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## Censorious appraisal of *Malahara Kalpana*

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### ABSTRACT

The name "*Malahara*" is derived from the Unani system of medicine, where similar formulations are termed as "*Malham*". In Ayurveda it comes under "*Lepa Kalpana*" and has been in existence since the time of Charaka Samhita. However, the term "*Malahara*" was first observed in Yogaratnakara and subsequently seen in Bharat Bhasajya Ratnakara, Rasatarangini and Rasatantrasara & Sidhaprayoga Sangraha in sequential order. *Malahara Kalpana* is a very useful and potent pharmaceutical preparation for external use, and it can be compared with ointments, creams and pastes in modern pharmaceuticals. These formulations are predominantly used in conditions like *Vrana* (wounds) and *Kushtha* (skin diseases). Here the active medicaments are mixed with fatty bases, which in addition to facilitating absorption into skin, enhancing shelf life and bringing convenience of use, also add their own properties to the formulation. Not only the ingredients but even the method of preparation used in various *Malahara Kalpanas*, has been meticulously designed and varies based on the ingredients and the indication of the formulations. Although in Ayurvedic texts we find a detailed description about its different kinds of formulation, there is limited knowledge available about *Malahara Kalpana*. This article is an attempt to bring about clarity on the subject through review of various *Malahara Kalpana* given in different texts.

**Key words:** *Malahara, Malahara Kalpana, Ointments, Ayurvedic ointments, Lepas.*

### INTRODUCTION

In Ayurveda, *Aushadha* (medicine) is divided into two broad categories - *Antahparimarjan* (internal dosage forms) and *Bahirparimarjan* (External applications forms).<sup>[1]</sup> *Antahparimarjan Aushadhi* include dosage forms such as - *Vati, Choorna, Asava, Avaleha, Kashaya* etc., *Bahirparimajana* includes - *Lepa, Upnaha, Varti, Parisheka* etc.

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*Lepa* in Ayurveda is part of treatment since the *Samhita Kala* and has been included as treatment in *Brihatrayee*. We get a lot of information about the types, thickness and the rules governing its use in Sushruta Samhita and Sharangdhara Samhita. This mode of treatment is extensively used in *Kushtha, Kshudra Roga* and *Vrana Chikitsa* in almost all Ayurvedic texts.

*Malahara Kalpana* which is an extension of *Lepa Kalpana* has also been a part of treatment since the *Samhita Kala*, however the name "*Malahara*" has come into existence quite recently. In earlier texts names like *Lepa, Pralepa* etc. have been used for this form of external medicine. For example, in Charaka Samhita there is one formulation called *Vipadikahara Lepa* which contains *Sidha Yamaka Sneha, Sikatha* and *Sarjarasa* as ingredients.<sup>[2]</sup> Also, in *Sharangdhara Samhita* there is a reference of *Netra Anjana* containing - Burnt ashes of *Saindhava* and *Lodhra, Siktha, Ghrita*.<sup>[3]</sup> However, with the influence of Unani system in India and because of similarity of this form with the Unani *Malham*, the Ayurvedic authors have

taken the nomenclature - *Malahara* which means the one which takes out *Mala* or impurities out of any wound or abscess, for this type of specific pharmaceutical external formulations.

Chronologically, the name "*Malahara*" first appeared in Yogaratnakara, where in *Vranashopha Chickitsa* two *Malahara* with the name - *Parada Malahara*<sup>[4]</sup> and *Dwitiya Parada Malahara*<sup>[5]</sup> are given. However, the name *Malahara* has not appeared in the *Shloka* even in this reference. Later the books like Bharat Bhaishajya Ratnakar have given *Malahara Kalpanas* such as - *Raladi Malahara*, *Paradadi Malahara*. And the most recent classical text - *Rasatarangini* has extensively given *Malahara kalpanas* for almost all the *Rasa Dravyas* like – *Gandhaka*, *Parada*, *Hingula*, *Sindoor*, *Mridarashringa*, *Gairika*, *Tankana*, *Tuttha* etc. There are a total of 20 *Malahara Kalpanas* mentioned in this text.

One of the contemporary books called *Rasatantrasara va Siddhprayoga Sangraha*, written by Swami Krishnanandaji, also has 29 *Malahra Kalpanas* based on his own experience.

In modern pharmaceuticals *Malahara Kalpana* can be compared with ointments, creams, and gels. These are soft semi solid preparations, which are used on skin or mucous membrane as external applications. The active ingredients in these preparations are dissolved, emulsified, or suspended in the base. The ointments sometimes act as emollients or protective agents to the skin or sometimes as a vehicle for topical application of the medicinal active principles.<sup>[6]</sup>

**Table 1: Collation of Malahara Kalpanas given in Ayurvedic texts.**

SN	Name of Malahara	Ingredients	Indications	Method of preparation
1.	<i>Rasa Pushpa Malahara</i> <sup>[7]</sup>	<i>Rasa Pushpa</i> - 4 Ratti (500 mg), <i>Navneeta</i> (butter) washed 100 times with water- 1 Tola (12g)	<i>Phiranga</i> (Syphilitic ulcer)	Trituration
2.	<i>Rasa Pushpadhya Malahara</i> <sup>[8]</sup>	<i>SikthaTaila</i> - 1 Tola (12g), <i>Rasa Pushpa</i> - 4 Ratti (500 mg)	<i>Phiranga</i> (Syphilitic ulcer), <i>Vicharchika</i> (eczema), Nail injury or bite by carnivorous	Trituration

Although this is a very important and potent medicament, the information about it is quite scattered. In Ayurvedic texts, we find different formulations of *Malahara Kalpanas*, however information on the *Kalpana* and its definition could not be found. Therefore, there is a need to compile and define various facts about this important *Kalpana*.

## OBJECTIVES

- To compile all the *Malahara Kalpana* given in *Rasagranthas* written after 17<sup>th</sup> century
- To analyse ingredients and method of preparation of the compiled data on *Malahara Kalpana*

## MATERIALS AND METHODS

A systematic review of the following Ayurvedic books was done: Chakradatta, Rasendra Sara Sangraha, Brihata Rasarajasundara, Rasendrachintamani, Rasaprakash Sudhakara, Yogatarangini, Rasaratna Samuchaya, Sharangadhara Samhita, Charaka Samhita, Bhaishajya Ratnavali, Bharat Bhaishajya Ratnakar, Rasatantra & Siddhprayoga Sangraha to get information on *Malahara Kalpana*.

*Kalpanas* (formulations) where the term "*Malahara*" was specified in the text were taken for the compilation of this article. *Malahara Kalpanas* were found in *Rasa Tarangini*, *Yogaratnakara*, *Bharat Bhaishajya Ratnakara* and *Rasatantrasara va Siddhprayoga Sangraha*. However, in *Shloka* the term "*Malahara*" is not mentioned in *Yogaratnakara*, it is mentioned only in Hindi commentary of the book. *Kalpanas* given in these texts are collated as given in the table no. 1.

			animals.	
3.	<i>Kajjalikodaya Malahara</i> <sup>[9]</sup>	<i>Siktha Taila</i> - 48 Tola (576g), <i>Kajjali</i> (Black sulphide of mercury) - 2 Tola (24g), Purified <i>Mruddarshruna</i> (Lead oxide) - 4 Tola (48g) <i>Kampilaka</i> ( <i>Mallotus philippensis</i> ) - 8 Tola (96g) Purified <i>Tuttha</i> (Copper sulphate) - 3 <i>Masha</i> (3g)	Heals non-healing ulcers that are difficult to be healed by various other types of <i>Malahara</i>	Trituration
4.	<i>Dadru Vidravana Malahara</i> <sup>[10]</sup>	<i>Siktha Taila</i> - 12 Tola (144g), Purified <i>Gandhaka</i> (Sulphur) - 1 Tola (12g), Purified <i>Tankana</i> (Borax) - half Tola (6g), <i>Chakramarda</i> seeds ( <i>Cassia tora</i> ) - Half Tola (6g) <i>Laksha Churna</i> ( <i>Laccifer lacca</i> ) - Half Tola (6g)	Relieves <i>Dadru</i> (tinea infection) within seven days	Heat and mix method
5.	<i>Gandhakaadhy Malahara</i> <sup>[11]</sup>	<i>Siktha Taila</i> - 6 Tola (72g) Purified <i>Gandhaka</i> - Half Tola (6g) Purified <i>Sindhura</i> (Lead sulphide)- Half Tola (6g) Purified <i>Tankana</i> - 2 <i>Masha</i> (2g) <i>Karpooora</i> (camphor)- 2 <i>Masha</i> (2g)	Relieves chronic nature of <i>Paama</i> (Scabies)	Trituration
6.	<i>Hinguladhya Malahara</i> <sup>[12]</sup>	<i>Siktha Taila</i> - 12 Tola (144g) Purified <i>Sindhura</i> - Half Tola (6g) Purified <i>Hingula</i> (Cinnabar) - Half Tola (6g)	<i>Phiranga</i> (Syphilitic ulcer)	Trituration
7.	<i>Hingula Amrita Malahara</i> <sup>[13]</sup>	<i>Siktha Taila</i> - 12 Tola (144g) Purified <i>Hingula</i> - 6 <i>Masha</i> (6g) Purified <i>Mruddarshruna</i> - 2 <i>Masha</i> (2g) Purified <i>Tankana</i> - 2 <i>Masha</i> (2g) <i>Karpooora</i> - 2 <i>Masha</i> (2g) <i>Rasa Karpooora</i> - 2 <i>Masha</i> (2g) Purified <i>Sphatika</i> (alum) - 2 <i>Masha</i> (2g) Purified <i>Sindhura</i> - 2 <i>Masha</i> (2g)	Heals and purifies non-healing type of wound. Also, useful for <i>Nadi Vrana</i> (sinus tracts) and <i>Fistula</i> tracks	Trituration
8.	<i>Talkodya Malahara</i> <sup>[14]</sup>	<i>Siktha Taila</i> - 30 Tola (360 gm), Purified <i>Hartala</i> (orpiment)- 2 Tola (24g), <i>Kajjali</i> - 1 Tola (12g) <i>Hareetaki Churna</i> ( <i>Terminalia chebula</i> )- 1 Tola (12g) <i>Khadirashara</i> ( <i>Acacia catechu</i> )- 1 Tola (12g) Purified <i>Gairika</i> (red ochre)- 1 Tola (12g) Purified <i>Girisindoora</i> (HgO)- 1 Tola (12g) Purified <i>Manahshila</i> (Realgar) - Half Tola (6g)	<i>Vrana</i> of various etiology, <i>Vicharchika</i> (eczema), <i>Dadru</i> (tinea infection), <i>Paama</i> (Scabies), <i>Vishphotaka</i> (erysipelas), and especially effective in <i>Nadi Vrana</i> (sinus track)	Trituration
9.	<i>Tankan Amrita Malahara</i> <sup>[15]</sup>	<i>Siktha Taila</i> - 12 Tola (144g) Purified <i>Tankana</i> - 2 Tola (24g) <i>Sarjikshara</i> (Potassium nitrate) - half Tola (6g) Purified <i>Kasisa</i> (Ferrous sulphate) - half Tola (6g) <i>Kshara</i> of <i>Ashwatha</i> ( <i>Ficus religiosa</i> ) tree bark - 2 <i>Masha</i> (2g)	<i>Dusta Vrana</i> (non-healing ulcer)	Trituration
10.	<i>Tankana Amla Malahara</i> <sup>[16]</sup>	<i>Siktha Taila</i> - 9 Tola (108g) <i>Tankana Amla</i> - 1 Tola (12g)	<i>Vrana Shodhana</i> , <i>Agnidagdha Vrana</i> (burn) and <i>Bhutaghana</i> (anti-	Trituration

			microbial)	
11.	<i>Yasada Amrita Malahara</i> <sup>[17]</sup>	<i>Siktha Taila</i> - 3 Karsha (36g) <i>Agni Jarit Yasada</i> (Zinc calx)- 1 Tola (12g)	<i>Vrana Ropana</i> (healing) <i>Vicharchika</i> (eczema), and <i>Agnidagdha Vrana</i> (burn)	Trituration
12.	<i>Tuttha Amrita Malhara</i> <sup>[18]</sup>	<i>Siktha Taila</i> - 10 Tola (120g) Purified <i>Tuttha</i> - 20 Ratti (2.5g)	Cures chronic <i>Paama</i> (scabies)	Trituration
13.	<i>Tutthadhayo Malahara</i> <sup>[19]</sup>	<i>Cow's Ghrita</i> - 2 Tola (24g) <i>Raala Churna</i> ( <i>Shorea robusta</i> ) - 1/8 Tola (1.5g) Purified <i>Tuttha</i> - 1/8 Tola (1.5g) <i>Khati</i> - 1 Tola (12g) <i>Kapardika Bhasma</i> (cowries shell) - 1 Tola (12g) Purified <i>Tankana</i> - 1 Tola (12 g)	<i>Vrana Shodhaka</i> and expulses excess of slough from wound ( <i>puyanisaraka</i> )	Washing method
14.	<i>Sindhooradhya Malahara I</i> <sup>[20]</sup>	<i>Siktha Taila</i> - 3 Karsha (36g) Purified <i>Tankana</i> - half Tola (6g) Purified <i>Sindhoora</i> -half Tola (6g)	Removes excess slough from <i>Vrana</i> , <i>Bhutaghna</i> (anti-microbial), purifies, and heals wounds	Trituration
15.	<i>Sindhooradhya Malahara II</i> <sup>[21]</sup>	<i>Siktha Taila</i> - 3 Karsha (36g) <i>Raala Churna</i> - Half Tola (6g)	Same as <i>Sindhooradhya Malahara I</i>	Trituration
16.	<i>Mruddarshrunga Malahara I</i> <sup>[22]</sup>	<i>Siktha Taila</i> - 1 Pala (48g) Purified <i>Mruddarshrunga</i> - 1 Tola (12g)	<i>Twachya</i> (beautifying), <i>Bhagna Sandhanajnana</i> (heals wound due to open fracture), <i>Paama-Kandunashaka</i> (itching due to scabies), cures <i>Vipadika</i> (palmo-plantar psoriasis), purifies and heals wounds, for various anal diseases.	Trituration
17.	<i>Mruddarshrunga Malahara II</i> <sup>[23]</sup>	<i>Atasi Taila</i> (Flax seed oil)- 1 Pala (48g) Purified <i>Mruddarshrunga</i> - 1 Tola (12g)	<i>Twachya</i> (beautifying), and heals all type of wounds.	Heat and mix
18.	<i>Gairikadhya Malahara</i> <sup>[24]</sup>	<i>Siktha Taila</i> - 6 Tola (72g) Purified <i>Swarna Gairika</i> - 1 Tola (12g) <i>Haridra Churna</i> ( <i>Curcuma longa</i> ) - 1 Tola (12g) Purified <i>Sindoor</i> - 1 Masha (12g)	<i>Kandu</i> (Itching) and burning sensation and heals various types of wound	Trituration
19.	<i>Vednantaka malahara</i> <sup>[25]</sup>	<i>Siktha taila</i> – 9 Tola (108g) <i>Sh. Afim</i> – 9 Masha (6.75g) <i>Sindoor</i> – 9 Masha (6.75g)	<i>Gudankur sthita Vedana</i> , <i>Payustha Vidradivedana</i> , <i>Gudankura</i> and <i>Payusth Vidara</i>	Trituration

20.	<i>Navajeevana Malahara</i> <sup>[26]</sup>	<i>Sh afeem</i> – 3 <i>Masha</i> (2.25g) <i>Siktha Taila</i> - 6 <i>Tola</i> (72g) <i>Triphla Bhasma Churna</i> – 1 <i>Tola</i> (12g) <i>Gandhaviroja</i> - 1 <i>Tola</i> (12g)	<i>Sujak Vrana</i> - <i>Dushta</i> and <i>Vedanayukta</i>	Heat and mix
21.	<i>Paradadi Malahara</i> <sup>[27]</sup>	<i>Parada, Gandhaka</i> (rasagandhakayohchurnam)- 1 part <i>Murdashrungakama</i> - 1 part <i>Kampilaka</i> - 2 parts <i>Tuttha</i> - <i>Kinchimatra</i> <i>Ghrita</i> - 16 parts	<i>Dushta Vrana, Navvrana</i>	Trituration
22.	<i>Dwitya Paradadi Malahara</i> <sup>[28]</sup>	<i>Parada, Gandhaka, Sindoor, Rala, Kampilaka, Murdasringa, Tuttha, Khadira</i> , and 4 times <i>Ghrita</i>	All types of <i>Vrana</i>	Trituration
23.	<i>Raaladi Malahara</i> <sup>[29]</sup>	<i>Katu Taila</i> and water - equal proportion <i>Raala Churna</i> - 12 tola <i>Khadira</i> - 1 pala <i>Kankushtha</i> - 1/2 pala	<i>Sarva Vrana Prashamana</i>	Trituration
24.	<i>Paradadi Malahara</i> <sup>[30]</sup>	<i>Rasa, Gandhaka, Sindura, Raala, Kampilaka, Mridarashringa, Tuttha, Khadira</i> - Equal proportion <i>Ghrita</i> - 4 parts	<i>Sarva Vrana Prashamana</i>	Trituration
25.	<i>Paradadi Malahara</i> - 2 <sup>[31]</sup>	<i>Rasa &amp; Gandhaka</i> - 1 part each <i>Mridarashringa</i> - 2 parts <i>Kampilaka</i> - 4 part <i>Tuttha</i> – <i>Kinchit</i> (in very small quantity) <i>Ghrita</i> - 4 times of all above ingredients	<i>Nadivrana, Dushta vrana</i>	Trituration
26.	<i>Karpuradi Malahar</i> <sup>[32]</sup>	<i>Parada, Gandhaka, Kunduru (Bimbi -Coccinia indica), Gulara (Udumbar- Ficus glomerate), Lobana (Styrax benzoin)</i> - equal parts <i>Karpura</i> - equal to all above	<i>Vidradhi, Galaganda, Nadivrana, Dushta Vrana,</i>	Trituration
27.	<i>Rala Malahara</i> <sup>[33]</sup>	<i>Tila Taila</i> - 16 <i>Tola</i> (192g) <i>Rala</i> ( <i>Shorea robusta</i> )- 4 <i>Tola</i> (48g) <i>Tuttha</i> - 3 <i>Masha</i> (2.25g)	<i>Agnidagdha Vrana, Gudapaka</i> in children, <i>Ulcers, Vrana, Mutrendriya Shotha, Arsha Shotha/Paka, Pidika</i>	Washing method
28.	<i>Vranamruta Malahara</i> <sup>[34]</sup>	<i>Gandhaviroja, Siktha, Rala</i> - 10 <i>Tola</i> (120g) each <i>Atasi taila</i> - 20 <i>Tola</i> (240g)	All types of <i>Vrana, Upadansha, Dushta Vrana,</i>	Trituration

29.	<i>Vranamruta Shweta Malahara</i> <sup>[35]</sup>	<i>Karpura</i> - 1 Tola (12g) <i>Sikatha</i> - 5 Tola (60g) <i>Safeda</i> (eucalyptus)- 10 Tola (120g) <i>Meetha Taila</i> - 10 Tola (120g)	<i>Vrana Ropana</i>	Heat and mix
30.	<i>Vranamruta Shweta Malahara</i> (2 <sup>nd</sup> Method) <sup>[36]</sup>	<i>Gugulu, Pipali Kaudi Bhasma, Black Bhasma of Galisupari, Sukshma Ela, Papadiya Kattha</i> - 1 Tola (12g) each <i>Shatadhaut ghritha</i> - 5 Tola (60g)	<i>Vrana Ropana, Agnidagdha Vrana, Jeerna Vrana</i>	Heat and mix
31.	<i>Gulabi Malahara</i> <sup>[37]</sup>	<i>Kokam Amchur Taila, Eranda Taila</i> - 10 Tola (120g) each <i>Safeda</i> - 1 Tola (12g) <i>Sindoora</i> - 1 Tola (12g)	<i>Vipadika,</i> Makes skin soft	Heat and mix
32.	<i>Choona Malahara</i> <sup>[38]</sup>	<i>Choona</i> - 5 Tola (60g) <i>Eranda Taila</i> - 3 Tola (36g) <i>Ruyi</i> - 6 Rati (650mg)	<i>Atipuyayukta Vrana, Shodhaka and Ropaka.</i>  The bandage with this <i>Malahara</i> is changed 2-4 times a day for 1 or 2 days. In <i>Dushta Vrana or nadi vrana</i> along with this <i>Malahara</i> internal medicine like <i>Malladi Vati, Rasamanikaya, Raktashodhaka</i> medicines according to disease condition are also given	Mixing
33.	<i>Darunakanashaka malahara</i> <sup>[39]</sup>	<i>Tuttha, Kapeela, white Kattha, Gairika, Shora</i> - 1 Tola (12g) each <i>Murdashruna, Maricha, Madyantika Patra</i> - 2 Tola (24g) each <i>Sarshap Taila</i> - 18 Tola (216g) <i>Siktha</i> - 2 Tola (24g)	<i>Darunaka, Arunshika,</i> hair fall	Heat and mix
34.	<i>Pamahara Malahara</i> <sup>[40]</sup>	<i>Parada, Gandhaka, Maricha, Tuttha, Sindoora, Krishna Jeeraka, Jeeraka</i> - equal parts <i>Shatadhaut Ghritha</i> - equal to all	<i>Pama, katchu</i> (5-7 days).  It is <i>Saumaya</i> and <i>Nirbhaya</i> and can be use in children and in <i>Soumya Prakriti</i>	Mixing
35.	<i>Pamahara Malahara</i> (Second method) <sup>[41]</sup>	<i>Parada, Gandhaka, Tuttha, Jayapala</i> - 1 <i>Chhatanka</i>  <i>Shatadhaut ghritha/ vaseline</i> - 1 Sera	<i>Pama, dry Kandū, Byuchi, Dushta Vidradhi,</i>  <i>Pama</i> gets cured in 3 days. In <i>Sarvanga Kandū,</i> apply <i>Malahara</i> mixed	Trituration

			with equal <i>Taila</i> and sit in sun for 1-2 hours and then take bath	
36.	<i>Byuchihara malahara</i> (Eczema) <sup>[42]</sup>	<i>Parada, Gandhaka, Manahshila, White Kattha, Pashanbheda Patthara, Mridarashringa</i> - 1 Tola (12g) <i>Puwad Beeja</i> - 7 Tola (84g) <i>Goghrita</i> - 4 times	Eczema, <i>Pama, Dadru, Kandu, Visfotaka, Chandī Ke Ghav</i>	Trituration
37.	<i>Adeeth</i> (carbuncle) <sup>[43]</sup>	<i>Parada</i> - 1 Tola (12g) <i>Gandhaka</i> - 2 tola (24g) <i>Mrudarshringa</i> - 4 Tola (48g) <i>Kapila</i> - 8 Tola (96g) <i>Tuttha</i> - 2 <i>Masha</i> (1.5g) <i>Shatadhaut Ghrita</i> - 4 times of the ingredients	Reduces pain and burning of carbuncle	Trituration
38.	<i>Bhagandara nashaka Malahara</i> <sup>[44]</sup>	<i>Rasa karpura, sindoora, selkhadi, mridarshringa, safeda, Safed Kattha, Karpur, Chiknisupari Ki Rakh</i> - 1 Tola (12g) each <i>Swarnaksheeri seeds</i> - 8 Tola (96g) <i>Shatadhaut Ghrita</i> - 4 times	<i>Nutan Bhagandara, Kanthamala, Upadansha, Nasoor, Ganbheera Vrana, Arsha, Pama, Pidik, Dadru, Nadi Vrana.</i>  If <i>Vikruti</i> has reached uptill <i>Mansa Dhatu</i> this will be useful in combination with <i>Prakshalan</i> and internal medication	Mixing
39.	<i>Bhagandara Nashaka Malahara</i>    <sup>[45]</sup>	<i>Bhasma</i> of Cat's/ dog's/camel's leg bone- 5 Tola (60g) <i>Shatadhaut Ghrita</i> - 5 Tola (60g)	<i>Bhagandara, Nasoora, Dushta Vrana</i> , especially in <i>Bhagandara</i> near <i>Ashthi Dhatu</i>	Mixing
40.	<i>Kanthamala/ Gandamalahara Malahara</i> <sup>[46]</sup>	<i>Daalchikna, Parada, Gandhaka, Mridarashringa, Safeda, Safed kattha, Tankana, Kundaru (Bimbi), Bhallataka, Maricha, Nimba patra, Sikatha</i> - 2 Tola (24g) each <i>Sarshapa taila</i> - 40 Tola (480g)	<i>Kanthamala</i>	Mixing
41.	<i>Kanthamala/ Gandamalahara Malahara</i> (Second method) <sup>[47]</sup>	Human skull/ bone powder+ housefly excreta + <i>Naramutra</i> (or <i>Gomutra</i> )	<i>Kanthamala, Gandamala, any other Pidaka</i>	Mixing
42.	<i>Upadamsharipu Malahara</i> <sup>[48]</sup>	<i>Rasakarpura</i> - 6 <i>Masha</i> , <i>Kapoor</i> - 6 <i>Masha</i> , <i>Murdashringa</i> - 1 Tola <i>Safed kattha</i> - 6 Tola,	<i>Upadansha, firanga, jeerna vrana.</i>  Note - the vrana should be shoudha and devoid of pus before using it	Heat and mix

		<i>hiradokhi gonda - 2 Tola</i> <i>Tuttha - 3 Masha</i> <i>Vaseline - 20 Tola</i>		
43.	<i>Arshohara Malahara</i> <sup>[49]</sup>	<i>Varki haratala, safed kattha- 2 Tola (24g) each</i> <i>Shatadhaut Ghrita - 8 Tola (96g)</i>	<i>Raktaj Arsha, Vataja Arsha</i>	Mixing
44.	<i>Arshohara Malahara (Second Method)</i> <sup>[50]</sup>	<i>Sindoora - 4 Tola (48g)</i> <i>Goghrita - 20 Tola (240g)</i> Keep in a <i>Kamsya</i> plate and mix with <i>Neemdanda</i> . Tie <i>Naga Patra</i> (5 tola- 60g) on the <i>Neemdanda</i> Wash it 100 times	<i>Arsh</i>	Washing method
45.	<i>Arshohara Malahara (Third method)</i> <sup>[51]</sup>	<i>Ahiphena - 3 Masha (2.25g)</i> <i>Arka dugdha - 1 Masha (750mg)</i> <i>Jayaphala - 1 Tola (12g)</i> <i>Shatadhaut - 1 Tola (12g)</i>	<i>Arsha, Pain and inflammation of Arsha</i>	Mixing
46.	<i>Arshohara Malahara (Fourth method)</i> <sup>[52]</sup>	<i>Selkhadi, Kali ka Chuna, Sonageru, Sphatika, Marodaphali (Aavartani- Helicteres isora), Amahaldi- equal parts</i> <i>Navaneeta - 4 times</i>	<i>Sushka and Rakta Arsha,</i>	Mixing
47.	<i>Shirahshulantaka malahara</i> <sup>[53]</sup>	White Vaseline - 3 Pounds (1.36 kg) Paraffin - 1 Pounds(454g) <i>Lohban P- 3 Ounce (85g)</i> <i>Kapur - 3 Ounce (85g)</i> Pepermint flower- 1 Ounce (28.35g) <i>Yavani flower - 2 Ounce (56.7g)</i> <i>Neelgiri Taila - 6 Ounce (170g)</i> <i>Twak Taila - 2 Ounce(56.7g)</i>	<i>Shirahshoola, swelling, joint pain, burns with oil, ghee or acids, cracks in lips, nipples, insect bite pain and burning</i>	Heat and mix
48.	<i>Shirahshulantaka malahara II</i> <sup>[54]</sup>	<i>Neelagiri Tail - 8 parts,</i> <i>Lauhban Pushpa - 4 parts,</i> <i>Hard Paraffin- 38 parts,</i> Soft Paraffin - 50 parts,	<i>Shirahshoola, swelling, joint pain, burns with oil, ghee or acids, cracks in lips, nipples, insect bite pain and burning</i>	Heat and mix
49.	<i>Agnidagdha Vranahara Malahara</i> <sup>[55]</sup>	<i>Rala - 4 Tola (48g)</i> <i>Atasi Taila - 40 Tola (480g)</i> Heat in a widemouth vessel. Filter through a cloth. When cold wash with lime water in	Burns, <i>Vran Ropaka</i> , no spots after healing.	Washing method

		<i>Kansaya Paatra</i> , 21 times.		
50.	<i>Agnidagdha Vranahara Malahara</i> (Second method) <sup>[56]</sup>	<i>Shudha lime</i> - 4 Tola (48g) <i>Siktha</i> - 2 Tola (12g) Coconut oil - 16 Tola (192g)	Burns, <i>Yonikandu</i> , <i>Yonikshata</i> , <i>Yonidaha</i> ,	Heat and mix
51.	<i>Manahshiladi Malahara</i> <sup>[57]</sup>	<i>Manahshila</i> , <i>Sukshama ela</i> , <i>Manjishtha</i> , <i>Laksha</i> , <i>Haridra</i> , <i>Daruharidra</i> - 2 Tola (24g) <i>Ghrita</i> - 6 Tola (72g) <i>Madhu</i> - 6 Tola (72g)	Scars left after <i>Vrana Ropana</i>	Mixing
52.	<i>Parada Malahara</i> <sup>[58]</sup>	Parafin wax - 1 Ser <i>Tila Taila</i> - 1/2 Ser <i>Sh. Parada</i> -15 Tola (180g) <i>Nimbantarachhala Rasa</i> - 2 & 1/2 Tola (30g) <i>Bhringaraja rasa</i> - 2 and 1/2 Tola (30g) <i>Sindoora</i> - 6 Masha (4.5g)	<i>Vrana</i> , eczema, <i>Nadivrana</i> , <i>Dushtavrana</i> , for <i>Soumya</i> people - <i>Bala</i> , <i>Sagarbha</i> , <i>Vridha</i> etc..	Trituration
53.	<i>Paradadi malahara</i> <sup>[59]</sup>	<i>Parada</i> and <i>Gandhaka</i> - 1 Tola (12g) each, <i>Murdarshringa</i> - 2 Tola (24g) <i>Kapila</i> - 4 Tola (48g) <i>Tuttha</i> - 3 Masha (2.25g) <i>Shatadhauta ghrita</i> - 32 Tola (384g)	<i>Vranashodhaka</i> & <i>Ropaka</i> , <i>Dushtavrana</i> , <i>Gambhira Vrana</i> , <i>Dushtavrana</i> of <i>Mastishka</i> / thigh, <i>Upadamsha Vrana</i> , <i>Vrana</i> on vaccination site, <i>Dadru</i> , <i>Pama</i> , <i>Kandu</i>	Mixing
54.	<i>Nimbadi Malahara</i> <sup>[60]</sup>	<i>Nimba Patra Swarasa</i> - 40 Tola (480g) <i>Goghrita</i> - 10 Tola (120g) <i>Rasakarpura</i> - 1 Tola (12g) <i>Siktha</i> - 2 Tola (24g)	<i>Naveena</i> and <i>Jeerna vrana</i> . Infectious and spreading <i>Vrana</i> .	Heat and mix

Bases used in *Malahara Kalpana* are *Siktha Taila*, *Tila Taila*, *Ghrita*, *Atasi Taila*, *Navaneeta*, *Shatadhauta Ghrita*, *Eranda Taila*, Vaseline, Paraffin, Coconut oil and *Sarshapa Taila*.

*Sikatha Taila* is prepared by mixing one part of *Sikatha* (bee wax) and 5 or 6 parts of *Tila Taila* (sesame oil), based on the season. The above said ingredients are heated till the bee wax melts, and then the fire is put off and the mixture is stirred continuously till it becomes thick.<sup>[61]</sup> Thus, prepared *Sikatha Taila* is then used as base for different *Malahara Kalpana*.

Properties of commonly used bases, in the preparation of *Malahara Kalpana* are given in table no. 2.

**Table 2: Properties of commonly used bases in Malahara Kalpana.**

Bases	Properties
<i>Siktha</i>	<i>Mrudu</i> (Soft), <i>Atisnigdha</i> (unctuous), <i>Bhootagraha Nashaka</i> (antimicrobial), <i>Vrana Ropana</i> (wound healing), <i>Bhagna Sandanakara</i> (fracture healing), <i>Vata</i> , <i>Kushtha</i> (skin diseases), <i>Visarpa</i> (erysipelas) and <i>Rakta vikara nashaka</i> (destroys blood)

	impurities). <sup>[62]</sup>
<i>Ghrita</i>	<i>Snigdha</i> (unctuous), <i>Twachya</i> (good for skin), <i>Vatapittaprashamana</i> , <i>Vishahara</i> (anti-poison). <i>Vrana Ropaka</i> (wound healing property), <i>Visarpa Nashaka</i> (cures erysipelas), and cures diseases related to <i>Rakta</i> (haematological diseases). <sup>[63]</sup>
<i>Navaneeta</i>	<i>Sheeta</i> (cold), <i>Varna Bala Agnikruta</i> (enhances complexion, strength and digestion), <i>Vata Pitta Asrukjit</i> (cures diseases related to <i>Vata</i> , <i>Pitta</i> and <i>Rakta</i> doshas). <sup>[64]</sup>
<i>Shatadhauta Ghrita</i>	Used for external application in <i>Daha</i> (burning sensation), <i>Vrana</i> (wounds), <i>Visarpa</i> (erysipelas), and various skin disorders. <sup>[65]</sup>
<i>Tila Taila</i>	<i>Varnakara</i> (enhances complexion), pacifies <i>Vata</i> and <i>Kapha</i> , <i>Ushna</i> (hot), <i>Raktapittakara</i> (induce bleeding if consumed in excess), <i>Twachya Keshya Netraya</i> & in <i>Abhyanga</i> (good for skin, hair and eye on application), beneficial in <i>Vrana</i> (wound) and <i>Dagdha</i> (burn) conditions. <sup>[66]</sup>
<i>Atasi oil</i>	Pacifies <i>Vata</i> and is <i>Twakdoshrhit</i> (relieves disease conditions of skin). <sup>[67]</sup>

Wide range of ingredients has been used in different *Malahara Kalpanas* based on the conditions for which it is formulated. Table no. 4 gives us properties of some of the commonly used ingredients in *Malahara Kalpanas*.

**Table 3: Properties of commonly used ingredients in Malahara Kalpanas.**

Ingredients	Properties
<i>Mridara Shringa</i> (Litharge)	<i>Vata Kapha Shamaka</i> , <i>Sheetavirya</i> , <i>Vranaropaka</i> , <i>Sandhanaka</i> , <i>Sankochaka</i> . <sup>[68]</sup>
<i>Kampilaka</i> ( <i>Mallotus phillippinensis</i> )	<i>Katu</i> , and <i>Amlarasa</i> , <i>Ushana</i> , <i>Malabhedaka</i> , <i>Vrana</i> and <i>Kriminashaka</i> . <sup>[69]</sup>
<i>Tuttha</i> (Copper sulphate)	<i>Lekhana</i> , <i>Bhedana</i> , <i>Kashaya</i> and <i>Madhurarasa</i> , <i>Laghuguna</i> , <i>Krimighana</i> , <i>Kapha Pittahara</i> , <i>Shwitrupaha</i> , <i>Sankochaka</i> . <sup>[70]</sup>
<i>Gandhaka</i> (Sulphur)	<i>Madhurarasa</i> , <i>Katuvipaka</i> , <i>Ushnavirya</i> . Indicated in <i>Kandu</i> , <i>Visarpa</i> , <i>Kushtha</i> , <i>Dadru</i> , <i>Garavisha</i> , <i>Shoshana</i> . <sup>[71]</sup>

<i>Sindoor</i> (Mercuric oxide or Lead oxide)	<i>Bhutaghna</i> , on external application used for all types of 11 <i>Kshudra Kushta</i> and <i>Sidhma</i> , <i>Visarpa</i> , <i>Pama</i> , <i>Vicharchika</i> . <sup>[72]</sup>
<i>Hingula</i> (Cinnabar)	<i>Kaphahara</i> , <i>Pittajamaya hara</i> , <i>Garavisha</i> , <i>Kushtha</i> , <i>Prameha</i> . <sup>[73]</sup>
<i>Rasakarpoora</i>	<i>Twakrakta Shamaka</i> , <i>Grahi</i> , <i>Kriminashana</i> , <i>Sfota</i> , <i>Kandu</i> , <i>Mandala Kushtha</i> , <i>Phiranga</i> , <i>Kushtha</i> . <sup>[74]</sup>
<i>Hartala</i> (Arsenic trisulphide)	<i>Katu</i> , <i>Kashayarasa</i> , <i>Ushnavirya</i> , <i>Snigdha</i> , <i>Kapha Rakta hara</i> , <i>Visarpa</i> , <i>Kandu</i> , <i>Kushtha</i> , <i>Vipadika</i> , <i>Vicharchika</i> , <i>Visphota</i> , <i>Vrana</i> , <i>Nadi Vrana</i> , <i>Bhagandara</i> , <i>Vatrakta</i> , <i>Phiranga</i> . <sup>[75]</sup>
<i>Manahshila</i> (Arsenic disulphide)	<i>Katu</i> , <i>Tikta rasa</i> , <i>Snigdha</i> , <i>Ushna</i> , <i>Guruguna</i> , <i>Lekhana Karma</i> , <i>Kanduhara</i> , <i>Bhootaupadrava nashini</i> , <i>Vishapaha</i> . <sup>[76]</sup>
<i>Raalaa</i> ( <i>Shorea robusta</i> )	<i>Kapha</i> and <i>Pittashamak</i> , <i>Vranashodhan</i> , <i>Ropan</i> , <i>Sandhaniya</i> and <i>Jantughna</i> . <sup>[77]</sup>
<i>Madanaphala</i> ( <i>Randia spinosa</i> )	<i>Kapha Vatashamak</i> , <i>Shothahara</i> , <i>Vedanasthapana</i> , <i>Vranashodhaka</i> , <i>Kushthaghna</i> , <i>Vishaghna</i> . <sup>[78]</sup>

## DISCUSSION

As we find not much description of *Malahara Kalpana* in Ayurvedic texts, we have attempted to analyse the different aspects of it by reviewing all the *Kalpanas* given in the texts.

### Ingredient Analysis

*Malahara Kalpana* is made broadly of two types of ingredients: i. The base and ii. The active medicament.

i) **Base** consists of predominantly *Siktha Taila*, however *Tila Taila*, *Ghrita*, *Atasi taila*, *Navneeta*, *Shatadhauta ghrita*, *Eranda taila*, *Vaseline*, *Paraffin*, *Coconut oil*, *Sarshapa taila* are also used as base in various *Malahara*.

Out of the above, *Rasatarangini* has used prominently *Siktha Taila* and only in 3 of the *Malahara Kalpanas* – *Ghrita*, *Navaneeta* (*Shatadhouta*) and *Atasi taila* are used as base.

One of the *Malahara* given in Rasatantrasara & Siddhaprayog Sangraha has *Ghrita* and *Siktha* as base,<sup>[79]</sup> which are not seen anywhere else. Here *Nimbawarasa Sidhha Ghrita* is taken and then *Sikatha Ghrita* is prepared out of it. The indication of this *Malahara* is *Vrana Ropana*, possibly, *Ghrita* is chosen here for enhancing its *Vranaropaka* properties.

Other than the purpose of being a carrier for the active ingredient and imparting long shelf life to the formulation, the base also has some individual properties according to which they are used for different indications (Table no. 2). They all are unctuous and provide lubrication to the skin and also as these are all fatty bases, they enhance absorption of the medicament through stratum corneum layer of epidermis.

The bases used are *Twachya* and are beneficial to the skin in many ways as they enhance complexion, pacify *Vata Pitta* and *Raktadosha*. They have properties of *Twakadoshanashana* (cures skin diseases), *Visarpanashana* (cures erypselas), *Vranaropana* (wound healing) etc.

**ii) Active medicament:** various herbal, mineral and metals are used as active ingredients in *Malahara Kalpana*, based on the predominance of *Dosha* and *Vyadhi* for which it is indicated. The most used ingredients in *Rasa Tarangini* are: *Rasaindoora*, *Tankana*, *Parada*, *Mridarashringa*, *Gandhaka*, *Hingula*, *Sarjarasa*, *Tuttha*, *Ahifena*, *Gairika* in that order. *Sindoor* is the most widely used and it is part of 8 *Malahara Kalpanas*, followed by *Tankana* which is used to prepare 6 *Malaharas*. One *Kalpana* also has *Hartal* and *Manahshila* as ingredients.

Although there is usage of a wide range of ingredients, in *Malahara Kalpana*, based on different disease conditions and their *Dosha* predominance. However, the common properties seen in the ingredients are- *Vranaropana*, *Krimighna*, *Kushthaghna* etc.

Also, there is usage of herbal drugs too in a few of the *Malahara Kalpanas* such as *Chakramarda seeds*

(*Cassia tora*),<sup>[80]</sup> *Hareetaki* (*Terminalia chebula*),<sup>[81]</sup> *Haridra* (*Curcuma longa*).<sup>[82]</sup> It is anticipated that after inclusion of these ingredients the *Malahara Kalpana* will not be absorbed completely into the skin.

There is usage of *Kwatha* (decoction) and *Swarasa* (juice) in *Malahara Kalpana*, in Rasatantrasara & Siddha Prayoga Sangraha. In *Parada Malahara*, *Nimbatwak kwatha* and *Bhringaraja swarasa* are used and trituration method is used for homogenization with other ingredients like *Parada*, *Sindoor* and *Sikatha Taila*. Also, in the same reference we see unusual usage of *Parada* alone, whereas in all other formulations *Parada* is used in *Murchhita* forms such as *Kajjali* or its *Kupipakwa* preparations.<sup>[83]</sup>

So, on analysing the ingredients, we find that except a few formulations, *Malahara Kalpana* broadly contain minerals which get dissolved or suspended in the fatty media and enhance its spreadable capacity thereby helping in absorption of the medication in the skin.

#### Method of preparation Analysis

Broadly there are two methods used for preparation of *Malahara Kalpana* - i) Mixing method and ii) Washing method.

**i) Mixing method:** the mixing can be by heating the contents together or by just triturating the contents in a *Khalwa yantra* and third can be a mixture of the aforesaid two methods where few contents are mixed by heating and then after putting off the fire or in some cases when the heated mixture is cooled then the rest of the contents are added and mixed or triturated to mix them properly.

#### Rationale behind choosing the above said methods

It depends on the different melting points of the contents, their solubility in the base and their volatile nature. The main result should be a homogeneous mixture in *Malahara* consistency which is soft, smooth and spreads properly when applied to the skin or wound.

It appears that when *Rala* or *Laksha rasa* are used then the heating process is used to mix it in the base.

For example: *Dadruvidravana Malahara* in Rasatarangini has *Laksharasa* as content and heating is used to mix all the contents. Similarly, in *Tutthadayo Malahara – Ghrita* is first heated and *Raala* is mixed into it before adding all other ingredients.

**ii) Washing Method** - In this method the contents are washed several times with water.

In Rasatarangini there is only one *Malahara* where washing method is applied, called *Tutthkadayo Malahara* which has *Vrana Shodhaka* role (does purification of the wound). It has *Tuttha* as content and therefore as the water is poured for washing, it becomes blue in colour and it must be washed till water stops attaining the colour. The water becomes clear in around 12 washes, when clean water is taken every time, as experienced while preparing this *kalapana*.

**Probable reason for taking washing as a method of preparation in Malahara Kalapanas.**

There are two more *Malahara* in Rasatarangini where *Tuttha* is an ingredient called *Kajjalikodaya Malahara* and *Tutthamrita Malahara*. In both these *Kalapanas* Trituration method is used to make the mixture of ingredients homogenous.

When we analysed these two *Malahara Kalapanas* to probe why washing method is not used, we came to the following possibilities:

1. *Tutthkadayo Malahara* is used in open wounds, where absorption of the applied medicament will be more. Therefore, washing method is used here to wash off an excess amount of *Tuttha*, which if absorbed in excess quantity may cause some toxic effect. Whereas in *Kajjalikodaya Malahara* which is also indicated in *Vrana* (open wound), the washing method is not used because here the proportion of *Tuttha* taken is very less (i.e., ~ 1/250 part of the rest of the total ingredients) as compared to *Tutthkadayo* (i.e., ~ 1/40 part).

2. When we compare *Tutthamrit* and *Tutthkadayo Malahara* where the proportion of *Tuttha* is almost the same, the reason for different methods seems to

be the indication of the *Malahara*. *Tutthamrita Malahara* is indicated in *Pama* where the skin is closed and absorption of *Tuttha* will be relatively less and hence higher proportion of *Tuttha* will not cause any harm.

When we see *Malahara Kalpana* in Rasatantrasara & Siddhprayoga Sangraha, there are 3 *Kalpana* with washing methods. The reason here seems to be to induce *Sheeta* property in the *Malahara* as the indications of all those *Kalapanas* are *Dagdha Vrana*, *Arsha* etc. *Daah Pradhan* conditions.

**Other guidelines used in preparation of Malahara Kalpana**

If the ingredients are solid or in powder form, then before mixing in base it should be made fine. On the other hand, when the ingredients are deliquescent such as *Lavana* (salt) or *Kshara* (alkaloids), then it should be first made into paste by adding water and afterwards mixed with base. Any extract or juice when used should be made *Ghana* (semi solid consistency) before adding into the base. All volatile ingredients should be added once the base has cooled down, to avoid loss of active principles. The ingredients which have a high melting point should be heated first followed by the ingredients having low melting point to avoid overheating of the substances.

## CONCLUSION

*Malahara Kalpana* is made by dissolving or suspension of the drugs (mostly minerals) in the fatty base. This process enhances shelf life of the formulation and its spreadability which in turn enhances contact with the skin in addition to providing convenience of application of the medicament on wounds, skin diseases etc. The fatty base increases absorption of the medicament through stratum corneum. These formulations are in Ayurveda since Samhita kala, however, the name *Malahara* was taken from the Unani system of medicine and it first appeared in Yogaratanakara followed by Bharata Bhaishajya Ratnakara, Rasatarangini and Rasatantrasara & Siddhprayoga Sangraha. The bases used in *Malahara Kalpanas* are: *Sikthataila*, *Tilataila*, *Ghrita*, *Atasitaila*,

*Navneeta, Shatadhauta ghrita, Erandataila, Vaseline, Paraffin, Coconut oil, Sarshapataila.* And most used ingredients include: *Rasasindoora, Tankana, Parada, Mridarashringa, Gandhaka, Hingula, Sarjarasa, Tuttha, Ahifena, Gairika* in that order. *Malahara Kalpana* is indicated in both *Vrana* and *Kushtha*. There are different methods used in preparation of the *Malahara Kalpana* based on the solubility, melting point and volatile nature of the ingredients and based on the conditions for which it has been formulated. The main two methods are mixing and washing. There are some unique formulations found where some herbs like *Haritakichurna (Terminalia chebula)*, *Haridrachurna (Curcuma longa)* etc. are used, *Sikatha* with *Ghrita* as base is used, *Parada* (mercury) without any *Murchana Samskara* is used and *Kwatha, Swarasa* are used in *Malahara* preparation. Further research is required to check the ease of preparation, consistency, spreadability, absorption and shelf life of such preparation, which has the potential to provide a promising medication option for the benefit of a wide spectrum of patients.

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