



Clinical Study

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Effect of Ark malahara in Vicharchika- A clinical study

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ABSTRACT

Vicharchika (Eczema) is a type of *kshudrakustha* characterized with symptoms, namely, *kandu*, *Srava*, *Pidaka* and *Shyavata* and *Pidikotpatti*. *Vicharchika* is often correlated to eczema based on the clinical presentations. No satisfactory treatment is available in contemporary medical practice. In *Ayurveda* various formulations are mentioned for treatment of *Vicharchika*. In the present study a clinical trial was done using *Ark Malahara* in 15 patients of either sex in between the age of 20 to 70 years. Highly significant result is obtained in *Kandu*, while significant result was obtained in *Daha*, *Srava*, *Pidika*, *Rukshta*, *Vaivarnya*.

Keywords: *Vicharchika*, *Kshudrakustha*, *Kandu*, *Srava*, *Pidaka*.

INTRODUCTION

Skin is a mirror that reflects internal & external pathology & thus helps in diagnosis of diseases. Skin complains affects all ages from the neonates to the elderly & cause harm in a number of ways, such as discomfort, disfigurement, disability, etc. All the skin diseases in *Ayurveda* have been described under the heading of '*Kustha*', which are further divided into *Maha Kustha* & *Kshudra Kustha*. *Vicharchika* one of the *Kshudra Kustha* runs a chronic course generally considered difficult to cure & even if it is cured relapses is common, *Vicharchika* has been simulated with the diseases 'Eczema'.

Ark Malahara was modified dosage form of *Ark Taila* ^[1] mentioned by *Acharya Sharangdhar* for treating *Vicharchika*. *Ark Taila* was prepared according to reference mentioned in *Sharangdhara Samhita*. After that it was used for preparation of *Ark Malahara* by using *Siktha* and *Ark Taila* in the ratio of 1:5 according to the season ^[2]. The present study was done to know the clinical efficacy of *Ark Malahara* in management of *Vicharchika*.

Aims and Objectives

To know the efficacy of *Ark Malahara* in *Vicharchika* w.s.r to eczema.

The Study was started after obtaining Ethical clearance from the Institutional Ethics Committee, UAU, Dehradun IEC no.: UAU/RC/IEC/2017-18/05. The study was registered in CTRI as CTRI/2018/04/013255

MATERIAL AND METHODS

Patients were selected from O.P.D. and I.P.D of Dept of *Rasashastra* and *Bhaishajya Kalpana*, *Kayachikitsa* fulfilling the clinical criteria of diagnosis of *Vicharchika* irrespective of gender, religion, socio-economic status etc.

Criteria of Diagnosis

The patients were diagnosed on the basis of as classical signs and symptoms of *Vicharchika* described in *Ayurvedic* classics.

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Inclusion criteria:

- Age group between 20-70 years.
- Chronicity not more than 10 years.
- Classical symptoms of *Vicharchika* as described as *Kandu*, *Srava*, *Vaivarnya*, *Daha*, *Rukshta*, *Pidikotpatti*.

Exclusion criteria:

- a. Age not less than 20 & more than 70 years.
- b. Diabetes mellitus.
- c. Hypertension
- d. Thyroid.

Assessment Criteria: It was made on the basis of subjective parameters. Conclusion was drawn on the basis of suitable statistical analysis.

Subjective parameters: following sign and symptoms of *Vicharchika* was adopted

Scoring criteria

a) *Kandu* (itching)

- 0 - No itching
- 1 - Mild itching not disturbing normal activity
- 2 - Occasional itching disturbs normal activity
- 3 - Itching present continuously & even disturbing sleep.

b) *Daha* (burning)

- 0 - No burning sensation
- 1- Mild type of burning not disturbing normal activity
- 2 - Occasionally burning disturbing normal activity.
- 3 - Burning present continuously & even disturbing sleep.

c) *Srava* (discharge)

- 0 - No discharge
- 1- Moisture on the skin lesion
- 2 - Occasionally discharge.
- 3 – Discharge is present continuously.

d) *Rukshta*

- 0 - No dryness
- 1 - Dryness with rough skin (*Rukshta*)
- 2 - Dryness with scaling (*Kara*)
- 3 - Dryness with cracking (*Parish*)

e) *Pidikotpatti*

- 0 - No eruption in the lesion
- 1 - Scanty eruptions in few lesions
- 2 - Scanty eruptions in at least half of the lesion
- 3 - All the lesions full of eruption

f) *Vaivarnya*

- 0 - Nearly normal skin colour
- 1 - Brownish red discoloration

2 - Blackish red discolouration

3 - Blackish discolouration

Criteria of total effect of therapy:

- **Complete improvement:** 75-100% relief in sign and symptoms.
- **Markedly improved:** 50-75% relief in sign and symptoms.
- **Moderately improved:** 25%-50% relief in sign and symptoms.
- **Mild Improved:** 10%-25% relief in sign and symptoms.
- **Unchanged:** 0% – 10% relief in sign and symptoms.

Composition of testing drug: *Ark* (*Calotropis gigantea*) *Haridra* (*Curcuma longa*) *Sarshapa Taila* (*Brassica Campestris*), *Siktha* (Bee wax).

Sample size: a minimum of 15 patients were selected for the present study.

Posology: *Ark Malahara* for external application, two times a day.

Duration of the study: 60 days and follow-up after completion of the treatment.

Pathya and *Apathya* in the *Vicharchika*

Pathya [3]: The list of “*Pathya*” for *Vicharchika* are *Laghu Anna*, *Tikta Shaka*, *Purana Dhanya*, *Jangala Mansa*, *Ghritha*, *Mudaga*, *Triphala*, *Bhallatak*, *Nimba*, *Patola*, *Parisheka Avagaha of Khadir*.

Apathya [4]: *Guru Anna*, *Dugdha*, *Dadhi*, *Amla rasa*, *Guda*, *Tila*, *Anupa Mansa*, *Matsya* etc.

OBSERVATIONS

Table 1: Age Wise Distributions

S.No	Age	No. of Patients
1.	20-30 yrs	08
2.	31-40 yrs	05
3.	41-50 yrs	01
4.	51-60 yrs	03
5.	61-70 yrs	0
6.	TOTAL	17

Table 2: Gender Wise Distributions

S.No	Sex	No. of Patients
1.	Male	10
2.	Female	07
3.	TOTAL	17

Table 3: Religion Wise Distributions

S.No	Religion	No. of Patients
1.	Hindu	17
2.	Muslim	0
3.	TOTAL	17

Table 4: Marital Status Wise Distribution

S.No	Marital Status	No. of Patients
1.	Married	13
2.	Unmarried	04
3.	TOTAL	17

Table 5: Education Wise Distributions

S.No	Education	No. of Patients
1.	Educated	17
2.	Uneducated	0
3.	TOTAL	17

Table 6: Occupation Wise Distributions

S.NO	Occupation	No. of Patients
1	Housewife	03
2	Service	12
3	Student	02
4	Unemployed	0
5	TOTAL	17

Table 7: Bowel Habits Wise Distribution

S.NO	Bowel	No. of Patients
1	Constipated	06
2	Regular	04
3	Loose	0
4	Irregular	07
5	TOTAL	17

Table 8: Sleep Pattern Wise Distribution

S.No	Education	No. of Patients
1.	Disturbed	11
2.	Sound	06
3.	TOTAL	17

Table 9: Family History Wise Distribution

S.No	Family History	No. of Patients
1.	Present	02
2.	Absent	15
3.	Total	17

Table 10: Prakriti Wise Distributions

S.No	Prakriti	No. of Patients
1.	Vata-Pittaja	05
2.	Pitta-Kaphaja	04
3.	Vata-Kaphaja	08
4.	TOTAL	17

Table 11: Sara Wise Distributions

S.No	Sara	No. of Patients
1.	Avara	02
2.	Madhyam	13
3.	Pravara	02
4.	TOTAL	17

Table 12: Samhanana Wise Distributions

S.No	Samhanana	No. of Patients
1.	Avara	02
2.	Madhyam	14
3.	Pravara	01
4.	TOTAL	17

Table 13: Praman Wise Distributions

S.No	Praman	No. of Patients
1.	Avara	02
2.	Madhyam	11
3.	Pravara	04
4.	TOTAL	17

Table 14: Satmya Wise Distributions

S.No	Satmya	No. of Patients
1.	Avara	03
2.	Madhyam	09
3.	Pravara	04
4.	TOTAL	17

Table 15: Satva Wise Distributions

S.No	Satva	No. of Patients
1.	Avara	02
2.	Madhyam	12
3.	Pravara	03
4.	TOTAL	17

Table 16: Abhyavarana Shakti Wise Distribution

S.No	Abhyavarana Shakti	No. of Patients
1.	Avara	02
2.	Madhyam	13
3.	Pravara	02
4.	TOTAL	17

Table 17: Jarana Shakti Wise Distribution

S.No	Jaran Shakti	No. of Patients
1.	Avara	03
2.	Madhyam	11
3.	Pravara	03
4.	TOTAL	17

Table 18: Vyayama Shakti Wise Distribution

S.No	Vayam Shakti	No. of Patients
1.	Avara	02
2.	Madhyam	10
3.	Pravara	05
4.	TOTAL	17

Table 19: Effect of Therapy

S.N	N	SYMPTOMS	Median		Wilcoxon Sign Rank W	P-Value	% Effect	Result
			BT	AT				
1.	15	Kandu	3	1	98	<0.001	62.16	Highly Significant
2.	15	Daha	2	0	55	<0.01	90	Significant
3.	15	Srava	1	0	21	<0.01	71.42	Significant
4.	15	Rukshta	2	1	45	<0.01	40	Significant
5.	15	Pidikotapatti	1	0	28	<0.01	72.72	Significant
6.	15	Vaivarnya	2	1	45	<0.01	34.65	Significant

DISCUSSION

Vicharchika is one of Kshudra Kushtha which is closest clinical entity to eczema in modern science. The symptoms of Vicharchika can be correlated with eczema like Kandu (Itching) Daha (Burning sensation), Srava (Discharge), Rukshta (Dry lesion), Pidika (Macules, Papules, Vessicles, pustules), Vaivarnya (Discoloration). The Ark Malahara contains Ark patra Swarasa, Haridra Kalka, Sarshapa Taila and Siktha. Ark Patra due to its Katu-Tikta ras reduces Kandu and Pidika, Vranashodhaka property. Haridra possess Kanduhara property due to its Katu-Tikta ras. Due to Katu-Tikta ras it absorbs the Srava (discharge) to reduce Klinnata. Due to Sthanik Shothhara property it relieves the local inflammation of skin. Curcumin possess anti-inflammatory property [5]. Sarshapa Taila due to its Tikshna, Snigdha guna, penetrates deeply into skin and increases skin hydration, has Vranashodhaka, Vranaropaka property, also subsides kandu. Siktha due to its Snigdha guna, it acts as

a Vranaropaka, has anti-microbial [6], bacteriostatic, anti-inflammatory, healing properties [7]. It contains vitamin A which helps in rehydrating and reconstructing damaged skin cells. It also reduces allergic response and has moisturizing properties.

Age: majority of patients were found in age group of 20-30 years because this was the age group when the individual is indulging in the various Mithaya & Viruddhahar Sevana.

Sex, Religion, Marital Status: There was role of sex, religion, marital status in manifestation of Vicharchika or Eczema.

Education: Maximum of the patients i.e. 100% were educated. These were effected or educated due to their heavy work and stressful life.

Occupation: Maximum numbers of patients i.e. 70.58 % were doing Service. Service men like teachers, engineers were having job with continuous standing may prone to stasis eczema.

Bowel habits: Maximum numbers of patients had irregular bowel habits (41.17 %) followed by constipated (35.2%). Due to irregular bowel habit Ama dosh was not removed properly which promote the accumulation Of toxins in body. This would hamper the immunity and make body susceptible to the diseases.

Sleep: Maximum no. of patients 64.70% had disturbed sound and 35.29% had sound sleep. Disturbed sleep was perhaps a result of the persistent itching caused due to the Eczema. Also most of the patients were worried of their skin condition which causes stress due to which the patient had disturbed sleep.

Family history: revealed that 88.23% of the patients had negative family history of eczema or other allergic diseases like asthma.

Prakriti: 47.05% were having Vata-Kaphaja Prakriti.

Sara: Sara gives indirect idea of general body constituent, strength and immunity of body. Maximum numbers of patients i.e. 76.47% were of Madhyama Sara. The co-relation between disease and this factor influence was not scientifically proved.

Samhana: Maximum numbers of patients i.e. 82.35% were of Madhyama Samhanana. It gives an idea about general body built. The co-relation between disease and this factor influence was not scientifically proved.

Pramana: Maximum numbers of patients i.e. 64.70% were of Madhyama Pramana.

Satmya: Maximum numbers of patients i.e. 52.94% were of Madhyama Satmya.

Satva: Maximum numbers of the patients were having Madhyama Satva 70.58%, 11.76% with Avara Satva. Madhyama and Avara Satva patients cannot handle the excessive mental burden and they strongly react upon it. Sometimes patients became victim of depression, anxiety, stress etc. All these factors influence the immunity and general health of the patients.

Abhyavarana Shakti: In present study 76.47% patients were having Madhyama Abhyavarana Shakti.

Jarana shakti: Maximum numbers of patients i.e. 64.70% were having *Madhyama jarana Shakti*.

Vyayama Shakti: 58.82% were having *Madhyama Vyayama Shakti*.

Clinically the symptoms of *Vicharchika* were improved in *Kandu* 62.16%, *Daha* 90%, *Srava* 71.42%, *Rukshta* 40%, *Pidika* 72.72%, *Vaivarnya* 34.65%.

CONCLUSION

Vicharchika is *Tridoshaja Pradhan Vyadhi*. Statistically the result of *Ark Malahara* was highly significant in symptoms of *Kandu* while significant results were found in *Daha*, *Vaivarnya*, *Srava*, *Rukshta*, *Pidikotpatti*. It can be concluded that if patient follows *Pathya Ahra Vihara* along with application of *Ark Malahara* has significant effect in improvement of *Vicharchika*.

Results Before & After Ark Malahara Treatment



BEFORE TREATEMENT



AFTER TREATEMENT



BEFORE TREATEMENT



AFTER TREATEMENT

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