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SINDHOORADHYA MALAHARA- A REVIEW.

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Abstract: *Sindhooradhyamalahara* is a unique ointment preparation mentioned in ayurvediya Rasasastra. In the prestigious textbook of Rasatarangini, two formulations named *Prathama* and *dwiteeya sindhooradhyamalahara* is available with minute changes in ingredients. Another reference named *sindhuradi malahara* is available in Pharmacopoeia with totally different ingredients and quantity. So, an attempt is made to review all these three formulations with its properties and indications. It was observed that eventhough the ingredients as well as quantity and quality of the formulations are different, all the three are indicated in skin manifestations like *pama*, *vicharchika* and *vrana*. The market available sample follows more of pharmacopoeial reference.

Keywords: *sindhooradhyamalahara*, *malahara*, Skin manifestations, *Sindhuradi*, *Rasatarangini*

INTRODUCTION

Rasasastra and Bhaishajya kalpana is an ingrained branch of Ayurveda with enormous number of pharmaceutical dosage forms for both internal and external application. Malahara is one among such dosage form, which has its roots in Unani system of medicine. Rasatarangini, one of the greatly admired textbook of Rasasastra deals with wide number of malahara kalpanas. *Sindhooradhyamalahara* is one such preparations with very minimal ingredients and with vast clinical application. Acharya mentioned two malahara formulations with a minor change of ingredients and named them as *Prathama* and *Dwiteeya Sindhooradhyamalahara*. Both are having action on the skin manifestations like *pama* and *kandu*.

AIM AND OBJECTIVE

This paper is an attempt to make a review on the formulation *sindhooradhyamalahara*.

MATERIALS AND METHODS

Review of literature:

The references of *sindhooradhyamalahara* are available from:

- Rasatarangini 21st Taranga
- Another reference which is totally different is available from Pharmacopoeia of Hospital of Indian Medicine, Madras, and page 110

Prathama sindhooradhyamalahara, mentions in detail about the quantity and ratio of the ingredients to be used.

Table 1: Ingredients of *prathama sindhooradhyamalahara*¹ are:

Drug	Quantity
<i>Sikta taila</i>	3 karsha
<i>Shudha tankana</i>	½ karsha
<i>Girisindhura</i>	½ karsha

The same yoga when *tankana* is replaced with *sarjarasa* becomes *dwiteeya sindhooradhyamalahara*.

Another reference in the same name is available in pharmacopoeia with ingredients like *sikta*, *tila taila*, *naga sindhura*, *rasasindoora*, *rasakarpura* and *mridddarasnga*². Here *sikta taila* and other ingredients are taken in the ratio 20:1.

Table 2. Ingredients and quantity as per pharmacopoeia

Drug	Quantity
<i>Sikta</i>	1152 g
<i>Taila</i>	4608g
<i>nagasindhoora</i>	96g
<i>Rasasindhura</i>	48g
<i>Rasakarpura</i>	48g
<i>mrdharasringa</i>	96g

Table 2: details of ingredients in prathama and dwiteeya sindhooradhya malahara

Drug	Botanical name / chemical name	Family / chemical composition	English name	Part used
<i>Girisindhura/nagasindhura</i>	Mercuric oxide (natural) Lead oxide (artificial)	HgO PbO	Red lead or red oxide of lead	
<i>Tankana</i>	Sodium tetraborate decahydrate	Na ₂ B ₄ O ₇ .10H ₂ O	Borax	
<i>Sarjarasa</i>	<i>Shorea robusta</i>	<i>Dipterocarpaceae</i>	Indian dammer	Gum/ resin
<i>Tila /Tila taila</i>	<i>Sesamum indicum</i>	<i>Pedaliaceae</i>	Sesame oil	Seed oil
<i>Siktha</i>	<i>Cera flava</i>		Yellow bee wax	Bee wax

Method of preparation

In the yoga there is clear mentioning of ratio of each ingredients. All the drugs which require *shodhana* is done and made into fine powder form. *Sikta taila* is prepared by taking into consideration of season. Then all these ingredients are triturated in a khalva yantra till it attain malahara consistency.

Indication

Prathama sindhooradhya malahara is having qualities like “*pooyanirharanam param*” which means it removes suppuration and thereby help in wound healing. Acharya have also used the term “*bhootasangaprasamana*” which indicate towards the antimicrobial action.

When *tankana* is replaced by *sarjarasa* in *dwiteeya sindhooradhya malahara*, there is addition of other properties like “*bhagnasandhanajanana*” (unites fractures). It is also indicated in conditions like *pama*, *kandu*, *gudamaya*, *sphota*, *kushta*, *Visarpa*. It acts as *vranaropana* and cures all kinds of *twak dosha*.

Sindhuradi malahara of pharmacopoeia is indicated in conditions like *vrana* and *vicharchika*.

Table 3: Properties of the drugs are as follows:

Drug	Rasa	Guna	Virya	Karma
<i>Tankana</i>	<i>Katu</i>	<i>Ruksha, teekshna</i>	<i>ushna</i>	<i>Deepana pachana, vishagna</i>
<i>Girisindhura</i>	<i>Katu, tikta</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Lekhana, krimighna, kandughna</i>
<i>Sarjarasa</i>	<i>Kashaya, madhura</i>	<i>Ruksha, ushna</i>	<i>Seetha</i>	<i>Vatapittahara, vranaropana</i>
<i>Sikta</i>	<i>Madhura</i>	<i>Snigdha pichila</i>		<i>Sandhanakara, vranaropaka, bhootagna</i>
<i>Tila taila</i>	<i>Madhura tikta</i>	<i>Guru sukshma tikshna</i>	<i>Ushna</i>	<i>Vatakaphahara, krimighna</i>

Drug	Rasa	Guna	Virya	Karma
<i>Rasasindhura</i> ³	<i>Shadrasa</i>	<i>Guru, snigdha</i>	<i>Ushna</i>	<i>Vajikara, sarvarogahara</i>
<i>Rasakarpura</i> ⁴	<i>Kashaya</i>	<i>Graahi</i>	<i>Ushna</i>	<i>Vishaghna, kriminashaka, balya</i>
<i>Mridharasringa</i> ⁵		<i>Guru</i>	<i>sita</i>	<i>Vatakaphahara, vranahara, bhagnasandhanajanana, pama, kandu, kesharanjana</i>

Discussion and conclusion

All three formulations are named *Sindhooradhya Malahara*, with Rasatarangini distinguishing the first two as *Prathama* and *Dwiteeya*. They are all external applications primarily used for treating skin disorders. In *Prathama Sindhooradhya Malahara*, there is explicit mention of the term “*bhootasangaprasamana*,” indicating antimicrobial action. *Dwiteeya Sindhooradhya Malahara*, in addition to “*twakdoshasamana*,” has “*bhagnasandhana janana*” action. The *Sindhooradhya Malahara* mentioned in the Pharmacopoeia contains more potent drugs like *rasasindhura* and *rasakarpura* and is indicated for conditions like *vrana* and *vicharchika*.

Upon reviewing all three formulations, it becomes evident that they primarily exhibit *krimighna* (antimicrobial) and *vranashodhana ropana* (wound-healing) actions. The ratio of ingredients in *Prathama* and *Dwiteeya Sindhooradhya Malahara*, as mentioned in Rasatarangini, is 3:1, while in *Sindhuradi Malahara*, as specified in the pharmacopoeia, it is 20:1. The third formulation contains a higher proportion of mercurial and mineral drugs compared to the other two. This might explain the smaller quantity of drugs compared to the base drug, *sikta taila*.

It's worth noting that most of the market-available *Sindhooradhya Malahara* formulations follow the pharmacopoeial reference. Concerns about heavy metal toxicity are more relevant in the formulations adhering to the Pharmacopoeia standards, whereas the formulation mentioned in Rasatarangini appears to have lower risks associated with heavy metal toxicity.

"In an era marked by the escalating threat of antimicrobial resistance, Ayurvedic formulations have assumed even greater significance. With the rampant overuse and misuse of antibiotics contributing to the emergence of resistant microbes, traditional remedies like Ayurvedic formulations offer a promising alternative for managing a wide array of health conditions, particularly those stemming from microbial infections.

In this rapidly evolving landscape, it becomes increasingly imperative to conduct a robust body of evidence-based research in this field to arrive at definitive conclusions regarding the efficacy and safety of these traditional formulations. Stringent safety studies and well-designed clinical trials play a pivotal role in providing a more comprehensive and scientifically-grounded understanding of these remedies.

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