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“Pharmaceutical Preparation of Sarjarasa Malahara - A Practical Approach”

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ABSTRACT

INTRODUCTION: The term Malahara originated from the root word Malham or Marham taken from Unani system of medicine. It is a unique dosage form used for topical application.

It has been inducted to Ayurveda Pharmaceuticals and first reference can be seen in Yogaratnakara. The base material for its preparation can be Taila (Oil), Ghrita (Ghee), Sikta (Bees wax), Sarjarasa (Shorea Robusta) etc. to the Filtered base fine powder of medicinal drugs are added to obtain required consistency.

MATERIALS AND METHODS: The formulation Sarjarasa Malahara is a unique preparation comprising of Sarjarasa (Shorea Robusta), Madhuchista (Bees wax), Tuttha Bhasma (Copper Sulphate), Karpura (Cinnamum Camphora), TilaTaila (Sesamum Indicum). It is indicated in Padadari (Cracks heels). It was prepared as per classical reference.

OBSERVATION AND RESULT: The consistency of prepared formulation was Semisolid, with greenish color and characteristic odour. Yield of Sarjarasa Malahara (Sarjarasa ointment) was 4050 grams which was preserved into airtight container.

DISCUSSION AND CONCLUSION: The Malahara preparation exhibits therapeutic benefits like Vranashodhana (Cleansing), Ropana (Healing). Sarjarasa Malahara helpful for reducing Padadari (Crack heel) and its late complications. And is an effective formulation with good therapeutic activity for external application without producing any harmful effects in clinical use.

Keywords: Malahara, Karpura, bees wax, Sarjarasa, Sarjarasa Malahara, Lepa.

Introduction:

Ayurveda is the science of life which not only deals with the health and illness of human being but also considers the lifestyle and cosmetic aspects¹. There is difference in today's life style and ancient, so the application of Ayurvedic principles should be modified and applied according to disease condition. Malahara an external use dosage form is introduced in to Ayurved by Yogaratnakara. Sarjarasa Malahara is a unique composition given in Rasatantrasara va Siddhaprayoga sangraha, which is described to be effective in Padadari (Crack Foot)⁶. Its composition acts as an emollient and base in the Preparation of Malahara. The attributes of ingredients are VranaRopana (Healing), Shodhana (Cleansing), Sandhaniya (Promotes tissue union), Vedanasthapaka (Pain reliving), Tridosahara^{4,5}.

Objective of Study: A practical approach of preparation of "Sarjarasa Malahara".

MATERIAL AND METHODS:

Pharmaceutical study:

- Study formulation Sarjarasa 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 Sarjarasa Malahara are mentioned in Table 1.

Table 1: Ingredients of preparation and its quantity mentioned^{2,7,8}.

DRUG NAME	SCIENTIFIC NAME	QUANTITY AS PER REFERENCE	QUANTITY TAKEN
Tila Taila	Sesamum Indicum	16 parts	1920ML
Sarjarasa (Gummy Excaudate)	Shorea Robusta	4 parts	480GMS
Tuttha Bhasma	Copper Sulphate	1 part	120GMS
Karpura	Cinnamum Camphora	1 part	120 GMS
Madhuchista	Bees wax	1 part	120 GMS

Pharmaceutical Preparation: Base is prepared with TilaTaila and Madhuchista in vessel. fine powder of Sarjarasa was added and stirring carried out without creating lumps. Gradually cold water added with stirring for 15-20 min until paste like consistency obtained. Powder of Tuttha Bhasma, Karpura added and stirred and kept for 24 hrs. After that with Spatula stirred and it starts to Ooze out the water and separate the water and discarded. The Kalka Dravya I.e , Sarjarasa, Karpura, Tuttha Bhasma, Madhuchista were taken in mentioned quantity.

OBSERVATION AND RESULT:

- All the Kalka Dravyas were taken and made into fine powder.
- Moorchita Tila Taila taken as Sneha Dravya. Initially Moorchita Tila taila taken in a clean wide mouthed stainless-steel vessel and placed over mild fire. It was heated until foam starts appearing. Soon the specified ratio of Beeswax was added to it. When all the wax completely melt in oil, it is filtered to another clean vessel (Shown in fig 1, 2)
- And followed by the prepared Kalka Dravya added to it with constant stirring process and allowed to cool. It attained a thicker consistency as that of Beeswax after cooling (shown in Fig 3,4).
- The prepared Malahara was washed with water for 20 times. Each time fresh water was added and water was discarded when change in colour was seen (Shown in Fig 4, 5). After washing 20 times with water the Sarjarasa Malahara attained greenish colour with good fragrance (shown in fig 5)
- Final product- Sarjarasa Malahara was- 4050 gms
- Was preserved into Air tight container (Shown in Figure 6)
- Packed 100 g of Sarjarasa Malahara in each container.

IMAGES**FIG 1- MOORCHITA TILA TAILA AND MADHUCHISTA BASE PREPARED ON MANDAGNI****FIG 2- WHEN WAX COMPLETELY MELT IN OIL, FILTERED TO ANOTHER CLEAN CONTAINER****FIG 3- MIXING KALKA DRAVYA****FIG 4- AFTER ADDING WATER TO PREPARATION**

FIG 5- RESIDUAL MALAHARA AFTER 20 TIMES OF WASH**FIG 6 - PRESERVED IN AIR TIGHT CONTAINER**

DISCUSSION:

Lepa is one of the classical clinical based explanations in Shashti Upakrama⁹ hence Sarjarasa Malahara Lepa was prepared and planned on Padadari. As it contains Tilataila, Sarjarasa, Madhuchista, Karpura and Tuttha. The Lepa in the form of local application does the Snehana and Vranaropana in Padadari. In this study Sarjarasa Malahara preparation mentioned in Rasatantrasara va Siddhaprayoga sangraha a text of Rasashastra (Ayurvedic Pharmaceuticals) was prepared and used in Padadari (Crack Foot). Its Physico-Chemical characteristics Suggests all ingredients of the Malahara have Analgesic and wound healing property and is beneficial in managing Padadari (Crack Foot).

CONCLUSION: In the present study as per classical reference pharmaceutical preparation of Sarjarasa Malahara was carried out which is an Green Colored smooth Homogenous mixture. It has a property like Snehana (oleation), Shodhana (Cleansing), Ropana (healing), Lekhana (scraping) and Varnya (beautifying)⁶. Final product exhibits therapeutic benefits like Vranashodhana, Ropana and Sandhana. Sarjarasa Malahara helpful for reducing Padadari (crack foot) and its late complications. Study concludes is an effective formulation with good therapeutic activity for external application without producing any harmful effects and is clinically effective. This simple formulation is acceptable and easy for application can be brought to practice.

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