

## ROLE OF GANDHAKADI MALHARA IN BOILS (PIDAKA)

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### ABSTRACT

Boils are explained as Pidaka in Ayurveda, that has been described by Acharya Charaka in seventeenth chapter of Sutra Stana named 'kiyanta Shirshiyamadhyaya'. It is one of the seven types of inflammatory swellings that have been described in the chapter. Boils are localised tendor, puss filled swelling surrounded with large red areas. It could be because of the bacterial infection or inflamed follicles. According to Ayurveda, these types of skin related problems are due to vitiated pitta and kapha. Majorly, for any skin problems, topical applicators are widely prescribed, as it directly controls the physiological heat of our skin i.e 'Bhrajaka pitta' that resides in our skin and is responsible for maintaining skin colour and lustre. Certain, oral medications are also prescribed that ultimately works on vitiated doshas of our body. Gandhakadi Malhara is considered to do wonders on such skin problems. It helps in keeping it clean (varna shodhana), heals quickly (vrana ropana) and also act as varnya i.e it improves skin coloration. In present study, Gandhakadi Malhara is selected for topical application.

**KEYWORDS:** Boils, Pidaka, Gandhakadi Malhara, Doshas, Charaka Samhita, inflammatory swellings.

### INTRODUCTION

Ayurveda is considered to be one of the ancient medicine practices. It has got several ways to prevent certain diseases and promote health and longevity. It has holistic approach to cure any disease. Gandhakadi Malhara is one of the kalpanas (formulations) that has been described and is considered to be one of the best topical applicators (lepa) on several skin related issues.

- The term 'Malhara' has originated from the word Malham or Marham that has been taken from Unani system of medication.<sup>[1]</sup>
- It is quite widely used ointment preparations. Here, it has been described in the treatment of Pidaka. Basically, Pidaka is caused by vitiation of Pitta and Kapha pradhana tridosha.<sup>[2]</sup> They have got several Nidanas, that are the reasons that includes poor eating habits or infections, that first aggregates our pitta and kapha, then effects our rakta, lasika and ends up effecting our skin.<sup>[3]</sup>

### SAMPRAPTI EXPLAINED

- Nidana consumption.
- Reasons could be excessive sleep, excessive consumption of guru, snighdha rich food, no exercise, stress.<sup>[4]</sup>
- Vitiation of pitta-kapha pradhana tridosha.

- Effects Ratka (blood) and other dhatu like meda and mamsa.<sup>[5]</sup>
- Manifestation of pidaka.

According to modern aspects, Boils could be considered similar to pidaka on the basis of similar signs, Symptoms and histopathological investigations.

### Clinical presentation for Boils are as follows

- Inflamed skin
- Filled with puss
- Surrounded by red coloured area
- Tenderness

It is caused due to unhygienic conditions, bacterial infections include Staphylococcus, that could enter the body through tiny cuts and could travel down the hair to the follicles.

### INGREDIENTS OF GANDHAKADI MALHARA<sup>[6]</sup>

Sikta taila	Beeswax+ sesame oil	72ml
Pure Gandhaka	Pure sulphur	6g
Pure Tankana	Pure Borax	6g
Girisindur		1.5
Kapur	Camphor	1.5g



#### METHODS OF PREPARATION<sup>[7]</sup>

- Clean Sikta taila is taken in a stainless steel vessel and heated over mild flame.
- When foam reappears, put off the fire and put all the ingredients into it and mix it well.
- The mixture is stirred well and allowed to cool and solidify
- It is triturated for 3 to 4 days and then it is ready to apply over skin

#### Vrana Ropana (Mode of action)<sup>[8]</sup>

All the ingredients of Gandhakadi Malhara have pharmacologically antifungal, antibacterial, antidote and anti oxidation properties, hence can effectively reduce infections and prevent its reoccurrence by improving the immunity of skin.

#### Modern Pharmaceutics<sup>[9]</sup>

**Ointment:** These are soft semi-solid preparations, used for external applications to the skin. It is used as a protective agents for our skin.

Ointments are used topically for several purposes, e.g., as protectants, antiseptics, emollients, antipruritic, keratolytics, and astringents. It is necessary that the ointment neither penetrates the human skin barriers nor facilitates the absorption of substances through this barrier. When bacteria infect and inflame a hair follicle, a painful pus-filled bump can form under your skin. This infected bump is a boil, also known as a furuncle, and it

will grow larger and more painful until it ruptures and drains.

#### Difference between creams and ointments<sup>[10]</sup>

Creams and ointments can be either medicinal or cosmetic. The primary difference between the two is the ratio between oil and water. While a cream has equal parts oil and water, ointments have about 80 percent oil.

#### Ointments over other applicators<sup>[11]</sup>

Ointments contain the highest oil content. Their purpose is to have an occlusive effect, which means they stay on top of the skin, rather than being absorbed right away. This offers more protection against moisture loss and elements like dry air. Common ingredients found in ointments include mineral oil and petroleum.

Ointments could be more good for extremely dry skin where we need more oil content to lock moisture.

#### Uses of ointment depends on following<sup>[12]</sup>

- Properties of the drug that is used in it.
- Condition of patients skin
- Duration of application
- Site of application

#### Characteristics of an ideal ointment<sup>[13]</sup>

- It should be able to lock the moisture.
- It should be smooth.
- It should Melt and soften at body temperature.

- It should be non irritating on skin.
- It should not cause allergy on skin.

### Presentation of a case

A 21 year old female patient presented to our hospital on 2<sup>nd</sup> October, 2021 with a chief complain of 2-4 spontaneous Pidaka (Boils) on her both legs. The area around was inflamed, red and had tenderness. On asking she said, earlier she had few cuts on her legs, due to which the area over there remained quite itchy. On asking about her eating habits, it was found that she had a habit of eating too much of sweets.

With the clinical presentation that has been mentioned above, it has considered as boils due to poor eating habits

and infections through open cuts and continuous itching. We prescribed her for the local application of Gandhakadi Malhara that was started from that very day. She continued applying that till 9<sup>th</sup> October and changes were observed.

- Boils were healed faster.
- Keep it disinfected to reduce further infections.
- The marks are getting light and also improved the skin colouration.
- The application was quite smooth and easy to apply.
- It didn't cause any itching and burning sensations.

The results were quite encouraging and clearly suggests that this local medicament worked really good on boils.



### Stages of recovery

- Puss oozed out quickly along with blood.
- Tenderness was reduced.
- Redness was reduced.

### DISCUSSION

- Nowadays, occurrences of such skin infections, allergic dermatitis and other pidakas like vidradhi, alaji etc. are very common, due to pollution and environmental conditions that are sometimes unfavourable for human body and skin. It includes exposure to excessive sunlight and dust, work load and busy schedule that people follow, don't allow them to take care of their health. They have poor eating habits, they binge eat and ultimately results effecting the quality of blood. Blood (rakta) is considered one of the dhatus that are described by Acharyas in Ayurveda. However, Acharya

Shushruta considered Rakta as 'Dushya' that is effected by vitiated doshas (vata, pitta, kapha).<sup>[14]</sup>

- Gandhakadi Malhara is useful as local applicator in dadru (ringworm) and cracks, as it improves the impaired dhatwagni of rakta and other dhatus. It helps in quick tissue repair and has an anti inflammatory effect.<sup>[15]</sup>

### CONCLUSION

In Ayurveda, there are certain drugs and herbs that have an excellent vranropana or healing properties. Certain types of herbs are administered internally that work on vitiated doshas. Because, they act on the root cause of skin infections, they take time to heal it externally. In those cases, where skin is effected, formulation like Gandhakadi Malhara does wonders. However, those internal acting formulations of different herbs could be also prescribed along with Gandhakadi malhara.

• Malhara creates smoothness on skin hence, moisturises the skin and prevents it from drying. The results that were achieved was quite appreciating and could definitely be applied on skin. But, at the same time Ayurveda doesn't go that easy, it clearly mentions the treatment based on prakriti of an individual. So, before prescribing it to the patient, go through the Prakriti analysis, that gives us an idea about the dominating dosha and agni of an individual. Results could take time to act on different people. Treatment should be done after getting proper analysis of the type of skin issue the patient is having.<sup>[16]</sup>

## MATERIAL AND METHODS

Various Ayurvedic texts have been received to study this concept like Charaka Samhita, Madhav nidana, Rasatarngini and other Rasa shastra and Bhaishjya kaplana textbooks. Apart from these, relevant modern medical science books and websites have been also used for it.

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