

A REVIEW ON MALAHARAKALPANA IN SKIN DISEASE

*Dr.Varsha Nilawad,**Dr.Chatragun Lagad,#Dr.Rajesh Ingole,\$Dr.Piyush Gandhi

*PG Scholar, **Professor,#HOD & Professor, \$Assistant professor,
Department of Rasashastra and Bhaishajya kalpana, Government Ayurved College, nanded.431601

ABSTRACT

The prevalence of skin disease in India is 10 to 12 % of the total population¹. In Ayurveda, major skin diseases have been classified under the heading of kushtha. According to Ayurveda, a disease that tears or pulls out and destroys the beauty of the body and any type of skin disease is called kushtha¹. Excessive intake of milk products, intake of milk and fish together, junk food, change in atmosphere, change in life style and complication of Panchakarma are some causes of skin diseases. Skin diseases are treated with internal and external medication. External application of skin disease is important to get rid of symptoms (itching, burning), which makes patients anxious. Rasa Tarangini used 14, Malahara Ayurved Sarasangrah used 2 Malahar and Rasatantrasara v Sidhaprayog sangraha used 6 Malahara formulations to treat skin diseases. Sulphur, Green and Blue vitriol, Zinc, Arsenic ores are commonly used minerals in Malahar kalpana to treat skin diseases. Hence the present article is an attempt to explain the Malahara kalpana in skin disease form various texts.

Keywords: Skin Disease, Malahara Kalpana, Kushtha.

INTRODUCTION

Skin has outer most cover of the body plays a chief role in maintaining barrier between internal and external environment²). Ayurved has discussed skin diseases under the name of kushtha. Skin diseases are treated with internal and external application. Malaharakalpana comes under the external application. It was found that Malahara was first mentioned in 15th century. The word of Malaharakalpana derived from unani system of medicine³. Functions of Malaharakalpana like Snehana (oleation), Lekhana (scraping) cleansing, healing, and beautifying are depend upon the drug used in preparation⁴. According to

Rasa Tarangini, Ayurved Sarasangrah, Ghrit, Til tail, Skitha tail is used as base of Malaharakalpana. These Malahara are used in all skin diseases.

Aim Aim of the present study is to compile available references of Malaharakalpana in skin disease.

Materials and methods Reference of Malaharakalpana will be collected from Bhaishajya Ratnavali, Rasa ratnsamuchya, Rasa Tarangini Ayurved Sarasangrah and Rasatantrasara evam Sidhapryog sangraha.

Observation Malaharakalpana achieve Rasa Tarangini-14, Ayurved Sarasangrah-2, Rasatantrasara v Sidhapryog sangraha -6.

Table 1: Showing Malaharakalpna of Rasatarangani ,AyurvedSarasangrahandRasatantrasarav Sidhapryogasangrah.

SN	Name of Malahara	Base	Praman	Content	Praman	Indication
1	Kajjalikadhya Malahara ⁴	Siktha Tail	576gm	1)kampilka (Mallotus philippensis) 2)Purified Mruddarshrunga (lead oxide) 3)Kajjali (Black sulphideo mercury) 4)Purified Tuttha (copper sulphate)	96 gm 48 gm 24 gm 3 gm	Varnaropak, Heals non healing.
2	Dadru Vidravana Malahara ⁵	Siktha Tail	120gm	1)Purified gandhaka (Sulphur) 2)Purified Tankan (Borax) 3)Chakramarda seeds (Cassia tora) 4)LashaChurna (Lacciferlacca)	10gm	Relivers Dadru (tinea infection) within seven days.
3	Gandhakaad-hay Malahara ⁶	Siktha Tail	72gm	1)Purified gandhaka 2)Purified sindhoora(lead sulphide) 3)Purified tankana Karpooora (camphor)	6gm 6gm 2gm 2gm	Relives chronic nature of paama (scabies)
5	Hingul Amrita Malahara ⁷	Siktha Tail	144 gm	1) purified Hingul 2)purified Mruddarshrunga 3)Purified tankana 4) Karpooora 5) Rasa Karpooora 6) purified Sphatika 7) purified Sindhoora	6gm 2gm 2gm 2gm 2gm 2gm 2gm	Heals and purified non healing type of wound.
6	TalakadhyaMalahara ⁸	Siktha Tail	360 gm	1)purified Hartala (orpiment) 2) Kajjali 3)HareetakiChurna(Terminalia chebula) 4) Khadirashara (Acacia catechu) 5) purifiedGairika (red ochre) 6)Purified Girisindoora 7)Purified Manahshilla(Relagar)	24 gm 12 gm 12 gm 12 gm 12gm 12gm 6gm	Vicharchika (eczema) Dadru (tinea infection), Paama (Scabies)

6	Tankan Amrita Malahara ⁹	Siktha Taila	144gm	1)PurifiedTankana 2)Sarjikhshara (Potassium nitrate) 3)Purified Kasisa (ferrous sulphate) 4)Kshara of Ashwatha	24gm 6gm 6gm 2gm	Dustvrana(non-healing ulcer)
7	TankanaAmlaMalahara ¹⁰	SikthaTaila	108 gm	TankanaAmla	12gm	AgnidagdhaVrana (burn) Bhutaghana (anti microbal)

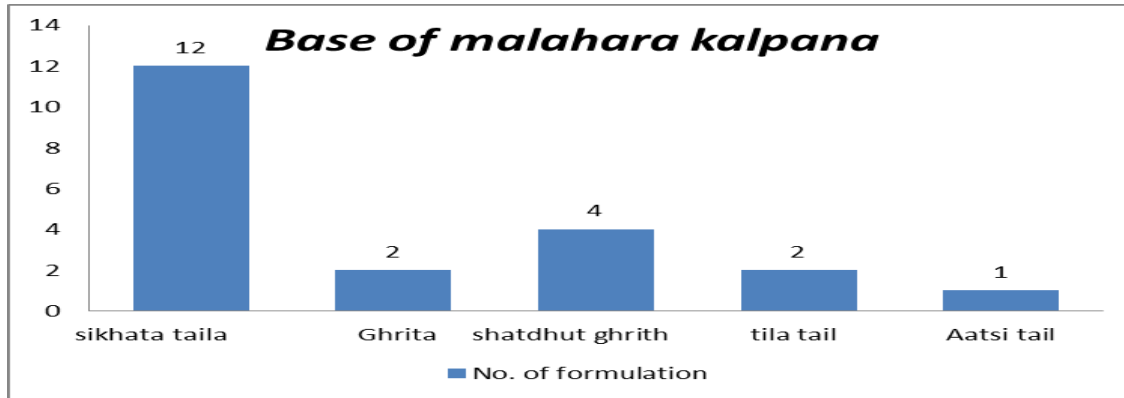
8	<i>YashadAmritaMalahara</i> ¹¹	<i>SikthaTaila</i>	36 gm	1)Agnijarit Yasada (zinc calx)	12gm	<i>Vicharchika</i> (eczema) <i>Agnidogdha vrana</i>
9	<i>Tutta Amrit Malahara</i> ¹²	<i>SikthaTaila</i>	120 gm	Purified <i>Tuttha</i>	2.5 gm	<i>Cures chronicPaama</i> (scabies)
10	<i>Tutthadhaya Malahara</i> ¹³	<i>Cows Ghrita</i>	2gm	1)Raalachurna 2)Purified <i>Tuttha</i> 3)KapardikaBh asma 4) Purified <i>Tankana</i>	1.5gm 1.5 gm 1.5 gm 1.5 gm	<i>Vranashodhaka</i>
11	<i>SindhooradhyaMalahara</i> ¹⁴	<i>Sikthataila</i>	36 gm	1)Purified <i>Tankana</i> 2)Purified <i>Sindhoora</i>	6gm 6gm	<i>Bhutaghna</i> (anti- microbail)
12	<i>Sindhooradhya Malahara</i> ¹⁵	<i>Sikthataila</i>	36 gm	1)Raalachurna	6gm	<i>Bhutaghna</i> (anti- microbail)
13	<i>Mruddarshrunga Malahara</i> ¹⁶	<i>Sikthataila</i>	48 gm	1)Purified <i>Mruddarshrunga</i>	12 gm	<i>Paama</i> ¹⁷ <i>KanduNashaka</i> (itch ing due to scabies) <i>Vipadika</i> (palmo plantarpsoriasis)
14	<i>Mruddarshrunga Malahar</i> ¹⁸	<i>Aatsitaila</i> Flax seed oil)	48 gm	1)Purified <i>Muddarshrunga</i>	12gm	<i>Twachya</i> ¹⁹ healsalty peofwounds
15	<i>Gairikadhya Malahara</i> ²⁰	<i>Siktha taila</i>	72 gm	Purified <i>Swarna</i> <i>Gairika</i> <i>Haridra Churna</i> (Curcuma longa) Purified <i>Sindhoora</i>	12gm 12gm 12gm	<i>Kandu</i> (itching) Burining
16	<i>Kala Malahar</i> ²¹	<i>Tila Taila</i>	480gm	1) <i>Sindhoora</i>	240gm	<i>Vranashodhank and</i> <i>rapnak</i>
17	<i>Gulabi Malahar</i> ²²	<i>Shatdhaut Ghrit</i>	100gm	1) <i>puspanjan</i> 2) <i>sindhoora</i> 3) <i>Ras karpooa</i> 4) <i>karpooa</i> 5) <i>Chandantaila</i>	10gm 10gm 6gm 10gm 10gm	<i>Kandu</i> ,

18	<i>Ralaka Malahara</i> ²³	<i>Tila taila</i>	160 gm	1) <i>Raalchurna</i> 2) <i>Tuttha</i>	40 gm 3 gm	<i>Dagdhavrana</i>
19	<i>Pamahar Malahara-1</i> ²⁴	<i>Shatdhut Ghrit</i>	70 gm	1) <i>Kajjali</i> 2) <i>Marich</i> 3) <i>Tuttha</i> 4) <i>Sindoora</i> 5) <i>kala jeera</i> 6) <i>shweta jeera</i>	20 gm 10 gm 10 gm 10 gm 10 gm	<i>Paama</i> <i>Kachhu</i>
20	<i>Pamahar Malahara-2</i> ²⁵	<i>Shatdhut Ghrit</i>	480 gm	1) <i>Kajjali</i> 2) <i>Tuthya</i> 3) <i>Jamal Gota</i>	50 gm 50 gm 50 gm	<i>Paama</i> <i>Kandu</i>
21	<i>Paddari Malahara</i> ²⁶	<i>Shatdhut Ghrit</i>	320 gm	1) <i>kajjali</i> 2) <i>Muddarsa nga</i> 3) <i>kapila</i> 4) <i>tuthya</i>	20 gm 20 gm 40 gm 3 gm	<i>Dadru Paama Kandu</i>
22	<i>Parad Malah</i> ²⁷	<i>Siktha Tail</i>	480 gm 240 gm	1) <i>Shudha parad</i> 2) <i>Nimcha</i> 3) <i>Bhrngrajrasa</i> 4) <i>Sindhoo ra</i>	150 gm 20 gm 20 gm 6 gm	Acute or chronic Wound healing
23	<i>Byucheehar Malahar</i> ²⁸	<i>Ghoghrit</i>	240 gm	1) <i>Kajjali</i> 2) <i>Manshila</i> 3) <i>Safedkatha</i> 4) <i>Pashan bhed</i> 5) <i>Muddarsanga</i>	20 gm 10 gm 10 gm 10 gm 10 gm	<i>Eczema Dadru Kandu</i>

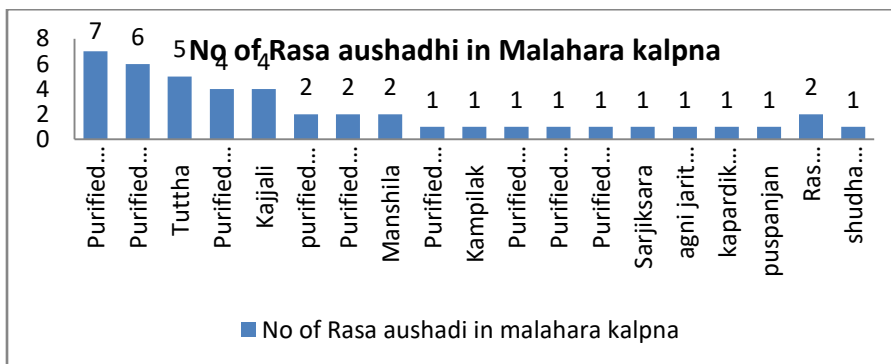
DISCUSSION

Malaharakalpna is quite similar to cream, ointment used in modern pharmaceutical science. Ointments are the soft semisolid preparation meant for external application to the skin or mucous membrane. *Yogratnakam* mentioned this first by the name of *Malahar Kalpana*²⁹. It derives its name as it removes in mala from *varna, vidradhi*²⁸ etc. Properties of *Malaharakalpna* are *Snehana* (oleation), *Lekhana* (scraping) cleansing, healing³⁰. *Malahar* has two chief ingredients one is the *Aadharadravya* i.e. the medicine and the other is the *Upadhan Dravya* i.e. the *Dravya* which converts the medicine into *Malahara*³¹ *Malaharas* such as *Madhuchistha, Taila (Tila, Aatsi), Ghrita, Shatadhautaghrita*. It is based on preservative action and emollient action.

Graph No1. Base of Malaharakalpna as pre type of Formulation



In Ayurveda there are mainly two methods of preparation of Malaharakalpna. 1. trituration (Niraagni) and 2. fusion (Saagni). First is trituration method the drugs are taken in khalva and triturated for a specific duration till they are mixed uniformly and spatula are used to make the uniform mixture. Second is fusion method, ointment base is melted on mild fire or on a hot water bath and other ingredient are mixed one by one properly and allowed to cool till it get solidified³². Here sikhata (bees wax), tila taila, ghrita and Aatsi tail act as base for Malaharakalpna. Sikhata is the mradu (soft) and singdhagunatmaka and kushthanashak well as varnropka. Tila taila is said to be beneficial for skin as well as Twachya (beautifying). Ghrita is varnropak and also used as dhashamka. Aatsi tail removed of skin infection. Purified Mruddarshruna (lead oxide) and sindoor are only used in external application. Mruddarshruna mainly work in paama (Scabies) and kandu³³ (Itching), Sindoor works in Pamma, Vicharchika, Vranashodhan³⁴. Gandhaka has antifungal and antimicrobial properties. Tankana have antifungal properties³⁵. Kashis and gairik are kandunashaka.



CONCLUSION

Malahara kalpna mainly found abundantly in unani system of medicine. The very first description of Malahara kalpna in Ayurveda is seen in Yogaratnakara. Rasa Tarangani explain various Malahara kalpna by using various different base and ingredients having vrana shodhak and ropana

properties (wound cleaning and healing), kushtha nashak, Twachya (beautifying) and kandu nashak. It has its own therapeutic advantage like ease pharmaceutical procedure, ease of mode of application and higher shelf life period.

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