

Pharmaceutical Review of *Triphala Masi* Preparation

Neelam Choudhary*

*Department of Rasa Shastra & Bhaishajya Kalpana, Gaur Bharmin Ayurvedic College, Rohtak, Haryana, India

Abstract

Masi Kalpana is a dosage form in *Ayurveda* Pharmaceutics where the drug is brought to a carbonized form by the process of employing heat to the dry ingredients of drug. The drugs selected for *Masi* preparation can be of plant or animal origin. It is used for both internal and external use. *Acharya Sushruta* described *Masi Kalpana* with respect to *Vrana Chikitsa*. In this article, we have prepared the *Triphala Masi* by using the closed method.

Keywords

Triphala Masi, Masi Kalpana, Haritaki, Vibhitaki, Amalaki



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INTRODUCTION

Masi Kalpana is a dosage form in *Ayurveda* Pharmaceutics where the drug is brought to a carbonized form by the process of employing heat to the dry ingredients of drug. *Acharya Sushruta* described *Masi Kalpana* with respect to *Vrana Chikitsa*. Drugs are burnt using two ways – open and closed methods. When drugs are heated in *sarava*, which is open without any closure, then drugs will get burnt and produce white color ash (*ksara*). The pharmacological characteristics of this ash differ from *Masi Kalpana*. This indicates that while preparing *Masi Kalpana*, drugs have to be covered completely with earthen pots so that direct exposure of drug with atmospheric air can be avoided while preparation. Hence, *Acharya Sushruta* mentioned *Masi Kalpana* for closed method only. The drugs selected for *Masi* preparation can be of plant or animal origin. It is used for both internal and external use.

MATERIALS AND METHODS²

Apparatus required: *Khalvayantra*, *sarava*, *cloth*, *cow dung*

Drugs required:

Table 1 describing the drugs required for preparing *Triphala*

Masi

| S.No. | Drugs | Botanical name | Quantity |
|-------|------------------|-----------------------------|----------------|
| 1 | <i>Haritaki</i> | <i>Terminalia chebula</i> | 1 part (70 gm) |
| 2 | <i>Vibhitaki</i> | <i>Terminalia bellirica</i> | 1 part (70 gm) |
| 3 | <i>Amalaki</i> | <i>Phyllanthus emblica</i> | 1 part (70 gm) |

Method of Preparation:

The above mentioned drugs were taken and made into coarse powder and placed into *sarava*. It was then closed with the help of other *sarava* and *sandhi bandhana* was made by *Multani mitti* and cloth. Then this *sarava samputa* was kept under *laghu puta* and cow dung cakes were burnt. After completion of *puta*, it was kept to be *swanga shita*. Next morning, it was opened and internal substance was collected which was then grinded into *Khalvayantra*. Then it was filtered with cloth and preserved in the glass containers.

Precautions

1. *Putra* should be well done.
2. *Sarava samputa* should be closed properly.
3. *Triphala Masi* should be kept in air tight glass containers.

DISCUSSION

Oranoleptic Properties of *Triphala Masi*Table 2 showing the organoleptic properties of *Triphala Masi*

| S.No. | Properties | Characteristics |
|-------|----------------------------|-----------------|
| 1 | Color | Black |
| 2 | Appearance | Powder form |
| 3 | Touch | smooth |
| 4 | Taste | tasteless |
| 5 | Odour | odourless |
| 6 | Total <i>Masi</i> Prepared | 62 gm |

Masi Kalpana is mentioned in *Sushruta Samhita* in some instances. *Masi Kalpana* is the product which is similar to the calx or carbon and is used in different diseases both externally and internally.

The predominance of carbon particles in this preparation may attribute this *Kalpana* the following benefits.

- The absorptive properties of carbon are utilized in the treatment of ailments of stomach due to hyperacidity.
- It removes toxic amines, organic acids of decomposed food and bacteria from the intestinal tract.
- It has also got anti-poisonous activity⁹.

By the process of heat treatment hidden chemical constituents become prominent and/or new chemical moieties are formed which are therapeutically active. The black

Examples of *Masi Kalpanas* in different text

color indicates high percentage of carbon and oxides. Preliminary phyto chemical screening of both *Triphala* and *Triphala Masi* indicates the presence of tannins and ascorbic acid¹⁰.

Antimicrobial activity of *Triphala Masi* was checked by agar gel diffusion method. The aqueous and ethanolic extracts of *Triphala* and *Triphala Masi* exhibited a broad-spectrum antimicrobial activity against all the microorganisms. It inhibited the growth of all Gram-positive and Gram-negative bacteria. No signs of toxicity were observed in short-term analysis but mortality was seen in long-term study at the dose of 5000 mg/kg in Toxicity study conducted¹¹.

Characteristics and Preservation: *Masi Kalpas* when kept in air tight containers can be used indefinitely. As they are carbonized form of drugs chances of decomposition is less.

CONCLUSION

Masi Kalpana is an important pharmaceutical preparation mentioned in *Ayurveda* Pharmaceutics. *Triphala Masi* prepared was black colored, smooth, powder-form, tasteless and odourless.

| S.No. | Name of Masi | Uses | According to Acharyas |
|-------|--|---|-----------------------|
| 1 | <i>Hastidanta Masi</i> | <i>Indralupta</i> (alopecia) | <i>Sushruta</i> |
| 2 | <i>Chatushpaada Masi</i> ³ | retain the growth of hair | <i>Sushruta</i> |
| 3 | <i>Triphala Masi</i> | <i>Upadamsha Vrana</i> (soft chancre) with <i>madhu</i> (Honey) for application. It is also used as an ingredient in <i>Dantapuyahara Manjana</i> ⁸ that is used for brushing of teeth and indicated in <i>Dantapuya</i> (Pyorrhea), teeth diseases and loss of teeth. | <i>Sushruta</i> |
| 4 | <i>Krishna Sarpa Masi</i> ⁴ | all types of Vitiligo | <i>Sushruta</i> |
| 5 | <i>Masi Yoga</i> ⁵ | <i>Apasmara</i> (Epilepsy). | <i>Vagbhatta</i> |
| 6 | <i>Mayurapiccha Masi</i> | Useful in morning sickness ; effective in asthma and Hiccups ⁶ | <i>Sushruta</i> |
| 7 | <i>Keshaanajana Masi</i> ⁷ | <i>Sushkaaksipaka</i> (Dry eye syndrome) | <i>Vagbhatta</i> |

Total quantity taken was 70 gms each of *Haritaki*, *Vibhitaki* and *Amalaki* and final *Triphala Masi* prepared was 62 gm.

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