PHARMACEUTICAL STUDY OF “TUVARAKA MALAHARA” (OINTMENT)

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ABSTRACT

Malahara kalpana is the ointment preparation method which has siktha taila (bee wax and oil mixture) as a basic constituent and other ingredients may include herbal, mineral or metal contents depending upon the usage. Present study focuses on modification of tuvaraka taila into tuvaraka malahara (ointment) form. This formulation has been indicated for all types of skin diseases. Literature review done through various sources like books, internet, journals revealed that no modification study on this formulation has been carried out till date. Hence an attempt has been made to modify tuvaraka taila pharmaceutically into tuvaraka malahara (ointment) form. The observations observed during preparation of the tuvaraka malahara dosage form have been noted in this study.

KEYWORDS: Tuvaraka taila, Tuvaraka malahara (ointment), skin diseases

INTRODUCTION

Ayurved has specified two types of treatment – Antahparimarjana and Bahiparimarjan. Bahiparimarjan means, the medicine intended for external use only. For this purpose in Ayurved, different forms of external applications are described for the treatment of different diseases. Malahara kalpana is one of such kalpana which comes under bahiparimarjan (external application).[1] The word maraham and malaham are basically originated from
Unani system of medicine. Yogratnakar mentioned this, by the name of malahara kalpana. This is called malahara kalpana because it removes mala from vrana, vidhradi, twakvikar etc. This is similar to ointments in modern pharmaceutics.[2]

Tuvaraka malahara is a modified formulation of tuvaraka taila, kokkam taila / butter and siktha (bee wax). Tuvaraka taila is best known for treating all types of skin disease. It has kushthaghna, kandughna, jantughna, vranashodhan, vranaropana (wound healing), raktautkleshaka, lekhana properties.[3] Kokkam seeds have 23-26% of oil which is yellowish in colour which solidifies with time and is called kokkam butter.[4] Kokkam butter / oil / taila has wound healing properties.[4] Siktha (bee wax) has vranaropak (wound healing), vranadhodak (cleansing the wound).[5] bhagnasandhanaka (joins fracture)[6], Vataraktaahara[5], kusthaghna[6], Visarpahara properties.[6] Compared to other waxes it is better for skin protection as it possesses many medicinal properties.

Malahara (Semisolid applications) can adhere to application surface for sufficiently long periods before they can be washed off. This property helps prolong drug delivery at the application site. In general malahara (ointment) have the properties like snehana (oleation). The cumulative effect of all these properties reflect in the wound healing activity.

MATERIALS AND METHODS
Collection of Raw material
Raw material required for Tuvaraka malahara were procured from the local market. All the herbal raw material sample were identified and certified as a genuine sample by department of Dravyaguna, SSAM, Hadapsar, Pune.

Pharmaceutical study
Tuvaraka malahara formulation were prepared in in-house pharmacy.

Preparation of Tuvaraka malahara
Principle followed for preparation of tuvaraka malahara (ointment) is that of siktha taila, prepared as per the reference mentioned in Rasatarangini text.[7]

Materials used
All the ingredients are enumerated in the table[1]
Equipments required
Heating device - Gas burner with LPG cylinder, Vessel, Ladle, Double layered cotton cloth, Weighing machine, Thermometer.

Procedure
Specific quantity of Tuvaraka taila and Kokkam taila were taken in dry, clean vessel and heated over low flame and temperature was noted. When the temperature reached 60°C, small pieces of bee wax were added to the vessel and were stirred carefully until it dissolved completely. After complete dissolution of bee wax, the mixture was filtered through a double layered clean cloth to separate insoluble particle possibly present in siktha. It was then transferred into a sterile container and was left for cooling.

OBSERVATIONS

<table>
<thead>
<tr>
<th>Duration of heating</th>
<th>15 mins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperature when kokkam taila got melted in tuvaraka taila.</td>
<td>38°C</td>
</tr>
<tr>
<td>Temperature when Bee wax got melted in tuvaraka and kokkam taila mixture.</td>
<td>60°C</td>
</tr>
<tr>
<td>Temperature while stopping heating sneha mixture.</td>
<td>60°C</td>
</tr>
<tr>
<td>Colour of tuvaraka malahara</td>
<td>Pale yellow</td>
</tr>
</tbody>
</table>

Table 1: Ingredients of Tuvaraka Malahara.

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Ingredients</th>
<th>Family</th>
<th>Parts used</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tuvaraka taila - Hydnocarpus laurifolia Linn</td>
<td>Flacourtiaceae</td>
<td>Seed oil</td>
<td>750 ml</td>
</tr>
<tr>
<td>2</td>
<td>Kokkam taila - Garcinia indica Linn</td>
<td>Guttiferae</td>
<td>Seed oil</td>
<td>200 gms</td>
</tr>
<tr>
<td>3</td>
<td>Siktha (Bee wax)</td>
<td>-</td>
<td>-</td>
<td>50 gms</td>
</tr>
</tbody>
</table>

Table 2: Organoleptic characteristics of Tuvaraka Malahara.

<table>
<thead>
<tr>
<th>Tests</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sparsha – Touch</td>
<td>Soft, Smooth</td>
</tr>
<tr>
<td>Rupa (Appearance)</td>
<td>Smooth texture, Pale yellow coloured</td>
</tr>
<tr>
<td>Gandha (Smell)</td>
<td>Peculiar amla / kokkam gandi</td>
</tr>
</tbody>
</table>

DISCUSSION

Tuvaraka malahara is a modified formulation. It contains siktha as base and is prepared as per the reference from Rasatarangini. It contain 750 ml of tuvaraka taila, 200 gms of kokkam butter / taila and 50 gms of siktha (bee wax). Tuvaraka taila, kokkam taila and siktha was heated for of 15 mins. When temperature reached at 38°C Kokkam taila got melted in tuvaraka taila while bee wax got melted in this mixture at 60°C temp. Heating of sneha mixture was stopped at temp 60°C. Colour of tuvaraka malahara was pale yellow.


Tuvaraka taila is best known for treating all types of skin diseases. The ripe fruits of tuvaraka are collected usually by the end of summer season i.e. before the rainy season begins. The March and April months are the ideal time for collection of ripe fruits. Once when the fruits are collected the seeds inside are separated carefully, spread in clean wider stainless steel trays and dried under hot sun. This dry seeds are subjected for extraction of oil. Extraction of the oil from dry seeds of Tuvaraka has been well documented in classical references. The name tuvaraka itself indicates the one which eradicates disease or kills disease. One of its synonym kushthavairi means the one which treats all types of skin diseases. Tuvaraka taila is yellowish or brownish yellow in colour with peculiar odour. It has teekshna (potent) and snigdha (unctuous) properties. Being katu (pungent), tiktha (bitter) in taste, katu vipaka, ushna (hot) potency pacifies kapha and vata dosha. Externally tuvaraka has kushtaghna, kandughna, jantughna, vranashodhan, vranaropana (wound healing), raktautkleshaka, lekhana properties. Tuvaraka taila is a potent healer of kushtharoga (skin diseases) but it is very less used therapeutically because of its teekshna guna (strong inherent properties), therefore kokkam taila is added to reduce its teekshna guna. Kokkam has laghu and ruksha properties. These properties of Kokkam helps in wound healing. Siktha (bee wax) has vranaropak (wound healing), kushtaghna. bhagnasandhanaka (joins fracture) and pacifies vata dosha, rakta dushti. In general malahara (ointment) have the properties like snehana (oleation). The cumulative effect of all these properties may be reflecting its wound healing activity.

CONCLUSION
Modification of tuvaraka taila into tuvaraka malahara with respect to shelf life, tuvaraka malahara has a longer shelf life than the tuvaraka taila. Also the addition of kokkam taila and siktha (bee wax) makes it more potent medicine for wound healing and other skin diseases. Easy in external application, reliable manufacturing, cost effective makes tuvaraka malahara acceptable in today’s era.

REFERENCES


