



REVIEW OF HARIDRA KHAND AND IT'S PHARMACEUTICAL PREPARATION

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ABSTRACT

Plant-derived formulations are becoming more popular nowadays in pharmaceuticals, nutraceuticals, and cosmetics. Both developed and developing nations utilize herbal medicines extensively in medical treatment. According to an estimate of the WHO, about 80% of the world population still uses herbs and other traditional medicines for their primary health care needs. The *Haridra Khanda*, a distinctive traditional formulation that is used often by Ayurveda doctors to treat Udarda, Shitapitta, and Kotha (urticarial rashes) which is extensively manufactured. An effort was made here to undertake comparative medicinal research of *Haridra Khanda* from various references by making it as indicated in the classics along with, pharmaceutical preparation of *haridra khand* (method1). The components, Method of preparation, indications, and Anupana used in each of the four formulations are unique.

Keywords: *Haridra, khand, Bhaishjya, Kalpana*, Pharmaceutical, herbal formulation

INTRODUCTION

Ayurvedic Vaidyas regularly mention *Haridra Khanda*, a unique herbal formulation, which is indicated for urticarial rashes like *Udarda*, *Shitapitta*, and *Ko-tha*. Following a thorough investigation of many an-

cient works, three techniques are found in *Bhaishajya Ratnavali*, two of which are listed under the headings *kotha rogadhikar* and *Krimi rogadhikar*, respectively, and one in *Ayurveda Sara Sangraha*, in total 4 meth-

ods of *haridra khand* preparation. The ingredients and methods of preparation used in these preparations vary. Ayurvedic physicians routinely suggest *Haridra Khanda* for upper respiratory tract infections in addition to the applications indicated in traditional literature because of the antioxidant and antihistaminic qualities of curcumin and other ingredients. *Haridra*

Khanda is extensively manufactured by several ayurvedic manufacturing companies. Here, this article is comprising review of classical references of *haridra khanda* along with its pharmaceutical preparation through *Bhaishjya ratnavali* method 1.[1]

Table 1: Classical references of Haridra khanda

S.no.	References	Ingredients	Prakshepa dravya
1.	<i>Bhaishajya Ratnavali-Udarda-Shitapitta Kothadhikara / 13-17 [2]</i>	<i>Haridra Goghrita Godugdha Sharkara</i>	<i>Shunthi, Maricha, Pippali, Patra, Twak, Ela, Vidanga, Triphala, Trivrit, Nagarmotha, Nagakeshara, Loha Bhasma</i>
2.	<i>Bhaishajya Ratnavali-Udarda-Shitapitta Kothadhikara/18-22 [3]</i>	<i>Haridra, Trivrit Haritaki, Sharkara</i>	<i>Daruharidra, Musta, Yavani, Ajamoda, Chitraka, Katuki, Jeeraka, Pippali, Shunthi, Twak, Ela, Patra, Vidanga, Guduchi, Vasapanchanga, Kushtha, Triphala, Chavya, Dhanyaka, Loha Bhasma Abhraka Bhasma</i>
3.	<i>Bhaishajya Ratnavali Krimirogadhikara/56-63 [4]</i>	<i>Haridra, Paribhadra Swarasa, Goghrita, Sharkara</i>	<i>Chitraka, Triphala, Musta, Vidanga, Krishna Jeeraka, Yavani, Saindhava Lavana, Nirgundi, Patha, Vidanga, Sariva, Krishna Sariva, Vasa, Palasha Beeja, Trikatu, Trivrit, Danti, Bakuchi, Nimb Bark, Harenuk</i>
4.	<i>Ayurveda Sara Sangraha [5]</i>	<i>Haridra Trivrit Haritaki Sharkara</i>	<i>Daruharidra, Musta, Yavani, Ajamoda, Chitraka, Katuki, Jeeraka, Pippali, Shunthi, Twak, Ela, Patra, Vidanga, Guduchi, Vasa, Kushtha, Triphala, Chavya, Dhanyaka, Loha Bhasma, Abhraka Bhasma.</i>

Methods of preparation:

There are profound references of *Haridra khand* in different ancient treatises along with variation in classical procedures (Table 2) and anupanas. (Table 3)

Table2: Method of preparations mentioned in various samhitas.

S.no.	References	Method of preparation
1.	<i>Bhaishajya Ratnavali-Udarda-Shitapitta Kothadhikara / 13-15 [6]</i>	<i>Haridra</i> was fried in <i>Go-ghrita</i> till it turned a deep brown colour. On the other side, <i>Sharkara</i> and <i>Godugdha Paka</i> were ready once two threads of constancy had been achieved. The <i>Sharkara Godugdha Paka</i> was then finished by adding fried <i>Haridra</i> . Once <i>Avaleha Siddhi Lakshanas</i> were attained, <i>Prakshepaka Dravyas</i> were added and continued until a <i>Khanda Paka</i> , or granular, consistency, was reached, vigorous mixing was used. One of the <i>Prakshepaka Dravyas</i> was <i>Loha Bhasma</i> , weighing in at 48 gm.
2.	<i>Bhaishajya Ratnavali-Udarda-Shitapitta Kothadhikara/18-21[7]</i>	To prevent carbonization, only a little Ghee was used to fry the <i>Haridra</i> , <i>Trivrit</i> , and <i>Haritaki</i> . On the other side, <i>Sharkara Paka</i> (<i>Sharkara</i> and <i>Jala</i> 1:2) was being cooked. Once it reached the consistency of two threads, it was added with fried <i>Haridra</i> , <i>Trivrit</i> , and <i>Haritaki</i> . <i>Prakshepaka Dravyas</i> was added after achieving <i>Avaleha Siddhi Lakshanas</i> , and <i>Paka</i> was completed till it reached granular consistency.
3.	<i>Bhaishajya Ratnavali Krimi-rogadhikara/56-60 [8]</i>	When making <i>Sharkara Paka</i> , either <i>Godugdha</i> or <i>Jala</i> was the medium chosen, but in this case, <i>Paribhadra Swarasa</i> was employed. Next, fried <i>Haridra</i> , <i>Trivrit</i> , and <i>Haritaki</i> were added, and then <i>Paka</i> was attained. Finally, <i>Prakshepaka Dravyas</i> were added, and <i>Khanda Paka</i> was made. This <i>Haridra Khanda</i> had <i>Tikta Lavana</i> in <i>Rasa</i> while other samples had <i>Madhura Tikta Rasa</i> .
4.	<i>Ayurveda sara sangraha [9]</i>	In <i>Ayurveda sara Sangaraha</i> , it was named <i>Brihat Haridra Khanda</i> . <i>Sharkara Paka</i> was prepared with <i>Haridra</i> , <i>Trivrit</i> , and <i>Haritaki</i> after being fried in <i>Goghrita</i> . The formulation also included <i>Abhraka Bhasma</i> in addition to <i>Loha Bhasma</i> . Comparatively, this formulation has higher <i>Tikta Rasa</i> .

Table 3: Indications and Anupana of different methods mentioned in ancient textbooks.

Method no.	Indications	Anupana
1.	<i>Shitapitta, Udarda, Kotha, Kandu</i>	6 gm with water
2.	<i>Shitapitta, Udarda, Kotha, Kandu, Pama, Vicharchika, Jirna Jwara, Krumi, Pandu, Shotha</i>	6 gm with Ushnodaka (Warm water)
3.	<i>Krumi, Shitapitta, Vidradhi, Dadru, Charmadala, Ajeerna, Kamala, Shotha</i>	3 gm with Sheetal Jala (cold/normal water)
4.	<i>Krumi, Shitapitta, Vidradhi, Dadru, Charmadala, Ajeerna, Kamala</i>	Up to 12 gm with normal water (to be consumed in morning hours)

PHARMACEUTICAL STUDY

1. Ingredients and their Quantity,
2. Pharmaceutical preparation
3. Yield of final product

1. Ingredients and their Quantity

Table 4: Ingredients and Quantity

Ingredients	Quantity
<i>Haridra</i>	192 gm
<i>Goghrita</i>	144 gm
<i>Godugdha</i>	1500 ml
<i>Sharkara</i>	1250 gm
<i>Prakshepa Dravyas:</i> -	
1. <i>Shunthi</i>	24 gm
2. <i>Marich</i>	24 gm
3. <i>Pippali</i>	24 gm
4. <i>Dalchini</i>	24 gm
5. <i>Ela</i>	24 gm
6. <i>Tejpatra</i>	24 gm
7. <i>Vayvidang</i>	24 gm
8. <i>Nagarmotha</i>	24 gm
9. <i>Nishotha</i>	24 gm
10. <i>Harad</i>	24 gm
11. <i>Baheda</i>	24 gm
12. <i>Amla</i>	24 gm
13. <i>Nagkeshara</i>	24 gm
14. <i>Loha Bhasma</i>	24 gm

2. Pharmaceutical preparation:

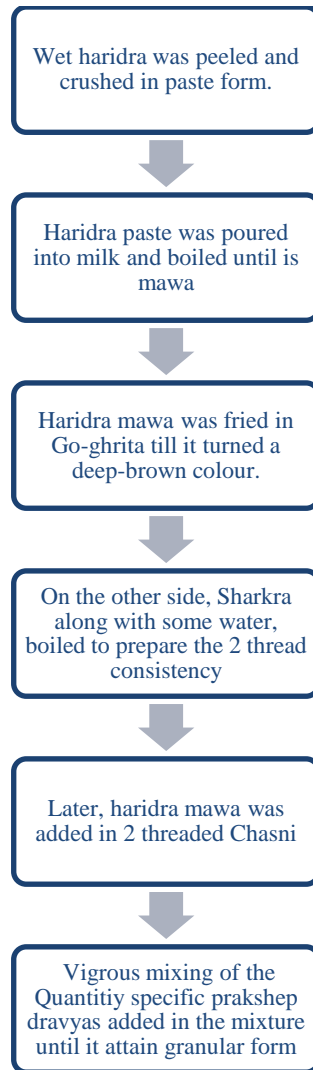


Figure 1: Depiction of Pharmaceutical preparation of haridra khand as per *Bhaishajya Ratnavali method 1*.

3. Yield of final product: Haridra khand prepared through method 1 = 1637 gm

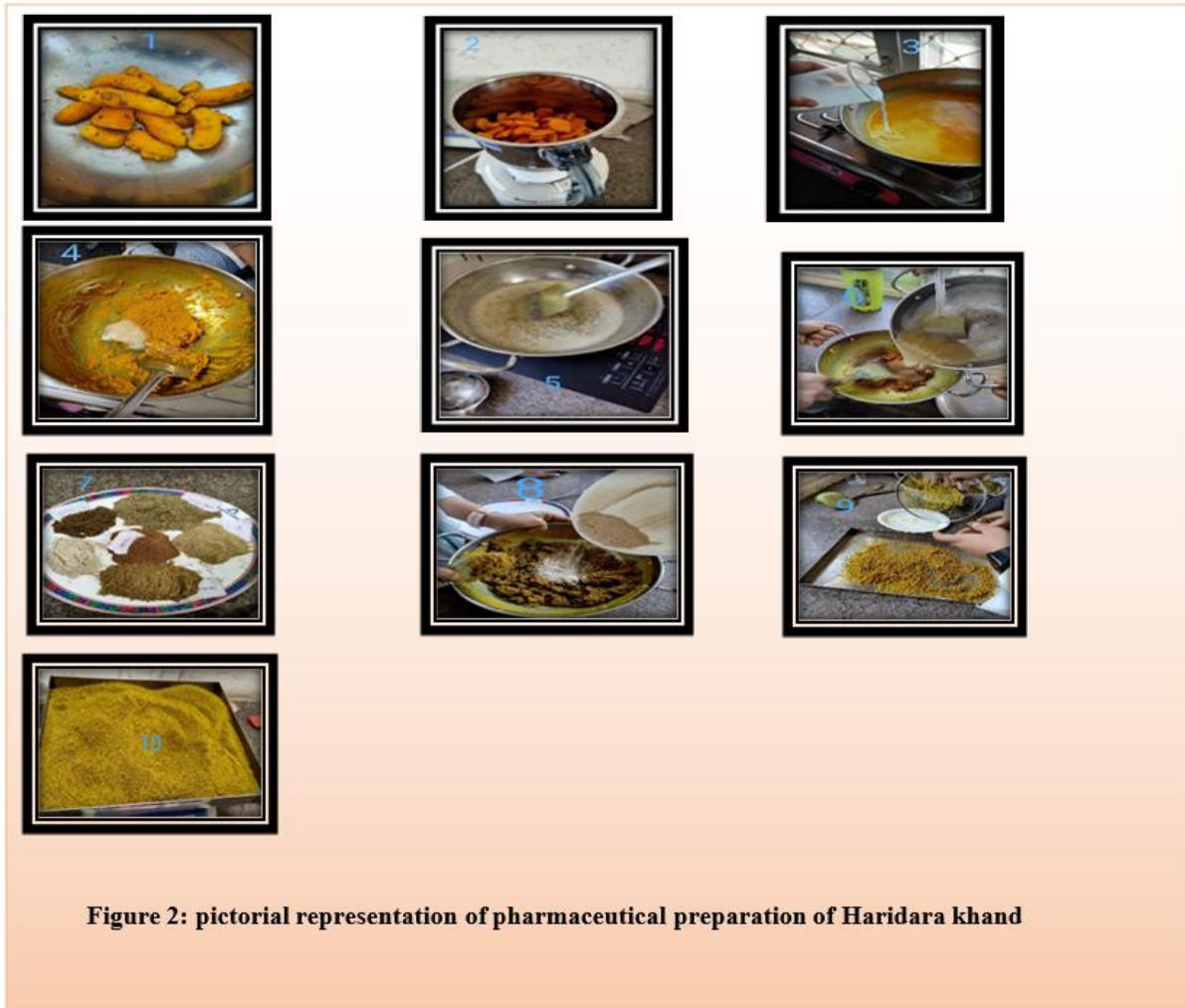


Figure 2: pictorial representation of pharmaceutical preparation of Haridara khand

DISCUSSION

Haridra Khanda is the important widely prescribed Ayurvedic formulation. *Haridra Khanda* method 1 is common in practice, thesis on standardization of *Haridra Khanda*, and other clinical studies proves that it is effective in *Udarda*, *Shitapitta*, *Kotha* (Urticaria). *Haridra* and other ingredients work efficiently for skin as they are *Pitta-Kaphahara* in nature. The presence of *Goghrita* and *Milk* acts towards balancing *Pitta* while *Loha Bhasma* plays' role for improvement of immunity. As there are various references along with different indications mentioned in ancient treatises. *Haridra* along with different *prakshepa dravyas* make them effective in different ailments. *Haridra*, *Trivrit* and *Haritaki* are major ingredients in method

2. Here there is absence of both *Goghrita* and *Godugdha*. It is also indicated in *Pandu*, *Shotha*, *Jwara* along with urticarial disorders. Method 3 is totally unique preparation. It has *Paribhadra Patra Swarasa* which has *Tikta Rasa* and *Krumighna* action. Method 4 is also called *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 physicians for upper respiratory tract infection, this formulation can work more efficiently than Normal *Haridra Khanda* which has only *Loha Bhasma* in it. The *Abhraka Bhasma* acts very well in *Pranavaha Srotovikara* and also acts as a *Rasayana*.

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