

A PHARMACEUTICAL STUDY ON TALAKODAYA MALAHARA

¹*Dr. Salini V. S., ²Dr. Radhika Ranjan Geethesh P., ³Dr. Ravindra Angadi¹PG Scholar, ²Associate Professor, ³Professor & HODDepartment of Rasashastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara
College of Ayurveda, Udipi, Karnataka, India.Article Received on
22 Dec. 2020,Revised on 11 Jan. 2021,
Accepted on 01 Feb. 2021DOI: <https://doi.org/10.17605/OSF.IO/2GC3A>***Corresponding Author****Dr. Salini V. S.**PG Scholar, Department of
Rasashastra and Bhaishajya
Kalpana, Sri Dharmasthala
Manjunatheshwara College
of Ayurveda, Udipi,
Karnataka, India.**ABSTRACT**

The *Ayurveda* pharmaceuticals is a unique field which comprises of various dosage forms. *Malahara* preparations are one among these dosage forms having a great significance in the therapeutic aspect. *Talakodaya malahara*^[1] is a herbo-mineral combination mentioned for different skin diseases with *Haratala* being the main ingredient. Its constituents are *Shodhita Haratala*, *Kajjali*, *Shodhita Gairika*, *Girisindhura*, *Shodhita Manashila*, *Haridra churna*, *Khadira churna* & *Siktha taila*. *Siktha taila* is used as a base in the *malahara* preparations. As the *rasa dravyas* are toxic in its impure form, *Shodhana*^[2] (Purification process) is a mandatory procedure. The process of *Shodhana* helps in the eradication of both physical as well as chemical impurities of the drug. The preparation of *Talakodaya malahara* follows the fusion method of ointment preparation, which in turn assures the homogeneity of the mixture.

KEYWORDS: *Siktha taila*, *Malahara*, *Shodhana*, *Girisindoora*.**INTRODUCTION**

The *malahara* preparation is derived from the Unani Pharmacopoea. It is also known by the name *marham* or *malham*. The word *Malahara* was first mentioned in *Yogaratanakara* in 19th century. Which means removal of *mala* from *vrana*.^[3] Hence it was included under *Bahya kalpana*. Basically it has a cleansing property but the action of *malahara* varies depending on the ingredients used in the preparation. *Talakodaya malahara* is a herbo-mineral formulation having indications in *Vicharchika*, *Dadru*, *Kushta*, *Pama*, *Vishpota*, and *Nadivrana*. It is also a good remedy for *vrana* of different *dosha* origin.

The herbal ingredients of Talakodaya malahara are Haridra and Khadira. They are indicated in most of the skin diseases. The mineral origin drugs of Talakodaya malahara are Haratala, Manashila, Gairika, Girisindura, Parada & Gandhaka (Kajjali). Individually if take, even these drugs are also indicated for many of the skin diseases.

MATERIALS AND METHODS

Collection and Authentification of raw material

All the ingredients were collected from Sri Dharmasthala Manjunatheswara Ayurveda Pharmacy Udupi.

Table 1: Ingredients and measurement.

Ingredients	Amount
<i>Siktha taila</i>	360 gm
<i>Shodhita haratala</i>	24 gm
<i>Kajjali</i>	12 gm
<i>Shodhita gairika</i>	12 gm
<i>Girisindhura</i>	12 gm
<i>Haridra churna</i>	12 gm
<i>Khadira churna</i>	12 gm
<i>Shodhita manashila</i>	6 gm

All the mineral ingredients except *Girisindura* was taken after purifying with the medium specified in the classics. The *Haratala* was purified in *Kushmanda swarasa* as per the reference of *Talakodaya malahara*. *Kajjali* was prepared by triturating shodhita *Parada* and *Gandhaka* in equal quantity.^[4] The *Siktha taila* was prepared in the ratio of 1:5 (*Siktha: Tila taila*).^[5] *Gairika shodhana* was done by triturating with cow's milk.^[6] The *ashudha manashila* was subjected for 7 *bhavanas* (trituration) with *agastya patra swarasa* to remove the impurities.^[7]

Procedure

All the ingredients were weighed separately. Except *Siktha taila* & *Kajjali* all the other ingredients were powdered. All the powdered ingredients were mixed well along with *Kajjali*. The *Siktha taila* was heated in a stainless steel vessel. The vessel was taken out of fire after heating. Mixture of all the ingredients were added slowly and gradually to the heated *Siktha taila*. The mixture was stirred continuously to get the homogenous mixture. On cooling it was stored in a glass container.



Fig. 1: Preparation of siktha taila.



Fig. 2: Adding all the ingredients.



Fig. 3: Continuous stirring.



Fig. 4: Stored in a glass bottle.

RESULTS

There was no significant loss observed after the procedure. The weight of end product was 450 gram. The organoleptic characters were noted immediately after the preparation.

Table 2: Organoleptic properties of Talakodaya malahara

Properties	Talakodaya malahara
Color	Greenish brown
Odor	Smell of siktha taila
Texture	Slimy
Consistency	Semisolid
Weight	450 gm

DISCUSSION

Malahara kalpana is an ointment preparation used in *Ayurveda*. *Talakodaya Malahara* is one among the *Malahara Kalpanas* explained in *Rasa Tarangini*. It is indicated mainly in skin diseases.

All the rasa dravyas are not safe to use as they bear many toxic substances in them. Hence *Shodhana* must be done to nullify the toxic effects so as to make them fit for therapeutic purposes.

In the pharmaceutical preparation the use of vessel place an important role. Here Steel vessel was selected to avoid the possible chemical reactions. The end product was stored in a glass bottle as per the classical reference.

Here Fusion method was adopted to prepare the *malahara*. By fusion method, all the components of the preparation melts due to the heat and combines together. Later it cools down with constant stirring.

CONCLUSION

Talakodaya malahara is one among the ointment preparations in *Ayurveda* which follows a fusion method of preparation. It was taken around 1 hour of continuous stirring to form in the proper ointment consistency. The *Talakodaya malahara* comes under the medicated ointment which fulfills all the criteria of an ideal ointment. It has a greenish texture with an aroma of *siktha* majorly.

REFERENCES

1. Sharma S, Rasatarangini, Talakadi Vijnaniya, 11/78-82. Edited by Dr.Devnath Simha Goutam. 1st ed. Chowkhamba Surabharatiya Parakashana, Varanasi, 2018; 728.
2. Sharma S, Rasatarangini, Paribhasha Vijnaniya, 2/52. Edited by Dr.Devnath Simha Goutam. 1st ed. Chowkhamba Surabharatiya Parakashana, Varanasi, 2018; 728.
3. Dr.P.V.N.R Prasad, Illustrated Bhaishajya Kalpana Vijnana, Lepa kalpana, 1st ed. Chowkhamba Krishnadas Academy, Varanasi, 2008; 485.
4. Sharma S, Rasatarangini, Talakadi vijnaniya, 11/78-82. Dr. Devnath Simha Goutam editor. 1st ed. Chowkhamba Surabharatiya Parakashana, Varanasi, 2018; 728.
5. Sharma S, Rasatarangini, Murchana vijnaniya, 6/62-63. Dr. Devnath Simha Goutam editor. 1st ed. Chowkhamba Surabharatiya Parakashana, Varanasi, 2018; 728.
6. Vagbhata, Rasaratnasamuchaya, Siddhiprada Hindi Translation, Misra S. Uparasa varga 3/91. Chowkhamba Orientalia, Varanasi, 2019; 697.
7. Vagbhata, Rasaratnasamuchaya, Siddhiprasa Hindi Translation, Misra S. Uparasa varga 3/95. Chowkhamba Orientalia, Varanasi, 2019; 697.