



Review Article

## REVIEW ON MALLA SINDOOR- AN EFFECTIVE RASOUSHADHI

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### ABSTRACT

Rasoushadhis are compounds that can treat a variety of illnesses. Malla Sindoora is a Kupi pakwa Rasayana which is used in the treatment of Vata diseases, Pakshaghata (Hemiplegia), Amavata (Gout) and Kapha diseases, pneumonia, respiratory illness. Malla Sindoora is a mineral formulation containing Shuddha somal (As<sub>2</sub>O<sub>3</sub>), Shuddha Parad (Mercury) and Shuddha gandhaka (sulphur). Kajjali is the main ingredient of Kupi pakwa rasayana kalpana, it improves the Jatharagni and Dhatuagni. A high heat level makes the composition powerful, allowing for rapid absorption. Kupipakwa rasayana is quite useful in treating Vata kapha diseases. Ayurvedic treatments can accomplish the intended effect using formulation made via Kupipakwa rasayana because they are less in dose, have rapid action, and are manufactured in this way. An Attempt has been made to critically review the formula. Literature study revealed that Malla sindoor is attributed with properties like Vatahara, Tridoshara, Rasayana, Kaphhara, Yogvahi, Vatakaphashamak etc. So it can be said that it may be effective in all the indications mentioned above. While reviewing Rasashastra texts, various reference of Malla Sindoor preparation are found with variation in their ingredient and temperature pattern. Most of the classic al books using Rasa Karpura is one of the ingredients of Malla sindoor. Preparation of Malla sindoor without Rasa Karpura as per reference of Rasatantrasara and Shidhprayogsangrha. Here, Somal, Parada, and Gandhaka are used in 1:2:2 ratio, but in different Rasa classics it is described that the amount of Rasa Karpura is one of the major ingredients taken in the same proportion.

### INTRODUCTION

Among so many systems of medicine Ayurveda has its own identities. In present era, Rasaoushadhis are considered more potent than herbal medicines. Rasoushadhis are used in Alpa matra and assimilation in body is much faster as it is subjected to many Samskaras. While reviewing Rasashastra texts, various reference of Malla Sindoor preparation are found with variation in their ingredient and temperature pattern. Most of the classical books using Rasa Karpura as one of the ingredients of Malla sindoor. Preparation of Malla sindoor without Rasa Karpura as per reference of

Rasatantrasara and Shidhprayogsangrha. While Somal, Parada, and Gandhaka are used in 1:2:2 ratio, Rasa Karpura is one of the main components that is utilized in the same ratio in other Rasa classics. The objectives of the present study are to compile and review all the data available in Ayurveda and Rasashastra classical textbook, published research articles, and information available on internet.

Since 8th to 9th centuries A.D. Rasashastra had gained a lot of fame in the Ayurvedic medical sector. It is a branch of Ayurveda that explains how metals and minerals are transformed into potent medicines from a pharmacological perspective. It is a branch of Ayurveda that explains how metals and minerals are transformed into potent medicines from a pharmacological perspective. The concept of a combination of metallic and organic materials is to use in order to quickly take therapeutic action in smaller dosage. The converted form of metals is less toxic, highly absorbable, and therapeutically very effective.

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*Rasoushadhis* are classified into four, they are *Kharaliya Rasayanas*, *Parpatti Rasayanas*, *Pottali Rasyanas* and *Kupipakwa Rasayana*. *Kupipakwa* procedure was initially mentioned as "*Udaya Bhaskara Rasa*" in *Rasa Prakasha Sudhakara* in the 12<sup>th</sup> century. *Malla Sindoor* is one such formulation explained in the classical text which belongs to *Kupi pakwa Rasayana*. *Malla Sindoor* is a mineral formulation containing purified arsenic (*Shudh Somal* -As<sub>2</sub>O<sub>3</sub>), mercury (*Parad*) and sulphur (*Gandhaka*). It is a type of *Sindura Kalpana* which is one such *Sa-agni*, *Sa-gandha*, *Bahir-dhooma*, *Kanthasta*, *Kupipakwa Rasayana*, having *Sindura* color (vermilion). It is name due to the *Malla (Somal)* as a one of the main ingredients. *Malla* is Arsenic Trioxide (As<sub>2</sub>O<sub>3</sub>). It is also known by many other names viz. *Sankhiya*, *Gauripashana* and *Fenashma*. *Malla Sindoor* is useful in *Vata* and *Kapha* diseases. It is having mainly *Vataroga hara* property and is thought to be an effective drug in combating *Vedana*. *Malla Sindoor* gives good result in the treatment of *Vata* diseases, *Pakshaghata* (hemiplegia), *Amavata* (gout) and *Kapha* diseases, pneumonia, respiratory illness.

#### METHOD OF PREPARATION

##### A/c to *Rasayoga Sagar* 2<sup>nd</sup> part

##### Ingredients

1. *Suddha parada*: 9 *Karsa* (138gm)
2. *Rasakarpura*: 9 *Karsa* (138gm)
3. *Suddha gauripasana*: 4 *Karsa* (48 gm)
4. *Suddha gandhaka*: 5.5 *Karsa* (66 gm)

*Rasakarpura* and *Suddha malla* are taken in a clean *Khalva yantra* along with *Suddha parada* and triturated properly to incorporate them into *Parada*. Later it is added with *Suddha gandhaka* and triturated further for 2-3 days to prepare appropriate *Kajjali*.

The product obtained is carefully collected and filled into *Mrtvastralepita kachakupi*, the mouth of the bottle is closed with a cork, placed firmly in *Valuka yantra* to apply *Mrdu*, *Madhyam* and *Tiksna agni* respectively for 16 *Yamas* (48 hours).

The cork has to be removed after beginning the heating process. Once *Madhyamagni* for 4-6 *Yama* is applied, fumes start rising out from the mouth of the bottle. In case the neck of the bottle gets blocked, it has to be cleared with a hot iron rod. It will be followed by flames emerging out and after another 3-4 *Yamas* flames and fumes gradually subside indicating the completion of the medicine formation inside the bottle. At this point the base of the bottle appears deep red colored if carefully watched. Now the cork of the bottle has to be refitted and correctly sealed with mud smeared cloth. The *Valuka* around the neck of the bottle is removed and allowed to cool on its own.

Next day the bottle is taken out from *Valuka yantra* and carefully wrecked as per procedure. The reddish coloured, odourless and tasteless *Malla sindura rasa* obtained at the neck is carefully collected and preserved as end product in an airtight glass container<sup>[1]</sup>.

##### A/c to *Rasamritam* of Vaidya Jadavji Trikamji Acharya *Malla sindura rasa* (arsenic containing mercury compound)

Take purified mercury 9 parts, *Rasa karpura* 9 parts, purified sulphur 5<sup>1</sup>/<sub>2</sub>, purified *Malla* 4<sup>1</sup>/<sub>2</sub> parts and purified gold leaves 1 part. Mix mercury and gold first, then add Sulphur and prepare *Kajjali*. Add *Rasa karpura* and *Somala (Malla)* to it and mix well. Then triturate the mixture with *Ghritkumari* juice, fill it in a glass bottle wrapped with seven layers of cloth smeared in mud and apply heat for 2 days slowly increasing the temperature. In the end cork the bottle and stop heating. On self cooling collect *Malla sindura* from the neck and gold *Bhasma* from the bottom of the bottle. The material collected from the neck of the bottle is known as *Malla sindura* and if it is mixed with gold *Bhasma* collected from the bottom of the bottle then it is called *Malla chandrodaya*. It destroys *Vata* and *Kapha dosas* and diseases caused by them.

Jadavji has mentioned that it should be used in ½ to 1 *Ratti* (62.5mg-125mg) dose mixed with honey or *Sitopladi churna* 1gm. In *Kaphaja* disorders it may be used with *Adaraka* juice and honey. It is highly useful in all types of *Vataja* and *Kaphaja* diseases such as *Arditavata* (facial paralysis), *Pakshaghata* (paralysis), *Jirna pratisyaya* (chronic rhinitis) and *Kaphadhika swasa* and *Kasa* etc diseases<sup>[2]</sup>.

##### Herbo-metallic ethnomedicine '*Malla Sindoor*' ameliorates lung inflammation in murine model of allergic asthma by modulating cytokines status and oxidative stress

A pre-clinical mouse model of allergic asthma was used in the latest research to draw the conclusion that the anti-inflammatory and anti-asthmatic capabilities of the traditional Indian medicine *Malla Sindoor*. In addition to reducing lung cytokine expression, excessive mucus secretion, collagen deposition around the airways, and an increase in bronchial smooth muscle thickness, treatment with MS reduced the infiltration of inflammatory cells into the lungs. Together, MS eliminates the symptoms of allergic asthma, emphasising the healing potential of this ancient traditional medicine<sup>[3]</sup>.

##### Therapeutic effect of *Malla sindoor* and *Shringa bhasma* in the elevated absolute eosinophil count

*Malla Sindoor* 125mg and *Shring Bhasma*, 250mg administered together orally with honey thrice a day provided relief in sign and symptoms of patient

of allergic rhinitis with increased absolute eosinophil count. The treatment was found very effective and safe. The findings of this case report may be helpful for treatment of allergic rhinitis with increased absolute eosinophil count and the effect of the drugs may be further confirmed in clinical study employing more number of patients of allergic rhinitis with increased absolute eosinophil count<sup>[4]</sup>.

### Covid-19 Pandemic Prevention and Management by Traditional Medicine

Many Ayurvedic drugs were used during Covid 19 patients. *Malla sindoor* also one such medicine which was used during severe symptoms in Covid 19 patients<sup>[5]</sup>.

### A Clinical Study to Assess the Efficacy of *Malla Sindur* for the Management of *Pakshaghata* (Hemiplegia)

In this study, a minerals formulation *Malla-Sindur* was undertaken to see its efficacy in various symptoms of *Pakshaghata* (hemiplegia). Statistically highly significant result was found in all symptoms except *Agnimandya*, *Shotha*, facial paralysis and tendon reflex. The overall effect of therapy shows that out of 30 patients, 1 (3.33%) got good response, 10 (33.33%) got fair response, 12 (40%) got poor response and 7 (23.33%) were in no response category<sup>[6]</sup>.

### MATERIALS AND METHOD

The objectives of the present study is to compile and review all the data available in text of Ayurveda & *Rasashastra*, published research work, information available on internet. Compilation of literature related to *Malla sindoor* available in classical texts of *Ayurveda* and from published studies related to *Malla sindoor* available in databases like Pubmed, Google Scholar etc.

**Table 1: Showing different method of preparation**

Method	References	Ingredients	<i>Bhavana dravyas</i>
1.	<i>Rasayana sangraha</i> <sup>[7]</sup> and <i>Siddha bhaisajya manimala</i> <sup>[8]</sup>	<i>Suddha parada</i> -9 karsha <i>Rasakarpura</i> - 9 Karsha <i>Malla/Somala</i> - 4 karsha <i>Suddha Gandhaka</i> - 5.5 Karsha	
2.	<i>Rasayana sara sangraha sannipataja vyadhi adhyaya</i> <sup>[9]</sup>	First reference <i>Sweta, Rakta, Peeta, Krishna</i> variety of <i>Somal</i> – 1 part each, <i>Shudha Gandhaka</i> - 4parts <i>Shudha parada</i> - 4 parts b) Second Reference- Equal quantity of <i>Shudha Manashila, Shudha Haratala</i> , Black variety of <i>Malla, Shudha Parada, Shudha Gandhaka</i>	<i>Nimbu swarasa</i> (quantity sufficient)  <i>Arka Ksheera</i>
3.	<i>Rasayana Sara Sangraha Sarva Roga Adhyaya</i> <sup>[10]</sup>	<i>Shuddha Malla</i> -1 part <i>Bhubukshita Parada</i> -1 part <i>Shuddha Gandhaka</i> -2 parts	<i>Snuhi ksheera</i> <i>Arka ksheera</i>
4.	<i>Rasayosagar</i>	First reference <i>Parad</i> - 9 Karsha <i>Rasakapur</i> - 9 Karsha <i>Safed somal</i> - 4 Karsha <i>Suddha gandhaka</i> - 5.5 Karsha Second reference <i>Sweta, Rakta, Peeta, Krishna</i> variety of <i>Somal</i> – 1 part each, <i>Shudha parada</i> - 4 parts <i>Shudha Gandhaka</i> - 4parts Third reference <i>Shuddha Malla</i> -1 part <i>Bhubukshita Parada</i> - 1 part <i>Shuddha Gandhaka</i> - 2 parts	<i>Nimbu swarasa</i> (upto 3 days)

		Fourth reference Equal quantity of <i>Shudha Manashila</i> , <i>Shudha Haratala</i> , Black variety of <i>Somal</i> , <i>Bhubukshita Parada</i> , <i>Shudha Gandhaka</i>	<i>Snuhi ksheera</i> <i>Arka ksheera</i> (upto 3 days)  <i>Arka ksheera</i>
5.	<i>Rasatantra sara and Siddha prayoga sangraha</i>	<i>Shuddha parada - 20 Tola</i> <i>Shuddha gandhaka-15 Tola</i> <i>Shuddha somal- 5 Tola</i>	
6.	AFI Part - 1 Second edition ( <i>Siddhabhaisajyamanimala</i> , <i>adhyaya 5:37</i> ) <sup>[11]</sup>	<i>Rasa (parad)- Suddha – 108g</i> <i>Rasavidhu (parad)- Rasakarpura- 108g</i> <i>Bali (Gandhka)-Suddha- 66g</i> <i>Malla –suddha- 54g</i>	

**Table 2 : Showing Doses and Indication**

S.No.	References	Dose	Indication
1.	<i>Rasayana sangraha and Siddha bhaisajya manimala</i>	1 Ratti	<i>Kasa, Swasa, Gulma Grahani, Kshaya Apasmara</i>
2.	<i>Rasayana sara sangraha sannipataja vyadhi adhyaya</i>	1 Ratti	First reference- <i>Visuchika, Sannipataja/ Tridoshaja vyadhis</i> Second Reference- <i>Tridoshaja vyadhis</i>
3.	<i>Rasayana Sara Sangraha Sarva Roga Adhyaya</i>	1 Ratti	<i>Ama rogas</i>
4.	<i>Rasayogasagar</i>	First reference 1 Ratti Second reference 1 Ratti Third reference 1 Ratti (along with <i>Shuddha kapur, Jatiphal, Lavang, Kasturi, Amber, and Ela with Madhu</i> )	<i>Sannipataja vyadhi, Swasa, Kasa, Vatavikar Sannipataja/Tridoshaja Vyadhis, Haija (cholera) Tridoshaja vyadhis</i>
5.	AFI Part - 1 Second edition ( <i>Siddhabhaisajyamanimala, adhyaya 5:37</i> )	62.5 – 125mg	<i>Tamaka Svasa (bronchial asthma), Vata kaphaja roga, Phiranga roga (syphilis)</i>

**Table 3: Showing Rasapanchaka and Karma**

S.No.	Ingredients	Rasapanchaka	Karma
1.	<i>Malla</i>	<i>Rasa - Katu</i> <i>Guna - Snigdha</i> <i>Virya - Ushna</i> <i>Vipaka- Katu</i>	<i>Vatahara</i>
2.	<i>Parada</i>	<i>Rasa - Shadrasa</i> <i>Virya - Ushna</i> <i>Vipaka- Madhur</i>	<i>Tridoshhara, Rasayana, Vrishya, Yogvahi</i>



3.	<i>Gandhaka</i>	<i>Rasa - Katu, Tikta</i> <i>Guna - Laghu, Ruksha</i> <i>Virya - Ushna</i> <i>Vipaka- Madhur</i>	<i>Vatakaphashamak</i>
4.	<i>Manashila</i>	<i>Rasa - Tikta</i> <i>Guna - Snigdha, Ushna, Guru</i> <i>Virya- Ushna</i>	<i>Lekhana, Kaphhara,</i> <i>Vishnashka</i>
5.	<i>Haratala</i>	<i>Rasa - Kashaya</i> <i>Guna - Snigdha</i> <i>Virya - Ushna</i>	<i>Vrana ropana</i>

## DISCUSSION

*Rasoushadhis* can treat a variety of illnesses. Among these, *Kupipakwa Rasayanas* are well known for being highly effective due to their unique pharmaceutical procedure, good clinical outcome, sustained potency, and safety even when used for an extended period of time. One of the *Kupipakwa Rasayanas*, *Malla Sindura* (MS), is made using a particular pharmaceutical procedure in the *Valuka Yantra*, a specialised graded heating system. In recent time, an electric muffle furnace is specialized and designed for *Kupipakwa Rasayan*.

It is one of the medications that are primarily prescribed for respiratory problems like *Shwasa* and *Kasa*, and it is believed to be an excellent treatment for *Vedana* and *Vataroga hara*. *Malla Sindoor* is useful in *Vata* and *Kapha* diseases. According to research, *Malla sindoor* has incredible antibacterial and antiviral capabilities since it contains arsenic and mercury. These qualities aid this medication's ability to treat a variety of illnesses brought on by infections in human bodies. It is a useful medicine for treating diseases due to bacteria, virus, etc and given for treating cholera, malaria, syphilis. *Malla Sindoor* gives good result in the treatment of *Vata* diseases, *Pakshaghata* (hemiplegia), *Amavata*, gout and *Kapha* diseases, Pneumonia, Respiratory illness. Since *Malla-Sindoor* has multiple pharmaco-therapeutic properties and beneficial in many diseases, is an important contribution by *Acharyas* in *Rasa* classics. By reviewing the ingredients of formulation (table no. 3) it is found that *Malla* is having *Katu rasa*, *Snigdha guna*, *Ushna virya*, *Katu vipaka* so *Malla* is having *Vatahara* property. *Parada* is having all the *Shadarasa* so it is *Tridoshhara*, *Rasyana*, *Yogvahi*. *Gandhaka* is having *Katu*, *Tikta rasa*, *Laghu*, *Ruksha guna*, *Ushna virya*, *Madhur vipaka*. So it is having *Vatakaphashamak*. *Manashila* is having *Tikta Rasa*, *Snigdha*, *Ushna*, *Guru Guna*, *Ushna virya*, so it is having *Lekhana*, *Kaphhara*, *Vishnashka* properties. *Hartala* is having *Kashaya Rasa* *Snigdha Guna*, *Ushna Virya*, so it is having *Vranaropana* property. That's how *Malla sindoor* balance the imbalance *Doshas* and corrects the diseased condition.

## CONCLUSION

By reviewing the formula it can be concluded that the properties of *Malla Sindoor* is useful in *Vata* and *Kapha* diseases, respiratory problems like *Shwasa*, *Kasa*. It is having mainly *Vataroga hara* property and is thought to be an effective drug in combating *Vedana*. Arsenic is a strong poison and in Ayurvedic medicines it is used only after proper detoxification.

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