



Review Article

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A REVIEW OF MALAHARA KALPANA IN VRANA CHIKITSA

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ABSTRACT

In Ayurveda, wounds have been classified under the heading of 'Vrana'. It is the oldest ailment from which the humankind has suffered. External application medications play a major role in treating wounds and providing relief from symptoms like Daha (Burning sensation), Vedana (Pain), Strava (Discharge) which can cause discomfort to the patient. Hence this article is an attempt to compile Malahara Kalpana used in all types of Vrana (Wounds) mentioned in different Ayurvedic texts. Yogaratnakara mentions two Malahara that are indicated in 'Vrana', Siddhayoga Sangraha by Vaidya Yadavji Trikamji Acharya mentions six Malahara Yoga, Ayurvedasara Sangraha mentions three Malahara Yoga, Rasatantrasara va Siddhaprayoga Sangraha in its two parts mentions a total of twenty-two Malahara and Rasatarangini mentions fifteen Malahara used in 'Vrana Chikitsa'.

Keywords: Malahara Kalpana, Vrana, Wound

INTRODUCTION

Skin as the outer most cover of the body plays a chief role in maintaining barrier between internal and external environment.¹ Any discontinuity in the skin is known as a wound. A study carried out in Indian population states the prevalence of wounds in the population studied (n = 6917) to be 15.03 per 1000. The prevalences of acute and chronic wounds were 10.55 and 4.48 per 1000 of the population respectively. The most common site for both acute and chronic wounds was the lower extremity.²

In Ayurveda, wounds are described under the heading of 'Vrana'. According to Ayurveda 'Vrana' refers to any break in continuity of skin.³ Ayurved differentiates medicines into three major groups: Antahparimarjan (Internal Application), Bahirparimarjan (external application) and Shastrapranidhan (Surgical Management).⁴ While the branch of Shalyatantra deals majorly with the Shastrapranidhan chikitsa, the other two method play an important role in the conservative management of disorders. The healing process of Vrana is a natural process, which starts immediately after injury⁵, however the use of external medication can speed up the recovery. The success of any treatment applied is majorly based on the factors used to decide the mode and plan of treatment, hence a proper knowledge of pharmaceuticals plays an important role in any treatment. While in most disorders internal medications play an important role, formulations used for external application are vital in treatment of disorders related to skin, such as wounds.

The three major treatises of Ayurved (Brihatrayee) mention external application formulations under the headings like Lepa, Pralapa, Upanaha etc., while the word Malahara was first used by Yogaratnakara in 'Vranashotha Chikitsa' and is derived from the Unani System of Medicine which states such formulations under the heading of 'Malham'. The word Malahara breaks down into two words: 'Mala' and 'Hara' which literally translates to removal of residue (Mala). Malahara Kalpana provides a wide range of benefits such as Snehana (Oleation), Shodhan (Purification), Ropan (Cleansing action) based on the ingredients used in the formulation.

Yogaratnakara mentions the first reference of Malahara followed by other treatises such as Ayurveda Sarasangraha, Siddhayoga Sangraha, Rasatarangini, Rasatantrasara va Siddhaprayog Sangraha have mentioned various other Malahara Yoga. Rasatarangini has given great importance to Malahara Kalpana and has mentioned Malahara Yoga for almost all Rasa Dravya.

Here, within the study we have compiled available references of Malahara Kalpana used in the treatment of various types of 'Vrana' (Wounds). The references of Malahara Kalpana have been collected from Yogaratnakara, Siddhayoga Sangraha, Ayurveda Sarasangraha, Rasatantra sara va Siddhaprayogsangraha (Pratham Khanda and Dwitiya Khanda) and Rasatarangini.

Malahara Formulations used in ‘Vrana Chikitsa’ Included in the Above-Mentioned Texts are as follows:

Name of Malahara	Base	Contents	Indication	Method of Preparation
Paradadi Malahara ⁶	Goghrita (Clarified Butter) (4 times of total contents)	Parada (1 Part), Gandhak (1 Part), Muddarshringa (2 Parts), Tuttha (Little Quantity)	Dushtavrana, Nadivrana, All types of Vrana, Non-healing Wound	Mardana (Trituration)
Dwitiya Paradadi Malahara ⁷	Goghrita (Clarified Butter) (4 times of total contents)	Parada, Gandhak, Sindoor, Kampillaka, Tuttha, Khadira (equal parts of each)	All types of Vrana	Mardana (Trituration)
Jeevantiyadi Malahara ⁸	Tila Taila (32 Tola), Goghrita (Clarified Butter) (64 Tola), Water (256 Tola) All for Snehapaka Vidhi	Jeevanti Moola, Manjistha, Daruharidra, Kabila (4 Tola Each), Tuttha (1 Tola), Heat in Tila Taila, Goghrita and water by Snehapaka Vidhi, Raal (8 Tola), Moun (8 Tola)	Unwashed Malahara-Padadari Washed Malahara-Agnidagdha Vrana, Kandu	Heat and Mix/ Washing
Gulabi Malahara ⁹	Shatadhauta Ghrita (10 Tola)	Pushpanjana (1 Tola), Sindoor (1 Tola), Rasakarpura (6 Masha), Karpura (1 Tola), Chandan Taila (1 Tola)	Kandu, Agnidagdha Vrana,	Washing
Lal Malahara ¹⁰	Gandhabiroja (40 Tola)	Hingula (1 Tola)	Vrana Shodhana, Vrana Ropana, Vedanahara, Pleeha-Vruddhihara, Parshwashoolahara	Heat and Mix
Hara Malahara ¹¹	Gandhabiroja (40 Tola)	Jangala (2 Tola), Sabuna (2 Tola), Patthara ka Koyala (2 Tola), Papadkhara (3 Tola)	Vrana Shodhana, Vrana Ropana, Vrana Vidarana	Heat and Mix
Kala Maharaha ¹²	Tila Taila (1 Sera)	Sindoor (1/2 Sera), Gandhabiroja (4 Sera), Karpura (10 Tola)	Sarva Vrana, Vidradhi, Vrana Shodhana, Vrana Ropana, (Purana Vrana, Nava Vrana)	Heat and Mix
Shweta Malahara ¹³ (Mentioned in Siddhayoga Sangraha by Vaidya Yadavji Trikamji Acharya)	Tila Taila (16 Tola)	Raal (4 Tola), Tuttha (3 Masha)	Shotha and Paka near Guda/Mutrendriya in children, Bhagandra, Agnidagdha	Washing
Upadamshahara Malahara ¹⁴	Navneeta (Butter) (18 Tola-washed 1000 times)	Kajjali (1 Tola- soaked in Tulasi Patra Swarasa), Tuttha (2 Masha), Khurasani Ajwain, Akarkara, Vidanga, Satbaharoja, Medhasingi, Karpura, Elaichi, Tajkamali, Shitalchini (1 Tola Each)	Upadamsha Vrana	Mixing (of all ingredients) Washing (for Navneeta)
Ghav ka Utaam Malahara ¹⁵	Goghrita (Clarified Butter)	Mruddarshringa, Suhaga, Tuttha, Kattha, Kabila, Kali Mirchi (Maricha), Ajwain (3 Tola Each), Karpura (9 Masha), Safeda Kajal (1 Tola), Supari (4) Pita Kapardika (4- turned into Bhasma),	All types of Vrana	Mixing
Charmaroganashak Malahara ¹⁶	Goghrita (Clarified Butter) (1 Sera)	Kasisa, Haratala, Vidanga, Kustha, Sindoor, Nimbaptra, Manjistha, Lodhra, Haridra, Manahshila, Guggulu, Tuttha Raal, Karanja, Mahua twak, Padmakha, Daruharidra, Moun, Kabila, Sarshapa, Raktachandan, Anatamoola, Jatamamsi, Pamara beeja, Nagarmotha, Gandhak, Vidanga, Rasak, Khair, Bach, Siras, Haritaki (1 Tola Each)	Kandu, Puran Vrana, Nasoor, Bhagandara,	Mixing
Karpuradi Malahara ¹⁷	Tila Taila (To heat and mix with Tila Taila before using to attain the soft consistency like Malahara)	Parada, Gandhak, Kunduru, Gujar, Guggulu, Loban (Equal Parts) Karpura (Same quantity as the total of all ingredients), Kajjali	Vidradhi, Galaganda, Nadivrana	Heat and Mix
Ralaka Malahara (Jala Malaham/ Safeda Malaham) ¹⁸	Tila Taila (16 Tola)	Rala (4 Tola), Tuttha (3 Masha)	Agnidagdha Vrana, Gudapaka in Children, Vrana, Mutrendriya Shotha, Arsha Shotha/Paka, Samanya Pidika	Washing

Vranamruta Malahara ¹⁹	Atasi Taila (20 Tola)	Gandhabiroja, Siktha, Rala Churna (10 Tola each)	All types of open/exposed Vrana, Upadamsha Vrana, Dushta Vrana	Heat and Mix
Vranamruta Shweta Malahara ²⁰	Meetha Taila (10 Tola)	Karpura (1 Tola), Siktha (5 Tola), Safeda (10 Tola)	Vrana Ropana	Heat and Mix
Vranahara Malahara ²¹	Shatadhauta Ghruta (5 Tola)	Guggulu, Pipali Kaudi Bhasma, Black Bhasma of Gali supari, Sukshma Ela, Papadiya Kattha (1 Tola Each)	All types of Vrana, Jeerna Vrana, Agnidagdha Vrana	Mixing
Choona Malahara ²²	Eranda Taila (3 Tola)	Choona (5 Tola), Ruyi (6 Ratti)	Vrana Shodhana, Vrana Ropana, Puyayukta Vrana	Mixing
Bhagandara Nashak Malahara-1 ²³	Shatadhauta Ghruta (4 times of total contents)	Rasakarpura, Sindoor, Selkadhi, Mruddarshringa, Safeda, Safed Kattha, Karpura, Chiknisupari Rakh (1 Tola each)	Bhagandara, Kanthamal, Upadamsha, Nasoor, Gambhira Vrana, Arsha, Pama, Pidika, Dadru, Nadi Vrana	Mixing
Bhagandara Nashak Malahara-2 ²⁴	Shatadhauta Ghruta (Equal quantity of total contents)	Bhasma of Cat's Leg, Bhasma of Dog's Leg (5 Tola each or either)	Bhagandara, Nasoor, Gambheera Vrana	Mixing
Upadamsharipu Malahara ²⁵	Vaseline (20 Tola)	Rasakarpura (6 Masha), Karpura (6 Masha), Mruddarshringa (1 Tola), Safeda Kattha (6 Tola), Hiradokhi Gonda (2 Tola), Tuttha (3 Masha)	Upadamsha Vrana	Mixing
Agnidagdha Vranahara Malahara -1 ²⁶	Atasi Taila (40 Tola)	Raala (4 Tola), Choona (Lime) water to wash the Malahara 21 times	Agnidagdha Vrana	Washing (21 times)
Agnidagdha Vranahara Malahara -2 ²⁷	Narikela Taila (Coconut Oil) (16 Tola)	Choona (4 Tola), Siktha (2 Tola),	Agnidagdha Vrana	Heat and Mix
Manahshiladi Malahara ²⁸	Goghru (6 Tola), Madhu (6 Tola)	Manahshila, Sukshama ela, Manjishtha, Laksha, Haridra, Daruharidra (2 Tola Each)	Scars left after Vrana Ropana	Mixing
Nimbadi Malahara ²⁹	Goghru (10 Tola)	Nimba Patra Swarasa (40 Tola), Rasakarpura (1 Tola), Siktha (2 Tola)	All Types of Nava Vrana, Jeerna Vrana, Dushta Vrana	Heat and Mix
Apachihara Malahara ³⁰	Tila Taila (3 Sera)	Raala, Gandhabiroja, Guggulu (1 Sera Each), Moum (40 Tola)	Vrana Ropana, Sadyojata Vrana, Bhagandara, Gandamala	Heat and Mix
Shweta Malahara ³¹	Goghru (5 Tola)	Karpura, Safeda Raal, Muddarshringa, Mouma (1 Tola each)	Dushta Vrana Shodhan, Vrana Ropana,	Washing (100 Times)
Jantughna Malahara ³²	Karanja Taila (4 Tola)	Satyanashi Panchanga Swarasa (4 Sera), Nimbapatra Rasa (4 Sera), Shamipatra Kwatha (4 Tola), Kalka of Satyanashi Panchanga-Nimbapatra-Shamipatra (40 Tola), Moum (20 Tola), Kaprura (5 Tola)	Jantu yukta Nadivrana	Heat and Mix
Kshatari Malahara ³³	Shatadhauta ghruta/ Vaseline (5 Tola)	Safeda Kattha (2 Tola), Karpura (1 Tola), Sindoor (6 Masha)	Agnidagdha Vrana, Upadamsha Vrana, Rakta yukta/Puya yukta Vrana Shodhan	Mixing
Nimbadi Malahara-1 ³⁴	Nimbabeeja Taila (1 Sera)	Raal (20 Tola), Gandhabiroja (5 Tola)	Burning sensation in Agnidagdha, Vedanahara, Vrana	Washing (50-100 times)
Nimbadi Malahara-2 ³⁵ (Rajvaidya Bharamr Duttaji Mishra)	Sarshapa Taila (1 Sera)	Neema, Bhangara, Mehendi, Babool Patra swarasa (30 Tola Each), Triphala Kwatha (prepared with 15 Tola Triphala heated in 16 times water and reduced to 1/8 th part), Desi Moum (15 Tola)	Vrana, Puya yukta Vrana	Heat and Mix
Sudarshan Malahara ³⁶	Goghru (28 Tola)	Sindoor, Selkhadi, Raal (1 Tola Each), Safeda Kattha, Rasakarpura (2 Tola Each)	Vrana, Puyapradhan Vidhradhi	Washing (21 Times)
Putihara Malahara ³⁷	Navaneeta (2 Tola)	Karpura (1 Tola), Choona (3 Masha)	Durgandhamaya-dushta Vrana, Jantuyukta Vrana, Vidhradhi	Mixing
Agnidagdhahara Malahara ³⁸ (Rajvaidya Ramchandrajai Vaidya)	Atasi Taila (10 Tola)	Raal (2 Tola), Tuttha (4 Ratti), Sindoor (6 Masha), Choona (as required- to prepare lime water for washing the Malahara)	All awastha of Agnidagdha, Daha yukta Vranashotha, Visarpa, Eczema	Washing (108 times)

Rasapushpa Malahara ³⁹	Navaneeta (1 Tola) Washed 100 times with water	Rasakarpura (4 Ratti)	Phiranga Vrana	Washing and mix
Rasapushpadya Malahara ⁴⁰	Siktha Taila (1 Tola)	Rasakarpura (4 Ratti)	Phiranga Vrana, Purana Vrana due to nails of animals	Heat and Mix
Kajjalikodaya Malahara ⁴¹	Siktha Taila (48 Tola)	Kajjali (2 Tola), Mruddarshinga (4 Tola), Kampillaka (8 Tola), Tuttha (3 Masha)	Vrana Shodhana, Vrana Ropana, Nadi Vrana, Purana Vrana, Non-Healing Wounds	Heat and Mix
Hinguladya Malahara ⁴²	Siktha Taila (12 Tola)	Sindhoora (½ Tola), Hingula (½ Tola)	Phiranga Vrana Ropana	Heat and Mix
Hingulamruta Malahara ⁴³	Siktha Taila (12 Tola)	Hingula (6 Masha), Shuddha Mruddarshringa, Tankan, Karpura, Rasakarpura, Sphatika, Sindhoora (2 Masha Each)	Vrana Shodhana, Vrana Ropana, Vividha Vrana Ropana, Puya yukta Vrana, Nadi Vrana, Bhagandara,	Heat and Mix
Talakodaya Malahara ⁴⁴	Siktha Taila (30 Tola)	Shuddha Hartala (Shodhan in Kushmanda Swarasa) (2 Tola), Kajjali, Haritaki Churna, Khadirashara, Gairika, Girisindhoora (1 Tola Each), Manahshila (½ Tola)	Vicharchika, Dadru, Kustha, Pama, Visphota, Nadi Vrana	Heat and Mix
Tankanamruta Malahara ⁴⁵	Siktha Taila (12 Tola)	Tankana (2 Tola), Sarjikshara (½ Tola), Shuddha Kasisa (½ Tola), Ashwatha Twak Kshara (2 Masha)	Dushta Vrana Shodhana	Heat and Mix
Tankanamlasya Malahara ⁴⁶	Siktha Taila (9 Tola)	Tankanamla (1 Tola)	Vrana Shodhana, Agnidagdha Vrana	Heat and Mix
Yashadamruta Malahara ⁴⁷	Siktha Taila (3 Karsha)	Agnijarita Yashada (1 Tola)	Vividha Vrana Ropana, Vicharchika, Agnidagdhavrana	Heat and Mix
Tutthakadya Malahara ⁴⁸	Goghrruta (2 Tola)	Raal (1/8 Tola/ ¼ Tola), Tuttha (1/8 Tola), Kapardika Bhasma (1 Tola), Khatika (1 Tola), Tankana (1 Tola)	Puyayukta Vrana, Vividha Vrana, Vrana Shodhana	Washing
Pratham Sindhooradya Malahara ⁴⁹	Siktha Taila (3 Karsha)	Tankan (½ Tola), Sindhoora (½ Tola)	Vrana Shodhana, Vrana Ropana	Heat and Mix
Dwitiya Sindhooradya Malahara ⁵⁰	Siktha Taila (3 Karsha)	Raal (½ Tola), Sindhoora (½ Tola)	Pama, Kandū, Bhagnasandhan, Dushta Vrana, Twak Dosha, Kustha, Visarpa, Sphota	Heat and Mix
Mruddarshirngadya Malahara ⁵¹	Siktha Taila (1 Pala)	Shuddha Mruddarshringa (1 Tola)	Bhagnasandhan, Pama, Kandū, Vipadika, Vrana shodhana, Vrana Ropana	Heat and Mix
Dwitiya Mruddarshingadya Malahara ⁵²	Atasi Taila (1 Pala)	Mruddarshinga (1 Tola)	Vividha Vrana Ropana	Heat and Mix
Gairikadya Malahara ⁵³	Siktha Taila (6 Tola)	Shuddha Suvarnagairika (1 Tola), Haridra churna (1 Tola), Sindhoora (1 Tola),	Parikartika, Kandū, Daha, Vividha Vrana Ropana	Heat and Mix

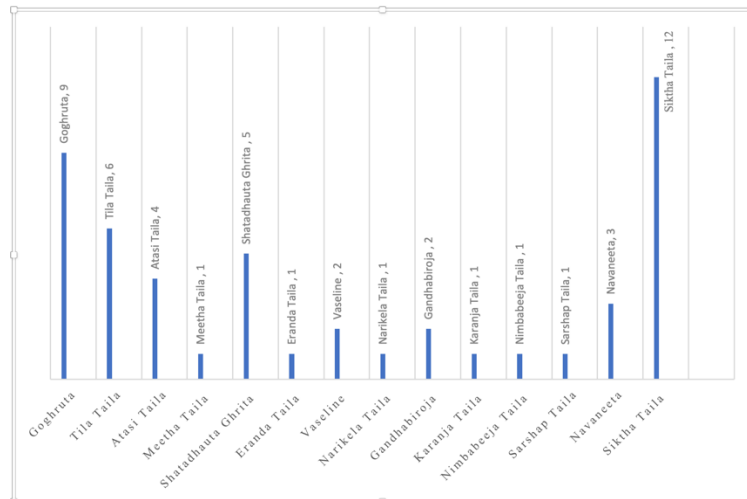


Figure: Base used for Malahara Kalpana in Vrana

CONCLUSION

Malahara Kalpana comes under the external application formulations, it is similar to the Ointments, creams used in modern pharmaceuticals. These ointments are semisolid preparation that use petroleum jelly as their base and are widely accepted due to their advantages over other modes of preparations. These are easy to apply, carry and also provide with an increased time of contact between the medication and the affected area. External application preparations constitute a major part of treatment for skin disorders as they target the affected area directly. Malahara Kalpana can be termed as the Ayurvedic Ointments that use variety of base such as Siktha Taila, Goghrita, Atasi Taila, Navneeta, etc.

Acharya Yogaratnakara mentions two Malahara yoga, however the shlok of reference from Yogaratnakara does not mention the word 'Malahara', the text of 'Rasatantrasara va Siddhaprayoga Sangraha' by Krushna Gopalji, mentions nine and thirteen Malahara yoga in its first and second part respectively, Ayurvedasara Sangraha by the Baidyanatha Ayurveda Bhavan mentions a total of three Malahara yoga used in Vrana Chikitsa while Siddhayoga Sangraha mentions six Malahara yoga useful in Vrana.

The properties, indication and action of the Malahara yoga widely depends on the base material and ingredients used, hence the base of Malahara Kalpana plays a crucial role in its action. This review reveals that Siktha Taila is the commonest base used for Malahara Kalpana while Ghrita remains the second most common base used due to its Vrana Ropana quality.

Malahara Kalpana is a Bahirparimarjan Chikitsa type which has been first mentioned in Yogaratnakara and derives its name from the Unani system of Medicine. While the Brihatrayee (three major treatises of Ayurved) do mention Bahirparimarjan Chikitsa in the form of Lepa, Pralepa, Upanah, etc., Malahara Kalpana was widely explored only recently. There is a wide range of Malahara Kalpana mentioned in recent texts like Rasatarangini, Rasatantrasara va Siddha Prayoga Sangraha, Siddhayoga Sangraha, Ayurveda Sara Sangraha used in Twak vikara (skin disorders) and Vrana (wounds). While wound remains a prevalent health ailment, the treatment that Ayurveda can offer to the health care system can prove to have a good impact on the quality of treatment provided.

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