

**PARADA MALAHARA - A CRITICAL REVIEW IN THE
MANAGEMENT OF VRANA**

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ABSTRACT

Malahara is a semi-solid topical dosage form described in Ayurveda pharmaceutics that is used externally in various conditions and disorders. Vrana is one of the conditions which can be correlated to wound. In the present time, management of chronic, non- healing wounds remains a persistent clinical challenge due to prolonged inflammation, microbial burden, and delayed granulation. In response to these conditions Malahara Kalpana delivers Shodhana (cleansing), Ropana (healing) actions to the affected tissue. Here, Parada Malahara is a distinctive preparation that combines herbo-mineral ingredients, namely Tila taila, Sikta, Shuddha Parada, Nimba Rasa, Bhringaraja rasa, Sindhoora. This is one of the unique preparations where Shuddha Parada is used without converting it into other forms like Kajjali etc. The present review aims in analysing the probable mode of action of Parada Malahara mentioned in Rasatantrasaara evam Siddhaprayoga Sangraha.

KEYWORDS: Malahara, Parada, Vrana, Sindhoora, Topical application, Wound healing.

INTRODUCTION

Wound healing has remained as a fundamental clinical challenge for decades. In Ayurveda Acharya Sushruta has mentioned Vrana (wound) as the destruction or breach of body tissue

continuity.^[1]

While acute wounds typically have natural physiological healing property, various local and systemic factors disrupt this process. When the wound is complicated by excessive slough, chronic inflammation, high microbial colonization, it will lead to chronic, non-healing state known as Dustavrana.^[2] To control such conditions there is a need of multidimensional therapeutic approach which has Krimighna (controlling local infection), Shodhana (debriding necrotic tissue), and Ropana (helps in regenerating the tissue) properties.^[3] To achieve such clinical results, Ayurveda has explained the importance of Bahir Parimarjana Chikitsa. Among these Malahara Kalpana is widely used because of its sustained, localised action.^[4]

The term Malahara inherently means the removal of metabolic waste or debris from the wound site. These preparations have the base called Sikta Taila which is the combination of Siktha (bee wax) and Taila which are blended together. This base provides excellent Snehana (lubrication), acts as protective barrier, and enhances the transdermal permeation of active therapeutic ingredients.^[5]

The therapeutic efficacy of a Malahara is increased when fortified with potent herbo-mineral compounds. This review analyses the unique formulation called as Parada Malahara. The ingredients used are Sikta Taila, Shuddha Parada, Nimba Rasa, Bhringaraja Rasa and Sindhoora.^[6]

This formulation is distinct because of its direct incorporation of Shuddha Parada into Siktha Taila, which bypasses the conversion and processing it into other form, such as Kajjali.^[7]

The use of Parada and Rasas of Nimba and Bhringaraja may lead to the analytical and pharmaceutical rationale which may increase the Yogavahi, and antimicrobial activity. Therefore, this review aims in pharmacodynamic contribution and comprehensive understanding of the formulation along with mode of action in clinical management of Vrana.

MATERIALS AND METHODS

Table no. 1: Ingredients used to prepare Parada Malahara.

Sl.no	Ingredients	Quantity
1.	Sikta (Beewax)	1000 gm
2.	Tila Taila (Sesame oil)	500gm
3.	Shuddha Parada (Purified Mercury)	175gm
4.	Nimba Rasa (Neem juice)	24gm

5.	Bhringaraja Rasa	24gm
6.	Sindhoora (mercuric oxide)	6gm

Method of preparation

- 1) The Tila Taila is taken in a vessel and heated.
- 2) The Sikta is added little by little to the heated Taila with continuous stirring till uniform mixing.
- 3) The melted Sikta taila is taken and poured into Loha Khalva Yantra.
- 4) The Shuddha Parada is then added to the Siktha taila and Mardana is done for 4 hours till the Parada is mixed uniformly and no free Parada particle is observed.
- 5) Later the Nimba Swarasa, Bhringaraja Rasa and Sindhoora is added to it and Mardana is done for 2 hours.
- 6) The final product obtained is stored in air tight container.

Dose and method of use: External Application

Mode of application

In chronic wounds: Prepare the poultice with Maida (all-purpose flour) and sugar, apply it on wound. On the poultice tie the thick cloth and there the person feels itching sensation due to Krimi (maggots or other bacteria starts coming out of the wound, the poultice should be removed only after the itching sensation reduces. Later wash and clean the wound with Nimba Jala or Khadira Kwatha (Acacia catechu) and after drying apply the Parada Malahara. If the itching starts again the poultice processes should be repeated. Caution for cleaning should be taken in Puya, Nadivrana, Dushtavrana. If the Puya (pus or secretion) leaks or touches other part, it leads to spreading of wound.

Table no. 2: Properties of ingredients.

Sl.No	Ingredients	Rasa	Guna	Veerya	Vipaka	Doshagnata	Karma
1.	Tila Taila ^[8] (<i>Sesamum indicum</i> L)	Madhura (sweet)	Suksma (subtle), Guru (heavy), Sara (flowing), Lekhana (scraping), Balya (strength).	Ushna (hot)	Madhura (sweet)	Vatagneshattam, Pittal, Na shleshmabhi Vardhana, Anilasayakara, Shitapitta Janak, Na Kaphakitta, Vatapahama, Rakta Pittaprakopaka,	Vranahara (wound healing), Tvakprasadana (skin soothing, Krimighna (anti-bacterial, Sthairya (steadiness), Prinana (nourishment), Vrishya (an aphrodisiac), Brihana (to grow).

						Kaphapaham.	
2.	Sikta ^[9] (Beewax)	Madhura (sweet), Katu (pungent)	Snigdha (unctuous), Picchila (slimy), Mridu (soft).			Vatahara	
3.	Shuddha Parada ^[10] (Mercury)	Shadrasa (all 6 tastes)	Sara (flowing), Guru (heavy), Snigdha (unctuous).	Ushna (hot)	Madhura (sweet)	Tridosahara	Yogavahi (enhancer), Tridoshagna, Rasayana (rejuvenates), Sarvarogahara (relives from all diseases)
4.	Nimba ^[11] (<i>Azadirachta indica</i>)	Tikta (bitter), Kashaya (astringent)	Laghu (light), Ruksha (dry).	Sheeta (cold)	Katu (pungent)	Kaphapittahara	Krimighna (anti- bacterial), Kushtagana (skin healing), Vranaghna (wound healing), Kandughna (relives itching), Rakta Shodhaka (blood purifier), Vishaghna (anti- venom)
5.	Bhringaraja ^[12] (<i>Eclipta alba</i>)	Katu (pungent), Tikta (bitter).	Laghu (light), Ruksha (dry).	Ushna (hot)	Katu (pungent)	Kaphavatahara	Twachya (skin proliferative), Krimighna (anti- bacterial), Sothahara (anti- inflammatory), Panduhara (antianemia), Rasayana (rejuvenates), Balya (provides strength), Keshya (helps in hair growth)
6.	Sindhoora ^[13,14,15] (Mercuric-oxide)	Katu (pungent), Tikta (bitter).	Ushna (hot).	Ushna (hot)	Katu (pungent)	Tridosahara	Lekhana (scraping), Krimighna (anti- bacterial), Kandughna (relives itching), Twakdosahara (relives skin from diseases)

Pathophysiology of Vrana^[16]: Vrana refers to the rupture, destruction, or discontinuity of body tissues, and when healing is delayed it becomes a non-healing wound characterized by slough, pus, foul smell, oedema, and chronicity (Dushtavrana). Nidana includes Nija (Dosha imbalance) and Agantuja (external trauma), leading to Dosha Prakopa, Sanga, and Dhatu Dushti of Twak, Mamsa, Sira, Snayu, Asthi, Sandhi, Koshta, and Marma. The disease progresses through Sanchaya, Prakopa, Prasara, and Sthana Samshraya with gradual accumulation, aggravation, spread, and localization of Doshas causing inflammation, pain, redness, and swelling. In the Vyakta stage, Dosha Dushti results in Twak and Mamsa Dhatu damage, bursting of Shopha, and formation of Vrana with pain and tenderness (Vata), redness and burning (Pitta), and swelling, pus, and itching (Kapha). In the Bheda stage, the disease becomes chronic, difficult to manage, and may lead to structural changes and complications if left untreated.

Pharmacological activity of each ingredient

Shuddha Parada, is Rasayana (rejuvenate), Vajikarana (aphrodisiac), Dipana (appetizer), Pushtikara (nourishing), and Shodhana (cleansing). In Ayurveda it is mainly used for anemia, fever, digestive disorders, urinary disorders, dermatological diseases, neurological disorders, jaundice and in other conditions also. In contemporary medical science there is use of mercury in topical antiseptic preparations, dental amalgam fillings.^[17]

Sikta or beeswax is used for wound care, burns, helps pull plugs, and soothe joint pain.^[18]

Tila Taila which is widely used for different purposes and having numerous health benefits along with Anti-Inflammatory, Anti-microbial, Anti-oxidant, Anti-Cancer properties.^[19]

Nimba has many pharmacological activities such as anti-bacterial, anti-viral, anti-fungal, anti-inflammatory, analgesic, anti-malarial, anti-oxidant, anti-nephrocyte, anti-cancer, wound healing, anti-ulcer.^[20]

Bhringaraja is one of the valuable medicinal plants having different pharmacological actions like Hepatoprotective activity, Hair growth promoting activity, Anti-diabetic activity, Analgesics and Anti-inflammatory activity, Anti-oxidant, Anti-microbial, Neuropharmacological activity, Anti-cancer activity, Anti-ulcer activity etc.^[21]

Sindhoora naturally obtained mercuric powder having properties like Krimighna (anti-bacterial), Twakdoshahara, Kandughna (relives itching).^[22]

DISCUSSION

Malahara Kalpana is a formulation which comes under external application, it is considered similar to ointments, creams in contemporary medical science. This are widely used due to their advantages like easy to application, carry, and provides increased contact time between the medication and affected area. Hence it is considered as important formulation in Vrana Chikitsa as many Acharyas have mentioned different Malahara Yogas used to treat Vrana.^[23]

The Parada Malahara is one of the formulations used in treating Vrana. It is considered as one of the unique formulations because the Shuddha Parada is directly triturated with Siktha Taila without converting it into Kajjali or any other form. The mercury- containing minerals have the ability to regulate growth factors, along with pharmacological actions like antibacterial, anti-inflammatory, and promotes the tissue repair and regeneration. It also relieves the microcirculation stasis state of the sore surface, promote proliferation, migration of keratinocytes, endothelial cell, and repair the sore surface.^[24]

Siktha mainly helps in stoppage of discharge, promotes healing, tissue regeneration and reduces pain as it is Vranaropaka, Bhagna Sandhanaka, Bhutaghna, Vatasrajit.^[9]

Tila taila contains vitamin E so acts as antioxidant and penetrates skin easily. The presence of Alkaloids, Saponin, Flavonoid, Tannin, Phenols, and minerals acts as anti-oxidant, anti-cancer, immunity booster, antibacterial, antiviral, etc. The presence of Terpenoid gives antibacterial and anti-diabetic, blood sugar and pressure reducing, properties.^[8]

Nimba having bioactive components like Limonoids such as Azadiracthin, Nimbin, Nimbidin, Salamin, Gedunin these possess properties like insecticidal, antibacterial, antifungal, anti-inflammatory, antipyretic, anticancer, antioxidant, antiviral. Tannins, Alkaloids, Saponins, Essential oils possess properties like wound healing, antimicrobial, immune-modulatory, anti-inflammatory and insect repellent.^[25]

Bhringaraja contains bioactive components like Coumestan, Alkaloid, Saponin, Aldehyde which acts as antibacterial, antivenom, analgesic, antioxidant, lipid lowering property, anti-inflammatory, immunomodulatory,^[26]

Girisindhura is one of Sadharana Rasa, chemically it is identified as mercuric oxide is Tridosha Shamaka used for Khandu (itching), Pama (scabies), Visarpa (herpes), Vrana (Shodhana wound cleansing), Ropana (wound healing).^[22]

By considering the actions and components of the individual drugs the formulation overall has the wound healing activity.

CONCLUSION

Parada Malahara the unique herbo-mineral formulation, have the potential for wound managing and healing properties based on the drugs used, which helps in reducing infection, promoting tissue formation, and healing of the wound. Hence it can be considered as an alternative in wound care or Vrana. Further pre-clinical and clinical research is needed to validate its efficacy and pharmaceutical, analytical standardization.

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