

A Comprehensive Review of Commonly used Taila Yogas in the Management of Vatavyadhi

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ABSTRACT

Vatavyadhi, a group of disorders rooted in the vitiation of *Vata dosha*, is characterized by diverse clinical manifestations such as pain, stiffness, tremors, and neurological deficits. According to *Ayurveda*, *Taila* (medicated oil) is a prime therapeutic agent for pacifying *Vata* due to its *snigdha* (unctuous), *ushna* (hot), and *sukshma* (penetrating) qualities. *Taila yogas* are widely used in both internal (*abhyantara*) and external (*bahya*) therapies such as *Abhyanga*, *Basti*, *Snehapana*, and *Nasya*. Classical texts enumerate numerous *Taila* preparations, each tailored to specific pathophysiological states of *Vata* disorders. However, there is a need for a systematic exploration of their pharmacodynamics, therapeutic indications, and clinical outcomes. **Aim:** To conduct a comprehensive analysis of *Taila yogas* used in the management of *Vatavyadhi* with reference to their classical formulations, *Taila Murcchana*, Concept of *Avartana* therapeutic roles and modes of administration. **Materials and Methods:** A textual review of Ayurvedic classical texts (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and others) was undertaken to identify and categorize various *Taila yogas* indicated for *Vatavyadhi*. The *Tailas* were analyzed on the basis of their composition (*dravya* content), *guna-karma* (properties and actions), route of administration, and their applicability in *Vatavyadhi* is such as *Pakshaghata*, *Gridhrasi*, *Katigraha*, and *Sandhivata*. **Results:** *Taila* formulations were identified with specific utility in different forms of *Vatavyadhi*. **Conclusion:** *Taila yogas* offer a time-tested, holistic approach to managing *Vatavyadhi*, addressing both symptomatic relief and disease pathology. Their proper selection, based on *dosha*, *dushya*, and disease stage, enhances therapeutic efficacy. The analysis highlights the rationale behind ingredient selection, method of preparation (*Sneha Paka Vidhi*), and mode of application including *Abhyanga*, *Basti*, and *Nasya* and *Pana*.

Keywords: *Vatavyadhi*, *Taila Yoga*, *Abhyanga*, *Basti*, *Avartana*

1. INTRODUCTION

Vata vyadhi's⁽¹⁾ are the disorders caused by purely aggravated *Vata* where causative factor or initiative factors relate only to *Vata Dosha*. They are also called as *Vataja Nanatmaja Vyadhi*'s. *Acharya Sushruta* includes *Vatavyadhi* under *Maharoga*⁽²⁾. "*Vata*" is one of the three fundamental bio-energies in the body (*Vata*, *Pitta*, and *Kapha*), and is responsible for movement, nerve impulses, circulation, and more. "*Vyadhi*" means disease or disorder. These are diseases arising due to vitiated (aggravated or imbalanced) *Vata dosha*. *Vata* is dry, cold, light, rough, and mobile in quality, and when out of balance, it can cause many neurological and musculoskeletal disorders. *Vatavyadhi* can be broadly divided into: *Samanya* (general) *Vata* disorders, *Mahagada* (serious/chronic) *Vata* disorders. Examples include *Pakshaghata* (Paralysis), *Ardita* (Facial palsy), *Gridhrasi* (Sciatica), *Sandhivata* (Osteoarthritis), *Katigraha* (Low back pain), *Hanugraha* (Temporomandibular joint disorder), *Akshepaka* (Convulsions or seizures), *Apatanaka* (Epilepsy). Symptoms include *hoola* (pain), *stambha* (Stiffness), *supti* (Numbness), *kampa* (Tremors) etc. Along with these general features like dryness of skin, joints, constipation, sleeplessness or anxiety are also observed.

Taila Yogas rooted in the ancient science of *Ayurveda*, refer to therapeutic formulations and procedures that utilize medicated oils (*Taila*) for healing and promoting balance in the body and mind. These *yogas* form a crucial part of the *Snehana* (oleation) process, which is foundational in *Panchakarma* therapies. In general, *Taila Yogas* have been known for their potency in treating *vata* disorders, neurological conditions, musculoskeletal problems, and even psychological imbalances. It is one such

form of medicine which has unique properties like *vyavyai*, *ushna*, *guru* and *sneha* properties making it an unique formula in the treatment of *Vatavyadhi*. When such *taila* is blended with other herbal drugs becomes a potent medicine for treatment.

Medicated oil is one of the most common and important form of medicine widely used in practice. There are four major types of *Snehas* mentioned in *Ayurvedic* classics. These are *Ghrita*, *Taila*, *Vasa* and *Majja*⁽³⁾. Among these, *grita* and *taila* are more advantageous. The word “*Taila*” comes from the *Sanskrit* word for oil, often derived from “*tila*” (sesame). In *Ayurveda*, *Taila* refers to any medicated oil prepared through a process called *Snehapaka* where herbal decoctions and pastes are cooked with base oils like *tila taila*, *kera taila* or *eranda taila*.

Classical References and Development

a. Vedic Period (1500–500 BCE)

- Though not referred to as “*Taila*,” the use of oils, particularly *Tila taila*, is seen in Atharva Veda and Rigveda for rituals and health purposes.
- Oils were used in *Abhyanga* (massage) and for promoting general well-being.

b. Samhita Period

1. Charaka Samhita

- Detailed explanations on *Sneha* (oleation therapy).
- *Taila* is mentioned to be *srestha* for *Vata dosha*.
- Elaborates on different *Taila Kalpanas* (oil preparations).

2. Sushruta Samhita

- Emphasizes surgical applications and wound healing properties of *Taila*.
- Uses *Taila* in *Vrana* (wound) care and *Shalya Tantra* (surgery).
- Introduces *Taila Bandha* (oil-soaked bandages)⁽⁴⁾.

3. Ashtanga Hridaya & Ashtanga Sangraha (by Vagbhata)

- Provides systematic classification of *Taila* based on dosha predominance.
- Elaborates on *Sneha Murchana* (purification) and *Snehapāka* stages.

4. Contribution of Later Texts

Bhaisajya Ratnavali, Yogaratnakara, Sharangadhara Samhita:

- Elaborated on newer formulations, *Taila Paka*⁽⁵⁾ and *Murcchana*⁽⁶⁾.
- Described *Taila yoga* (combinations) for specific diseases.

Taila Murchana is a preparatory Ayurvedic technique applied to base oils (like sesame, mustard, castor) before using them in medicated oil formulations. In this process, the oil is boiled with specific herbs and water until the water content evaporates completely. Commonly used herbs include *Haridra* (turmeric), *Manjistha*, *Amalaki*, and *Musta*, each selected for their antioxidant, anti-inflammatory, and preservative properties. The decoction is carefully prepared and then combined with the oil and mild heat is applied while stirring continuously.

Importance of *Taila Murchana*

- Removes *Ama* (undigested toxins), foul smell, moisture, and undesirable substances from crude oil
- Boosts stability: Lowers acid/peroxide values and enhances saponification, delaying rancidity
- Increases absorption (*Yogavahi* effect): Processed oil better carries active plant compounds in later formulations

Pharmacodynamics of *Taila* in *Vata* disorders

- Snehana*: The oil imparts nourishment to joints and organs
- Vatashamana*: The Snigdha and Ushna gunas combat ruksha and sheeta gunas of Vata.
- Na Cha Slemavardhana*: Pacifies *vata* but does not increase *kapha dosha*.

Taila paka according to Various *Acharyas*:

According to Charaka: Mridu, madhyama, khara paka⁽⁷⁾

According to Sharangadhara: Ama, Mridu, Madhyama, Khara, Dagdha Paka⁽⁸⁾

According to Vagbhata :Manda paka,cikkana paka,khara paka,avishoshi⁽⁹⁾

According to Harita:Mrudu,Madhyama,Kathina paka⁽¹⁰⁾

Concept of *Avartana*:

It is a process where a basic medicated fat is subjected to multiple cycles of processing. Each cycle involves the addition of fresh herbal ingredients and decoction, followed by boiling until all moisture is evaporated. The process may be repeated several times — typically three, seven, or more depending on the desired potency.

For example, *Panchavartita Pinda Taila* (five-time processed Pinda oil) is more potent than its single-process counterpart. The *Avartana* method is especially beneficial in chronic or deep-seated conditions like neurological disorders, joint diseases, and skin problems, where enhanced bioavailability and targeted action are essential.

Benefits of *Avartana* :

- It fortifies the *sneha* preparation
- In *Avartana* process ,hypothetically the potency is improved by boiling medicaments repeatedly as agnitatwa is introduced repeatedly thus making nano particles reach the sukshmanu srotas for better effects.

Ksheerabala 101 Avartita,Dhanwantaram 101 Avartita,Sahacharadi 21 Avartita, Maharaja Prasarini 21 Avartita are widely used *avartita taila yogas* in practice.

Taila Yogas are classified into various categories based on their *doshagnata*,Indication,Mode of administration in the tables below.

1.Classification of *Taila Yogas* based On Doshagnata:

Table no 1:Showing classification based on Doshagnata

Vatahara	VataPittahara	Vatakaphahara
Prasarinyadi taila	Ksheerabala taila	Sahacharadi taila
Mahanarayana taila	Himasagara taila	Gandharvahastadi eranda taila
Mahamasha taila	Dhanwantara taila	Karpooradi taila
Bala taila	Yastimadhu taila	Kottammchukkadi taila
Balashwagandhalakshadi taila	Pinda taila	Mahavishagarbha taila
Mahakukkuta mamsa taila		Rasna taila
Chinchadi taila		

2.Specific to *Vatavyadhi* as per Classics

Table no2:Showing specific to Vatavyadhis as per classics

Pangu	Gridhrasi	Avabahuka	Ardita	Asheeti Vatvyadhi
Mahanarayana taila ⁽¹¹⁾	Mahavisagarbha Taila	Karpasastyadi Taila	Karpasastyadi taila	Prabhanjana vimardhana taila ⁽¹⁴⁾
Himasagara taila ⁽¹²⁾	Gandharvahasta	Mahamasha Taila	Mahamasha Taila	
Prasarini Taila	Eranda taila	Parinatakeri-	Mahakukkuta Mamsa Taila	Ksheerabala taila
Mahamasha taila	Prasarini taila	Ksheerataila ⁽¹³⁾	Vishnu Taila	Chinchadi taila
Siddhartaka taila	Mahakukkuta Mamsa Taila			

Kampavata	Pakshagata	Sarvanga vata
1.Varuni taila 2.Mahamasha taila 3.Mahakukkuta Mamsa taila 4.Sahacharadi taila	Karpasastyadi taila ⁽¹⁵⁾ Mahamasha taila Anu taila ⁽¹⁶⁾	Chinchadi taila Devadarubaladi taila

In general, Vata is responsible for producing symptoms like Shoola,Stamba,Sosha,Admana,Vak vikruti,Shota ,Kampa,admana,Nidra nasha,Brama etc.Below are the list of common Taila yogas that can be utilized in abovesaid conditions .

Table no 3:Showing taila yogas based on targeted action

Shoolahara	Prasarinyadi taila,Mahanarayana taila,Karpooradi taila,Dhanwantara taila,Nirgundi taila,Rasna taila Kottammchukkadi taila ,Tila taila,sahacharadi taila
Stambhahara	Sahacharadi taila,Kottamchukkadi taila,Rasna taila,Mahavisagarbhataila,Gandharvahastadieranda taila,Karpooradi taila
Shothahara	Karpasastyadi taila,Brihat saindhavadi taila
Kampahara	Varuni taila,Sahacharadi taila,Mahamasha taila
Admana	Gandharvahastadi eranda taila,Dhanwanta taila
Vak graha	Panchendriyavardhana taila,Ksheerabala taila Dhanwantara taila
Nidranasha	Himasagara taila,Brahmi taila,Chandanadi taila Tungadrumadi taila
Bramahara	Ksheerabala taila,Brahmi taila,Himasagara taila Yastimadhu taila
Soshahara	Mahamashataila,Ksheerabala Taila,Ashwagandhabalakshadi taila

Most common cranial nerve disorders include facial palsy,trigeminal neuralgia,glossopharyngeal neuralgia etc. Most commonly used taila include Karpasastyadi taila in the form of Nasya, Mahanarayana taila in the form of *Nasya, Abhyanga and Kavala*,Ksheerabala taila as *Nasya, Abhyanga, Pana, Kavala*, Mahamasha taila *Nasya, Pana, Abhyanga*, Tila taila in the form of *Kavala, Gandoosa* and Dashamoola taila as *Kavala, Gandoosa* to mention a few.

In movement disorders like Parkinsons,Ataxia,Tremors,Dystonia ,Various taila yogas are indicated in the form of Abhyanga,Shirodhara,Nasya ,Basti, Pana,Pichu,and Talam.

Table no 4:Showing Taila yogas indicated in Movement disorders

Taila Yogas	Indication
Varuni taila	Pana
Ksheerabala Taila	Abhyanga,Basti,Nasya,Shirodhara
Dhanwantara Taila	Pana,Abhyanga,Basti
Tila Taila	Basti
Eranda Taila	Pana,Basti
Sahacharadi Taila	Abhyanga,Basti
Bala Taila	Abhyanga,Basti
Masha Taila	Abhyanga,Basti

Apart from these,mentioned below is the list of Commonly used Taila Yogas,Key ingredients,Doshagnata,Mode of Administration and Indication:

Table no 5:Showing commonly used Taila yogas ,key ingredients,Mode of administration and Indication

Taila Yoga	Key ingredients	Doshagnata	Mode of Administration	Indication
Dhanwantara Taila	Balamoola Kusta Sariva Tagara Dashamoola Kulatta Yava Trijata	Vata kaphahara	Pana,Abhyanga,Nasya ,Basti	Marma Asthi kshata,Sarva Vata roga
Sahacharadi taila	Sahachara Dashamoola Ksheera Tila taila Priyangu Rasna	Vatakaphahara	Pana,Abhyanga,Nasya,Basti	Kampa,sosha,akas hepaka,Vataroga
Mahamasha taila ⁽¹⁷⁾	Masha,Bala Atmagupta Rasna,Eranda Dashamoola	Vatahara	Nasya,basti,Abhyanga	Pakshagat,Ardita, pangu,gridhrasi
Sahacharadi taila	Karpasa Bala Masha Devadaru Sarshapa	Vatakaphahara	Pana,Abhyanga,Nasya	Pakshagata,Ardita ,Sarva anilapaha

	Nagara			
Ksheerabala taila ⁽¹⁸⁾	Balamoola Ksheera Tilataila	Vatahara	Pana,Abhyanga,Basti,Nasya	Sarva Anilapaha
Gandharvahastadi Eranda taila	Eranda Yava Shunti Goksheera	Vatakaphahara	Pana,Basti	Vatavyadhi
Mahanarayana Taila	Dashamoola Ashwagandha Bala Aja dugdha Tila taila Eranda Shatavari Manjista Yastimadhu	Vatahara	Pana,Abhyanga,Nasya	Ardita,Manyastamba,Hanustambha
Kottamcchukkadi Taila	Kusta Shunti Vacha Sigru Lashuna Devadaru Sarshapa Rasna	Vatakaphahara	Pana,Abhyanga,Basti	Vataroga
Prasarini Taila ⁽¹⁹⁾	Prasarini Tila taila Manjista Devadaru Rasna Dashamoola Yastimadhu Gokshura	Vatakaphahara	Pana,Abhyanga,BastiNasya	Kubja,Pangu,Gridharsa,Ardita
Bala Taila ⁽²⁰⁾	Bala Chinnaruha Rasna Dadhimastu Ikshu niryasa Musta Yasthi	Vathara	Pana,Abhyanga,Basti	Vatavyadhi

	Padmaka			
Mahavisagarbha taila	Dattura Kuchala Arka Ashwagandha Erandamoola Tila taila Dashamoola Shatavari	Vatakaphahara	Abhyanga	Sarva vata roga
Himasagara Taila	Shalmali Gokshura Tila taila Narikela Chandana Tagara Lavanga Putika	Vata Pittahara	Abhyanga	Pangu,sosha,Sarva Vata Vikara
Chinchadi taila ⁽²¹⁾	Tila taila Chinchaswaras shigru sarja arjaka Panchalavana saindhava lavana, samudra lavana,sauvarcha lavana romaka lavana and bida lavana	Vatahara	Abhyanga	Sarvanag vata
Balashwagandadi taila	Bala Ashwagandha Manjista Devadaru Haridra Kusta Suradaru Dadhimastu Rasna Chandana	Vatahara	Abhyanga,basti	Vataroga
Varuni Taila ⁽²²⁾	Varuni Tila taila	Vatakaphahara	Pana,Basti	Kampavata
Bruhat Saindavadi taila ⁽²³⁾	Saidhava Rasna	Vatakaphahara	Pana,Abhyanga,Basti	Ardita,Any Vatavyadhi

	Shatapushpa Maricha Kusta Sarjaka Sauvarchala Jeeraka kana Eranda taila			
Parinatakeriksheera taila	Haridra Tilataila Parinatakeriksheera Jambeera	VataPittahara	Abhyanga	Avabahuka
Nirgundi taila ⁽²⁴⁾	Nirgundi swarasa	Vatakaphahara	Pana,Abhyanga	Vataroga
Prabhanjana Vimardhana Taila	Bala Shatavari Shigru Arka Karnja Eranda Prasarini Ksheera Dashamoola	Vatakaphahara	Basti,Abhyanga,Pana	Vataraoga

Certain taila yogas are used in the form of Murdhni taila in conditions of *Pakshagata*, *Sarvanga roga*, *Ardita*, *Nidranasha*; Ksheera Bala taila, Brahmi taila, Chandanadi taila, Mahanarayana taila, Ashwagandha taila are commonly used in clinical practice in the treatment of *Vatavyadhi*.

2. DISCUSSION

Vatavyadhi refers to a group of neurological and musculoskeletal disorders described in Ayurveda that arise due to vitiation of *vata* dosha, The biological air principle responsible for all movements and nervous system functions. Examples of *Vatavyadhi* include conditions like paralysis (*Pakshaghata*), sciatica (*Gridhrasi*), cervical and lumbar spondylosis, and neuralgias. In Ayurvedic management of these conditions, Taila yogas (medicated oils) play a central therapeutic role.

Taila (medicated oil) plays a crucial role in the management of *Vatavyadhi* due to its *Snehana* (unctuous), *Vata*-pacifying, and nourishing properties. The use of *Taila Yogas* is a cornerstone in both external and internal treatments.

Vata is *ruksha*, *laghu*, *sara* guna pradhana whereas taila is *snigdha*, *guru* antagonistic to qualities of vata.

Taila pacifies Vata, enhances *srotoshodhana*, aiding in symptomatic and systemic relief of symptoms, also acts as *Brihmana* and *Rasayana*.

Taila yogas are formulated in different forms to be used for treating vata disorders in the form of *Basti*, *Nasya*, *Abhyanga*, *Pichu*, *Shirodhara* etc based on the *yukti* of vaidya.

Taila yogas are selected based on the stage of disease (*sama*/*nirama*), patient's strength, and type of *Vatavyadhi* (e.g., *kevalavata* vs. *sannipataja*). External application improves circulation and reduces pain, while internal use supports systemic balancing of *vata*.

Dhanwantara Taila: It has ingredients like *Bala*, *Ashwagandha*, and *Dashamoola* which calm the nervous system and relieve pain, stiffness, and neurological symptoms. Ingredients like *Bala* and *Ashwagandha* support myelin sheath repair and nerve

regeneration.

Sahacharadi Taila: Sahachara, Rasna, Devadaru, Ashwagandha etc ingredients are known for their anti-inflammatory, and analgesic effects. The Tila taila base has *snigdha* (unctuous) and *ushna* (hot) properties, is reportedly best for Vata shamana. They help in nerve regeneration and nourishment, making it effective in neurological disorders.

Varuni Taila: The key ingredient, *Indravaruni* (Colocynth-Citrullus colocynthis), has purgative properties. It helps clear undigested *ama* and *mala*, unblocking bodily channels (*srotas*) to restore proper nerve function. Sesame oil (taila) infused with Colocynth extracts exhibits antioxidant effects, helping protect neurons from oxidative stress, a factor implicated in Parkinson's disease⁽²⁵⁾.

Gandharvahastadi Eranda Taila⁽²⁶⁾: Ingredients like *Haritaki* (Terminelia chebula), *Shunthi* (Zingiber officinalis), and *Trivrit* (Operculina turpeturna) have anti-inflammatory effects, reducing swelling and pain. *Trivrit*, *Shunthi*, *Haritaki* have Vata-pacifying actions. It stimulates *Agni* (digestive fire) and helps in proper digestion and metabolism.

Prasarini Taila: Known for its *Vatashamana*, *Vedanasthapana*, *Shothahara* action, Prasarini taila is useful in various neurological disorders including *Pakshagata* (Paralysis), *Ardita* (Facial Palsy), *Pangu* (Paraplegia) etc.

Bala Taila: Bala (*Sida cordifolia*) is a potent nervine medicine⁽²⁷⁾. It rejuvenates the nervous system and enhances the functioning of neuromuscular junctions. Bala Taila acts on *Majja Dhatu* (nervous tissue) and *Mamsa Dhatu* (muscle tissue), helping in conditions like paralysis, sciatica, and facial palsy. helps to reduce symptoms like tremors, spasms, stiffness, and pain. Bala has *Rasayana* (rejuvenating) properties that help in building strength, endurance, and vitality.

Himasagara Taila: Himasagara Taila contains *Madhura* (sweet), *Snigdha* (unctuous), and *Sheeta* (cooling) dravyas, which help calm aggravated Vata. It acts as a nervine tonic, useful in *pakshaghata* (paralysis), *ardita* (facial palsy), *basti-gata vata* (sciatica) etc. The ingredients possess cooling effect thereby calming mind and reduces anxiety, insomnia and related disorders.

Mahavishagarbha Taila⁽²⁸⁾: *Dhattura* (Datura metel), acts as vatahara and Vedana sthapana, Nirgundi, Guggulu, Erandamoola possess anti-inflammatory actions. Punarnava possess diuretic action thereby reducing inflammation and swelling.

Kottammchukkadi Taila⁽²⁹⁾: The ingredients like *Kottam* (Sausurea lappa), *Chukku* (Zingiber officinale), *Vacha* (Acorus calamus), *Devadaru* (Cedrus deodara), *Rasna* (Pluchea lanceolata) have analgesic and anti-inflammatory properties.

Ksheerabala Taila: The ingredient, *Bala* (*Sida cordifolia*) is known for strengthening nerves and rejuvenating the nervous system. It reduces neuroinflammation and supports nerve regeneration. Milk and Bala have *Rasayana* (rejuvenating) properties that help in long-term restoration of tissue health and immunity.

Parinatakeriksheera Taila: *Parinatakeri ksheera* (Coconut milk) and *Tila Taila* (Sesame oil) provide *Brumhana* (Nourishing), *Snigdha* (Unctuous), and *Ushna* (warm) qualities, which pacify *Vata* and strengthen tissues. *Haridra* (Turmeric) possesses Anti-inflammatory, analgesic, *Kapha-Vata* pacifying, improving circulation and tissue health. *Guggulu* (Commiphora mukul) is strong anti-inflammatory, analgesic, and rejuvenating properties acting on all tissues, particularly helpful in joint stiffness and degeneration. Lemon juice (*Jambeeraphalodaka*) is rich in vitamin C, adds anti-arthritis and antipyretic benefits.

Nirgundi Taila: Nirgundi is the key ingredient in many Vatahara taila yogas. This taila is known for its anti-inflammatory analgesic actions and is one of the most commonly used taila yoga in treatment of *Vataja* disorders.

Mahanarayana Taila: Ingredients like *Ashwagandha* (*Withania somnifera*), *Dashamoola*, and *Shatavari* (*Asparagus racemosus*) possess potent anti-inflammatory effects. *Bala* acts as nervine tonic⁽³⁰⁾ (*Sida cordifolia*) and *Rasna* (*Pluchea lanceolata*) help relieve neuropathic and muscular pain. It acts as a *Rasayana* (rejuvenator), nourishes muscles, joints, ligaments, and bones. Promotes tissue regeneration and delays degenerative changes.

3. CONCLUSION

Taila Yogas are integral in the treatment of *Vatavyadhi*, offering both symptomatic relief and disease modification through nourishing, vata-pacifying, and neuro-muscular strengthening actions. *Vatavyadhis* are the most common disorders witnessed in day to day Ayurveda practice. *Vatasopakrama* includes *snehana*, amongst which various taila yogas are widely used in management of disorders of vata. The present article highlights various taila yogas used in treatment of *Vatavyadhi* in day-to-day practice, doshic predominance, guna, karma, mode of administration and specific indications in relation to disorders of Vata.

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