

A REVIEW ON MALAHARA KALPANA

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ABSTRACT

Malahara Kalpana is a significant external dosage form in Ayurveda, derived from the Unani concept of *Marham*. The term *Malahara* refers to preparations that help in removing *mala* (impurities or exudates) from wounds and skin lesions. It is a semisolid preparation having *Sneha* (unctuousness), *Ropana* (healing), *Lekhana* (scraping), and *Varnya* (beautifying) properties depending on the ingredients used. The concept evolved from *Lepa Kalpana* during the Samhita period and developed further during the medieval and modern eras. This review explores the historical background, methods of preparation, classification, pharmaceutical significance, and therapeutic utility of Malahara Kalpana with references from classical Ayurvedic texts.

KEYWORDS: Malahara, Marham, Lepa Kalpana, Bhaishajya Kalpana, Ayurvedic Pharmaceuticals, Topical Formulations.

INTRODUCTION

Ayurveda, the science of life, is structured upon *Trisutras*—*Hetu*, *Linga*, and *Aushadha*, wherein *Aushadha* plays a crucial role in disease management and health maintenance. Among various pharmaceutical preparations (*Bhaishajya Kalpanas*), *Malahara Kalpana* holds a vital position as an external application for skin and wound-related disorders. The word *Malahara* was adopted from the Unani term *Marham*, signifying a medicated semisolid preparation intended for topical use, primarily in *Vrana* (wounds), *Vidradhi* (abscess), and *Twak Vikara* (skin diseases).^[1]

Its origin can be traced back to *Lepa Kalpana*, as described in *Charaka Samhita* and *Sushruta Samhita*, where various topical applications like *Alepa*, *Pradeha*, and *Pralepa* were mentioned.^[2,3] Over time, Malahara evolved into an independent dosage form, with a specific focus on wound healing, anti-inflammatory, and cosmetic benefits.

METHODOLOGY

This review was conducted using textual analysis of Ayurvedic classical references including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Rasatarangini*, and *Yogaraj Nigam*. Modern interpretations and comparative insights with Unani and pharmaceutical ointment formulations were also reviewed from secondary literature. The information was organized chronologically—covering Vaidika, Samhita, Madhyakalina, and Aadhunika periods—and thematically into origin, evolution, preparation methods, and clinical application.

Methods of Preparation

Two major methods are recognized in classics:

Method I: Involves mixing *Sneha Dravya* (oil or ghee) with solidifying agents like *Siktha* (beeswax), *Sarjarasa*, or *Madhucchistha* under heat, followed by continuous *Manthana* (stirring) until a semisolid consistency is achieved.^[4] Variations in ratios (1:5 or 1:6 of Siktha to Taila) are recommended depending on seasonal conditions.^[5]

Method II: Paraffin-based Malahara preparations, similar to modern ointments, use paraffin wax mixed with oil, fats, and other drugs. Medicinal substances are added sequentially, and volatile ingredients like camphor are mixed at the end to retain their potency.^[6]

Malahara Kalpana in Ayurveda Classics.

Sr. No.	Name	Ingredients	Indication
1	Rasapushpa malahara	shatadhauthaghrita, rasapushpa	Vranaroga
2	Shwethamalahara	Siktataila, Rala, tuttha	Dagdhavrana
3	Karpooradi Malahara	Parada, Gandhaka, Kunduru, Guggulu, Loban and Karpura	Vidradhi, galaganda, Nadivrana
4	Rala Malahara	Tilataila, Rala, Tuttha	Agnidagdhavran, Mutrendriyashot ha, Arsha
5	Vranamrta Malahara	Gandhabiroja, Ralachoorna, Alasitaila and sikta	DushtaVrana, Upadamshajavrana
6	Vranamrta Shweta Malahara I	Karpooora, Siktataila, Safeda	Vranaroga

7	Vranamrta Shweta Malahara II	Guggulu, kapardikabhasma, suparibhasma, ela, katha, shatadhoutagharta	Vranaroga (Agnidagdha Vrana)
8	Gulabi Malahara	Kokum taila, erandataila, safeda, sindoora	Vipadika
9	Churna Malahara	Sudhachoorna, karpaas, erandataila	Puyayuktavrana, Dushtavrana, Nadivrana
10	Darunanashaka Malahara	Tuttha, Gairika, Kattha, Kalmishora, Mruddarashrng, Maricha, Mehndi, Sikta, Sarshapa Taila	Darunaka, Arumshika, Indralupta
11	Pamahara Malahara	Parada, Gandhaka, Maricha, Tuttha, Sindoora, Jeerakadwaya	Pama, Kachapika
12	Byuchihara Malahara	Parada, Gandhaka, manashila, kattha, pashanbheda, Mruddarashrng, goghrita	Pama, dadru, visphotaka
13	Dadrumana Malahara	Crysophenic acid, carbolic acid, salicylic acid, yellow Vaseline	Dadru
14	Aadithakarambankal Malahara	Parada, Gandhaka, Mruddarashrng, tuttha, goghrit	Madhumehajanit vana,
15	Bhagandaranashaka Malahara	Rasakarpoora, Sindoora, Mruddarashrng, Kattha, Karpoora, Satyanashibeeja, Goghrita	Bhagandar, Vranaroga
16	Kanthamalaka Malahara	Parada, Gandhaka, Mruddarashrng, Kattha, Tankana, Kunduru, Bhallataka, Maricha, Nimbapatra, Sikta, Sarshapataila	Kanthamala, Galaganda, Apachi
17	Upadamsharipu Malahara	Rasakarpoora, Karpoora, Mruddarashrng, Kattha, Tuttha, yello paraffin	Phiranga, Upadamshajavrana,
18	Arshohara Malahara	Haratala, Kattha, Gogharta	Arsha
19	Shirashoolantaka Malahara	Nilgiri Taila, Lobanpushpa, Paraffin hard, Paraffin soft	Shirashoola, Vrishchikadamsh aja Vrana
20	Agnidagdhavranahara Malahara	Rala, Alasi Taila, Sudhachoorna	Agnidagdha Vrana
		Sindoora, Jeerakadwaya	
21	Byuchihara Malahara	Parada, Gandhaka, manashila, kattha, pashanbheda,	Pama, dadru, visphotaka

		Mruddarashrng, goghrita	
22	Dadrumana Malahara	Crysophenic acid, carbolic acid, salicylic acid, yellow Vaseline	Dadru
23	Aadithakarambankal Malahara	Parada, Gandhaka, Mruddarashrng, tuttha, goghrit	Madhumehajanit vrana,
24	Bhagandaranashaka Malahara	Rasakarpooa, Sindoor, Mruddarashrng, Kattha, Karpooa, Satyanashibeeja, Goghrita	Bhagandar, Vranaroga
25	Kanthamalaka Malahara	Parada, Gandhaka, Mruddarashrng, Kattha, Tankana, Kunduru, Bhallataka, Maricha, Nimbapatra, Sikta, Sarshapataila	Kanthamala, Galaganda, Apachi
26	Upadamsharipu Malahara	Rasakarpooa, Karpooa, Mruddarashrng, Kattha, Tuttha, yello paraffin	Phiranga, Upadamshajavrana,
27	Arshohara Malahara	Haratala, Kattha, Goghrita	Arsha
28	Shirashoolantaka Malahara	Nilgiri Taila, Lobanpushpa, Paraffin hard, Paraffin soft	Shirashoola, Vrishchikadamsh aja Vrana
29	Agnidagdhavranahara Malahara	Rala, Alasi Taila, Sudhachoorna	Agnidagdha Vrana
30	Manashiladi Malahara	Manashila, Ela, Manjishta, Laksha, Haridra, Daruharidra, Goghrita, Madhu	Vranaropana
31	Parada Malahara	Parada, Nimbatawak, bhrngaraja rasa, Sindoor, Paraffin white, Tila Taila	Nadi Vrana, Dushta Vrana
32	Paradadi Malahara	Parada, Gandhaka, Mruddarashrng, Tuttha, Goghrita	Dushtavrana, Dadru, Pama, Kandu
33	Nimbadi Malahara	Nimbapatraswarasa, Goghrita, Rasakarpooa, Sikta	Vranaropana
34	Kala Malahara	Tila Taila, sindoor, karpooa, tuttha	Dushta Vrana
35	Birojakalalmalahara	Gandhaphiroja hingula (Hgs)	Nadivrana, Dushtavrana
36	Birojakahar malahara	Gandhaphiroja, papadkar, coal, jangar. (Jangar is an acidic liquid kept in copper vessel and mixed with saindhava lavana /milk and	Vranaropana, Visphota

		left for three days in a covered state, after 3 days it converts into like blue material).	
37	Jeevanthyadimalahara	Siktha, jeevanti, manjista, Darvi, kampillaka, Tuttha	Varnaprasadana
38	Sindhooradimalahara	Sikthatailanagasindhoora, rasa sindhur, rasakarpooora, mudharasringa	Vrana, Vicharchika
39	Yashadamruthamalahara	Sikthataila, yashada	Vranashodhana, Vranaropana
40	Tutthakadyamalahara	Ghrita, Tuttha, Kathika, kapardabhasma, tankana	Nadivrana, Dushtavrana
41	Tutthamruthamalahara	Sikthataila, Tuttha	Vranaropana, Dushtavrana
42	Navajeevanamalahara	Siktha, Purifiedahipena, triphala., churna, gandhaphiroja	Dagdhavrana
43	Hingulamruthamalahara	Sikthataila, hingulachurna, mudharashringa, tankana, karpooora, rasakorpooora, spatika, sindhura.	Agnidagdhavrana
44	Hinguladhyamalahara	sikthataila, sindhoora, hingula	Dushtavrana
45	Dwithiyasindhooradimalahara	sikthataila, rala and sindoora	Pama, Vrana
46	Gairikadhyamalahara	sikthataila, gairika, sindhoora, haridrachurna	Vranaroga
47	Prathamasingdhooradimalahara	sikthataila, tankana, sindhoora	Vicharchika, Vipadika, Dushtavrana
48	Tankanamruthamalahara:	Sikthataila, tankana, sarjakshara, Pushakaseesa and peepal tree kshara	Vranaropana, Vranalekhana.
49	Talakodayamalahara	sikthataila, haratala, kajjala, harithaki, kadhira, gairika, sindhoora	Vrana

DISCUSSION

The evolution of *Malahara Kalpana* demonstrates the dynamic integration of Ayurvedic and Unani pharmaceuticals. Early references in *Vedic Kala* indicate the use of adhesive and healing substances by the *Ashwini Kumars* for wound management.^[7] In *Samhita Kala*, *Charaka* elaborated the use of *Lepa* and *Ghrita* formulations in *Kushtha Chikitsa* for topical use^[8], while *Sushruta* extensively described *Lepa* as a major external therapy for *Vrana Ropana*.^[9]

In *Madhyakalina Kala*, texts like *Sharangadhara Samhita* and *Bhavaprakasha* expanded the range of *Lepas* and introduced several *Malaharas* with broad therapeutic actions.^[10] Later, *Sadananda Sharma* in *Rasatarangini* introduced specific *Rasa Malaharas* such as *Rasapushpa Malahara*, *Sindhuradi Malahara*, and *Hinguladya Malahara* for treating *Vrana*, *Pama*, and *Dadru*.^[11]

Pharmacologically, *Malaharas* provide a dual mechanism:

- **Physical Action:** Protective barrier against environmental agents and moisture loss.
- **Therapeutic Action:** Anti-inflammatory, antiseptic, and wound-healing effects from herbal and mineral constituents.

The base materials such as *Siktha* (beeswax) and *Ghrita* contribute to *Snigdha Guna* and *Vranaropana Karma*.^[12] The semisolid nature ensures prolonged contact of active ingredients with the skin, promoting deeper penetration and sustained release—an aspect paralleled with modern ointment pharmacology.

A wide variety of *Malahara Yogas* are described, each with specific indications. For instance, *Rasapushpa Malahara* for *Vrana Roga*, *Karpooradi Malahara* for *Nadivrana*, *Tutthakamrita Malahara* for *Dushta Vrana*, and *Jeevanthyadi Malahara* for *Varnaprasadana* (complexion enhancement).^[13]

Hence, *Malahara Kalpana* bridges the gap between traditional *Lepa* and contemporary ointment preparations, demonstrating the advancement of Ayurvedic pharmaceuticals in topical therapy.

CONCLUSION

Malahara Kalpana exemplifies the Ayurvedic understanding of transdermal and local drug delivery. The formulation emphasizes both therapeutic and cosmetic dimensions through its base and active ingredients. Its foundation in *Lepa Kalpana* and later adaptation in *Rasashastra* highlight the continuous evolution of Ayurvedic pharmaceuticals. Further scientific standardization and clinical validation of classical *Malahara* formulations can strengthen their role in modern dermatological and wound care therapeutics.

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