



Review Article

REVIEW OF MEDICINAL PROPERTIES AND PHARMACOLOGICAL POTENTIAL OF MADHUCCHISTA & JATYADI TAILA W.S.R. TO MALAHAR KALPANA

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ABSTRACT

The fundamentals of a healthy lifestyle, according to Ayurveda include following a regular schedule for *Ahara-Vihar* and *Aachar* depending on *Hetu* (material cause), *Kala* (season) and *Desha* (habitat). Poor hygiene and inconsistent eating habits are brought on by such a lifestyle. All these elements disrupt *Dinacharya's* natural balance and contribute to frequent skin issues. Ayurveda has mentioned two types of treatment in skin disorders, *Antahparimarjan* and *Bahirparimarjan* which means respectively systemic and local therapy. One such *Malahar* used in skin disorders/skin cracks is *Madhucchista* and *Jatyadi taila malahar*. It is a classical formulation mentioned in *Rasatarangini*. The main ingredients are *Madhucchista* and *Jatyadi Taila*. This formulation is mentioned in eleventh *Taranga* of *Rasatarangini*. The drug *Madhucchista* has long been used as a ground component of ointments, and this practise is still prevalent today because moisturisers currently on the market still contain the ingredient. The medicine for external application as well as the base in numerous formulations has been described by *Charaka*, *Sushruta*, and *Vagbhata*, who have also referenced it in the treatment of *Vatarakta*, *Vrana*, *Kushtha*, and *Vipadika*. In the *Bhasmaka Chikitsa*, *Charaka* employed it internally. *Jatyadi Taila* being an Ayurvedic oil is used for wound healing in fissures, piles, and fistula. It speeds up the wound healing processes and results in quick recovery from these diseases. Local application of *Jatyadi Taila* helps in quick healing of fissures. It reduces pain, heals the cracks. This *Malahar* base helps in healing the skin by its *Vrana Ropaka*, *Dashahara*, *Komalata* property, reducing pain and swelling and thus, prevents further cracking. Cosmetically, it softens the skin and prevents from further roughening and cracking. So, it renders both therapeutic efficacy and cosmetic property.

INTRODUCTION

The fundamentals of a healthy lifestyle, according to Ayurveda include following a regular schedule for *Ahara-Vihar* and *Aachar* depending on *Hetu* (material cause), *Kala* (season) and *Desha* (habitat). Poor hygiene and inconsistent eating habits are brought on by such a lifestyle. All these elements disrupt *Dinacharya's* natural balance and contribute to frequent skin issues. Skin disorders are among the

most common non-communicable diseases in India, according to a recent WHO report on skin disorders in India which highlights the severity of these illnesses even further, given equal priority to making it attractive in all eras, from the Palaeolithic to the Modern Micro-tech Age. Ayurveda has mentioned two types of treatment in skin disorders, *Antahparimarjan* and *Bahirparimarjan* which means respectively systemic and local therapy. Local treatment is more effective than systemic in short duration. Many *Bahya* (local) *Lepas* are mentioned in *Ayurvedic Samhita*.

Malahar

- *Malahar Kalpana* is one among *Bahirparimarjana Chikitsa* (external application).

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- 'Malahar' word has been derived from the words 'Malham' or 'Marham' which are Unani in their origin.
- Acharya Yogratanakara was first to mention about Malaharas.
- The classical text *Rasa Tarangini* by Vaidya Sadanand Sharma explains the different methods of preparation of Malahar.
- *Rasatantrasaara* and *Siddaprayoga Sangraha* mentions the list various types of Malahar under one chapter where its preparation, utility and method of application is explained.
- Malahar means the one which removes Mala i.e., debris or dead cells and dirt from the skin. They are like the ointments and creams in modern pharmaceuticals.

Preparation

The homogeneous mixing of the drug with the base is the most important in Malahar preparation. Basically, it is of two types:

1. *Anagnisiddha* method (without heat): The drug is triturated with base till homogenous mixture formation without *Agni*.
2. *Agnisiddha* method (with heat): The solid base is melted first and then the drug is added. The method can be adapted when base is in a solid state.

General Norms in Preparation of Malahar

- 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 *Madhucchista* (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 Malahar

- It is very simple and easy to prepare.
- Base of the Malahar 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.

One such Malahar used in skin disorders/skin cracks is *Madhucchista* and *Jatyadi taila malahar*. It is a classical formulation mentioned in *Rasatarangini*. The main ingredients are *Madhucchista* and *Jatyadi Taila*. This formulation is mentioned in eleventh *Taranga* of *Rasatarangini*.

It occurs due to *Vata* elevating certain activity or some environmental factors like summer, rainy, winter, autumn season. Here, the *Ruksha Guna* of *Vata* has been increased so we are using increased amount of *Madhucchista* because it has *Snigdha* in property which will alleviate the *Ruksha Guna* and will relieve the symptoms. Various lotions and creams are being tried but not much beneficial and are quite expensive. While *Madhucchista* and *Jatyadi Taila* are cost effective and medically more effective.

Madhucchista

The drug *Madhucchista* has long been used as a ground component of ointments, and this practise is still prevalent today because moisturisers currently on the market still contain the ingredient. *Madhucchista* was used by females to apply *Sindoor*. The medicine for external application as well as the base in numerous formulations has been described by *Charaka*, *Sushruta*, and *Vagbhata*, who have also referenced it in the treatment of *Vatarakta*, *Vrana*, *Kushtha*, and *Vipadika*. In the *Bhasmaka Chikitsa*, *Charaka* employed it internally.

Nirukti

सिक्थ- सिंचती सिच्यते| अमरकोश

That which is secreted by honeybees is *Siktha*.

मधुत्थित- मधुनः उत्थितं|

This is produced during the formation of *Madhu*.

Guna-karma (Pharmacological Properties)

Usually, the *Guna Karmas* of *Madhucchista* is mentioned in the *Nighantus* in the same chapter where in *Guna Karmas* of *Madhu* are mentioned.

Table 1: Showing Gunas of Madhucchhishta

Guna		Dha. Ni.	Ma. Ni.	Kai. Ni.	Bha. P. Ni.	Sha. Ni.
Rasa	Madhur	✓	×	×	×	✓
	Katu	×	×	×	×	✓
Guna	Snigdha	✓	✓	×	✓	✓
	Pichchila	✓	×	×	×	✓
	Mridu	✓	✓	×	✓	✓
Doshaghanta	Vata Hara	✓	×	✓	×	✓

Its application in the treatment of *Bhasmaka Roga* and references to its properties as being comparable to *Madhu* imply that its *Vipaka* and *Virya* are *Sita* and *Katu*, respectively, and its other qualities, such as *Snigdha*, *Pichchila*, and *Mrudu*, are completely opposed to *Vata*, defining it as a *Vatahara*.

Table 2: Showing Karma of Madhuchchishta

Karma	Dha. Ni.	Ma. Ni.	Kai. Ni.	Bha. P. Ni.	Sha. Ni.
Bhutbhadhanashak	✓	✓	✗	✓	✓
Bhagnasandhankar	✓	✓	✗	✓	✓
Visarpahara	✓	✓	✗	✓	✓
Kanduhara	✓	✗	✗	✗	✗
Bhedana	✓	✗	✗	✗	✗
Kushthahara	✓	✓	✗	✓	✓
Vranashodhana	✗	✗	✓	✗	✗
Vranaropana	✗	✓	✓	✓	✓
Raktavikara	✗	✗	✗	✓	✓
Vataraktahara	✓	✓	✗	✓	✗
Twacha Sandhikar	✗	✗	✗	✗	✓

Matra (Posology)

Madhuchchista is highly *Guru* or heavy for digestion that is why it is only used internally to treat *Bhasmaka Roga* in the 15th *Grahanidisha Chikitsa Adhyaya* in *Charaka Chikitsa Sthana*. Therefore, its internal dosage should be modified in accordance with *Agni*. It is primarily utilized for external purposes when necessary.

Prayoga (Therapeutic Application)

Vipadika, *Kushtha*, *Padadari*, *Vrana*, and other illnesses are among the many disorders for which *Madhuchchista* is primarily utilized. Its *Prayoga* is also found in the conditions listed below.

Table 3: Showing Vishishtha Yoga of Madhuchchishta

S.No.	Vishishtha Yoga	Indications
1	<i>Kasisadhya Ghrita</i> ^[1]	<i>Kushtha</i> , <i>Dadru</i> , <i>Pama</i> , <i>Vicharchika</i> , <i>Visarpa</i> , <i>Visphota</i> , <i>Nadivrana</i> , <i>Dushtvrana</i>
2	<i>Jatyadi Ghrita</i> ^[2]	<i>Sukshmavrana</i> , <i>Nadivrana</i>
3	<i>Pinda Taila</i> ^[3]	<i>Vatarakta</i>
4	<i>Vipadikahar Taila</i> ^[4]	<i>Vipadika</i>
5	<i>Vipadikahar Ghrita</i> ^[5]	<i>Vipadika</i>
6	<i>Jatyadi Taila</i> ^[6]	<i>Sukshmavrana</i> , <i>Nadivrana</i>

Beeswax is used for cosmetic and therapeutic purposes in Ayurveda. It is called *Madhuchchista* and used for external application. Herbal creams and oils are mainly prepared from it. It is a product from the secretion of the gland of the bee.

Types of honey bee wax

Types of beeswax - Three

1. Yellow
2. White
3. Beeswax absolute

Yellow beeswax is the crude product obtained from the honeycomb, white beeswax is bleached or filtered yellow beeswax, and beeswax absolute is yellow beeswax treated with alcohol.

Melting Point: Bee wax has a low melting point of 62°C-65°C and if the heating is continued beyond 85°C discoloration of the liquid wax occurs.

Specific Gravity: The specific gravity at 15°C is from 0.958 to 0.975, which of melted wax at 98 to 99°C compared with water at 15.5°C (59.9°F) is 0.822.

Beeswax Composition

- Hydrocarbons 14%
- Diesters 14%
- Triesters 3%
- Monoesters 35%
- Hydroxy polyesters 8%
- Hydroxy monoesters 4%
- Acid esters 1%

- Acid polyesters 2%
- Free fatty acids 12%
- Free fatty alcohols 1%
- Unidentified 6%

Siktha Taila Preparation^[7,8]

Components

1. Siktha – 1 part

2. Till Taila – 6 part/ 5 part

Preparation: First, one part wax and Till Taila is kept in a steel vessel and cooked by a fire. When the entire wax melts and dissolves in the oil, then take the vessel down and keep stirring it till it cools down. When it becomes slightly thick, the lid is closed by filling it in a suitable container. Being made from wax and oil, it is called Siktha Taila.

Uses

“आद्यं तु शीतसमये ग्रीष्मर्तुं तु द्वितीयकम्
सिक्थतैलं मलहरप्रयोगेषु नियोजयेत्^[9] ||”

That is, six parts oil made from six parts oil should be used in winter and sixth oil made from five parts oil should be used in summer ointments. Vaseline, paraffin, etc. are often used in ointments in modern medicine.

- *Madhuchista* is used as a base to prepare both Ayurvedic and some allopathic ointments. *Madhuchista* is mixed with honey and applied over wound and burns for quicker healing.
- Bee wax is mixed with sesame oil and fresh juice of "*Kushtagna Gana Dravyas*" (as per *Charaka*) and applied over area affected with skin diseases as part of treatment.
- Bee wax is used as base in cosmetic creams, lip balm, eye liner and moisturizers.
- In food industry, bee wax is used as food additive (E 901) in soft gelatin capsules, chewing gums, as protective coating for some fruits, coating for cheese etc.
- It is used as an ingredient in the treatment of fractures i.e., bones setting.

Jatayadi Taila

Table 4: Contents of Jatyadi Taila with Active Components

S.No	Ingredients	Botanical name	Part used	Quantity	Main action	Main active component/ Action
1	Jati ^[10] pallava	<i>Jasminum grandiflorum</i> linn.	Tender leaf	10.66 gm	<i>Kusthaghna, Vranashodhan, Vranaropana</i>	Anti septic/ anti-inflammatory agent, salicylic acid
2	Nimba ^[11] pallava	<i>Azadiracta indica</i> A.Juss	Tender leaf	10.66 gm	<i>Kandughna</i>	Azadirachtin, nimbin, margoshin
3	Patola pallava	<i>Trichosanthus Cucumerina</i> Linn	Tender leaf	10.66 gm	<i>Jwarghna, Raktashodha, Shothahar</i>	Cucurbita-5, nicotinic acid, tetracyclic terpenes, 3-trichosanthin, saponin, vit.c
4	Naktamala pallava	<i>Pongamia pinnata</i> Linn	Tender leaf	10.66 gm	<i>Jantughna, Kandughna, Vranaropana, Vedana-Sthapana</i>	Pongamia oil, <i>Karanjin, Pongamol</i>
5	Siktha (beewax)	-	-	10.66 gm	<i>Jantughna, Vranaropana</i>	<i>Jantughna, Vranaropana</i> property etc.
6	Yastimadhu ^[12]	<i>Glycyrrhiza glabra</i> Linn	Root	10.66 gm	<i>Vranaropana</i>	Glycyrrhizin, isoliquiritin, liquiritin, asparagine
7	Kustah ^[13]	<i>Saussurea lappa</i> C.B Clarke	Root	10.66 gm		
8	Haridra ^[14]	<i>Curcuma longa</i> Linn.	Rhizome	10.66 gm	<i>Kushthaghna</i>	Curcumin, vit.A
9	Daru haridra ^[15]	<i>Barberis aristata</i> DC.	Root	10.66 gm	<i>Shothahar, Vedana-sthapana, Vranashodha, Vranaropana,</i>	Berberine, quaternary ammonium salt of isoquinoline alkaloid

					<i>Yakrituttejaka</i>	
10	<i>Katurohini</i>	<i>Picrorhiza kurroa</i> Royle ex. Benth.	Rhizome	10.66 gm	<i>Raktashodhak, Shothahar, Krimghna, Kusthaghna</i>	Picrorhizin, Kutkin etc
11	<i>Manjistha</i> ^[16]	<i>Rubia cordifolia</i> Linn	Root	10.66 gm	<i>Raktashodhak, Kaphagna,</i>	Purpurin, Manjistin
12	<i>Padmaka</i> ^[17]	<i>Prunus cerasoides</i> D.Don	Heart Wood	10.66 gm	-	-
13	<i>Lodhra</i> ^[18]	<i>Symplocos racemosa</i> Roxb	Stem bark	10.66 gm	-	-
14	<i>Abhaya</i> ^[19]	<i>Terminalia Chebula</i> Retz.	Fruit pulp	10.66 gm	-	-
15	<i>Nilotpala</i> ^[20]	<i>Nymphaea stellata</i> Wild.	Flower	10.66 gm	-	-
16	<i>Tutthaka</i>	CuSO4.7H2O	-	10.66 gm	Induces Vascular Endothelial Growth Factor (VEGF) Expression in the Wound.	Purified blue vitriol (CuSO4)
17	<i>Sariva</i> ^[21]	<i>Hemidesmus indicus</i> R.Br.	Root	10.66 gm	<i>Raktashodhaka Shothahara</i>	P-Methoxy salicylic aldehyde etc
18	<i>Naktamal</i>	<i>Pongamia pinnata</i> Pierre	Seed	10.66 gm	<i>Jantughna, Kandughna, Vranaropana, Vedana-sthapana</i>	Pongamia oil, <i>Karanjin, Pongamol</i>
19	<i>Till</i> ^[22]	<i>Sesamum indicum</i> Linn.	Tail (oil)	768 gm.	-	-
20	Water	H2O	-	3.072 lit.	-	-

Quantity of Ingredients

Jatyadi Taila manufacturing requires 75% water, 5% till oil and 20% raw material.

Table 5: Showing Qualities of the Contents of the *Jatyadi Tail*

Ingredient	Rasa	Guna	Virya	Vipaka	Doshghnta
<i>Jati pallava</i> ^[23]	Tikta, Kashaya	Laghu, Snigdha, Mridu	Ushna	Katu	Kapha-pitta shamaka
<i>Nimba pallava</i> ^[24]	Tikta, Kashaya	Laghu	Uheeta	Katu	Kapha-pitta shamaka
<i>Patola pallava</i> ^[25]	Tikta	Lahu, Ruksha	Ushna	Katu	Tridosha-Shamaka
<i>Naktamala pallava</i> ^[26]	Tikta, Katu Kashaya	Laghu, Tikshana	Ushna	Katu	Kapha-Vata shamaka
<i>Yastimadhu</i> ^[27]	Madhur	Guru, Snigdha	Sheeta	Madhur	Vata-Pitta shamaka
<i>Kustah</i> ^[28]	Tikta, Katu, Madhur	Laghu, Ruksha,	Ushna	Katu	Kapha-Vata

		<i>Tikshana</i>			<i>shamaka</i>
<i>Haridra</i> ^[29]	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata shamaka</i>
<i>Daru haridra</i> ^[30]	<i>Tikta, Kashaya</i>	<i>Lahu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pitta shamaka</i>
<i>Katurohini</i> ^[31]	<i>Tikta</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta shamaka</i>
<i>Padamaka</i> ^[32]	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pitta shamaka</i>
<i>Lodhra</i> ^[33]	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pitta shamaka</i>
<i>Abhaya</i> ^[34]	<i>Kashaya, Tikta, Katu, Amla, Madhur</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Tridosh shamaka</i>
<i>Nilotpala</i> ^[35]	<i>Kashaya, Madhur, Tikta</i>	<i>Laghu, Snigdha, Picchila</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Kapha-pitta shamak</i>
<i>Sariva</i> ^[36]	<i>Madhur, Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Tridosh shamaka</i>
<i>Naktamal</i> ^[37]	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Tikshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata shamaka</i>
<i>Siktha</i> (bee wax)	<i>Kashaya, Madhur</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta shamaka</i>
<i>Tutthaka</i> ^[38]	<i>Kashaya</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-kapha shamaka</i>
<i>Till tail</i> ^[39]	<i>Madhur</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Vata-kapha shamak</i>
<i>Water</i> ^[40]	<i>Madhur</i>	<i>Laghu</i>	<i>Sheeta</i>	-	<i>Tridosh shamaka</i>

Table 6: Showing *Raspanchak* of *Jatyadi Taila*

Drug	Rasa	Guna	Virya	Vipaka	Dosha-Karma
<i>Jatyadi Taila</i>	<i>Kasaya, Tikta,</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pitta Shamaka</i>

DISCUSSION

Malahar is a unique *Kalpana* which is one among *Bahirparimarjana Chikitsa*. *Siktha Taila*, a compound of oil and bee wax is used as a base in most of the *Malahar*. It has a property like *Snehana*, cleansing, *Ropana*, *Lekhna* and *Varnya* depending on the drugs used in preparation. In the preparation of *Malahar*, the base is usually bee wax (*Madhucchista*) along with *Jatyadi Taila* as *Sneha Dravya*. When *Malahar* prepared from combination of *Madhucchista* and *Jatyadi Taila* is applied on the skin/heel, they spread easily and leave a hydrophobic film; they also have emollient properties softening, lubricating, and nourishing properties to maintain the suppleness of the skin and to protect the skin from atmosphere aggressions.

The main aim of *Madhucchista* is to stop discharge, promote healing of wounds and tissue regeneration (*Vranaropana*), and reduces pain so is used in simple to fissured bleeding cracks.

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

Madhucchista is *Vrana Ropaka*, *Bhagna Sandhanaka*, *Bhutaghna*, *Vatasrajit*. Due to these properties, it helps in the healing of the wound, cracks in the foot. Also, it's *Mrudu* and *Snigdha Guna* helps in reducing the *Rukshata* and rendering *Komalata*.

Jatyadi Taila being an Ayurvedic oil is used for wound healing in fissures, piles, and fistula. It speeds up the wound healing processes and results in quick recovery from these diseases. Local application of *Jatyadi Taila* helps in quick healing of fissures. It reduces pain, heals the cracks.

This *Malahar* base helps in healing the skin by its *Vrana Ropaka*, *Dashahara*, *Komalata* property, reducing pain and swelling and thus, prevents further

cracking. Cosmetically, it softens the skin and prevents from further roughening and cracking. So, it renders both therapeutic efficacy and cosmetic property.

How *Jatyadi Taila* Work to Heal the Heel Fissures

The *Jatyadi Taila* have *Tikta*, *Kashaya Rasas*, and *Laghu*, *Ruksha Gunas* make up the majority. *Jatyadi Taila* has the qualities of *Vrana Shodhana*, *Ropana*, *Pootihara*, and *Vedanasthapana*. It is *Tikta* and *Kashaya Rasa Pradhana*, both of which are *Pitta Kaphahara*.

- Salicylic acid, an ingredient in *Jaati*, has antimicrobial, anti-inflammatory, and antifungal effects.
- Nimbine, the main component of *Nimba*, has anti-inflammatory, antibacterial, analgesic property.
- *Yasthimadhu* has an active component that has wound healing property.
- *Haridra* has antimicrobial, anti-inflammatory, antibacterial properties.
- The *Tila Taila* have *Ushna*, *Vataghna*, *Vyavyai*, *Vikashi*, *Shukshma Guna* to go deeply and heal the heel fissures. As a result of its *Vyavyai*, *Vikashi* and *Shukshma Guna* they reach a minute channel's and slow down the *Vedana*. *Lekhana Karma* exists in *Tutha*, which is a part of *Jatyadi Taila*.

As a result, it might help in slough removal. The slough from fissures is still removed from wounds using copper sulphate in contemporary surgical care. For instance, *Tutha* might have such an impact. *Jatyadi Taila* is used extremely for *Abhyanga* i.e., for *Kandu* (itching), *Sphotaka* (boiling), *Nadivrana* (fistula), *Shastra Prahara Vrana* (wounds caused by sharp weapons), *Dagdha Vrana* (burn ulcer), *Danta Nakha Kshata* (tooth and nail injury), *Dushta Vrana* (non-healing ulcer). *Jatyadi Taila* has an anti-bacterial property, making it an excellent wound healer. Most *Jatyadi Taila's* constituents contain *Tikta*, *Kashaya*, *Rasas* and *Laghu*, *Ruksha Gunas*. *Jatyadi Taila* is *Tikta* and *Kashaya Rasa Pradhana*, both of which are *Pitta Kaphahara* and have the properties of *Vrana Shodhana*, *Ropana*, *Pootihara* and *Vedana Sthapana*. *Jatyadi Taila* helps heel fissures heal properly since it contains drugs with both *Shodhana* and *Ropana* characteristics. Overall, the combined influence of the chemicals is what produces the healing effect.

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