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Emphasizing Malahar In Tvakvikar From Rasa Tarangini

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ABSTRACT

Skin is described extensively in ancient literature. It is related to Doshas, Dhatus, Updhatus, Mala and Strotas. Apathykar Ahaar Vihar leads to the vitiation of Doshas, Dhatus, and Malas which results into the development of Tvachavikar. Along with the internal medication it is also necessary to make use of external application in skin disorder. Skin is the seat of Bhrajak pitta which imparts the characteristics complexion to skin. Bhrajak Pitta also performs Deepan and Pachaan of the dravyas used for external application (Abhyan, Lepa, Malahar etc). This study is focused on mentioning different Malahar from Rasa Tarangini used in Tvakvikar where Rasa-aushadis are used to get the better results.

KEYWORDS: Malahar, Rasaushadi, Tvakvikar.

INTRODUCTION

Skin diseases are most common form of infection occurring in people in of all ages. Most of the treatment takes a long time to throw their effects. The problem becomes more worrisome if the ailment does not respond to skin disorder treatment and the texture of the skin is hampered which affects the beauty of the person. Hence it becomes more important to give some kind of external application along with internal medications. Skin is describe extensively in ancient literature. It is related to Doshas, Dhatus, Updhatus, Mala, and Strotas.

Acharya Charak¹ has described Tvak as a Matrurbhava (Maternal Factors). Acharya Sushruta has described the process of formation of Tvak in the developing foetus. After fertilization of the ovum Tvak develops just like a cream on the

surface of the milk. Acharya Vagabhata has described the formation of Tvak due to paka of Rakta Dhatu by Rakta Dhatwagni in the developing foetus. After paka it dries up to form Tvak just like the deposition of the cream on milk over the surface of boiled milk. Ayurveda explains the factors responsible for the formation of the particular skin complexion right from the time of union of the shukra and shonit. Formation of the body complexion has been attributed to the Tejomahabhoota and other factors such as Quality Of Shukra, Diet of the mother during pregnancy, Predominant Mahabhootas, Desh (place) of the person, Dosha Predominance- Bhrajak Pitta is having main role in the formation of the skin complexion. It is the dosha which imparts the luster to the skin and makes it radiate. Skin is the seat of Bhrajak Pitta which imparts the characteristic complexion to skin and also



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performs Deepan and Paachan of the substance used for Abhyang, Lepa, Malahar etc. The word Malahar as adapted by Yogaratnakar² from the word Malham or Marham were basically originated from Unani system of medicine. This is called as Malahar because it removes the mala (residue) from the vrana, vraddhi, etc. This study is focused on the use of Malahar in Tvachavikar mentioned in RasaTarangini.

MATERIALS AND METHODS

The literature was studied thoroughly to gain the information regarding the study.

RasaTarangini³ was reviewed for the collection of different malahars used in Tvachavikar as this granth comprises maximum malhars prepared by using Rasa aushadis.

Along with Rasa Grantha various ayurvedic texts were referred to gain the information

regarding Mana Kalpana⁴, Malahar kalpana^(5,6), Tvachvikar etc.

LIST OF MALAHARS^[3]

Sr. No	Malahar	Dryva	Pramana	Roga
1	Rasapushpadhya Malahar	Rasakarpoor Siktha tail	4 Ratti 1 Tola	Vicharchika R.T 6/53
2	Dadruvidravan Malahar	Siktha tail S.Gandhak S.Tankan Laksha churna Chakramard Bee	12 Tola 1 Tola ½ Tola ½ Tola ½ Tola	Dadru R.T 8/62
3	Gandhakadhya Malahar	Siktha tail S.Gandak Sindur S.Tankan Karpoor	6 Tola ½ Tola ½ Tola 2 Masa 2 Masa	Pama R.T 8/65
4	Tlakodya Malahar	Siktha tail S.Hartal Kajjali Haritaki Churna Khadirsaai Gairik Sindur S.Manasheela	30 Tola 2 Tola 1 Tola 1 Tola 1 Tola 1 Tola 1 Tola ½ Tola	Vicharchika Dadru Kushta Visphota R.T 11/82
5	Yashadamruta	Siktha tail	3 Karsha	Vicharchika



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	Malahar	S.Yashad	1 Tola	R.T 19/148
6	Tuthamruta Malahar	Siktha tail S.Tutha	10 Tola 20 Ratti	Pama R.T 19/99
7	Dwitiya Sinduradhya Malahar	Siktha tail Rala churna Sindur	3 Karsha ½ Tola ½ Tola	Pama Kushta Vsarpaadi R.T 21/176
8	Murdarshringadhya Malahar	Siktha tail S.Murdarshringa Churna	1 Pala 1 Tola	Pama Vipadika R.T 21/176

RESULT-

Rasa Tarangini mention the various Malahar in Tvakvikar which include different Rasa aushadis like Rasa Karpur, S.Gandhak, Rasa Sindur, S.Tankan, S.Hartal, Kajjali, S.Yashad, S.Tutha, S.Murdarshringa, S.Manasheela, Gairik. Along with the Rasa aushadis various herbs are also used like Laksha, Chakramarda, Karpur, Haritiki, Khadirsaar, Raal Churna. With this we get to know that the Malahar used in Rasa Tarangini will have better efficacy and better result in Tvakvikar.

DISCUSSION

The Malahar mention in Rasa Tarangini is both herbs as well as minerals and the base used in all Malahar is Sikhta tail. The drug used in the Malahar are easily available used in less quantity and even the procedure mentioned in the text is very simple. Many Malahar mentioned in Rasa Tarangini are prepared by using only single mineral with the common base mentioned like Rasa Pushpadhya Malahar, Yashadamruta Malahar, Tuthamruta

Malahar, Murdarshringadhya Malahar. These malahars are being prepared by using only single Rasa aushadi by a very simple procedure just by mixing it with sikth tail. Here we can observe that the procedure mentioned is very basic and fundamental. The material used are also inexpensive.

CONCLUSION-

The above study which emphasizes on Malahar used in Tvakvikar shows that Rasa Tarangini made the use of Rasa aushadis to prepare Malahar which are used in Jirna Tvakvikar like Pama, Kushta, Visarpa, Vipadika, Vicharchika, Dadru, Visphota to get better results in these Tvakvikar. We can make use of such simple and authentic Malahar to treat Tvakvikar so that the residue from the skin is removed and the texture and the beauty of the skin is maintained.



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