

A Critical Review on Therapeutic Effect of Tiladi Pralepa

Dr. Soumya N. S.¹; Dr. Deepa Jose²; Dr. Subi N. H.³

¹ PG Scholar, Department of Shalyatantra, Government Ayurveda College, Tripunithura

² Associate Professor, Department of Shalyatantra, Government Ayurveda College, Tripunithura

³ Professor and HOD, Department of Shalyatantra, Government Ayurveda College, Thiruvananthapuram.

Publication Date: 2025/10/07

Abstract: *Tiladi Pralepa*, described in *Chakradatta* under *Bhagandara Chikitsadhikara*¹, is a classical Ayurvedic formulation indicated in conditions such as *Bhagandara* (fistula-in-ano), *Nadivrana* (Pilonidal sinus), *Upadamsa* and *Dushtavrana* (Chronic wounds). The formulation combines nine potent Ayurvedic drugs- *Tila*, *Abhaya*, *Kushta*, *Nimba Patra*, *Vacha*, *Kushta*, *Haridra*, *Daruharidra*, *Lodhra* and *Agaradhooma*, each contributing to cleanse, disinfect and rapid healing. The formulation relies on herbs that are inexpensive, easily available and its preparation doesn't involve costly reagents, heavy manpower or complicated machinery. Additionally its dual action of *Shodhana* (Cleansing) and *ropana* (healing) reduces the need for multiple formulations, further lowering treatment expenses. By reducing local pain, foul smell and discharge, while simultaneously promoting tissue regeneration, *Tiladi pralepa* plays an important role in breaking the chronicity of *Dushtavrana*. This review aims to explore the pharmacological properties, method of preparation, mode of action and clinical application of *Tiladi Pralepa* especially in *Dushtavrana* along with the need for standardization for further research.

How to Cite: Dr. Soumya N. S.; Dr. Deepa Jose; Dr. Subi N. H. (2025) A Critical Review on Therapeutic Effect of Tiladi Pralepa. *International Journal of Innovative Science and Research Technology*, 10(9), 2628-2631.
<https://doi.org/10.38124/ijisrt/25sep1467>

I. INTRODUCTION

The term *Pralepa* is derived from the root 'lip' meaning to smear or apply. In Ayurveda, it refers to the topical application of a medicated paste prepared by mixing powdered herbs with suitable media such as water, ghee, oil, honey or herbal juices. In *Charaka samhitha Chikitsa Sthana*, *Pralepa*³ is advised for *Shotha* (inflammation), *Jwara* and various *vrana*s. *Susrutha* describes *Pralepa* under *Vrana chikitsa*².

Tiladi pralepa is specially mentioned in *Chakradatta*, *Bhagandara Chikitsadhikara* and indicated in *Bhagandara* (fistula-in-ano), *Nadivrana*, *Upadamsa* and *Dushtavrana*. The ingredients possess well- documented *shodhana* (cleansing), *ropana* (healing), anti- inflammatory, antimicrobial properties, making the formulation highly suitable for chronic wound conditions.

II. INGREDIENTS AND THEIR PHARMACOLOGICAL PROPERTIES^{4,5}

Tiladi pralepa is composed of 9 herbs that are commonly available throughout India and widely used in Ayurvedic practice. Ingredients such as *Tila* (*Sesamum indicum*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberis aristata*), *Abhaya* (*Terminalia chebula*), *Nimba* (*Azadirachta indica*), *Lodhra* (*Symplocos racemosa*), *Kushta* (*Saussurea lappa*), *Vacha* (*Acorus calamus*) and *Agaradhooma* are either cultivated extensively or can be sourced from local markets and Ayurvedic pharmacies. Most of these drugs are domestically grown, require minimal processing and are already part of other Ayurvedic formulations, ensuring uninterrupted supply.

Tila (*Sesamum indicum*) belongs to Pedaliaceae family, is considered one of the best wound- healing agent in Ayurveda. It is *Madhura*, *Tikta* and *Kashaya* in *rasa*, *guru* and *snigdha* in *guna*, with *ushna virya* and *madhura vipaka*. It known for its *vatahara*, *balya* and *vrana-ropana* properties. In *Tiladi pralepa*, *Tila* acts as a nourishing base, strengthens tissues, prevents excessive dryness and supports granulation and wound contraction.

Abhaya (*Terminalia chebula*) belongs to Combretaceae is described as *Sarvaroganivarini* (remedy for all diseases). It possesses all five tastes except salty, with *kashaya rasa* predominance, *laghu* and *ruksha guna*, *ushna virya* and *vranaropana*. In wound management, it detoxifies, cleanses slough, prevents infection, reduces inflammation and accelerates healing.

Nimba (*Azadirachta indica*) belongs to Meliaceae family is highly valued for its antimicrobial and blood purifying properties. It is *tikta* and *kashaya* in *rasa*, *laghu* and *ruksha guna*, *sheeta* in *virya* and *katu vipaka*. It acts as *krimighna*, *raktashodhaka* and *kandughna*. Neem prevents infection, reduces itching, purifies blood and alleviates local inflammation, making it essential in chronic wounds and fistula.

Vacha (*Acorus calamus*) belongs to Acoraceae, is well known for its *lekhana* and *kapha-vatahara* action. It has *tikta* and *katu rasa*, *laghu* and *tikshna guna*, *ushna virya* and *katu vipaka*. Its key actions include *vedanasthapana* (pain relief), *lekhana* (slough removal) and *krimighna*. Vacha helps to remove unhealthy tissue, reduces itching and pus and facilitates faster wound healing.

Kushta (*Saussurea lappa*), belongs to Asteraceae family, is a strong antimicrobial and anti-inflammatory drug. It has *tikta*, *katu* and *madhura rasa*, *laghu* and *ruksha guna*, *ushna virya* and *katu vipaka*. It is known for *kapha-vatahara*, *krimighna* and *vedanasthapana* properties. Kushta reduces local

inflammation, controls infection, alleviates pain and itching and accelerates tissue repair.

Haridra (*Curcuma longa*) belongs to Zingiberaceae, is one of the most important Ayurvedic drugs for wound healing. It is *tikta* and *katu* in *rasa*, *laghu* and *ruksha* in *guna*, *ushna* in *virya* and *katu vipaka*. Its key actions include *kapha-vatahara*, *krimighna* and *vranaropana*. Turmeric acts as an anti-inflammatory and antimicrobial agent, reduces pus discharge, promotes granulation and enhances wound contraction.

Daruharidra (*Berberis aristata*) belongs to Berberidaceae, is considered as natural antibiotic in Ayurveda. It has *tikta*, *kashaya rasa*, *laghu* and *ruksha guna*, *virya* debated as *ushna* or *sheeta* and *katu vipaka*. It acts as *kapha-pitta samana*, *raktashodhaka* and *vranaropana*. Daruharidra purifies the blood, prevents infection, reduces local inflammation and enhances wound healing.

Lodhra (*Symplocos racemosa*) belongs to Symplocaceae, is *kashaya rasa pradhana*, *laghu* and *ruksha* in *guna*, *sheeta* in *virya* and *katu vipaka*. It is known for *shothahara* (anti-inflammatory) and *vranaropana* properties. It helps in reducing pus discharge, controlling secretions, contracting tissues and accelerating wound closure.

Agaradhooma (Carbon powder) collected from chimneys, is *ruksha* and *tikshna* in *rasa* with *ruksha* and *lekhana guna*, *ushna virya* and *katu vipaka*. It acts as *rukshana*, *krimighna* and *lekhana*. It absorbs excessive exudates, creates a protective layer, prevents microbial growth and aids in wound drying.

Table 1 Chemical Analysis of Tiladi Pralepa

pH	2.49
Total ash	9.91%
Acid soluble ash	8.05%
Water soluble extract	0.8620%
Acid insoluble ash	1.186%
Alcohol soluble extract	12.756%
Loss on drying at 110°C	11.5378%

III. METHOD OF PREPARATION

➤ Collection of Raw Drugs

The ingredients are collected in its authentic form, cleansed properly and dried (except *nimba patra*) under shade to retain potency.

➤ Preparation of Powder

The dried drugs are finely powdered separately (each in equal quantity) using a pulverizer or stone grinder. Sieving through a cloth or mesh (preferably 80 mesh) ensures a smooth, uniform powder. The powder is stored in airtight glass bottle away from moisture and sunlight.

➤ Preparation of Pralepa (Paste form)

The mixed powder is triturated with sufficient quantity of *nimba patra swarasa*, a smooth paste is prepared ensuring no lump remain. The paste is made freshly just before the application.

IV. MODE OF ACTION

Tiladi pralepa is a classical poly herbal formulation, described in *Chakradatta* under *Bhagandara Chikitsadhikara* specially indicated in *Bhagandara*, *Nadivrana*, *Upadamsa* and *Dushtavrana*. The combination of ingredients in this *pralepa* brings together *shodhana* (cleansing), *ropana* (healing), *krimighna* (antimicrobial) and *vedanasthapana* (analgesic) properties, making it suitable for local application in chronic and contaminated wounds.

From an Ayurvedic perspective, the drugs in *Tiladi pralepa* possess *tikta*, *kashaya* and *katu rasa*, along with *ruksha* and *ushna* gunas. These properties pacify aggravated *Kapha* and *Pitta* doshas, which are usually dominant in *dushtavrana* and *bhagandara*. *Kashaya* and *Katu* rasas contribute to *stambhana* (control secretions), while *ushna virya* enhances penetration and facilitates *srothoshodhana* (clearance of channels). The *lepa* form ensures prolonged local contact, enabling the drugs to exert direct action on the wound.

From the biomedical point of view, the mode of action can be explained in a sequence of local events:

➤ *Debridement and Cleansing :*

Sesame oil (*tila*) provides an oily base that softens necrotic tissue, while volatile and aromatic components of *kushta*, *vacha* and *agaradhooma* facilitate slough removal and deodorization of the wound.

➤ *Antimicrobial and Antiseptic Effect:*

Nimba, *Haridra* and *daruharidra* contain bioactive compounds such as azadirachtin, curcumin and berberine, which exhibit broad-spectrum antimicrobial activity. This helps in controlling local infection and reducing foul discharge.

➤ *Anti-Inflammatory Action :*

Curcuminoids from turmeric, lignans from sesame and alkaloids from berberis acts on inflammatory pathways, reducing swelling, erythema and pain at the wound site.

➤ *Promotion of Granulation and Healing:*

By decreasing microbial load and inflammation and by providing antioxidant support, the formulation encourages fibroblast proliferation, collagen deposition and angiogenesis. This facilitates the formation of healthy granulation tissue and eventual epithelialization.

➤ *Prevention of Recurrence :*

The synergistic action of cleansing, antimicrobial effect and tissue contraction prevents chronic persistence of the tract and minimizes the risk of recurrence.

V. CLINICAL APPLICATION

Tiladi pralepa is primarily indicated for *Dushtavrana* (non-healing ulcers), but has a broader role in *fistula-in-ano* and *pilonidal sinus*.

➤ *In Dushtavrana (Chronic Non-Healing Ulcers)*

Tiladi pralepa is applied over chronic ulcers characterized by foul odour, slough and persistent discharge. The combination of neem, turmeric, *daruharidra* and *lodhra* acts as a natural antiseptic by reducing local pain, foul smell and discharge, it also promote tissue regeneration. Thus *Tiladi pralepa* plays an important role in breaking the chronicity of *Dushtavrana*.

➤ *In Bhagandara (Fistula-In-Ano):*

Tiladi pralepa is used as a local application on tract of the fistula is much difficult, but can be made the formulation in to *sutra* form (medicated thread). The astringent and antimicrobial action helps in reducing discharge, foul order and pain. The cleansing property (*shodhana*) removes slough and pus, while the wound- healing property (*ropana*) supports granulation.

➤ *In Nadivrana (Pilonidal Sinus)*

The ability of *Tiladi pralepa* to absorb excessive secretions and dry sinus helps in preventing continuous discharge. Thus same as in case of *Bhagandara*, it can be made in to *sutra* form for easy passage through the sinus tract.

VI. DISCUSSION

Tiladi pralepa is a classical formulaton described in *Chakradatta* under *Bhagandara chikitsadhikara*, mainly indicated *Dushtavrana*. Management of *Dushtavrana* continues to be a therapeutic challenge due to chronic nature, delayed healing and tendency of recurrence. The ingredients of *Tiladi pralepa* exhibit multiple pharmacological actions that collectively contribute to wound healing. *Tila* (*Sesamum indicum*) is well known for its *vrana ropaka* (wound healing), *vrana shodhana* (cleansing) and *krimighna* (antimicrobial) properties. The application of *Tiladi pralepa* in *Dushtavrana* not only minimize pain, discharge and foul odour but also significantly accelerate the healing process. Its *shodhana* action facilitated the removal of slough and unhealthy tissues, while the *ropana* effect promote wound contraction and epithelialization. *Tiladi pralepa* found to be practically on fistulous and sinus tract, but it can be used by converting it into *sutra* form for easy passage and close contact to the tract.

VII. CONCLUSION

Tiladi pralepa, as mentioned in *Chakradatta* under *Bhagandara Chikitsadhikara*, is a time-tested external formulation with significant therapeutic potential in conditions such as *Bhagandara* (fistula-in-ano), *Nadivrana* (Pilonidal sinus) and *Dushtavrana* (Chronic non-healing ulcers). The synergistic combination of its ingredients provides cleansing, antimicrobial, anti-inflammatory and wound healing actions. These properties help in reducing discharge and foul odour, minimizing local infection, promoting granulation tissue and supporting the progressive closure of ulcers. Being cost-effective, easily available and simple to prepare, *Tiladi pralepa* serves as a practical option in clinical practice. By breaking the chronicity of non-healing ulcers, *Tiladi pralepa* proves to be an effective therapeutic measure, reinforcing the timeless relevance if Ayurvedic principles in modern wound care.

REFERENCES

- [1]. Cheppattu K AchuthaWarrier, Chakradatta-Gudarthadipikavyakhyana, published by S T Reddiar& sons, 27th edition, 2010, page no: 316 .
- [2]. Susruta.Susrutha samhitha, Chikitsa sthana, Vrana Chikitsa adhyaya. Edited by Sharma P.V. Varanasi: Chaukambha Visvanharati;2008,p 514-521.
- [3]. Charaka, Charaka samhitha, Chikitsa sthana, Vrana Chikitsa Adhyaya, Edited by Chaukambha Surbharati Prakashan; Reprint 2017.p85-86.
- [4]. Ministry of AYUSH, Government of India. The Ayurvedic Pharmacopoeia of India, Part 1, vol 1-6.New Delhi; controller of publications;2016.
- [5]. Sharma PV. Dravyaguna vijnana (vo 1 and 2) 2nd ed.Varanasi; Chaukambha Bharati Academy;2006.p.180-185.