

A PHARMACEUTICAL STUDY OF *TALAKODAYA MALAHAR* PREPARED USING CLASSICAL PURIFIED INGREDIENTS

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ABSTRACT

Talakodaya Malahar is a classical *Ayurvedic* topical formulation indicated mainly in various skin disorders. The efficacy and safety of herbo-mineral preparations largely depend upon the proper purification (*Shodhana*) and pharmaceutical processing of the ingredients used in the formulation. The present study was undertaken to prepare *Talakodaya Malahar* using classically purified ingredients and to evaluate its pharmaceutical aspects. Raw materials such as *Parada*, *Gandhaka*, *Hartala*, *Manahsila* and *Gairika* were subjected to classical *Shodhana* procedures as mentioned in *Ayurvedic* texts. The purified were processed systematically to prepare *Talakodaya Malahar*. Organoleptic characters, pharmaceutical observations, yield, consistency, appearance and homogeneity were studied during preparation. The use of purified ingredients enhanced the safety, smoothness, stability and therapeutic acceptability of the formulation. The study establishes the importance of classical purification procedures in the preparation of *Talakodaya Malahar* and provides a standardized pharmaceutical profile for future research and therapeutic applications.

KEYWORDS: *Talakodaya Malahar*, *Shodhana*, *Ayurvedic* pharmaceuticals, skin disorders, herbo-mineral formulation.

INTRODUCTION

The word *Malahar* was adopted by *Yogratnakara* from the word *Malaham* or *maraham* basically originated from unani system of medicine. This is called as *Malahara* because it removes *mala* (residue) from *vra*na, *vidradhi*, *twak vikara* etc. conditions. It has a property like *Snehana* (oleation), cleansing, *ropana* (healing), *Lekhana* (scraping) and *Varnya* (beautifying), depending on the drugs used in the preparation. *Talakodaya Malahar* is a herbo-mineral *Ayurvedic* formulation indicated for external application in various disorders such as *Vicharchika*, *Dadru*, *Kushta*, *Pama*, *Vishpota*,

and *Nadivrana* as described in classical *Ayurvedic* texts. The mineral-origin ingredients used in *Talakodaya Malahar* include *Haratala*, *Manahsila*, *Gairika*, *Girisindura*, *Parada*, and *Gandhaka*. These ingredients are subjected to classical purification (*Shodhana*) before being incorporated into the formulation. These ingredients possess important pharmaceutical and therapeutic properties that contribute to the effectiveness of *Talakodaya Malahar* in various dermatological and wound-related conditions.

Since the majority of the raw materials utilized in *Rasashastra* are derived from the earth, there is always a possibility of contaminants, toxicities, and heterogeneous qualities as a result of mixing with various substances. When people utilize drugs, they go through the *Shodhana* procedure to get rid of their *Doshas* and boost their potency. *Shodhana* is an important pharmaceutical intermediary procedure that purifies metals and minerals before they are converted and used in various dosage

forms and applications. Classical *Ayurvedic* texts emphasise that the use of unpurified mineral drugs may produce undesirable effects, whereas properly purified drugs are suitable for therapeutic use. During *Shodhana*, specific media and procedures are employed to detoxify the drugs, reduce harmful constituents, improve physicochemical properties, and enhance their compatibility with pharmaceutical processing.

MATERIAL AND METHODS

Table 1: Ingredients of Talakodaya Malahar with quantity.

INGREDIENTS	QUANTITY
<i>Siktha Taila</i>	300gm
<i>Shuddha Hartala</i>	20gm
<i>Kajjali</i>	10gm
<i>Shuddha Gairika</i>	10gm
<i>Girisindoor</i>	10gm
<i>Haritaki Churna</i>	10gm
<i>Khadirasara Churna</i>	10gm
<i>Shuddha Manahsila</i>	5gm

METHOD

A. SHODHANA OF INGREDIENTS

1. PARADA SHODHANA

Ingredients

Ashodhita Parada: 500 gm

Nagavalli Swarasa: 500 ml

Adraka Swarasa: 500 ml

Yavakshara: 500 gm

Tankankshara: 500 gm

Sajjikshara: 500 gm

Kanji: 500 ml

Procedure- (See Fig. no. 1)

- First, 500 gm of impure *Parada* was taken in a *khalva yantra*, followed by worship through the chanting of *Aghora mantra*.
- Juice of betel leaves and ginger were obtained by the help of mixer- grinder.
- Then, betel leaves juice, ginger juice, *Tankankshara*, *Yavakshara*, *Sajjikshara* were mixed *Parada* in the *khalva yantra*.
- The mixture was subjected to *mardana* for seven hours a day for five days.
- Thereafter, washing and decantation were carried out using lukewarm water 10-12 times to obtain purified *Parada*.
- And finally, the mercury was washed with 500 ml of *kanji*, which destroyed the seven coverings (*saptkanchuka*) of the mercury.

2. GANDHAKA SHODHANA

Ingredients

Ashodhita Gandhaka: 500 gm

Goghrita: 200 ml

Godugdha: 2 liters

Vanyopala: 20 in numbers

Hot water: For washing

Procedure- (See Fig. no. 2)

- An earthen vessel with a wide mouth was filled with 2 litres of cow's milk and 200 ml of cow ghee, leaving one-third of it empty, and the mouth was then covered with a white cotton cloth and secured with an iron wire.
- *Gandhaka* was coarsely powdered and spread over the cloth, after which a *sharava* was placed on top of it. The joint was sealed using cloth smeared with *multani mitti*, applied three times, and the set up was then allowed to dry in sunlight.
- After that, the vessel was placed inside a pit beneath the surface of the soil, ensuring that the brim remained level with the ground surface, and the empty space around the vessel was filled with loose earth.
- Twenty pieces of cow dung cakes were placed on the *sharava*, and the fire was ignited.
- Sulphur, after melting due to the the heat of the fire(*upalas*), dripped into the milk and ghee mixture after passing through the cloth.
- After self-cooling, the vessel was carefully taken out of the pit and the sealing (*sandhibandhan*) was opened. The granules of *gandhaka* were collected from the bottom of the vessel and washed with hot water until the ghee's stickiness was removed. After that, they were dried in the shade, weighed, and stored in a clean glass jar.

3. HARTALA SHODHANA

Ingredients

Ashuddha Hartala: 100 gm

Kusmanda Swarasa: 1500 ml

Triphala Kwath: 2000 ml

Pre-Procedure

- ***Kusmanda Swarasa***- *Kusmanda Swarasa* was prepared by crushing, peeled and deseeded

Kusmanda and squeezing the pulp to extract fresh juice, which was used immediately.

Kusmanda– 7 kg

Swarasa obtained– 1500 ml

- **Triphala Kwath** – A coarse powder of *Triphala* was immersed in potable water and left overnight in a stainless-steel container. To prepare *Triphala Kwath*, it was heated over a medium flame until the liquid was reduced to one-fourth of its original volume, then filtered through a muslin cloth, and the resulting decoction was used for *Shodhana* of *Hartala*.

Triphala- 1 kg

Water- 8 lit.

Kwatha obtained - 2 lit.

Procedure- (See Fig. no.3)

- Firstly, *Ashuddha Hartala* was taken, and coarsely powdered with the help of mortar and pestle.
- The coarsely powdered *Ashuddha Hartala* was tied in a muslin cloth using thread to form a *pottali*.
- The *pottali* was suspended in a vessel containing *kusmanda swarasa* using a stick, ensuring that it did not touch the bottom or sides of the vessel and had free movement.
- The entire setup was placed on a heater and heated on a medium flame for three hours.
- After three hours, the *pottali* was removed and left to cool.
- Thereafter, the *pottali* was rinsed with warm water, and the *Hartala* pieces were carefully gathered.
- The *Hartala* pieces were washed with warm water and dried under sunlight.
- After complete drying, the *Hartala* was again tied into a *pottali*.
- The *pottali* was then immersed in *Triphala kwath* and boiled for six hours.
- After six hours of boiling, the *Hartala* was carefully removed from the *pottali*, washed with hot water, and dried to obtain *Shuddha Hartala*.

4. MANAHSILA SHODHANA

Ingredients

Ashuddha Manahsila: 100 gm

Nimbu swarasa: Q. S.

Pre-Procedure

- The lemons were washed thoroughly with water and cleaned on the outside.
- Using a clean knife, each lemon was cut in half into equal pieces.
- Then, the lemon halves were placed in a lemon squeezer, and the juice was extracted.
- The juice was strained through a clean filter and the filtered liquid was collected as lemon juice.

Weight of *Nimbu* - 500gm

Swarasa obtained- 100ml

Procedure- (See Fig. no. 4)

- Physical impurities such as stones and sand were removed manually.
- *Ashuddha Manahsila* was placed in a clean *Khalva Yantra* and broken into small pieces.
- Sufficient quantity of lemon juice was added until the *churna* was completely immersed in the *swarasa*.
- *Bhavana* (trituration) was carried out gradually for at least 6 hours each day.
- After the *swarasa* dried, fresh *swarasa* was added the next day and *bhavana* was continued.
- *Bhavana* was repeated daily for a period of 7 days.
- After the final *bhavana*, it was washed 3-4 times with normal water.
- After washing, it was left to dry and once completely dry, *Shuddha Manahsila* was collected.

5. GAIRIKA SHODHANA

Ingredients

Ashuddha Gairika: 100 gm

Goghrita: 25 ml

Procedure- (See Fig. no. 5)

- *Ashuddha Gairika* was placed in a clean *khalva yantra* and thoroughly pounded to obtain a fine powder.
- Then, *Go-ghrita* was taken in a *loha darvi* and gently heated.
- After that, fine powder of *Gairika* added.
- The *bharjana* (roasting) process was continued until a uniform deep dark red color was achieved.
- The purified *Gairika* was stored in a clean, dry and airtight container.

B. KAJJALI PREPARATION

Procedure- (See Fig. no. 6)

- Take purified *Parada* and purified *Gandhaka* in equal quantities.
- Triturate continuously in a *Khalva Yantra*.
- Continue grinding until the shiny mercury globules completely disappear.
- The final product should be black, lustreless, soft and free from visible mercury particles.

C. SIKTHA TAILA PREPARATION

Ingredients

Siktha (Bee's wax): 60 gm

Tila Taila: 300 gm

Procedure- (See Fig. no. 7)

- One part of *Siktha* and 5 parts of sesame oil are taken in stainless steel vessel and heated over mild fire.
- Contents are stirred continuously while heating, when bee wax completely melts and mixes with sesame oil, vessel is taken out of fire.
- Stirring is continued with the help of ladle.

- After the wax was completely melted in oil, it was filtered and allowed to cool while continuous stirring.
- When it gains semisolid, concentrated form, with butter like consistency it is preserved in wide mouthed glass container.
- This is prepared by combination of *Siktha* and *Taila*, so the name *Siktha taila*.

D. PREPARATION OF TALAKODAYA MALAHAR Ingredients

Siktha Taila: 300 gm
Kajjali: 10 gm
Gairika: 10 gm
Girisindoor: 10 gm
Haritaki churna: 10 gm
Khadirasara churna: 10 gm
Hartala: 20 gm
Manahsila: 5 gm

Procedure- (See Fig. no. 8)

RESULT

Table 2: Result of Parada Shodhana.

Weight of Ashodhita Parada	500 gm
Weight of Shodhita Parada	470 gm
Loss	30 gm

2. GANDHAKA SHODHANA

Observation

- The colour of *Ashuddha Gandhaka* was dull yellow and contained shining crystalline particles.

- Firstly, *Siktha Taila* was placed into the *khalva yantra*.
- Then, all the ingredients were finely powdered and mixed into the *Siktha Taila*.
- Then, it was continuously mixed until a homogenous mixture was obtained.

OBSERVATIONS AND RESULT

A. SHODHANA OF INGREDIENTS

1. PARADA SHODHANA

Observation

- Fragmentation of mercury into smaller particles during trituration.
- Improved dispersion of mercury with in the mixture.
- The color of whole mixture was dark green.
- Change in the consistency of the mixture over time.
- Removal of the impure liquid following decantation.
- After each wash, the water turns cloudy.
- The water becomes clean after 10-12 washings.

Result

Table 3: Result of Gandhaka Shodhana.

Weight of Ashodhita Gandhaka	500 gm
Weight of Shodhita Gandhaka	480 gm
Loss	20 gm

3. HARTALA SHODHANA

Observation

- The *Ashuddha Hartala* was yellowish in colour with a slight shine.
- A peculiar pungent odor was observed during the *swedana* of *Hartala* with *Kusmanda Swarasa*, which

gradually diminished over time. The odor was comparatively less intense during *swedana* with *Triphala kwath*.

- As the process continued, a small quantity of *swarasa* was added to compensate for evaporation.

Result

Table 4: Result of Hartala Shodhana.

Weight of Ashodhita Hartala	100gm
Weight of Shodhita Hartala	88gm
Loss	12gm

4. MANAHSILA SHODHANA

Observation

- The color of *Ashuddha Manahsila* was reddish - brown with a slight blackish tinge, had a smooth shiny crystalline texture, and emitted a distinctive odor.

- It had the aroma of the *bhavana dravya* combined with the characteristic smell of *Manahsila*.
- The shiny particles were completely lost.
- After proper drying, yellowish - orange small flakes of *Shuddha Manahsila* were collected.

Result**Table 5: Result of Manahsila Shodhana.**

Weight of Ashodhita Manahsila	100gm
Weight of Shodhita Manahsila	92 gm
Loss	8 gm

5. GAIRIKA SHODHANA

- Moisture content reduced.

Observation

- During the Shodhana of Gairika, its color changed from light red to a brick red shade.

Result**Table 6: Result of Gairika Shodhana.**

Initial weight (gm)	100
Final weight (gm)	110
Gain (gm)	10

B. KAJJALI PREPARATION**Observation**

- Initially, the mixture of purified Parada and purified Gandhaka appeared grey in colour.
- With continuous trituration (mardana), the shiny silvery globules of Parada gradually decreased and mixed uniformly with Gandhaka.
- The colour of mixture gradually changed from grey to dark grey and finally to a characteristic black colour.
- The prepared Kajjali became smooth, soft, fine, and homogenous in texture.
- No separate lustrous particles or globules of Parada were visible at the end of the process.
- The final product exhibited Nishchandravta (absence of metallic lustre), indicating proper Kajjali formation.
- The Kajjali was sufficiently fine to enter the furrows of the fingers (Rekhapurnavta), indicating attainment of fineness.

Result**Table 7: Result of Kajjali Preparation.**

Initial weight (gm)	640
Final weight (gm)	636
Loss (gm)	4

C. SIKTHA TAILA PREPARATION**Result****Table 8: Result of Siktha Taila Preparation.**

Siktha Taila (ml)	Amount obtained (gm)	Loss (gm)
360	355	5

D. PREPARATION OF TALAKODAYA MALAHAR**Observation**

- Colour- Dark Olive Green
- The prepared Malahar was smooth in consistency.
- It showed a uniform (homogenous) mixture without any lumps.
- It had a mild, characteristic odor of herbal ingredients and oil.

Result**Table 9: Result of Talakodaya Malahar.**

Initial weight (gm)	375
Final weight (gm)	365
Loss (gm)	10

Table 10: Organoleptic properties of Talakodaya Malahar

Properties	Talakodaya Malahar
Color	Greenish brown
Odor	Like Siktha taila
Texture	Slimy
Consistency	Semisolid

DISCUSSION

Parada Shodhana was performed using *Nagavalli Swarasa*, *Adraaka Swarasa*, *Sajjikshara*, *Yavakshara*, and *Tankankshara*. During the purification process, the alkaline *Kshara dravyas* may have aided in the removal of impurities present in *Parada*. Subsequent washing with water and *Kanji* may have helped eliminate residual *Kshara* and other impurities, possibly enhancing the purity of *Parada* and making it more suitable for pharmaceutical preparation. *Gandhaka Shodhana* was conducted using *Goghrita* and *Godugdha* in accordance with traditional *Ayurvedic* principles. *Goghrita* may have facilitated correct melting and impurity removal, whilst *Godugdha* may have served as a purifying and cooling medium, increasing *Gandhaka's* purity and pharmacological usefulness. *Hartala Shodhana* was carried out utilizing *Kusmanda Swarasa* and *Triphala Kwatha*. The alkaline and cooling qualities of *Kusmanda Swarasa* may have helped neutralize *Hartala's* *Teekshna* nature, whereas the acidic and astringent properties of *Triphala Kwatha* may have aided in surface cleansing and impurity removal, improving its purity and pharmaceutical appropriateness. *Manahsila Shodhana*

was performed using *Nimbu Swarasa* in accordance with traditional *Ayurvedic* procedures. The acidic character of *Nimbu Swarasa* may have aided in the elimination of contaminants and assisted to the detoxification of *Manahsila*, improving its purity and medicinal potential. *Gairika Shodhana* by *Bharjana* in *Goghrita* resulted in weight gain probably due to the absorption of *Goghrita* by *Gairika* particles during heating. The observations suggest that *Shodhana* not only removes impurities but also improves the physical properties of mineral drugs, facilitating their processing and uniform incorporation into the formulation.

CONCLUSION

The present pharmaceutical study demonstrated the successful preparation of *Talakodaya Malahar* using classically purified ingredients. *Shodhana* procedures of *Haratala*, *Manashila*, *Gairika*, *Parada*, and *Gandhaka* resulted in noticeable physical changes, indicating the removal of impurities and improvement in their pharmaceutical suitability. The purified ingredients were found to be more suitable for further processing and formulation preparation.



Figure 1: *Parada Shodhana*.



Figure 2: Gandhaka Shodhana.



Figure 3: Hartala Shodhana.



RAW MANAHSILA



NIMBU SWARASA



AFTER 1ST BHAVANA



AFTER 5TH BHAVANA



WASH WITH WATER



PURE MANAHSILA

Figure 4: Manahsilā Shodhana.



IMPURE GAIRIKA WITH GOGHRITA



AFTER 15 MIN.



AFTER 45 MIN.



PURE GAIRIKA

Figure 5: Gairika Shodhana.



PURE PARADA AND GANDHAKA



AFTER 10 MIN.



AFTER 30 MIN.



AFTER 25 AND 55 HRS

VARITARA AND REKHAPURNATA

Figure 6: Kajjali Formation.



SIKTHA WITH TILA TAILA



IN TILA TAILA MIXING A SIKTHA



SIKTHA COMPLETELY MIX IN TILA TAILA



FINAL PRODUCT

Figure 7: Siktha Taila Preparation.



INGREDIENTS USED IN T.M.



MIXED ALL INGREDIENTS



PROPER MIXED



FINAL PRODUCT

Figure 8: Preparation of *Talakodaya Malahar*.