



Research Article

PREPARATION OF KASEESADI MALAHARA - A PRACTICAL APPROACH

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ABSTRACT

Malahara Kalpana comes under *Bahya Kalpana* (external application) is a ointment preparation. The primary base of *Malahara Kalpana* is *Siktha*, *Taila* (bees wax and oil) and other ingredients based on intended use can include herbal, minerals may be added is called *Malahara* so because it removes *Mala* (residue etc) from *Vrana*, *Vidhradi*, *Twakvikara* etc conditions and offers benefits like *Snehana* (oleation), *Shodhana* (purification) and *Ropana* (healing), *Lekhana* (scraping), based on ingredients provides range of utility. **Materials and Methods:** *Kaseesadi Malahara* is the preparation consisting of *Shudha Kaseesa*, *Saindhava Lavana*, *Kinva*, *Haridra*, *Daruharidra*, *Vacha*, *Tila taila*, *Sikta*. considered to be beneficial in *Dusta Vrana*, *Kaseesadi Malahara* is explained in *Susrutha Samhita* is herbomineral formulation. It was prepared as per classical reference. **Observation and Results:** method of preparation was documented the yield of *Malahara* was 7kgs and was yellow in color which was preserved in air tight container. **Discussion and Conclusion:** there is wide range of description available about *Malahara* in authoritative classics. This ointment preparation has many therapeutic usages and is effective in treating many disorders, it is intended to be used externally simple formulation indicated in *Dusta Vrana*, which is economical. The paper details the most practical way of preparing *Kaseesadi Malahara* for clinical use.

INTRODUCTION

Ayurveda specifies administration of various formulations to manage different pathological conditions through various routes including two modalities of *Chikitsa* (treatment) i.e., *Bahya* (external) and *Abhyantara* (internal). *Malahara Kalpana* been explained under *Bahya Chikitsa* (external application) which is unique preparation to provide local effects and promote healing with various benefits^[1,2].

The term *Malahara* in classics was introduced by Yogaratnakara, refers to removal of *Mala* (residue or toxin) from *Vrana*, *Vidradi*, *Twak Vikara*, etc, conditions. *Malahara* term is derived from root word 'Malham or Maraham from Unani System of Medicine. *Malahara* has properties like *Snehana* (oleation),

Shodhana (cleansing), *Ropana* (healing), depending on drugs used in the preparation^[3,4,5]. As being more concerned with surgery and wounds, Sushruta has described and classified *Lepa* extensively and has mentioned *Lepa* as one of the prime external lines of treatment of *Vrana*^[6].

Acharya Sushruta has described 60 measures for the comprehensive management of injury, which includes local as well as systemic use of different preparation and treatment modalities. He also mentioned *Dusta vrana* (chronic ulcers) are difficult to heal^[6].

Even with advances made, management of chronic non healing ulcer is still challenge for clinician. *Susrutha samhita* an important referral books in the field of Ayurveda. *Kaseesadi Malahara* mentioned in this text can be used as a healing agent in different types of ulcers. It contains *Shudha Kaseesa*, *Saindhava lavana*, *Kinva*, *Haridra*, *Daruharidra*, *Vacha*, *Tila taila*, *Sikta*. Considered to be beneficial in *Dusta Vrana*^[7,8]. Hence an attempt is made to prepare *Kaseesadi*

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Malahara. The paper details the most practical way of preparing *Kaseesadi Malahara* for Clinical use.

AIM AND OBJECTIVE

A practical approach of preparation of formulation "*Kaseesadi Malahara*" (*Kaseesadi Ointment*).

MATERIAL AND METHOD

Pharmaceutical study

- Study formulation *Kaseesadi Malahara*, was prepared at practical laboratory in Department of Rasashastra and Bhaishajya Kalpana under expert guidance, at SDM Trust's AMC, Terdal, Karnataka.
- Ingredients of the formulation *Kaseesadi Malahara* are mentioned in Table 1.

Preparation of *Kaseesadi Malahara*

- **Shodhana of Kaseesa:** Specified quantity of *Kaseesa* taken and subjected to *Shodhana* with *Nimbu Sawarasa* for 2 days.
- To prepare *Kaseesadi Taila*, *Vacha*, *Haridra* and *Daruharidra* were made into coarse powder form and added to 96 liters of *Jala*. Later, it was reduced to 24 liters to obtain *Kashaya*.
- To prepare *Taila*, 7 liters of *Tila Taila* was taken. To that *Kinva*, *Shuddha Kasisa* and *Saindhava Lavana* were added as *Kalka Dravya* and obtained *Kashaya* was added and heated till *Madhyama Paaka* of *Taila* was obtained. Later the filtrate and melted *Sikta* added to it to obtain required consistency of *Malahara* (Homogenous mixture).

Table 1: Ingredients of *Kaseesadi Malahara* with its proportion^[5,8,9,10,11]

S.No	Ingredients	Proportion	Botanical Name	Part Used
1.	<i>Shuddha Kaseesa</i>	1 part	Green Vitrol	Purified mineral
2.	<i>Saindhava Lavana</i>	1 part	Sodium chloride	Mineral as such
3.	<i>Kinva</i>	1 part	-	Solid residual after fermentation
4.	<i>Haridra</i>	1 part	<i>Curcuma longa</i>	<i>Mula</i>
5.	<i>Daru haridra</i>	1 part	<i>Berberis aristata</i>	<i>Mula</i>
6.	<i>Vacha</i>	1 part	<i>Acorus calamus</i>	Rhizome
7.	<i>Taila</i>	6 parts		Oil
8.	<i>Sikta</i>	1 part	Bees wax	Wax

OBSERVATION AND RESULT

- *Kaseesa Shodhana* was done with *Nimbu Swarasa* for 2 days. (shown in figure 3, 4, 5, 6)
- *Vacha*, *Haridra* and *Daruharidra* were made into coarse powder form and added to 96 liters of *Jala*. Later, it was reduced to 24 liters to obtain *Kashaya*. (shown in figure 1,2)
- To prepare *Taila*, 7 liters of *Tila Taila* was taken. To that *Kinva*, *Shuddha Kaseesa* and *Saindhava Lavana* were added as *Kalka Dravya* and obtained *Kashaya* was added and heated. (Shown in figure 7, 8)
- After 6 hours, *Madhyama Paaka* of *Taila* was obtained. The *Taila* was stirred and heated for half

an hour more to remove remaining amount of water.

- After filtering, 6.4 litres of *Kaseesaadi Taila* was obtained.
- In the end, previously filtered and melted 800gm of *Sikta* was added to it, to obtain required consistency of *Malahara*. (shown in figure 9,10.)
- Final product- *Kaseesaadi Malahara* was 7kg (shown in figure 10)
- Was preserved into air tight container (shown in figure 11)



Fig 1. Coarse Powder of *Haridra*, *Daruharidra* and *Vacha*



Fig 2. Addition of *Kashaya Dravya* to 96 Liters of Water



Fig 3,4: Ashuddha Kaseesa and Nimbuswarasa



Fig 5,6: Kaseesa Shodhana with Nimbu Swarasa



Fig 7,8: Dissolution of Kaseesa and Saindhava in Warm Kashaya to Obtain Homogenous Mixture



Fig 9,10: Adding Sikta to Taila and Kaseesaadi Malahara – Weighing 7kg



Fig 11: Kaseesadi Malahara on Labelling – Preserved in Airtight Container, Net Weight 100gm Each

DISCUSSION

Malahara Kalpana is mentioned in Ayurvedic system of medicine. It is used as external application in many conditions like *Vipadika* (cracked heels), *Vicharchika* (psoriasis), *Vrana* (ulcers, wounds) it exhibits properties such as *Vranashodana* (cleanses wounds), *Vrana Ropana* (aids in Healing of wound), *Snehana* (oleation), *Lekhana* (scraping) and *Varnya* (beautifying) depending on ingredients of the preparation. *Kaseesadi Malahara* is a combination of herbal and mineral drugs which comprises of *Shudha Kaseesa*, *Saindhava Lavana*, *Kinva*, *Haridra*, *Daruharidra*, *Vacha*, *Tila Taila* and *Sikta* indicated in *Dusta vrana* (ulcers, wounds with infection) in the form of local application. In this study *Kaseesadi Avacoornana* [12], which is mentioned in *Susruta Samhita*, here an attempt is made to modify it into an *Malahara* form. Physico-chemical characteristics of it suggest that the *Malahara* can be beneficial in *Dusta Vrana*

CONCLUSION

A yellow-colored smooth homogenous mixture of *Kaseesadi Malahara* was prepared. It has its own

therapeutic advantages such as simple mode of pharmaceutical procedure, easy of mode of application with good shelf-life period.

This formulation is simple in preparation but not into clinical practice at present. Further clinical studies on its efficacy and more research will bring the formulation into practice conducting its clinical trial is the step two of this study.

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