



ISSN 2456-3110

Vol 4 · Issue 5

Sept-Oct 2019

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Charaka**  
Publications

*Indexed*

# Critical analysis of *Haridra Khanda* - An Ayurvedic Formulation

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## ABSTRACT

*Haridra Khanda* is unique classical formulation indicated in *Udarda*, *shitapitta*, *kotha* (urticarial rashes) this product is available in the market and widely used by Ayurvedic physicians. Here, an attempt was done for conducting comparative pharmaceutical study of *Haridra Khanda* of different references by preparing it as mentioned in the classics. All 4 formulations are different by their ingredients and *Anupana*.

**Key words:** *Haridra Khanda*, *Khanda Preparations*, *Urticaria*.

## INTRODUCTION

*Haridra Khanda* is unique classical formulation indicated in *Udarda*, *Shitapitta*, *Kotha* (urticarial rashes) this product is available in the market and widely used by Ayurvedic physicians. After going through various classical texts, 2 more preparation by name *Haridra Khanda* in *Bhaishajya Ratnavali* and 1 preparation in *Ayurveda Sangraha* was found with difference in method of the preparation and ingredients. All the four *Haridra Khanda* is indicated in *Udarda*, *Shitapitta* and *Kotha* and 1 preparation (sample-3) is mentioned in *Bhaishajya Ratnavali - Krumirogadhikara*. Apart from the indications mentioned in classical texts, *Haridra Khanda* is extensively used by Ayurvedic Physicians for upper respiratory tract infections as the antioxidant and

antihistamine property of curcumin and other ingredients plays important role.

*Haridra Khanda* is a formulation extensively manufactured by Ayurvedic pharma industries. Here, an attempt was done for conducting comparative pharmaceutical study of *Haridra Khanda* of different references by preparing it as mentioned in the classics.

## MATERIALS AND METHODS

### Sample 1: *Bhaishajya Ratnavali-Udarda-Shitapitta-Kothadhikara/13*<sup>[1]</sup>

<b>Major Ingredients</b>	<i>Haridra</i> <i>Goghrita</i> <i>Godugdha</i> <i>Sharkara</i>
<b>Prakshepaka Dravyas</b>	<i>Shunthi</i> , <i>Maricha</i> , <i>Pippali</i> , <i>Patra</i> , <i>Twak</i> , <i>Ela</i> , <i>Vidanga</i> , <i>Triphala</i> , <i>Trivrit</i> , <i>Nagakeshara</i> , <i>Loha Bhasma</i>

### Method of preparation

*Haridra* was fried in *Go-ghrita* till it attains dark brown colour. On other side *Sharkara* and *Godugdha Paka* was prepared till the achievement of 2 thread consistency. After that fried *Haridra* was added to the *Sharkara Godugdha Paka* and *Paka* was done. Once after achieving *Avaleha Siddhi Lakshanas*, *Prakshepaka Dravyas* were added and continuous

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Submission Date: 13/09/2019

Accepted Date: 18/10/2019

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

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vigorous mixing was done till the achievement of *Khanda Paka* i.e. granular consistency. *Loha Bhasma* of 48 gm one among the *Prakshepaka Dravyas* were added.

#### Sample 2: Bhaishajya Ratnavali-Udarda-Shitapitta-Kothadhikara/18<sup>[2]</sup>

<b>Major Ingredients</b>	<i>Haridra</i> <i>Trivrit</i> <i>Haritaki</i> <i>Sharkara</i>
<b>Prakshepaka Dravyas</b>	<i>Daruharidra, Musta, Yavani, Ajamoda, Chitraka, Katuki,</i> <i>Jeeraka, Pippali, Shunthi, Twak, Ela, Patra, Vidanga,</i> <i>Guduchi, Vasapanchanga, Kushtha, Triphala, Chavya,</i> <i>Dhanyaka, Loha Bhasma</i>

#### Method of preparation

*Haridra, Trivrit* and *Haritaki* were fried with little Ghee to avoid carbonization. On otherside *Sharkara Paka* (*Sharkara* and *Jala* 1:2) was prepared, after the getting 2 thread consistency the fried *Haridra, Trivrit* and *Haritaki* was added to *Sharkara Paka*. After achievement of *Avaleha Siddhi Lakshanas*, *Prakshepaka Dravyas* was added and *Paka* was done till gets into granular consistency.

#### Sample 3: Bhaishajya Ratnavali-Krimirogadhikara/51<sup>[3]</sup>

<b>Major ingredients</b>	<i>Haridra</i> <i>Paribhadra Swarasa</i> <i>Goghrita</i> <i>Sharkara</i>
<b>Prakshepaka Dravyas</b>	<i>Chitraka, Triphala, Musta, Vidanga, Krishna Jeeraka, Yavani, Saindhava Lavana, Nirgundi, Patha, Vidanga, Sariva, Krishna Sariva, Vasa, Palasha Beeja, Trikatu, Trivrit, Danti, Bakuchi, Nimbi.</i>

#### Method of preparation

In this formulation, the method of preparation differs from other 3 samples. In other preparation for preparation of *Sharkara Paka*, the media used was either *Godugdha* or *Jala*, but here we prepared *Sharkara Paka* with *Paribhadra Swarasa*, fried *Haridra, Trivrit* and *Haritaki* were added to it and *Paka* was prepared, at last *Prakshepaka Dravyas* were added and *Khanda Paka* was prepared. While other samples were having *Madhura Tikta Rasa*, this *Haridra Khanda* was *Tikta Lavana* in *Rasa*.

#### Sample 4: Ayurveda Sara Sangraha<sup>[4]</sup>

<b>Major Ingredients</b>	<i>Haridra</i> <i>Trivrit</i> <i>Haritaki</i> <i>Sharkara</i>
<b>Prakshepaka Dravyas</b>	<i>Daruharidra, Musta, Yavani, Ajamoda, Chitraka, Katuki,</i> <i>Jeeraka, Pippali, Shunthi, Twak, Ela, Patra, Vidanga,</i> <i>Guduchi, Vasa, Kushtha, Triphala, Chavya, Dhanyaka, Loha</i> <i>Bhasma, Abhraka Bhasma.</i>

#### Method of preparation

This formulation reference was taken from *Ayurveda Sara Sangraha*, there it has named - *Brihat Haridra Khanda*, here *Haridra, Trivrit* and *Haritaki* was fried in *Goghrita* was added to *Sharkara Paka*, and *Paka* were done to gain *Khanda Paka*. Here along with *Loha Bhasma, Abhraka bhasma* were added to the formulation. The amount of *Tikta Rasa* is highest in this formulation compared to others.

#### RESULTS AND DISCUSSION

All the 4 samples was brownish yellow in colour. All the samples except sample-3 (*Krumirogadhikara*) was *Madhura-Tikta* (sweetish-bitter) in *Rasa*, while sample-3 was having slight *Lavana Rasa* (salty) taste as *Saindhava Lavana* is one of the ingredient in this preparation.

Sample No.	Indication	Anupana
1.	Shitapitta, Udarda, Kotha, Kandu <sup>[5]</sup>	6 gm with water
2.	Shitapitta, Udarda, Kotha, Kandu, Pama, Vicharchika, Jirna Jwara, Krumi, Pandu, Shotha <sup>[6]</sup>	6 gm with Ushnodaka (warm water)
3.	Krumi, Shitapitta, Vidradhi, Dadru, Charmadala, Ajeerna, Kamala, Shotha <sup>[7]</sup>	3 gm with Sheetal Jala (cold/normal water)
4.	Krumi, Shitapitta, Vidradhi, Dadru, Charmadala, Ajeerna, Kamala <sup>[8]</sup>	Up to 12 gm with normal water (to be consumed in morning hours)

All 4 formulations are different by their ingredients and *Anupana*, practitioners commonly prescribe *Haridra Khanda* for upper respiratory tract infection with milk. Also many pharmacies avoid adding milk in this preparation in order to enhance shelf life.

Sample-3 is indicated in *Krumiroga*. *Paribhadra Patra Swarasa* acts as a *Krumighna Dravya* along with *Prakshepaka Dravyas*. Sample 2 and 4 are having major ingredients - *Haridra*, *Trivrit* and *Haritaki* thus gives rise *Anulomana* action also. Hence they are helpful for mild detoxification.

## CONCLUSION

*Haridra Khanda* is the important widely prescribed Ayurvedic formulations. *Haridra Khanda* sample-1 is common in practice, thesis of standardization of *Haridra Khanda*, and other clinical studies proves that it is effective in *Udarda*, *Shitapitta*, *Kotha* (Urticaria). *Haridra* and other ingredients works efficiently for skin as they are *Pitta-Kaphahara* in nature. The presence of *Goghrita* and Milk acts towards balancing of *Pitta* while *Loha Bhasma* plays role for improvement of immunity. *Haridra*, *Trivrit* and *Haritaki* this are major ingredient in sample-2. Here there is absence of both *Goghrita* and *Godugdha*. It is

also indicated in *Pandu*, *Shotha*, *Jwara* along with urticarial disorders. Sample-3 is totally unique preparation. It has *Paribhadra Patra Swarasa* which is having *Tikta Rasa* and *Krumighna* action. Sample-4 is also called as *Brihat Haridra Khanda*, and it is available in the market. The presence of *Abhraka Bhasma* along with *Loha Bhasma* makes this formulation unique. As *Haridra Khanda* is extensively used by Ayurvedic physician for upper respiratory tract infection, this formulation can work more efficiently than Normal *Haridra Khanda* which is having only *Loha Bhasma* in it. The *Abhraka Bhasma* acts very well in *Pranavaha Srotovikaras* and also acts as a *Rasayana*.

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**How to cite this article:** Dr. Makrand A. Sonare, Dr. Manoj Kumar Samantaray, Dr. Vikram S. Critical analysis of Haridra Khanda - An Ayurvedic Formulation. J Ayurveda Integr Med Sci 2019;5:296-298.

**Source of Support:** Nil, **Conflict of Interest:** None declared.