

Standard Manufacturing Process of *Guduchyadi Taila* with Special Reference to *Dyspareunia (Vataja Yonivyapad)*

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ABSTRACT

Background: *Guduchyadi Taila* is a classical Ayurvedic medicated oil indicated in *Vataja Yonivyapad*, which clinically correlates with dyspareunia and vaginal dryness. Standardization of its pharmaceutical preparation is essential to ensure quality, safety, and reproducibility. This study aimed to document the standard manufacturing process of *Guduchyadi Taila* and evaluate its organoleptic and physicochemical parameters. **Materials and Methods:** Raw materials were procured from GMP-certified sources and authenticated as per the Ayurvedic Pharmacopoeia of India. *Guduchyadi Taila* was prepared following classical *Sneha Kalpana* guidelines using *Tila Taila*, *Kashaya*, *Goksheera*, and *Gomutra* along with *Kalka Dravyas*. The preparation was carried under controlled *Mandagni* (60-90°C) until *Sneha Siddhi Lakshanas* were achieved. Organoleptic, physicochemical, and phytochemical analyses were conducted using standard protocols. **Results:** The final yield of *Guduchyadi Taila* was 3 L. The oil exhibited a brown colour, characteristic *Gomutra* odour, oily texture, and transparency. Physicochemical parameters such as pH (5.7), viscosity (0.05), refractive index (1.58), and specific gravity (0.87) were within acceptable limits. Phytochemical analysis of individual ingredients complied with pharmacopeial standards. Significant reduction in volume indicated extensive processing and concentration. **Conclusion:** The study successfully establishes a reproducible standard manufacturing process for *Guduchyadi Taila*. The observed analytical parameters can serve as reference standards for quality control. The formulation demonstrates a stable physicochemical profile, supporting its potential therapeutic application in *Vataja Yonivyapad* (dyspareunia). Further clinical validation is recommended.

Keywords: Dyspareunia, *Guduchyadi Taila*, *Sneha Kalpana*, *Yonivyapad*.

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INTRODUCTION

Ayurveda is an ancient medical system that encompasses a diverse range of preparations aimed at managing a wide array of diseases. The majority of medications utilized in Ayurvedic therapies are sourced from plants, animals, minerals, or metals. In accordance with Ayurvedic principles, raw materials must undergo specific modifications to enhance their absorption and bioavailability, thereby increasing their effectiveness and potency. The term "*Samskara*," derived from the root words "*sam*," meaning complete, and "*kara*," meaning action, refers to the drug potentiation techniques used in Ayurveda's *Bhaishajya Kalpana*. These procedures are vital in the pharmaceutical processing

of medicinal materials. *Taila Kalpana* (oil formulations), a component of *Sneha Kalpana*, incorporates techniques such as *Agnipaka* and *Adityapaka*, which involve heating with fire and sunlight, respectively. The *Agnipaka Vidhi* is frequently employed to prepare medicines until the *taila siddhi lakshanas* are achieved.

The formulation in this paper is derived from *Charaka Samhita Chikitsa* made utilising *Guduchi* (*Tinospora cordifolia*), *Malati* (*Jasminum grandifolium*), *Rasna* (*Alpinia galanga*), *Bala* (*Sida cordifolia*), *Madhuka* (*Glycerrhiza glabra*), *Yuthika* (*Jasminum auriculatum*), *Chitraka* (*Plumbago c*), *Nidigdhika* (*Solanum surattense*), *Devadaru* (*Cedrus deodara*), these all drugs are taken in equal quantity of one *karsha* (12 g) each, one *prastha* (768 mL) *Tila Taila* (*Sesamum Indicum L.*) and *Goksheera* (Cow Milk), *Gomutra* (Cow Urine) two *prastha* each (1536 mL) (*Agnivesha*, 1941). This mixture is processed together and prepared to get *tailapaka* as *Guduchyadi Taila*. Ayurveda provides various *taila* used for *yonivyapada chikitsa*, including *Dhatakyadi taila*, *Saindhavadi taila*, *Balaguduchyadi taila*, *Guduchyadi taila* and *Rasanadi taila* (*Agnivesha*, 1941).



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This paper details the standard manufacturing process for *Guduchyadi Taila*, prepared based on the methodology explained in *Sharagadhara Samhita Taila Kalpana*. Additionally, it presents comparative organoleptic and pharmaceutical parameters observed during preparations.

MATERIALS AND METHODS

Collection and authentication of samples

Guduchi (*Tinospora cordifolia*) dried *panchanga* (whole plant), *Malati* (*Jasminum grandifolium*) flower buds, *Rasna* (*Alpinia galanga*) rhizome, *Bala* (*Sida cordifolia*), *Madhuka* (*Glycerrhiza glabra*), *Chitraka* (*Plumbago zeylanica*) roots, *Nidigdhika* (*Solanum surattense*) *panchanga* (whole plant), *Devadaru* (*Cedrus deodara*) bark were sourced by Urvil Herbals (GMP Certified Ayurveda Pharmacy) from a reliable supplier in Nashik, Maharashtra. Samples were taken for testing. The samples met the standards of the Ayurvedic Pharmacopoeia of India in both macroscopic and microscopic characteristics.

Preparation of *Guduchyadi Taila*

The *Guduchyadi Taila* was prepared at Urvil Herbals, Kojoli, Trimbakeshwar, Nashik, Maharashtra, following the guidelines of the Ayurvedic Formulary of India for the preparation of this oil, under the supervision of pharmacy experts. Sesame oil was sourced from a reliable supplier in Nashik, and cow milk and urine were obtained from reliable suppliers in Nashik. The process of preparation is mentioned in Figure 1.

The ingredients and their respective quantities for *Guduchyadi Taila* are outlined in Table 1. The characteristics of the prepared oil, in accordance with *Sneha Siddhi Lakshana*, are detailed in Table 2. Organoleptic and physicochemical parameters can be found in Table 3, while the phytochemical analysis is presented in Table 4.

Sneha Dravya

In the formulation of *Guduchyadi Taila*, 3.00 L of *Tila Taila* were used as *Sneha Dravya*. The *Tila Taila* was procured from a reliable supplier in Nashik, ensuring the authenticity and quality of the product.

Kalka Dravya

The dried *panchanga* (whole plant) of *Guduchi* (*Tinospora cordifolia*) and *Nidigdhika* (*Solanum surattense*), flower buds of *Malati* (*Jasminum grandifolium*) and *Yuthika* (*Jasminum auriculatum*), rhizome of *Rasna* (*Alpinia galanga*), roots of *Bala* (*Sida cordifolia*), *Madhuka* (*Glycerrhiza glabra*) and *Chitraka* (*Plumbago zeylanica*), bark of *Devadaru* (*Cedrus deodara*) is used. Each of 1 kg is taken and ground, which was then utilised as the *Kalka* for further processing.

Drava Dravya

In this formulation, 750 g of *kalka* (paste drugs) prepared with *Guduchi* (*Tinospora cordifolia*), *Malati* (*Jasminum grandifolium*), *Rasna* (*Alpinia galanga*), *Bala* (*Sida cordifolia*), *Madhuka* (*Glycerrhiza glabra*), *Yuthika* (*Jasminum auriculatum*), *Chitraka* (*Plumbago zeylanica*), *Nidigdhika* (*Solanum surattense*), *Devadaru* (*Cedrus deodara*) by grinding; 12 L of *Kashaya* (decoction) was prepared with the same drugs. *Goksheera* (cow milk) and *Gomutra* (cow urine), 6 L each, were utilised as the *Drava Dravya*. The quantity of *Drava Dravya* used is four times that of *Sneha* (3 L x 4), resulting in 12 L of *Kashaya* for a single preparation. While the *Goksheera* and *Gomutra* were sourced from a reliable supplier from Nashik, which was filtered before utilization.

Sneha Paka Patra (vessel)

A stainless- steel container was utilised for *Taila Paka*. A ladle (*Darvi*) was used to continuously and carefully stir the mixture to ensure that the *Kalka* does not stick to the bottom of the vessel, as this could lead to carbonisation.

Type of Heat

Mandagni was used for the preparation of *Guduchyadi Taila* as backed by the classical *Ayurveda* literature.

Duration of *Sneha Paka*

The *Sneha Paka* process continued until the classical *Sneha Siddhi Lakshana* were observed, maintaining temperatures between 60° and 90° Celsius. The stages of *Sneha Siddhi Lakshana*, also known as *taila paka lakshanas*, are as per the *Sharangadhara Samhita* (Bala et al., 2023).

Procedure of *Taila Paka*

3.0 L *Tila taila* was first heated until it reached a boil, then allowed to cool. Next, 750 g of *Kalka* of all *dravyas* was added to the oil, and the mixture was gently heated together over a low flame. Following this, 12 L of *Kashaya* of all *dravyas* was added to a stainless-steel vessel, and the mixture was heated again. 6.0 L of milk was also then added into the mixture and heated until the water content of both the oil and milk evaporated, leaving only the oil behind. Again, 6.0 L of Cow urine were added and heated, leaving oil behind. The oil was allowed to rest and cool to facilitate the proper absorption of the constituents. The prepared *Guduchyadi Taila* was filtered and stored in a clean vessel and filled in airtight, sterile containers (Figure 2).

Packaging

The final prepared oil was packed in 100 mL bottles.

Type of Sneha Paka Used

Madhyama paka oil is regarded as the most suitable for external use; therefore, *Madhyama paka* was chosen for the formulation in this case.

RESULTS

In the *Sneha Paka* process, the total yield of *Guduchyadi Taila* amounted to 3.0 L, derived from *Guduchi*, *Malati*, *Rasna*, *Bala*, *Madhuka*, *Yuthika*, *Chitraka*, *Nidigdhika*, *Devadaru* all in equal quantity (750 g); 12 L of *Kashaya* prepared from same drugs, 3.0 L of oil, and 6.0 L of milk, 6.0 L of cow urine with a significant loss of oil throughout the entire procedure. Organoleptic and physicochemical parameters are detailed in Tables 3 and 4, respectively.

DISCUSSION

Guduchyadi Taila is a formulation described in *Charaka Samhita*, *Yonivyapad Chikitsa*, made of *Guduchi* (*Tinospora cordifolia*), *Malati* (*Jasminum grandifolium*), *Rasna* (*Alpinia galanga*), *Bala* (*Sida cordifolia*), *Madhuka* (*Glycerrhiza glabra*), *Yuthika* (*Jasminum auriculatum*), *Chitraka* (*Plumbago zeylanica*), *Nidigdhika* (*Solanum surattense*), *Devadaru* (*Cedrus deodara*), *Tila*

Taila (*Sesamum indicum* L.) and *Goskheera* (cow milk), *Gomutra* (cow urine), for the management of *vataja yonivyapad* condition. *Mithyachara* (improper diet and lifestyle), *Pradusta-Artava* (abnormalities of *Artava*), *Bijadosha* (abnormalities of *Bija*-sperm and ovum), *Daivakopa* (curses or anger of God) are the *hetu* (causes) of *yonivypadas* (Agnivesha, 1941). As per classics *Paripluta*, *Aticharana*, *Acharana*, *Shushka*, *Mahayoni* and *Antarmukhi* follows under *Vataja Yonivyapad*. *Vataja yonivyapad* having classical features like *yonishoola* (vaginal pain), *yonishosha* (vaginal dryness), *Kathinya* (rigidity) and *gramyadharme ruja* (pain during sexual intercourse) (Agnivesha, 1941) (Trikamji, 2014). This condition can be correlated with Dyspareunia, vaginal dryness, and arousal disorders as per contemporary science. The *Guduchyadi Taila* for this experimental batch has been prepared to analyse its effectiveness in treating Dyspareunia. *Guduchyadi taila yonipichu* was administered after cessation of menstruation for seven days with the standard operating procedure as *sthanika chikitsa* (local treatment).

Guduchi (*Tinospora cordifolia*) has been extensively investigated for its diverse pharmacological activities, including antioxidant, anti-inflammatory, immunomodulatory, anticancer, antimicrobial, antiviral, antidiabetic, neuroprotective, anti-stress, antiulcer, antipyretic, antidiarrheal, cardioprotective,

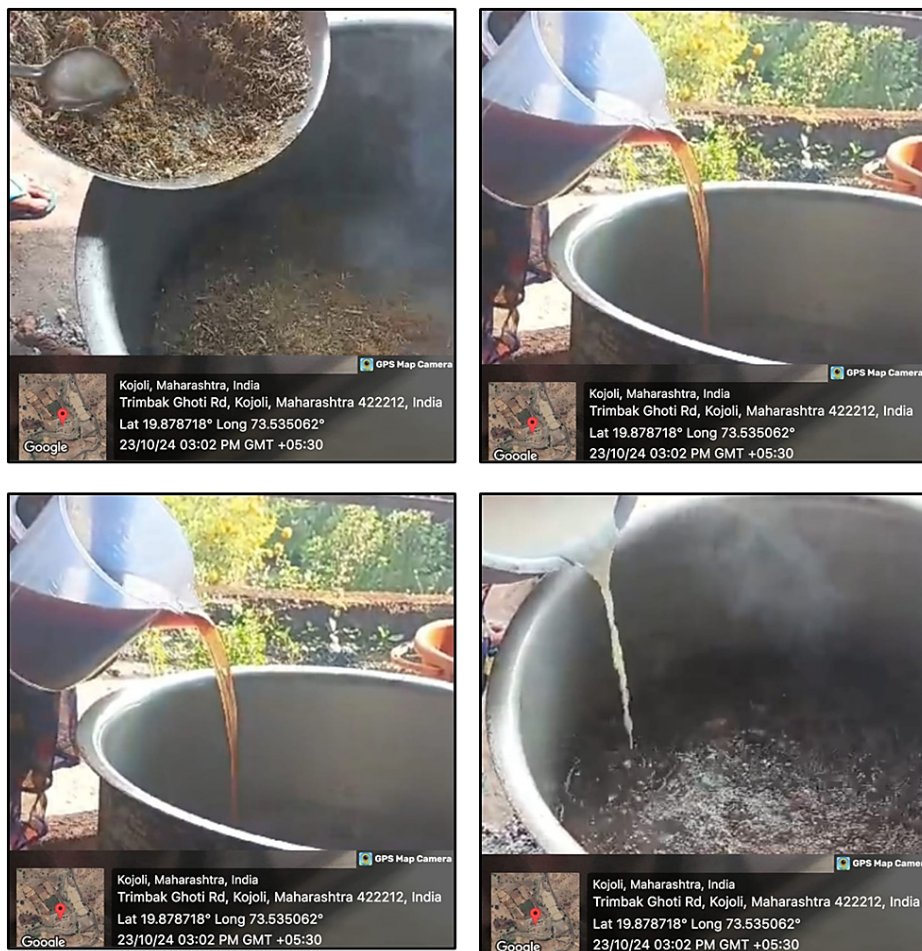


Figure 1: Preparation of *Guduchyadi Taila*.

Table 1: Ingredients and Quantity used for *Guduchyadi Taila*.

Ingredients	Prescribed Quantity	Ingredient Used	Quantity taken
<i>Kalka Dravya</i> (Paste drug)	¼ Parts	<i>Guduchi</i> (<i>Tinospora cordifolia</i>), <i>Malati</i> (<i>Jasminum grandifolium</i>), <i>Rasna</i> (<i>Alpinia galanga</i>), <i>Bala</i> (<i>Sida cordifolia</i>), <i>Madhuka</i> (<i>Glycyrrhiza glabra</i>), <i>Yuthika</i> (<i>Jasminum auriculatum</i>), <i>Chitraka</i> (<i>Plumbago zeylanica</i>), <i>Nidigdhika</i> (<i>Solanum surattense</i>), <i>Devadaru</i> (<i>Cedrus deodara</i>)	750 g
<i>Kashaya Dravya</i> (Decoction drug)	16 Parts	<i>Guduchi</i> (<i>Tinospora cordifolia</i>), <i>Malati</i> (<i>Jasminum grandifolium</i>), <i>Rasna</i> (<i>Alpinia galanga</i>), <i>Bala</i> (<i>Sida cordifolia</i>), <i>Madhuka</i> (<i>Glycyrrhiza glabra</i>), <i>Yuthika</i> (<i>Jasminum auriculatum</i>), <i>Chitraka</i> (<i>Plumbago zeylanica</i>), <i>Nidigdhika</i> (<i>Solanum surattense</i>), <i>Devadaru</i> (<i>Cedrus deodara</i>)	12 L
<i>Sneha Dravya</i> (Oil base)	1 Part	<i>Tila Taila</i> (<i>Sesamum indicum</i> L.),	3.00 L
<i>Avapa Drava Dravya</i> (Milk) (Cow urine)	1 Part	<i>Goksheera</i> (Cow milk), <i>Gomutra</i> (Cow urine)	6.00 L each

Table 2: *Sneha Siddhi Lakshana* of *Guduchyadi Taila* (Bala et al., 2023).

<i>Sneha Siddhi Lakshana</i>	<i>Kalka</i>	<i>Taila</i>
<i>Sanyav eve niryase</i>	+	-
<i>Madhye darvi vimunchati</i>	+	-
<i>Shabda hino agni nikshipta</i>	-	+
<i>Phenodgama</i>	-	+
<i>Gandha, Varna, Rasotpatti</i>	-	+

(+): Positive, (-): Negative.

hepatoprotective, and adaptogenic effects (Sharma and Shetty, 2024). *Malati* (*Jasminum grandiflorum*) is reported to possess multiple therapeutic properties, including odontalgic, thermogenic, aphrodisiac, antiseptic, emollient, anthelmintic, deobstruent, suppurative, and tonic effects. It is traditionally indicated in the management of loose teeth, ulcerative stomatitis, leprosy, dermatological disorders, otorrhea, otalgia, wounds, corns, and is also utilised in aromatherapy. Pharmacological investigations have demonstrated that the plant exhibits spasmolytic, anti-inflammatory, antimicrobial, antioxidant, antiulcer, cytoprotective, chemoprotective, wound-healing, and anti-acne activities (Reddy and Gupta, 2013). *Rasna* (*Alpinia galanga*) is rich in flavonoids (galangin), phenolics, and terpenoids. Exhibits anti-inflammatory, analgesic, antioxidant, and anticancer activities via cyclooxygenase inhibition, NF-κB suppression, ROS scavenging, and modulation of PI3K/Akt and MAPK signalling pathways. Also demonstrates cytoprotective effects through interaction with NADPH oxidase (Kaushik, 2011) (Aziz et al., 2024). *Bala* (*Sida cordifolia*) contains alkaloids (ephedrine, vasicine), flavonoids, phenolics, and sterols. Shows anti-inflammatory, analgesic, antioxidant, anticancer, and immunomodulatory activities mediated by modulation of inflammatory mediators and oxidative stress

Table 3: Organoleptic Changes of Oil Documented.

Sl. No.	Parameters	Result
1	Colour	Shade of Brown Colour
2	Odour	Gomutra Gandhi
3	Texture	Oily
4	Transparency	Transparent
5	pH	5.7
6	Viscosity	0.05
7	Refractive Index	1.58
8	Specific Gravity	0.87

pathways (Kumar et al., 2024). *Yuthika* (*Jasminum auriculatum*) exhibits anti-inflammatory, antioxidant, antimicrobial, and wound-healing properties through Lipoxygenase (LOX) inhibition, nitric oxide suppression, cytokine modulation, and antioxidant mechanisms (Arun et al., 2016; Fatima et al., 2025). *Chitraka* (*Plumbago zeylanica*) demonstrates multi-target pharmacological effects including anti-inflammatory, antioxidant, anticancer, antimicrobial, and cytoprotective activities via modulation of oxidative stress and inflammatory signalling pathways (Shukla et al., 2021). *Madhuka* (*Glycyrrhiza glabra*) contains glycyrrhizin, glycyrrhetic acid, and flavonoids. Exhibits anti-inflammatory, antioxidant, anticancer, antimicrobial, immunomodulatory, and expectorant activities through cytokine modulation and redox balance regulation (Wahab et al., 2021). *Kantakari* (*Solanum surattense*) is rich in steroidal alkaloids (solamargine, solasonine), flavonoids and saponins. Shows anti-inflammatory, antioxidant, antimicrobial, anticancer, hepatoprotective, anti-diabetic, neuroprotective, and immunomodulatory activities via multi-pathway modulation

(Hasan *et al.*, 2024; Khalid *et al.*, 2022). *Devadaru* (*Cedrus deodara*) contains sesquiterpenes (himachalene derivatives), flavonoids and lignans. Exhibits anti-inflammatory, analgesic, anti-spasmodic, anti-cancer, immunomodulatory, anxiolytic and anticonvulsant properties through modulation of inflammatory and neuronal pathways Pathak *et al.*, 2023). *Tila Taila* (*Sesamum indicum* L.) exhibits a wide spectrum of pharmacological activities, including antidiabetic, anticancer, antioxidant, cardioprotective, neuroprotective, anti-inflammatory, hepatoprotective, nephroprotective, wound-healing, antimicrobial, antifungal, antibacterial, pro-fertility and antinociceptive effects, primarily mediated through modulation of oxidative stress, inflammatory pathways, and cellular signalling mechanisms. Similarly, *Goksheera* (cow milk) demonstrates significant antioxidant, anti-carcinogenic, anti-inflammatory, immunostimulatory, and antimicrobial properties (Sharma and Shetty, 2024). *Gomutra* (cow urine) further contributes through its antioxidant and cytoprotective potential by attenuating oxidative stress and enhancing detoxification pathways (Pathak *et al.*, 2023).

Collectively, these components exhibit a synergistic, multi-target pharmacological profile, which may be beneficial in the management of *Paripluta Yonivyapad* (dyspareunia) by reducing inflammation, oxidative damage and associated tissue dysfunction. Furthermore, comprehensive pharmaceutical standardisation and analytical evaluation are essential to ensure the quality, safety, and therapeutic efficacy of the formulated medicated oil. Physical tests indicate that *Guduchyadi Taila* has a shade of brown colour, possesses a *Gomutra* (cow urine) like odour. Quantitative chemical analysis was performed, revealing values in accordance with pharmacopeial standards. The oil was manufactured in November 2024 and has an expiry date of November 2027, provided it is stored in a sealed container in a cool place. Therefore, both the physical and chemical parameters of *Guduchyadi Taila* were found to be within acceptable limits. These reported values from the analytical study can serve as standard parameters for *Guduchyadi Taila*.



Figure 2: Packed Taila - *Guduchyadi Taila*.

Table 4: Phytochemical Analysis of Oil Documented.

Drug	Foreign matter	Total Ash	Acid insoluble ash	Alcohol soluble extract	Water soluble extract
Normal Ranges	Not More than 2%	Not more than 16%	Not more than 3%	Not less than 3%	Not less than 11%
Guduchi	1.3	12.7	1.8	3.5	13.2
Rasna	1.8	20.7	5.7	11.9	25.7
Malati	1.8	20.7	4.7	11.9	23.4
Bala	0.3	5.7	2.72	15.5	13.2
Madhuka	0.2	8.2	1.7	11.6	22.3
Chitraka	2.3	2.1	0.7	14.9	15.4
Nidigdhika	1.1	7.7	2.2	8.2	18.4
Devadaru	0.6	1.3	0.7	8.9	2.3

CONCLUSION

In conclusion, this study effectively establishes a standardised manufacturing process for *Guduchyadi Taila*, adhering to classical Ayurvedic principles and contemporary pharmaceutical standards. The formulation exhibited consistent organoleptic, physicochemical, and phytochemical properties within acceptable limits, thereby ensuring its quality, safety, and reproducibility. The multi-component, synergistic pharmacological profile of the ingredients supports its potential therapeutic application in managing *Vataja Yonivyapad* (dyspareunia). Standardising such traditional formulations is crucial for their scientific validation and broader clinical applicability. Further clinical investigations are necessary to confirm its efficacy and assess its translational relevance in modern gynaecological practice.

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ABBREVIATIONS

GMP: Good Manufacturing Practice; **pH:** potential of Hydrogen; **NF- κ B:** Nuclear Factor kappa-light-chain-enhancer of activated B cells; **ROS:** Reactive Oxygen Species; **PI3K:** Phosphoinositide 3-kinase; **MAPK:** Mitogen-Activated Protein Kinase; **NADPH:** Nicotinamide Adenine Dinucleotide Phosphate; **LOX:** Lipoxxygenase; **L:** Litres; **kg:** Kilogram.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

SUMMARY

This study standardizes the preparation of *Guduchyadi Taila* using classical Ayurvedic methods for managing *Vataja Yonivyapad* (dyspareunia). It details ingredients, processing, and analytical parameters. The formulation showed acceptable physicochemical properties, suggesting potential therapeutic efficacy through synergistic anti-inflammatory and rejuvenative actions, supporting its role in managing vaginal pain and dryness.

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