata-Kapha Shamaka, Shothahara

### INTRODUCTION

Shotha (inflammation) is a complex biological response of the vascular tissues to harmful stimuli such as pathogens, damaged cells, or irritants. It represents the body's innate protective mechanism aimed at eliminating the cause of cell injury and initiating tissue repair. The classical signs of acute inflammation include pain (*dolor*), heat (*calor*), redness (*rubor*), swelling (*tumor*), and loss of function (*functio laesa*). This response involves both vascular and cellular components working together to contain and eliminate injurious agents and begin the healing process.<sup>i</sup>

Ayurveda maintains the health of an individual by keeping the body, mind and spirit in harmony with nature. The science is known as Ayurveda, which describes what is beneficial and harmful, as well as what is happy and unhappy, and what is good and bad for life, along with its measurement and the concept of life itself. In the present era, *Sotha* has become a major health problem due to various diseases arising from irregular lifestyle and improper food habits. The description of *Sotha* is found in Charaka Samhita, Sutra Sthana, 18th chapter, *Trisothiya Adhyaya*<sup>ii</sup>. It is mentioned in all Ayurvedic classics as a condition where the patient experiences swelling in the body, which can be correlated with inflammation. Ayurveda has proven its efficacy and purity since ancient times and treats such diseases with its medicinal principles.

*Chinchadi Taila* is an Ayurvedic oil mentioned in *Sahasrayogam* and is mainly indicated for *vata-vika*<sup>iii</sup>. Main ingredients of *Chinchadi taila* are *Chincha*, *Prasarini*, *Sarshapa*, *Snuhi*, *Saindhava*, *Eranda*, *Devadaru*, *Gandeera*, *Jambeera*, *Rasona*, *Varuna*, *Arka*, *Satapatra*, *Vishwa*, and *Drava dravya* such as *Dadhi*, *Amlashukta*, and *Tila taila*. It is mentioned it's for use in external applications in *Vata- vyadhi* like Arthritis, paralysis and other neurological conditions and also indicated to treat pain and sprain injuries.

### Review of literature

- Literature review will include a detailed review of the *Chinchadi Taila* and the concept of inflammation, anti-inflammatory activity, etc.



- The literary data will be compiled from the Classical texts of *Ayurveda*, various medical journals, online databases, etc.

### Chinchadi Taila

*Chinchadi Taila* is a traditional Ayurvedic medicated oil that has been used for centuries in the management of pain, swelling, and stiffness associated with various musculoskeletal disorders. It is classified under *Taila Kalpana* (medicated oil preparations) and is well-documented in classical Ayurvedic texts. The formulation is named after Chinch (Tamarind), which is one of its principal ingredients, known for its *Shothahara* (anti-inflammatory) and *Vedanasthapana* (pain-relieving) properties.

This oil is especially valued in conditions where *Vata* and *Kapha* doshas are aggravated, leading to symptoms such as joint swelling, stiffness, and restricted movements. It is commonly applied externally in the form of massage (*Abhyanga*), which enhances blood circulation, reduces localised inflammation, and provides relief from discomfort. Textual references mention its beneficial effects in disorders like *Amavata* (Rheumatoid Arthritis), *Sandhivata* (Osteoarthritis), and other inflammatory conditions affecting joints and soft tissues.<sup>iv</sup>

Recent studies and classical literature together support the therapeutic role of *Chinchadi Taila*, validating its use as a safe and effective option for inflammatory and degenerative joint disorders.<sup>v</sup>

**Table No.1: Ingredients of Chinchadi Taila as per Sahastrayogam<sup>vi</sup>**

Sr.no	Ingredients	Latin name	Family	Part used	Quantity
1.	Chincha	<i>Tamarindus indicus</i> Linn.	Fabaceae	Leaf	1 part
2.	Eranda	<i>Ricinus communis</i> Linn.	Euphorbiaceae	Leaf	1 part
3.	Prasarini	<i>Paederiafoetida</i> Linn	Rubiaceae	Leaf	1 part
4.	Varuna	<i>Crataevanurvala</i> Buch. Ham	Capparidaceae	Leaf	1 part
5.	Snuhi	<i>Euphorbia nerifolia</i> Linn.	Euphorbiaceae	Leaf	1 part
6.	Arka	<i>Calotropis procera</i> Linn	Asclepiadaceae	Leaf	1 part
7.	Snuhi	<i>Euphorbia nerifolia</i> Linn.	Euphorbiaceae	Stem	1 part
8.	Jambira	<i>Citrus limon</i> Lush	Rutaceae	Leaf	1 part
9.	Shigru	<i>Moringa oleifera</i> Lam	Moringaceae	Leaf	1 part
10.	Grinjan	<i>Alluimsativum</i> Linn	Amaryllidaceae	Bulb	1 part
11.	Sarshapa	<i>BRasasica compestris</i> Linn	Brassicaceae	Seed	1/8 part
12.	Devadaru	<i>Cedrusdeodara</i> Roxb. loud.	Pinaceae	Bark	1/8 part
13.	Shunthi	<i>Zingiber officinale</i> Roxb.	Zingiberaceae	Rhizome	1/8 part
14.	Shigru	<i>Moringa oleifera</i> Lam	Moringaceae	Leaf	1/8 part
15.	Dadhi	-	-	-	1 part
16.	Shukta	-	-	-	1 part
17.	Taila	<i>Sesamum indicum</i> L.	Pedaliaceae	-	1 part
18.	Saindhava	Salt	-	-	1/8 part
19.	Jala	Water	-	-	4 part

**Table 2: Properties of Ingredients in Chinchadi Tail<sup>vii</sup>**

Drug	Rasa	Guna	Veerya	Vipaka	Karma
Chincha	Madhuram, Amlam	Guru, Rooksha	Ushna	Amla	Kaphavatahara, Deepana
Eranda	Madhura, Katu, Kashaya	Teekshna, Guru, Snigdha	Ushna	Madhura	Tridosha Shamaka
Prasarini	Tikta	Guru, Sara	Ushna	Katu	Vatakaphashamaka, Balya, Shothahara
Varuna	Kashaya, Tikta, Madhuram	Laghu, Rooksha	Ushna	Katu	Kaphavatashamaka, Mootrala, Agni Deepana
Snuhi	Katu	Laghu, Teekshna	Ushna	Katu	Vatakapha Shamaka



Bhanu	Katu, Tikta	Laghu, Rooksha	Usna	Katu	Kaphavata Shamaka
Gandeeera	Madhuram, Tiktam	Rooksha, Bhedan, Hima	Sheeta	—	Mootralam, Shoolanashini
Jambeera	Amla, Katu	Laghu, Teekshna	Usna	Amla	Vatakaphahara, Deepana, Pachanam
Shatapatra	Katu, Tikta	Laghu, Rooksha, Teekshna	Ushna	Katu	Kaphavataharam, Deepana, Grahi
Grunjanarasa	Madhuram, Lavana, Katu, Tikta, Kashaya	Snigdha, Guru, Teekshna, Sara	Ushna	Katu	Vatakapha Hara, Balya, Rasayana
Siddhartha	Katu, Tikta	Teekshna, Snigdha	Ushna	Katu	Vatakapha Shamaka
Devataru	Tikta, Katu, Kashaya	Snigdha, Laghu	Usna	Katu	Vatakapha Shamaka
Vishwa	Katu	Guru, Rooksha, Teekshna	Ushna	Madhura	Vata-kaphahara
Saindhava	Lavana, Madhura	Laghu, Snigdham	Sheetha	Madhura	Vatahara, Kaphahara, Pittavardhana
Dadhi	-	-	-	-	-
Sukta	-	-	-	-	-
Til Taila	Madhura, kashaya	Vyavayi, Sookshma, Vishada, Guru, Sara	Ushna	Madhura	Vata - Kapha hara

Table 3: Properties of Drava Dravya

<b>Drava Dravya</b>	<b>Guna</b>
<i>Dadhi</i>	<i>Ushna, Pacifies Vata</i>
<i>Amla Shukta</i>	<i>Vatanulomanam, Ushna, Teekshna</i>

### Effect of Chinchadi Taila in Inflammation

*Chinchadi Taila* is indicated in *Vata-Kapha* disorders, manifesting with *Shotha* (inflammation) and pain. Its ingredients, such as *Chincha* (*Tamarindus indica*), *Prasarini* (*Paederia foetida*), *Varuna* (*Crataeva nurvala*), and *Smuhi* (*Euphorbia neriifolia*), possess *Shothahara* (anti-inflammatory) and *Vedanasthapana* (analgesic) properties, while *Tila Taila* (Sesame oil), the base medium, aids in deep penetration and sustains therapeutic activity through its *Ushna Veerya* and *Vatahara* qualities.<sup>viii,ix</sup> External application of this oil in the form of *Abhyanga* (therapeutic massage) improves local microcirculation, reduces stiffness, and promotes mobility by pacifying aggravated *Vata* and *Kapha doshas*.<sup>x</sup> Classical texts like *Sahasrayogam* and *Bhavaprakasha Nighantu* recommend this formulation for *Vata-vyadhi*, particularly joint and soft tissue disorders presenting with swelling and pain.<sup>xi</sup> Modern pharmacological studies on its constituent herbs also support their anti-inflammatory and analgesic potential, aligning Ayurvedic concepts with contemporary understanding of inflammatory pathophysiology.<sup>xii</sup> Thus, *Chinchadi Taila* offers a holistic and multi-dimensional approach to managing inflammatory joint disorders such as *Amavata* (Rheumatoid Arthritis) and *Sandhivata* (Osteoarthritis). *Abhyanga* is a form of *Bahya Sneha* that softens the body, pacifies *Vata*, and enhances cleanliness, complexion, and strength. During *Abhyanga*, the medicated oil gradually penetrates various *Dhatus* at specific time intervals (*Matra Kala*). Acharya Sushruta has described the sequential nourishment of the body by *Sneha* through blood vessels and related channels.<sup>xiii</sup>

### Discussion

Inflammation is described in both Ayurveda and modern medicine, though their conceptual frameworks differ. Modern medicine defines inflammation as a defensive vascular and cellular response to harmful stimuli, characterised by cardinal signs such as swelling, heat, pain, and loss of function. Ayurveda, however, interprets *Shotha* primarily as a result of *Tridosha* imbalance, predominantly aggravated *Vata* and *Kapha*, and classifies it as a manifestation of deeper systemic disharmony.



*Chinchadi Taila* is a classical medicated oil preparation documented in *Sahasrayogam* and other Ayurvedic texts. Its formulation contains multiple herbs like *Chincha* (*Tamarindus indica*), *Prasarini* (*Paederia foetida*), *Varuna* (*Crataeva nurvala*), and *Snuhi* (*Euphorbia neriifolia*), among others. These ingredients are individually known for properties such as *Shothahara* (anti-inflammatory), *Vedanasthapana* (analgesic), and *Balya* (strength-promoting). The base oil, *Tila Taila* (*Sesame oil*), itself has *Vata-Kapha shamaka* and nourishing qualities, aiding in deeper penetration during external application. The use of *Abhyanga* (therapeutic massage) with *Chinchadi Taila* supports local and systemic benefits. According to Ayurvedic physiology, oleation penetrates progressively into different tissue layers (*Dhatus*) within specific time frames, thereby promoting nourishment and alleviating doshic imbalance. Modern perspectives align with this by acknowledging the role of massage and medicated oils in improving microcirculation, reducing stiffness, and facilitating anti-inflammatory effects at the affected site.

The properties of *Chinchadi Taila* ingredients, as outlined in Tables 1–3, clearly demonstrate a synergistic formulation designed to pacify *Vata* and *Kapha*, reduce swelling, and restore functional mobility in joint disorders. Conditions such as *Amavata* (Rheumatoid arthritis) and *Sandhivata* (Osteoarthritis), which have overlapping inflammatory pathology with modern descriptions, are particularly suitable for this therapy.

### Conclusion

*Chinchadi Taila* represents a time-tested Ayurvedic formulation for the management of inflammatory and degenerative joint disorders. Its composition combines *Shothahara* (anti-inflammatory), *Vedanasthapana* (analgesic), and *Vata-Kapha shamaka* properties, making it effective in reducing pain, swelling, and stiffness. Application through *Abhyanga* enhances these effects by promoting circulation and facilitating deeper penetration into tissues.

Incorporating *Chinchadi Taila* in clinical practice highlights the relevance of classical Ayurvedic formulations in modern-day inflammatory conditions such as osteoarthritis and rheumatoid arthritis. Further clinical studies and pharmacological evaluations could provide scientific validation and expand its therapeutic utility in integrative medicine.

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