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Role of *Mahishi Navaneeta* and *Madhuchista* as a base for healing fissures of the feet w.s.r to *Malahara Kalpana*

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ABSTRACT

In Ayurveda, *Chikitsa* is grouped under *Bahir Parimarjana*, *Antah Parimarjana* and *Shastra Pranidhan*. *Bahirparimarjana Chikitsa* includes different formulations like *Lepa*, *Upanaha*, *Malahara* etc. "*Lepa* and *Malahara*" are meant for the external application to the skin. These *Lepas* and *Malaharas* have the property of *Snehana* (oelation), *Shodhana* (cleansing), *Ropana* (healing), *Lekhana* (scraping) and *Varnya* (beautifying), depending on the drugs used in the preparation. *Lakshanas* of *Padadari* includes *Padayo Kurute Dari* (Fissure), *Saruja* (Pain), *Rukshata of Pada* (Dryness). In the contemporary science the treatment of cracked foot are Keratolytics (salicylic acid), paraffin, petroleum gel etc. These medicaments give a temporary relief and fail to minimize the reoccurrence. Bee wax is used for cosmetic and therapeutic purposes in Ayurveda. Mainly used for external applications. *Mahishi Navaneeta* has rich content of fat compared to any other *Navaneeta*. *Mahishi Navaneeta* and *Madhuchista* as base ingredients make a good emollient ointment. Therapeutically, this *Malahara* base helps in healing the cracks by its *Vrana Ropana*, *Dahahara*, *Komalakara* property reducing pain and swelling and thus prevents further cracking. Cosmetically it softens the feet and prevents from further roughening and cracking. So, it renders both therapeutic efficacy and cosmetic property.

Key words: *Lepa*, *Malahara*, *Navaneeta*, *Padadari*, *Madhuchista*, *Bee Wax*.

INTRODUCTION

In Ayurveda, *Chikitsa* is grouped under *Bahir Parimarjana*, *Antah Parimarjana* and *Shastra Pranidhan*. *Bahirparimarjana Chikitsa* includes different formulations like *Lepa*, *Upanaha*, *Malahara* etc.

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"*Lepa*" is one such *Chikitsa* which is meant for the external application to the skin. The medicines in the form of a Paste applied to the skin are called as "*Lepas*". They may be prepared with wet drugs or with dry drugs.^[1]

"*Malahara Kalpana*" may be basically originated from Unani system of medicines where in they use "*Malaham*"^[2] for external application.

These *Lepas* and *Malaharas* have the property of *Snehana* (oelation), *Shodhana* (cleansing), *Ropana* (healing), *Lekhana* (scraping) and *Varnya* (beautifying), depending on the drugs used in the preparation.

Padadari / Fissures of the feet is described in Ayurvedic classics under the *Kshudra Rogas*.^[3] It is mainly caused by *Vata Prakopaka Nidana* like excessive barefoot walking (on rough surfaces, bare foot walking etc.). *Lakshanas* of *Padadari* includes

Padayo Kurute Dari (Fissure), *Saruja* (Pain), *Rukshata of Pada* (Dryness). The principle line of treatment for *Padadari* includes *Siravyadhana*, *Swedana*, *Snehana*, *Lepana*.^[4]

In the contemporary science the treatment of cracked foot are Keratolytics (salicylic acid), paraffin, petroleum gel, etc. These medicaments give a temporary relief and fail to minimize the reoccurrence.

Bee wax is used for cosmetic and therapeutic purposes in Ayurveda. Mainly used for external applications. It is obtained from the secretion of the gland of bee. *Mahishi Navaneeta* has rich content of fat compared to any other *Navaneeta*. Butter and Bee wax are used as base in most of the ointments preparations in contemporary science. In the preparation of *Malahara*, the base is usually Bee wax with any other *Sneha's* like *Ghruta*, *Taila*, *Navaneeta* along with which the fine powders of other ingredients are added.^[5]

In Addition, *Mahishi Navaneeta* and *Madhuchista* can be more helpful for preventive and curative aspect of fissures of the feet.

AIMS AND OBJECTIVES

1. To provide details about *Mahishi Navaneeta* and *Madhuchista* in Ayurveda.
2. To provide detail about *Malahara Kalpana*, the ointment preparation in contemporary science.
3. To provide detail about *Padadari*.
4. To mention the role of *Mahishi Navaneeta* and *Madhuchista* in the treatment of fissures of the feet.

MATERIALS AND METHODS

References regarding *Mahishi Navaneeta* and *Madhuchista* have been collected from Ayurveda texts.

All the data is compiled, analysed and discussed through and in depth understanding about the disease *Padadari*, *Malahara Kalpana* and drugs

Mahishi Navaneeta and *Madhuchista* are used for external application.

MAHISHI NAVANEETA^[6-9]

Properties and Action

- *Rasa* - *Kashaya*, *Madhura*, *Amla*
- *Guna* - *Guru*, *Grahi*, *Rochana*, *Hridya*, *Deepana*, *Chakshushya*
- *Virya* - *Sheeta*
- *Karma* - *Medovardhaka*, *Sukravardhaka*, *Balya*, *Brahmana*
- *Rogaghanata* - *Daha*, *Shrama*, *Ardita*, *Shopha*, *Pleeha Rogaapaha*, *Kshaya*, *Arsha*
- *Doshaghnata* - *Vata Shleshmahara*

Table 1: *Rasapanchaka of Mahishi Navaneeta*

Propert ies	B. P ^[6]	R.N ^[7]	D.N ^[8]	K.N ^[9]
Rasa	<i>Madhura</i>	<i>Madhura</i>	<i>Swadu</i>	<i>Swadu</i> (<i>Kinchit</i> <i>Kasaya</i> , <i>Amla</i>)
Guna	<i>Snigdha</i>	<i>Snigdha</i>	<i>Laghu</i> , <i>Snigdha</i>	<i>Laghu</i>
Virya	<i>Sitala</i>	<i>Sita</i>	<i>Sita</i>	<i>Sita</i>
Doshag nata	<i>Vatapitta</i> <i>hara</i>	<i>Vatahara</i>	<i>Raktapi</i> <i>tтанut</i>	<i>Vatapitta</i> <i>Hara</i>
Karma	<i>Vrishyam</i> , <i>Varnabal</i> <i>aagnikrt</i> , <i>Sangrahi</i>	<i>Vrishyam</i> , <i>Kaphakara</i> <i>kam</i> , <i>Varnabalav</i> <i>aham</i> , <i>Kantiprada</i> <i>m</i>	<i>Hridya</i> , <i>Grahi</i> , <i>Arshonu</i> <i>t</i>	<i>Sangrahi</i> , <i>Vrshyam</i> , <i>Agnideepa</i> <i>na</i> , <i>Avidahi</i> , <i>Soukumar</i> <i>yakrt</i>

MADHUCHISTA^[10-12]

It is used for cosmetic and therapeutic purposes in Ayurveda. Mainly used for external applications. It is obtained from the secretion of the gland of bee.

Synonyms: *Madhuchista, Madhukosha, Siktaka, Madhulita, Madanaka*

Properties and Action

- *Guna - Snigdha, Mrudu*
- *Karma - Varnaropana*
- *Rogaghanata - Bhagna, Kustha, Visarpa, Raktapitta, Vanhidagdha, Atisara*
- *Doshaghanata - Vataghana*

Malahara Kalpana^[13,14]

“*Malahara Kalpana*” is one among *Bahirparimarjana Chikitsa* (external applications).

- *Acharya Yogratanakara* was first to mention about *Malaharas*.
- Later on in the various textbooks of *Rasashastra*, we find the usage of this *Kalpana* abundantly.
- The classical text *Rasa Tarangini* by *Vaidya Sadanand Sharma* explains the different methods of preparation of *Malahara*.
- *Rasatantrasaara* and *Siddhaprayoga Sangraha* mentions the list various types of *Malahara* under one chapter here in its preparation, utility and method of application is explained.
- *Malaharas* like *Gandhakadhya Malahara, Rasapushpadhya Malahara, Sarjarasadya Malahara, Paradadi Malahara, Sindhuradi Malahara* etc. are mentioned for treatment purpose.

Preparation

The homogeneous mixing of the drug with the base is the most important in *Malahara* preparation.

Basically it is of two types

1. *Anagnisiddha* method (without heat)

The drug is triturated with base till homogeneous mixture formation without Agni.

2. *Agnisiddha* method (with heat)

The solid base is melted first and then the drug is added. This method can be adapted when base is in a solid state.

General norms in preparation of *Malaharas*

- Variation in the amount of the base can be done according to the season or need of the physician.
- In the context of *Siktha Taila*, the ratio of *Maduchishta* (base) and *Tila Taila* (sesame oil) varies according to the season.
- In the *Sheetha Kala* (winter) the ratio will be 1:6 and in *Ushna Kala* (summer) it will be 1:5.

Benefits of *Malahara*

- It is very simple and easy to prepare.
- Base of the *Malahara* can be selected as per need and availability.
- Contact time of *Malaharas* is more to skin as compared to liquid dosage form.
- It can be easily standardized.
- It can be packed easily and is easily transportable as compared to other liquid dosage forms.

Role of base in *Malahara Kalpana*

Malaharas form a reservoir for the active ingredients, they allow local release of suitable amount of the active drug, soothing the skin.

Shelf life - 2 years^[15]

Ointments^[16]

Ointments are semi-solid preparations meant for application to the skin or mucous membrane. They usually contain a medicament or medicaments dissolved, suspended or emulsified in the ointment base. They may contain a suitable preservative. The ointments are mainly used as protective or emollient for the skin. The medicated ointments are meant for action on epidermis or for the action on deeper layers of cutaneous tissues or to penetrate deep and release medicaments to body fluids.

An ideal ointment base should possess the following properties;

1. It should be inert, odourless and smooth.
2. It should be physically and chemically stable.

3. It should be compatible with the skin and with the incorporated medicaments.
4. It should be of such a consistency that it spreads and softens when applied to the skin with stress.
5. It should not retard healing of the wound.
6. It should not produce irritation or sensitization of the skin.

There is no single ointment base which possesses all the qualities of an ideal ointment base. So it becomes necessary to use more than one ointment base in the preparation of an ointment.

The ointment bases are classified into:

1. Oleaginous bases
2. Absorption bases
3. Emulsion bases
4. Water soluble base

There are two methods of preparation of Ointment

Trituration and Fusion Method

- 1) In trituration method, the drugs are taken in a mortar and pestle and triturated for a specific duration till they are mixed uniformly. In contemporary science ointment slate and spatula are used to make the uniform mixture.
- 2) In fusion method, ointment base is melted on mild fire or on a hot water bath and other ingredients are mixed one by one properly and allowed to cool till it gets solidified. The mixing of the substance should be done in the ascending order of the melting point i.e. the substance with higher melting point should be melted first followed by the substance with lower melting point one after the other.

The prepared ointment must be preserved in a wide mouth air tight plastic or glass containers.

Padadari^[3,4]

Padadari is described in Ayurvedic classics under the "Kshudra Rogas".

Nidana

Vata Prakopaka Nidana like excessive barefoot walking (on rough surfaces, bare foot walking, etc.).

Roopa

- Padayo Kurute Dari
- Saruja
- Rukshata

Samprapti

The aggravated Vata Dosha primarily affects the Dushya - Twak, Rakta and Mamsa of the foot and then takes Adhishthana in the Pada and causes Darana and Rukshata of Pada along with Ruja.

Samprapti Ghataka

- Dosh - Vata
- Dushya - Rasa (Twak), Rakta, Mamsa
- Strotas - Rasavaha, Raktavaha, Mamsavaha
- Strotodushti - Sanga
- Adhishthana - Pada
- Utpattisthana - Pada
- Vyaktasthana - Pada Twak
- Rogamarga - Bahya

Chikitsa

The principle line of treatment for Padadari includes;

- Siravyadhana
- Swedana
- Snehana
- Lepana

DISCUSSION

Mahishi Navaneeta possess Sheeta Guna, Dahahara property. It has Madhura and Kashaya Rasa, which has Vrana Ropana property. It possesses more Snigdha Guna as compared to that of other (Gavya) Navaneeta. Thus, also help in reducing the Rukshata of Pada more easily and rendering Komalata of Pada as Kamalopamam.

Madhuchista is Vrana Ropaka, Bhagna Sandhanaka, Bhutaghna, Vataasrajit. Due to these properties, it helps in the healing of the wound, cracks in the foot.

Also, its *Mrudu* and *Snigdha Guna* helps in reducing the *Rukshata* of the *Pada* and rendering *Komalata* of *Pada* (*Kamalopamam*).

The *Gunas* and *Karmas* of these two together or fortified with other desired drugs can potencies the action and can together helps in *Samprapti Vighatana* and thus reducing *Lakshanas* of *Padadari*.

CONCLUSION

Mahishi Navaneeta and *Madhuchista* as base ingredients make a good emollient ointment. Therapeutically, this *Malahara* base helps in healing the cracks by its *Vrana Ropana*, *Dahahara*, *Komalakara* property reducing pain and swelling and thus prevents further cracking. Cosmetically it softens the feet and prevents from further roughening and cracking. So, it renders both therapeutic efficacy and cosmetic property.

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