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Pharmaceutical comparative study of *Guduchyadi Malahara* (ointment), prepared by different methods in the management of *Kaphaja Yoni Vyapat*

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ABSTRACT

Malahara is one among the *Kalpana* of preparation of ointment. *Siktha* (bee wax) and *Taila* (oil) are usually taken as base along with other ingredients like herbal, mineral or metal depending upon the indication and type of *Malahara*.^[1] Present study focuses on modification of *Guduchyadi Kashaya*^[2] into *Guduchyadi Malahara* form. This formulation has been indicated for treatment of *Kaphaja Yoni Vyapat*.^[3] *Kashaya* having less shelf life; hence, an attempt has been made to modify *Guduchyadi Kashaya* into *Guduchyadi Malahara* form pharmaceutically. The observations made during preparation and application of the *Guduchyadi Malahara* have been discussed in this study.

Key words: *Guduchyadi Malahara, Kalpana, Kaphaja Yoni Vyapat, Bahiparimarjana, Kandughna, Jantughna.*

INTRODUCTION

Ayurveda has specified two types of *Chikitsa* – *Antahparimarjana Chikitsa* and *Bahiparimarjan Chikitsa*.^[4] *Bahiparimarjan Chikitsa* means, the medicine for external use.^[5] *Malahara Kalpana* comes under *Bahiparimarjan*.^[6] The word *Maraham* and

Malaham are basically originated from Unani system of medicine. In Ayurveda, Yogratnakar mentioned this, by the name of *Malahara Kalpana*, as it removes *Mala* from *Vrana, Vidhradi*, etc. In modern pharmaceutics it is called ointment.^[7]

Guduchyadi Malahara is a modified formulation of *Guduchyadi Kashaya*. *Guduchyadi Kashaya* is described for treating *Kaphaja Yoni Vyapat*. It has *Kandughna, Jantughna* properties.^[8]

Malahara can adhere to surface for sufficiently long periods before they can be washed off. This property helps prolong drug delivery at the application site. In general, *Malahara* have the cumulative property because of that it can stick on surface for long time.

MATERIALS AND METHODS

Collection of Raw material

Raw materials required for *Guduchyadi Malahara* were procured from the SDM college of Ayurveda and

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Hospital, Hassan, Karnataka and local market. The entire herbal raw material samples were identified and certified as a genuine sample by Department of Dravyaguna, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka.

Pharmaceutical study

Guduchyadi Malahara was prepared in teaching pharmacy, Department of Rasa Shastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan, Karnataka.

Preparation of *Guduchyadi Malahara*

Principle followed for the preparation of *Guduchyadi Malahara* was that of *Siktha Taila* as per the reference mentioned in Rasatarangini.^[9,10]

Table 1: Materials used^[11]

SN	Drugs	Botanical Name	Part Used
1.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Stem
2.	<i>Amalaki</i>	<i>Embllica officinalis</i>	Fruit
3.	<i>Haritaki</i>	<i>Terminalia chebula</i>	Fruit
4.	<i>Vibhitaki</i>	<i>Terminalia bellirica</i>	Fruit
5.	<i>Tila Taila</i>	-	-
6.	<i>Madhuchisht</i>	-	-

Equipments required

Heating device, Gas burner with LPG cylinder, Vessel, Double layered cotton cloth, weighing machine and beaker.

Procedure - The *Guduchyadi Malahara* was prepared by two different methods.

Method 1:

1. Fine powder of *Guduchi*, *Amalaki*, *Vibhitaki* and *Haritaki* were taken.
2. The base of *Malahara* was prepared by melting of bee wax. Physical impurities were seen in wax after melting it filtered through a cloth.
3. The fine powder of *Guduchi*, *Amalaki*, *Vibhitaki*, *Haritaki* were added in melted bee wax and *Tila Taila* in ratio of 1:5 and mixed well.

4. The prepared *Malahara* was preserved in clean, air tight plastic jar.

Method 2:

1. Initially whole *Guduchi* plant was taken and chopped into smaller pieces.
2. 2 kg of chopped *Guduchi* was taken and added 16 liters of water, and boiled until 4 liter *Guduchyadi Kashaya* was obtained.
3. One-liter *Tila Taila* taken in another vessel along with *Guduchyadi Kashaya* till foam appearance
4. Then 250 grams *Kalka* made up of *Guduchi*, *Amalaki*, *Vibhitaki* and *Haritaki* was added in *Kashaya*.
5. Heating is continuous till *Sneha Siddhi Lakshanas* appears.
6. *Guduchyadi Taila* obtain and melted and purified bee wax added in it in the ratio of 6:1.
7. Cooling of *Guduchyadi Malahara*.
8. Packed in air tight jar.

Selection of Subjects

Diagnostic criteria (Signs and symptoms)

1. Thick Curdy white discharge
2. Wet vaginal smear positive to the candida albicans taken for the study.

Inclusion criteria

1. Subjects full fill the diagnostic criteria
2. Age 18-40 years
3. Married
4. Subjects willing to participate in the study and sign the written consent

Exclusion criteria

1. Post menopausal
2. Pregnant women
3. Known case of HIV, HB_sAg, VDRL
4. Under prolonged use of antibiotics

Method of application

Doses and time: *Guduchyadi Malahara* was applied once daily in sufficient quantity for 7 days.

Purvakarma: Subjects were asked to empty the bladder and made to lie in lithotomy position. Under aseptic precautions Cusco's bivalve self-retaining speculum was inserted and cervix exposed. If any white discharge is present, it cleaned with sterile gauze piece. 300 ml *Sukoshna Jala* was taken and *Yoni Prakshalana* was carried out with 50 ml syringe. Local area was dried with Gauze.

Pradhankarma: *Guduchyadi Malahara* of sufficient quantity was taken with *Pichu* and directly applied over the cervix and vaginal walls.

Pashchat Karma: Subject were asked to remove *Pichu* by herself after 3 hours or *Amutrakala*.

All subjects were randomly grouped in to 2 groups –

Group A - Subjects in whom *Malahara* prepared as per method 1 was applied.

Group B - Subjects in whom *Malahara* prepared as per method 2 was applied.

OBSERVATIONS AND RESULTS

Guduchyadi Malahara was applied with *Pichu* in vagina of six patients (3 patient for each method of preparation) as the treatment of vulvo vaginal candidiasis after *Yoni Prakshalana* with *Sukhosna Jala* and observations were noted.

Table 2: *Guduchyadi Malahara* prepared as per method 1 was applied in Group-A.

S N	Curdy White Discharge		Vaginal Itching		Redness In Vulva	
	BT	AT	BT	AT	BT	AT
1	Present	Absent	Present	Present	Present	Present
2	Present	Absent	Absent	Present	Absent	Present

3	Present	Absent	Absent	Present	Absent	Present
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Table 3: *Guduchyadi Malahara* prepared as per method 2 was applied in Group-B.

S N	Curdy White Discharge		Vaginal Itching		Redness In Vulva	
	BT	AT	BT	AT	BT	AT
1.	Present	Absent	Present	Absent	Present	Absent
2.	Present	Absent	Absent	Absent	Absent	Absent
3.	Present	Absent	Present	Absent	Absent	Absent

The vaginal smear repeated after 7 days of treatment, it become negative for candida albicans for all subjects.

DISCUSSION

Vagina is a fibromusculo membranous sheath and very sensitive area of female reproductive system as well as body.^[12]

It was observed that *Guduchyadi Malahara* prepared by both methods is having ability to reduce the symptoms of *Kaphaja Yoni Vyapat* as curdy white discharge. But *Malahara* prepared by method 1 was not beneficial to cure vulval redness and vaginal itching. Out of three patient two patients got these symptoms after the treatment, however one patient already having these symptoms and it persists after treatment. *Malahara* prepared by method 2 is having capability to treat vulval redness as well as itching. After treatment no patient reported these symptoms.

Guduchyadi Malahara prepared by method 1 having *Churna*, there are chances of persistence of rough particles that may cause irritation to vaginal mucosa and vaginal wall got inflamed. *Guduchyadi Malahara* prepared by method 2 was having smooth consistency, so there is no irritation to the vaginal mucosa.

CONCLUSION

Hence *Malahara* prepared by method 2 is safer for application in vagina. As vagina is made up of very soft tissues, one should be very careful during any application in vagina. Modification of *Guduchyadi Kashaya* into *Guduchyadi Malahara* with respect to shelf life, *Guduchyadi Malahara* has a longer shelf life than *Kashaya*, and soft consistency making it more comfortable.

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