



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume - 5, Issue - 1

January 2024



IJIM

INDEXED



International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

A Review on Gandhakadhyā Malahar W.S.R Pama

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ABSTRACT:

Ayurveda is a science of life focus of ayurveda to cure the disease root causes and maintain the health of healthy individuals. In Ayurveda Twak Sharir holds important place. Ayurvedic literatures have described Twak Sharir with various types of Kushtha according to layers of skin. Pama is a type of kshudra Kushtha in which there is whitish/reddish blackish boils appear on skin with secretion. Gandhakadhyā malahar is a compound drug used in skin disorders (kushta roga). The content present in Gandhakadhyā malahara are having properties such as antifungal, antimicrobial, Expectorant, Antidote. In Ayurveda Gandhakadhyā malahara is one of the important medicines in treatment of twak vikara. Thus the content Gandhakadhyā malahara is found to have prominent antifungal, antimicrobial activity so we can use Gandhakadhyā malahara as local application. Malahara kalpana comes under bahya kalpana (external application). Malahara Kalpana is the ointment preparation which has Siktha Taila (bees wax and oil mixture) or Ghrita, as the basic constituent. The other ingredient may include herbal, metal and mineral contents depending upon the usage. Rasa Tarangani a Rasa Shastra treatise of 20th century by Acharya Sadananda Sharma has enumerated various types of Malahara Kalpana taking mainly Siktha Taila as a base. Hence the present article is an attempt to elucidate and unfold the one of the Malahara kalpana i.e. Gandhakadhyā Malahara Kalpana mentioned in Rasatarangini.

KEYWORDS - Malahara, Sikta tail, Ghrita, pama, Gandhakadhyā malahara kalpana, kushta roga, twak vikara, antimicrobial.

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How to cite this article: Kamble SA, Amrutkar M. A Review on Gandhakadhyā Malahar W.S.R Pama. Int J Ind Med 2024;5(1): 38-42 DOI: <http://doi.org/10.55552/IJIM.2024.5106>

Introduction:

Ayurveda is most ancient system of medicine in the world. Ayurveda advocates a complete promotive, preventive and curative system of medicine. In Ayurveda Twak Sharir holds important place. Ayurvedic literatures have described Twak Sharira with various types of Kushtha according to layers of skin. Skin diseases are common manifestation in present era. Patient of skin disease are additionally prone to experience physical, emotional and socioeconomic embarrassment in society due to disfigured appearance. Normally 10-15% of general practitioner encounter with skin disorder in day to day practice most common among them is fungal infection.

In Ayurveda there are seven Mahakushta (major skin diseases) and eleven Kshudra Kushta roga(minor) are explained ⁽¹⁾. All Kushta Roga are Tridoshaja in nature but according to dominancy of Dosha they can be classified according to vata, pitta and kapha Dosha. Pama Kushta is one of the Shudra Rogas which is Pitta-Kapha predominating ⁽²⁾.

According to Ayurveda Scabies can be correlated to Pama. Pama is a skin disease which harms and deforms the skin. Pama-kushta is characterized

by extreme itchy eruptions of white, reddish or black colour seen over Sphika (Buttocks), Pani-Pada (Hands - Foot), Kurpara (Forearm or elbow region) ⁽³⁾. In Ayurvedic texts management of Pama includes Shodhana, Shaman and Bahirparimarjan Chikitsa. Among them Shaman measures in Lepa (topical applications) are widely prescribed. Topical applications are more useful in Twak Vikaras as they directly act on the affected parts or lesion and due to its physiological affects of heat on skin. Internal medicine is also necessary to bring homeostasis in vitiated Dosha and Dushyas. This article explains the role of Gandhakadhy Malahara is selected as Topical application as described in Rasatarangini⁽⁴⁾

GANDHAKADHYA MALHAR IN DETAIL ⁽⁴⁾ –

Gandhakadhy malahara as ayurvedic herbo mineral formulation is indicated in management of Pama (scabies).

Matra- External application

Varna- Raktabha

Properties - Snigdha, Tikshna, Ruksha, Sara, Ushna, Tridosahar

Indication – Pama, fungal infection, allergic dermatitis, Twak vikara.

Table1. Ingredients of Gandhakadhy Malahara in detail –

Drug	Quantity Acc to API	Rasa	Guna	Virya	Vipaka	Dosha karma	Pharmacological action	Therapeutic use
Shuddha Gandhak ⁽⁵⁾	6 tola (72gm)	Madhur	Pachak	Ushna	katu	PittaVardhak, Kapha,vatahara	Antifungal, Antimicrobial	Dadru,Kandu Kushta,Pama,K rimi Aamdosha
Sikta Taila ⁽⁶⁾⁽¹¹⁾	½ tola (6gm)	-	-	-	-	-	-	Vrana,isarpa,kandu
Shuddha	½ tola (6gm)		Guru snighda	-	-	-	Germicidal	Pama,vicaricika, sidhma, visarpa,

Girisindur ⁽⁷⁾								
Shuddha Tanka ⁽⁸⁾	2 mase (2gm)	katu	Ruksha Tikshna guru	Ushna	katu	Pittakara, Vatahara kaphanissaraka	Expectorant Antidote	Twakroga
Karpura ⁽⁹⁾	2 mase (2gm)	Tikta Katu mdhura	Laghu Ruksha	sheeta	katu	Kaphaghna pittaghna	Styptic Astringent Antiseptic	Twakroga, Shwitra Keshya

PREPARATION OF GANDHAKADHYA MALAHAR –

In a clean vessel siktha taila is taken and heated over mild fire.



When foam starts appearing put off the fire and add the fine powders of Shuddha Gandhak, Shuddha girisindhur, Shuddha tankan, Karpura as quantity mentioned.



The mixture is stirred well and allowed to cool and solidify.



It is stored in wide mouthed containers



The solidified mixture is called Gandhakadya malahara.

Therapeutic Uses :-

1) **Shuddha gandhaka (sulphur)** ⁽¹⁰⁾ –

Shuddha gandhaka is very good rejuvenator. It is indicated in kandu (itching), kushta (skin disease), visarpa (herpes zoster). It improves the appetite and is good digestive of ama dosha. It nullifies the influence of gara visha on the body.

2) **Sikta Taila** – It is indicated in vrna, visarpa, kandu, kushta, vata rakta.

3) **Shuddha Tanka (Borax)** ⁽¹²⁾ –

Tanka is used in the process of repair that follows injury to the skin and other soft tissues. The objective in wound management is to heal the wound in the shortest time possible, with minimal pain, discomfort, and scarring to the patient.

Other uses are:

It is good to heart and mitigates Vata dosha, it relieves adhmana and is a good appetizer, it nullifies the toxic effect of sthavara visha. It is used in Shwasa and Kasa roga.

4) **Shuddha Girisindura⁽¹³⁾ (mercuric oxide)** -

Used for external application cures all 13 types of kshudra kushta. This drug is good for skin and is good wound healer. It is indicated in pama, vicarcika, sidhma and visarpa which come under kshudra kushta. It is good germicidal (bhutaghna dravya) and cures all types of rakta dosha.

5) **Karpura (Cinnamomum camphor)** -

Main indication of camphor is in skin infections and fungal invasion on the body thus acting as antifungal agent. It is indicated in krimi, trishna, kandu, kushta, vrana.

DISCUSSION

In this article we can study the concept that by application of Gandhakadhya Malahara pacifies the Doshas and leads to the breaking of Samprapti, which helps in reducing the symptoms like Kandu, Pidika. Rasa and Raktashodhak, Varnya, Lekhan, Shothahara properties of Malahara pacifies Dushyas. The content of Malahara possesses Snigdha, Tikshna, Ruksha, Sara, Ushna, Tridosahara properties. All the ingredients of Gandhakadhya Malahara have pharmacologically an antifungal, antimicrobial, antioxidant action hence can effectively reduce the infection and prevent its recurrence by improving the immunity of skin by its antioxidant property.

Due to this property we can use Gandhakadhya Malahara in Pama .

CONCLUSION

Pama is most common skin disease for which complete cure till date is not available due to its high recurrence rate and due to development of resistance among the patients for the antibiotics

that are being used after sometime. Almost all the Acharyas have mentioned Pama along with its management. So it is a need of hour to find effective, permanent and promisable Ayurvedic treatment for Pama or Scabies infection that can prevent their recurrence also. This is my small efforts, on how this medicine will act by their ingredients doshaghata as well as by their qualities. But there is a need of further preclinical study.

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Source of Support: None declared

Conflict of interest: Nil

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An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

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