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Pharmacetico- analytical study of *Pinda Tail* & its conversion into cream.

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Ethical approval: Approved by the Institutional ethics committee	Abstract: <i>Pinda Taila</i> is a medicated oil used in <i>Ayurveda</i> for <i>vatharakta</i> , <i>Vatrakta</i> is caused by vitiated Vata Dosha as well as <i>Rakta Dhatu</i> . <i>Eranda</i> , one of the classical drugs of herbal origin, for the management of different disease conditions. The aim of the present study is to do physico-chemical standards for the above <i>Taila</i> and its conversion into <i>pinda taila</i> cream. These two formulations have a special importance from pharmaceutical point of view when compared to usual <i>Tailas</i> or cream. In present article, we are trying to study analytical results of <i>Pinda Taila</i> w.s.r. to <i>Pinda taila</i> cream.
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Introduction:

The aim of the present study was to do physico-chemical standards for *pinda*

Taila and *pinda tail* cream. *Pinda Taila*¹ is a medicated oil used in Ayurvedic system of medicine for *Vaatharakta*. The

drugs used in *Pinda Taila* are *Rubia cordifolia*, *Hemidesmus indicus*, *Glycerzia glabra*, *Raal* and *Bees wax*. Acharya Sharangadhara has explained *Pinda Taila* in the context of *Sneha Kalpana* Adhyaya of *Madhyama Khanda* where he has added *Yashtimadhu* as one of the ingredients along with *Madhuchishta*, *Manjishta*, *Sarjarasa* and *Sariva*. The method of preparation is explained as the general *Sneha Paka* method.² He has also mentioned the use of *Eranda Taila* as *Sneha Dravya*.

Aim: Pharmacetical Analytical study of *Pinda Tail* & its conversion into cream.

Objective:

1. Identification of raw Materials
2. Authentication of raw Materials.
3. Study literature w.r.t. cream preparation.
4. To prepare *Pinda tail* & *Pinda tail* cream
5. Analytical study of *Pinda tail* & *Pinda tail* cream

Material and Methods:

1. Authentic ingredients were used in the preparation of *pinda Taila*. *Pinda Taila* was prepared using the following medicinal plants:-

- *Rubia cordifolia*

- *Hemidesmus indicus* and
- *Glycerzia glabra*.
- *Raal*

2. The preparation of a standard sample of *pinda Taila* is as per the *Sharangdhar Samhita*³. The samples were prepared under the supervision of our unit head. The details of the ingredients of “*Pinda Taila*” are given in Table 1.
3. The preparation of sample of *pinda tail* cream as per Hary’s cosmetology⁴.
4. Recording preliminary parameters like colour, smell, appearance specific gravity, ash content, loss on drying iodine value, specification value and acid value, the result are given in Table 3.
5. Analytical tests of *Pinda tail* cream was done and the results are given in table 4.

Table –1: Ingredients of Pinda Taila

Sr. No	Name of Ingredients	Sanskrit Name	Part used
1	<i>Rubia cordifolia</i>	<i>Mangitha</i>	Root
2	<i>Hemidesmus indicus</i>	<i>Sariva</i>	Root
3	<i>Bees wax</i>	<i>Madhu Uchista</i>	Wax
4	<i>Raal</i>		Resin
5	<i>Ricinus communis</i>	<i>Eranda tail</i>	Oil

Procedure:

1. Preparation of *manjista sariva kalka*.
2. Raal is crushed to fine powder.
3. In clean vessel *Eranda tail* is heated on low flame till froth is achieved.

4. Add bees wax, *kalka* and *raal* to heated *Eranda tail*.
5. Add 4 times water to it and observe tail *siddhi lakshana*.⁵

Table-2: Analytical Values of Pinda Tail Cream

Sr. no	Test	Result
1	Appearance	Clear Oil
2	Colour	Reddish Yellow
3	Odour	Characteristic
4	Taste	Characteristic
5	Refractive Index	0.9188
6	Specific Gravity	0.99
7	Saponification value	191
8	Unsaponification Matter	1.0
9	Iodine Value	112
10	Acid Value	1.5
11	pH	6.2

Table 3: Analytical Values Of Pinda Tail Cream

Sr no	TEST	RESULT
1	Appearance	Semi Solid Soft Cream
2	Colour	Light Golden White
3	Odour	Pleasant
4	Taste	Slightly Bitter
5	LOD	2.5 %
6	p ^H	5.9
7	Melting Point	46
8	Spreadability	Uniform Spreading
9	Viscosity	6800 CPS(at 0.5 rpm)

Results and Discussion:

Pinda Taila is unique formulations designed by our Acharyas for the management of symptoms of Vatarakta.⁶ The use of *Eranda Taila* may be justified that it is best known for its *Vatashamaka* property. *Vatarakta*, as explained in the classics is a disease characterized by pain in the smaller joints associated with burning sensation for which the main line of treatment is explained as *Abhyanga* (external application).

Pinda Taila can be prepared using *Aranala* as it is having *Sukshma Srotogami Guna* which can penetrate into deep tissues very easily. Similarly if there is predominance of *Vata Dosha*, then it can be prepared using *Eranda Taila* as it is considered as better *Vatashamaka*. if we look into the general method of preparation of any *Snehan Dravya*, it is said that the preparation of *Snehan* should not be completed in a single day and the reason behind this may be explained in terms to extract all the active principle.

The Analytical values of *Pinda Taila* are presented in Table II. *Pinda tail* cream appearance is semi solid soft cream ,colour light golden white, p^H OF cream is 5.9, Spreadability of cream is Uniform Spreading and viscosity is 6800 CPS Viscosity may be defined as the internal

friction of a liquid, the resistance to shear or flow.

The indications of both *Pinda Taila* and *Pinda Tail* cream are said to be in the symptomatic management of *Daha* and *Shoola* associated with *Vatarakta*. Clinical study of *pinda taila* & *pinda tail* cream can be done on patients as it is found to be safe for external uses.

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