

A Study on different formulae of *Nārayana thaila* used in Ayurveda and Indigenous system of medicine in Sri Lanka

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Abstract

Nārayana is an oils used in Ayurveda System of medicine to treat neurological disorders. Apart from the three formulae mentioned in *Ayurveda Pharmacopeia*, several other formulae are found in literature with the name “*Nārayana*”. A literature study was carried out to uncover different formulas of *Nārayana thaila*. The study resulted in 9 different formulae; 3 formulae for *Mahā Nārayana*, 4 formulae for *Nārayana*, *Nārayana (mahā)* and a traditional formula used in the indigenous medicine in Sri Lanka. The analyzing criteria were the ingredients used for the decoction and their quantities, concentration of the decoction, type and quantity of the liquids, quantity and number of dry ingredients used. Some formulae had almost similar ingredients for their decoction but varied in the dry ingredients. 8 of the formulae used the juice of *Asparagus racemosus* as a liquid and they also had either goat’s or cow’s milk as an added liquid. Two formulae had both types of milk in equal quantities. The traditional formula had *deekiri* and *moru* in addition to milk. All formulae used sesame oil as the base oil. The authors concluded that the 9 formulae mentioned under the name *Nārayana* differ in the concentration and ingredients used in the decoction, dry ingredients and liquids used.

Key Words: *Nārayana*, Ayurveda, Oil, Thaila

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